

2000 Lifestyles



Happy
Halloween!

Free

Vol. 15 Issue 10

October 2013

www.lifestyles2000.net

Join Us For A Day of Healthy Fun!

Saturday, October 5, 2013

The day's events will include:

Dr. D. Ross Irons Memorial Run/Walk

8:00 a.m.



Course: Flat, out and back

Pre-Entry Fee: \$20

(Includes long-sleeve shirt); \$15 (No shirt)

Pre-Entry Deadline: September 16th

Race Day Fee: \$25

(Does not include shirt)

Race Day Registration/Package Pickup:

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For more information or to register contact: Kate Herring, Foundation Director, 419.483.4040, Ext. 4319



Lifestyles 2000

October 2013

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In the field of holistic health, energy medicine and energy psychology are growing rapidly. But in order to heal with energy effectively, we must first understand the nature of our energy system and how to support yourself in maintaining vital life-force energy.

Everyone has an invisible energy system that flows on pathways or meridians. These same meridians have multiple pressure points that have been a means of working with the energy to keep it flowing. Acupressure, acupuncture, and reflexology are the more common modalities. Another energy system is called the chakras. The word chakra means energy disc, vortex, or wheel. There are seven energy stations positioned from the base of your spine to the top of your head. These wheels of energy compose the 7 primary chakra energy's that each play a big role in every aspect of your life and well-being. When your energy is weak, you feel depleted and unbalanced. It is more difficult to manage your emotions, think positive thoughts, stay healthy and attract harmony to your life.

In energy health, if you are losing energy you may feel depression, anxiety and exhaustion. Our balance system is a morphogenetic field based on the universal principle of order that is continually building and creating balance. The chakras energy system is one of the most important to understand how to work with energy healing and the power techniques of universal life force.

It is a great pleasure to invite you to The Bellevue Hospital Reiki Circle Group, Tues., October 8 Conference Room A & B from 6PM-8PM.



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Lifestyles 2000

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

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

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

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

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

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

Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Fall, what a beautiful season!

Chris Timko-Grate is back this month with her recipes and I have a few more from My Mother's Recipes. Helen Marketti has some great photos of Rock 'n Roll billboards that once graced the Sunset Strip. In Your Own Backyard is loaded with events for October, and don't miss Ms. Grace's column and her next Pass-Along-Plant Day.

That beautiful butterfly on the cover is my grand daughter Ella who will be turning five this month, I am off to NYC to celebrate her birthday.

Enjoy the month and don't forget to tell our advertisers you "saw them in Lifestyles".

God bless,
Joanne



Wow, I cannot believe how many people gave up this month! The answer that "Pete" wasn't in the issue didn't count, he was. And for those who called and wanted call backs for hints, sorry, that just isn't fair!

For those of you still looking, the answer was the Mass. Mutual ad, right next to Laurie's face. Once in awhile we have to make it difficult, I promise it is easier this month.

Forty people got the right answer, unfortunately we only have twenty prizes, I really think those of you who got it did a great job. Bravo!

Find Pete Winners

Winners are: Holly Jenkins, Joyce Havens, Bob Wells, Ted Merrill, Karen Weissinger, Cory McKnight, Marsha Cook, I.D. Mayhew, Nick Magro, Kellin Wolf, Ethella Cook, Cyrus Connors, Krista Johnson; Fremont; Kathy Yoder, Vickery; Jim Selvey, Flat Rock; Sharon Steinmetz, Bellevue; Elizabeth Hammer, Helena; Judy Schleter, Tiffin; Marvin Boyd, Clyde.

Like us on FB to find out each month if you are a winner!

Find Pete Prizes

"Find Pete" and be eligible for a gift certificate from one of the following: Dairy Queen West, Old Fort Market, The Calico Cat, Jenesis Salon, and Rallys. You may request a specific prize.

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. You can now enter to Find Pete on our website at www.lifestyles2000.net, just click on Pete's face!

Hayes Presidential Center in Fremont, OH becomes Civil War battlefield

FREMONT – Hundreds of Civil War reenactors gather on the grounds of the Rutherford B. Hayes Presidential Center at Spiegel Grove to re-enact the Battle of Cedar Creek during 2013 Hayes Civil War Reenactment Saturday and Sunday, October 5 and 6. This major two-day event is made possible through title sponsorship from Memorial Hospital.

Additional support is provided by Mosser Construction Inc. and Curwood Inc.- Bemis Foundation.

In addition to three re-enactments of the Battle of Cedar Creek, visitors can enjoy a host of activities designed to allow them to experience life during the American Civil War. New this year, children can experience what it was like to be a soldier, with reenactors leading them through marching maneuvers and practices of getting into firing position. Adults can learn how soldiers lived – sleeping in tiny canvas tents and using straw for warmth. The entire family can take part in daytime or evening lantern tours of the reenactors' camps or participate in a Grand Military Ball. The Hayes Civil War Encampment takes place 9 a.m.-5 p.m. both days. Event admission is \$4/adults and \$2/children 6-12. Visitors wishing to tour the Hayes Home and Hayes Museum can take advantage of Encampment discount prices of \$4 per building for adults and \$2 per building for children ages 6-12 (usually \$7.50 and \$3, respectively).

Civil War reenactors representing both the Union and Confederate armies take part in battle re-enactments at noon and 3 p.m. Saturday and 2 p.m. Sunday. Each battle involves infantry and artillery units. Prior to and after the battles soldiers conduct military drills, prepare meals, and line up for pay – lending a truly authentic feel to the Hayes Civil War Encampment.

On Sunday, officials from 88th Regional Support Command, U.S. Army Reserve, Fort McCoy, WI, lead a moving memorial service at the tomb of 19th U.S. President Rutherford B. Hayes. Veterans groups and Civil War re-enactors join these active-duty military personnel for this truly unique ceremony.

For more information call 419-332-2081 (in Fremont) or 800-998-PRES. The Rutherford B. Hayes Presidential Center is located at the corner of Hayes and Buckland avenues, Fremont, Ohio. The facility is affiliated with the Ohio Historical Society. Check the Hayes Presidential Center website www.rbhayes.org for a complete list of year-round special events.



★★★★★ Elect ★★★★★

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

What's painted red, tall, square and has glass panels on three sides, the other one of which is a door? It also rings when it is prompted to do so. Do you give up? An Old English phone booth!

Maybe you remember about a year ago, when I wrote a column about my fetish for old phones and the fun I have with the working reproductions in my home. Some of them include a couple of wood wall phones, a candlestick phone and an Eiffel Tower Paris style phone. They make interesting decorative items as well as being useful. In that column, I shared a story about two of my younger adult grandsons, Adam and Aaron, a walk together in my yard and how it resulted in the tall glass sided structure described above. As I recall the conversation went something like this... we were near the gazebo when the phone rang (we have a bell outside of the house), I said "there's no use in my trying to get to the phone before the recorder comes on from here." I try to answer personally if possible. I went on to say, "If I'm working on the side of the yard, I can get to the extension in the garden house. Or if I'm in the middle of the yard I can usually get to the phone in the kitchen, but from this side it is just too far away. I said "what I really need is an old English phone booth over here; I could put it in one of the flower gardens, paint it red and it would be an interesting conversation piece." Adam looked at Aaron and said "I'm good on the computer, I will find a picture and

size dimensions." Aaron said "You find the plans and I'll build it." With grins on their faces, they both looked at me and I realized they were serious, so I said, okay, you guys do that and I'll get the phone. This spring they enlisted the help of Aaron's friend Brandon and the three of them worked their magic. They even dug a trench, put a cable in conduit and buried it. Now it was my turn, I found a phone and have been busy painting. The phone company has done the connection work and it's been "ringing off the hook" saving me many steps as it allows me to personally answer business calls and not miss the calls from friends and family.

There's one more thing to be done- Beth, my naturalist painting daughter, took one look at the booth and said "Mom would you like me too paint the telephone booth in old English letters on the front "The Old Garden House" underneath the roof line with some flowers?" "Of course" I said "yes great ideas!" My family brings so much joy and happiness into my life. They even understand my love for old things- especially phones. These two up-to-date electronically savvy grandsons of mine did not say "grandma why don't you give your cell phone number, then you wouldn't need a phone booth?", instead they just smiled and built one- now that's love.

Put a circle around Sunday, October 13th, and go dig up some of your over crowded perennials or bulbs to bring

to Pass Along Plant Day here at The Old Garden House between 1 and 4pm. I have some water garden plants, surprise lilies, tall garden phlox and others to share. I have seeds from 4 o' clocks, marigolds, zinnias, orange cosmos and moon flowers. Collecting envelopes are provided. No costs just bring and take.

Remember- Tea at Two on Tues., Oct 29th, following tea, the Victorian Experience will be about -Ghost and Goblins of that era--, a fun look at superstitious in the 1800's. To make reservations call 419-332-7427.

Until next month enjoy October in all its glory... got to a football game ... rake leaves and jump into a

pile...and thanks to those who put the "good" in the phrase LIFE IS GOOD, for you.

Ms. Grace

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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Rock 'N' Roll Billboards of The Sunset Strip

... "the billboards were seen, admired and quickly replaced in a city so hip it had no time for nostalgia..."



Rock 'N' Roll Billboards of The Sunset Strip (Angel City Press, 2012) is a pictorial history of amazing artwork of album covers that mark a time that is no longer. Author and photographer, Robert Landau allows readers to reminisce as we look back at images that many of us will remember while we flip through our own record collection. In 1969, Robert Landau was 16 years old. He and his family moved near the Sunset Strip in Los Angeles. Once settled in and discovering the area, Robert noticed enormous billboards along the Strip that were so incredible to look at, he wanted to take photos of them to show his friends. "I remember thinking the billboards looked like giant pop art paintings. Many of them were just images without any text," recalls Robert. "If you had the albums then you knew what the photo meant and which band. It seemed more like art than commercial advertising. Another important element was that I noticed the billboards were changed every 30 days or so. I thought it would be cool to take photos and start documenting them; never really having insight at the time

that I was capturing history or that it would turn into a book 40 years later."

Robert discusses how the book came to fruition. "I've always photographed Los Angeles professionally; its urban landscapes and other aspects of the city. It was four years ago when someone at the Getty Center asked me if I would do a slide presentation called, "Disappearing Los Angeles". It was, of course about all of the things in LA that have come and gone. The billboards were part of my presentation. After the show, many people expressed to me how they had never seen the billboards before and said there should be a book about it. I did some research and found that no one else had written a book about the billboards. It's a unique slice to the history of LA but also to the history of rock and roll. A great deal of work, pride and ego went into the creation of those billboards. They were all hand crafted; some were three dimensional and some had moving parts."

Robert continues, "1967 was the start for the rock and roll billboards when The Doors appeared on one along the Sunset Strip. Jac Holzman, the head of Elektra Records was the first one to see the possibility of advertising record albums on billboards. Before The Doors and even before The Beatles released Sgt. Pepper, young kids were mostly buying 45 records just for the singles. Around '67 is when the albums started coming more into vogue and were the main marketing tool. We saw amazing artwork for the album covers. The Doors are really the first band credited with tying it all together and putting a rock and roll billboard on the Strip. Jac Holzman then was able to have each of his artists acquire a billboard as well. Once that started, the other record executives followed suit."

Research for Robert's book included interviews with many of the artists, designers and photographers who helped create the billboards. "I have always been very visual,"

he said. "I love the music, too but have always been fascinated by the record album covers. These people are my heroes in addition to the musicians. In fact, some of them who designed album covers also oversaw the billboard project. Record albums and the information included with them gave us a window to who the artists were. Since everything is downloaded now, you lose the experience since we are now geared towards computer screens."

Each billboard represents an album cover, a song, an experience or a story. As with many of the billboards, there is usually a story to go along with it. For example, The Beatles billboard for the Abbey Road album has quite an interesting story. "One night some kids climbed up to the billboard and cut off the head of Paul McCartney as a prank," said Robert. "What makes this more fitting for the time is it was also around then that rumors were circulating that Paul was dead. Unbelievably, the person who took Paul's head still has the artwork in his living room! He was 19 when he pulled the prank and is now in his 60s so something from the billboard era has been preserved."

As we know, nothing ever stays the same in life and certainly not in the music industry. "The billboard era began in 1967 and then fizzled out by 1982 once MTV came along. People started watching MTV to see their favorite artists. Money went into making those slick videos and the billboards became irrelevant but they did have a pretty good run."

Rock 'N' Roll Billboards of The Sunset Strip is available at Barnes & Noble and Amazon.com

*Photos from Rock 'N' Roll Billboards of The Sunset Strip by Robert Landau, published by Angel City Press.



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Always Choose Health

Many folks in our community do not understand what the Sandusky County Health Department does. Our mission is to protect the health of the community. What does that actually mean?

Protecting the public's health in Sandusky County means many things. It means conducting Community Health Assessments from age birth to 75 years of age to identify the health issues in Sandusky County then providing or partnering to provide the services needed to address these health issues. It means working with other community support organizations such as hospitals and first responders: police, fire and emergency services, to ensure that we can mount an effective response to a major catastrophic event like pandemic flu. In 2009 alone, we conducted 19 vaccination clinics to administer H1N1 vaccines when the second wave of H1N1 avian influenza struck. It means providing annual flu shots at the County Fairgrounds and other clinic sites for hundreds of county residents, from 6 months of age to 112 years old.

It means providing nutritional supplements for low income residents to assure that mothers and children are healthy through our highly rated Women, Infants and Children (WIC) program, helping elderly persons to remain independent and at home as long as possible through our Homemaker and Home Health services, and working through our Child Fatality Review Board to reduce childhood injuries and premature death. It means our Nurse/Epidemiologist investigating any and all outbreaks of communicable disease. It means our Help Me Grow Program helping infants in their critical first three years with developmental delays get the best start possible, our Immunization Program providing immunizations for children and adults to keep them healthy, and our health educators through Prevention Partnership work with children of school age to teach them skills to resist risky and unhealthy behaviors. It means our Environmental Health Division working to ensure that the food and water supplies are safe and clean.

Since the tragedy of September 11, 2001, Sandusky County Health Department has been asked to play an important role in emergency preparedness for biological, chemical and communicable disease events. Our staff has received training and is certified through the National Incident Management System (NIMS) and the Incident Command System (ICS). The Department routinely drills within itself and with other community responders to assure that our county will be protected during a serious event.

These are just a few of the programs Sandusky County Health Department provides to protect the health of the community. We appreciate all the support the community has given us over the years and pledge to continue to protect the health of the citizens of Sandusky County.

To see our whole story, please visit us at alwayschoosehealth.com or "Like us" on Facebook and Twitter.

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Campfire News & Notes

Fall seems to be as busy as summer! Students are settling into the 2013-14 school year routine, extra curricular activities are well on their way and Camp Fire groups are forming in some of our local schools! We are fortunate to have many committed adults that are returning as leaders at Sacred Heart, St. Joe Central Catholic, Green Springs Elementary and McPherson Middle School. A new third grade group has formed at Clyde Elementary and several adults are starting clubs in Fremont. Don't forget that "Mega Clubs" are available (if your school does not have a traditional group) at the Camp Fire complex. If you missed our Open House, you can still register your boy or girl by contacting the office at 419-332-8641 or completing a registration form at Camp Fire, 2100 Baker Rd. Fremont. Information and registration forms are also available on our web site at www.campfirefremont.org



Camp Fire

Light the fire within

A United Way Member Agency

We would like to thank everyone that supported Camp Fire by purchasing mums. The yellow, orange, purple and red surely adds some color to our changing weather!

With the change of weather, we also changed our office hours. Our office is open Monday, Tuesday and Thursday from 8:30 a.m. to 5 p.m. and we are closed for lunch from noon to 1 p.m. (If you need to contact us during the lunch hours, please call ahead and we will try to accommodate.) So until next month, enjoy the cool weather, unpack the sweat shirts and keep safe over the holiday.

Always



CHOOSE HEALTH

Disclaimer: Paid for by: Always Choose Health Levy Committee; Scott Haynes; Treas.: 1314 Hayes Ave., Fremont, OH 43420

Please vote YES for the Sandusky County Health Department's Renewal Levy on November 5.

This levy will not increase your taxes
and will cost the average homeowner
about 5 cents a day.

Cedar Waxwing / Robin, There's A Toad on Our Deck

It may have been our imagination but it seemed like we noticed a larger number than usual of Cedar waxwings hanging around our place late this summer. They are such elegant and beautiful birds that you just have to stop what you're doing and admire them. If you have never seen one, this description by noted Massachusetts ornithologist Edward H. Forbush written in 1929 will give you a pretty good idea of the delicate beauty of this bird. He described the cedar waxwing as a bird "wearing a robe of delicate and silky texture with shades of velvety black brightening into fawn, melting browns, shifting saffron, quaker drabs, pale blue, and slate with trimmings of white and golden yellow, with little red appendages on the wing." (A little "flowery" but quite accurate). The common name "waxwing" comes from the red tips—resembling sealing wax—on the ends of some of the secondary wings of both the male and the female.

Robin had seen a few waxwings around, but we really took notice when we saw groups of them flying in and out of the mulberry tree over by the barn. We had a bumper crop of mulberries this year—the tree was loaded. In a short time, though, every berry was gone. Cedar waxwings had picked the branches clean. Granted, they had the help of a few other birds...but we learned that these elegant little birds have a reputation for gluttony, occasionally eating so much at one time that they can't even fly right away. Their voracious appetites nearly got them a death sentence in Vermont in 1908.

They are considered "frugivorous" (fruit-eating) birds whose primary diet consists of berries and fruit. A flock can clean out berries from red cedars (which earned it the name "cedar bird") within a day or two. Large flocks rove in search of wild berries—there may



be hundreds of waxwings in an area for a month and then none the next. Although fruits are their main diet, waxwings also dine on insects and caterpillars.

Cedar waxwings are sociable birds that usually travel in flocks except during nesting season when they pair up. In spite of their reputation for gluttony, a group of waxwings sitting in a row on a fence or branch will pass a single berry or insect up and down the row until one of them decides to eat it.

It is a fairly common bird across the U.S and Canada, preferring forest edges or open woodlands, and is a year-round resident in Ohio. Today, cedar waxwings are protected by national legislation.

Moving on to toads, now.... We've always had an abundance of snakes and frogs here but we don't see a lot of toads. In the past couple of months, though, we've noticed three or four toads in various places around the house. (Maybe it's the same one...they're hard to tell apart.) And so it was, one day, that I found Dolly, our Pekingese, curiously examining a very large toad which somehow found its way up three high steps onto our wood deck. It was under a chair and she was gently nudging it with the nose she doesn't really have—which meant she practically had her whole face on the toad. Everything I've read said that toads prefer cool, damp places—this one was out in mid-morning sun, three feet off the ground on a hot, dry wood deck. I also read that the toxin from their glands can irritate your skin or make a small animal sick. I didn't think Dolly should be pushing it around with her face.

I can pick up a frog but I'm not



keen on touching toads—they have a tendency to pee on you if you pick them up—so I hollered to Robin to come out and get the toad off the deck. She, of course, flew out of the house with her camera and carried the toad off for a photo session. (...and yes, it did pee on her hand and on her clean shirt but not on her camera.

Interesting toad facts: toads burrow up to three feet in the ground to hibernate over winter; toads can live to be thirty years old; toads hop when being chased or to get closer to their prey but they walk when they get close enough to sneak up on it; and, you do NOT get warts from handling toads but you will probably get peed on. Toads absorb moisture through their skin—BUT, their highly permeable skin also allows them to absorb poisons and contaminants from the ground. You will probably never see a toad in your yard if you use commercial lawn treatments. Last—but not least—toads are one of the gardener's best friends when it comes to pest control!

To contact us or to see more of Robin's photos, go to www.robinarnoldphotography.com

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CREATION SCIENCE TRAINING WEEKEND PLANNED

The Fremont Alliance Church located at 936 Brush St., Fremont, will be hosting speaker Mike Riddle from Answers In Genesis on Nov. 2-4, who will be teaching classes on the Science of Creation. Answers in Genesis (AIG) seeks to give glory to God as Creator, and to affirm the truth of the biblical record of the real origin and history of the world and mankind. Answers in Genesis is an apologetics (i.e., Christianity-defending) ministry, dedicated to enabling Christians to defend their faith and to proclaim the gospel of Jesus Christ effectively. AIG focuses particularly on providing answers to questions surrounding the book of Genesis, as it is the most-attacked book of the Bible. AIG also desires to train others to develop a biblical worldview, and seek to expose the bankruptcy of evolutionary ideas, and its bedfellow, a "millions of years old" earth (and even older universe). The public is welcome to attend these sessions. A nursery and child care will be offered at no added cost during the weekend. The training sessions planned are: SAT., NOV. 2 8:30AM-5:30PM BASIC CREATION TRAINING CLASS (8 hours)

COST: \$45/PERSON; \$35 / EACH
ADDITIONAL FAMILY (cost includes manual, lunch, and snacks)

You may register by calling Amy at 419-332-4392 or by email office@fremontalliance.net Payment is by cash/check to Fremont Alliance Church.

SATURDAY COURSE OUTLINE

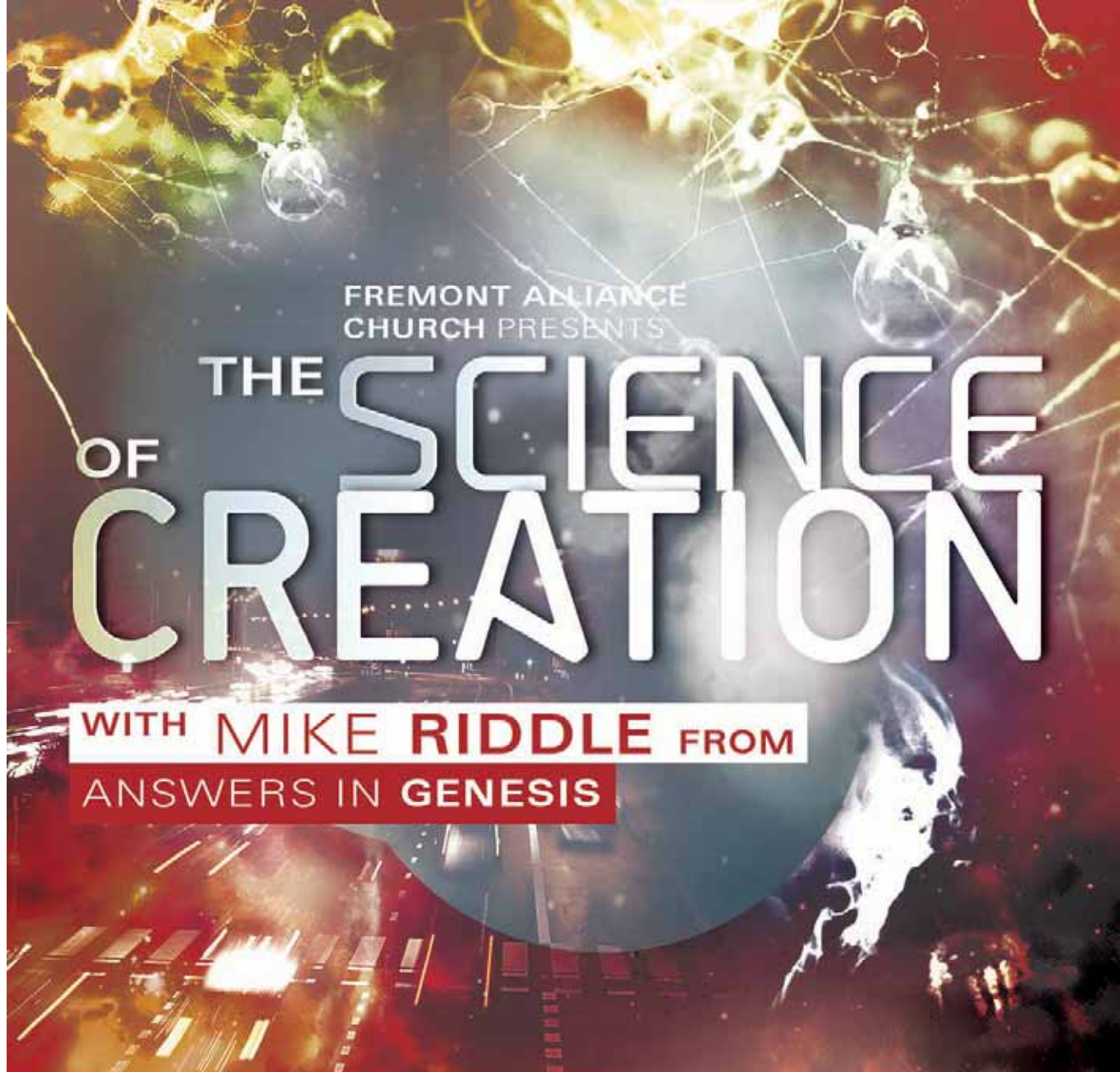
Chapter 1: The Bible and Time
Chapter 2: The Flood and the Tower of Babel
Chapter 3: Biblical Apologetics (answers to challenges)
Chapter 4: Four Pillars of Evolution
Chapter 5: Application – Answering Challenges

Additional FREE seminars offered for all ages are as follows:

SUNDAY, NOV. 3:

9:30AM Dinosaurs in the Bible
Thinking Biblically About Dinosaurs
10:45AM Genesis and Biblical Discernment
6:30PM Apologetics 101: Answering the Challenges
Four Power Questions to Ask an Evolutionist
MONDAY, NOV. 4
6:30PM Apologetics 201:
Answering More Biblical Challenges
Armies and Nurseries

AIG also features a state-of-the-art 70,000 square foot Creation Museum located at 2800 Bullittsburg Church Rd. in Petersburg, Kentucky that brings the pages of the Bible to life, casting its characters and animals in dynamic form and placing them in familiar settings. For more on the museum go to: creationmuseum.org.



SPECIAL 1-DAY EVENT
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WITH **MIKE RIDDLE**

SATURDAY, NOVEMBER 4, 2013
8:30AM-5:30PM ♦ COST: \$45
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MIKE RIDDLE is the founder and President of *Creation Training Initiative*. He is an international speaker and educator on Christian education and apologetics, and serves as an adjunct speaker for *Answers in Genesis*. He holds a degree in mathematics and a graduate degree in education and has been involved in creation ministry for more than thirty years. Prior to becoming involved in creation ministry, Mike was a captain in the U.S. Marines and a national champion in track and field.

SUNDAY, NOVEMBER 5 ♦ 9:30AM, 10:45AM, & 6:30PM
& MONDAY, NOVEMBER 6 ♦ 6:30PM ♦ FREE TO PUBLIC



936 N Brush Street
Fremont, OH 43420
Ph: 419.637.3037

www.fremontalliance.net



1:1

Ever since researching the soldiers of Sandusky County who served in the Civil War, it has always been a delight to discover photographs of them, particularly those taken at the time of the conflict. Above is a war-time image of Edwin N. Chapman, who enlisted in the 72nd Ohio in the fall of 1863. The 72nd was largely raised in Sandusky County and so are of special interest to me.



Kurt Bramel of Baltimore, Maryland posted the picture on his blog, "From the Beginning." Kurt's relatives, who live in our area, had previously shared it with him. Kurt, also from the area, is the great great great grandson of Edwin Chapman. He hopes to find out more about his Chapman ancestors

Born September 12, 1846, Edwin is listed on the 1850 census living with the family of David Brooks King in Tiffin. The King family of Butler County, Pennsylvania, settled in Seneca County as early as 1830. Edwin's relationship to the Kings is unknown - as are the names of Edwin's parents. By 1860, the King family had moved to Bettsville. And, Edwin, then 13 years old, was still living with the Kings.



Shortly after his 17th birthday, Edwin Chapman traveled to Fremont and enlisted on October 7, 1863 as a corporal in Company C of the 72nd Ohio infantry. Chapman joined the regiment at Memphis. The following spring, he, along with 2/3 of the 72nd were captured at Brice's Crossroads. Under the disastrous leadership of General Samuel Sturgis, Union troops were overwhelmed by Nathan Bedford Forrest's cavalry. Chapman and his captured comrades were destined for

Andersonville, where starvation and disease took a severe toll.

Chapman survived and returned to Ohio where he married Anna Elizabeth Burkett of Old Fort on July 26, 1866. They were the parents of five children, of which one was Charles "Homer" Chapman, Kurt's great great grandfather. (See the picture below.) Edwin Chapman farmed land in Liberty Twp. southeast of Bettsville on what is still known as Chapman Road. Eventually, his son Homer and wife Nettie (Flick) Chapman farmed this land.

Kurt is interested in learning who Corporal Edwin Chapman's parents were. On censuses, Chapman consistently stated that his father was born in Massachusetts and his mother in New York. If you can help answer these questions, Kurt would be pleased to hear from you. His email address is kurt.bramel@gmail.com. His U.S. mail address is 714 E. Fort Ave., Baltimore, Maryland 21230.

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My Mother's Recipes

By Joanne McDowell

Those who know me well know I hate to cook, probably because I cannot stand my dogs staring at me the entire time waiting for crumbs. No I lie, I have never enjoyed cooking, I would rather clean or shop any day! My grown kids still laugh about the crock pot meals, although being a sales rep on the road they were lucky to get anything to eat!

This month I have some really easy recipes to save all of us time in the kitchen. Cooking for two is difficult and so much can be wasted.

Hillbilly Recipes Crockpot Chicken and Noodles

Ingredients

4 boneless skinless chicken breasts (I used frozen)
2 cans cream of chicken soup
1 stick of butter
2 15 oz cans chicken broth
24 oz. frozen egg noodles

Directions

Cook chicken, soup, butter, and broth in crock-pot on low for 6-7 hours.

Take chicken out and shred.
Put chicken back in; add noodles and cook on low for 2 hours. Stir a few times while cooking.

Crescent Roll Taco Bake

2 crescent roll tubes
1 LB ground beef (or ground turkey)
1 packet of taco seasoning
1 1/2 cups grated cheddar cheese
Shredded lettuce
1 or 2 diced tomatoes depending on size
1/2 small can sliced olives if desired
Sour cream optional
sliced avocado optional

Lay out the two tubes of crescent pastry, thick sides in. Use some of the left over crescent rolls to make the center a bit thicker.

Brown beef and add taco seasoning.

Lay beef in a circle inside of the laid out crescent rolls

Add cheese to the top

Pull over crescent rolls and tuck in under meat and cheese.

Add cheese, lettuce, tomato, black olives, sour cream or whatever you desire for your tacos, in the middle.

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Memorial Hospital Center for Mental Health & Well-Being renovated

As part of Memorial Hospital's ongoing \$2 million facility improvement project, the hospital's Center for Mental Health & Well-Being was renovated. The renovations added several new offices for mental health professionals. Another major component of the project was the addition of a second waiting area in the unit that is specifically for child and adolescent patients. Child and adolescent mental health specialists Joseph Rieman, D.O. and Patti Schwan, recently joined the center's staff, which prompted the creation of the second waiting area.



Terence Somerville, Lynelle Garn and Patti Schwan in the renovated Center for Mental Health & Well-Being.

"Having a second waiting area designated for children is key to enhancing privacy and improving the overall experience of all of our patients, from children to adults," said Jeff Vogel, M.A., L.P.C.C., director of the Center for Mental Health & Well-Being.

The renovation added four new offices to the center, and also improved the area aesthetically, which, according to Vogel, will also improve patient comfort.

"The lighting, color patterns and space of the center has been changed, creating an improved overall environment for patient care," he said. During 2013, Memorial Hospital has committed more than \$2million dollars to facility improvements. As part of this project, a new outpatient lab was constructed in the hospital and new digital Computed Tomography (CT) and x-ray equipment were installed. Other renovations included the sleep disorder center, obstetrics department, intensive care unit (ICU) and Chestnut Café. For more information, visit memorialhcs.org/renovations.

The Kid's Doctor

By Sue Hubbard, M.D.
www.kidsdr.com

Update all immunizations

Have you seen the news surrounding pertussis (whooping cough) outbreaks across the country? And now with the outbreaks of measles in several states, the importance of vaccinating is paramount.

Vaccines have been proven to prevent disease, but in order for them to be effective the majority of the population must be protected. By vaccinating upwards of 90 percent of the population, the entire "herd" community is protected. When vaccine rates dip below this threshold, a disease such as measles or whooping cough can cause illness, not just isolated to one person but spread to those who have not been immunized or those who have lapsed immunizations and whose immunity has weakened.

This scenario seems to be part of the case for pertussis, as the adult population had not been vaccinated against pertussis for many years. It's now evident and recommended that adults, as well as children, receive a booster dose of pertussis in the form of a Tdap vaccine. That means ALL adults.

As summer comes to an end, I know that winter illnesses and busy pediatric offices are just around the corner. Every day, parents ask me, why does my child get a cold,

a cough, or a fever and vomiting? That's because we don't yet have vaccines for the common cold or for norovirus, enterovirus or adenovirus. Those vaccines may be available one day. However, we do have vaccines for rotavirus (winter-time vomiting and diarrhea), measles, chickenpox, and influenza.

The great news is that the flu vaccine for 2013-2014 is now quadrivalent, which means that there are four strains of flu in the vaccine (two for flu A and two for flu B). This should provide even greater protection.

So, as you're getting the kids ready for school and immunized, think ahead about flu vaccine, too. Doses are already arriving in our office and we'll be vaccinating all during the fall in hopes of keeping more illness at bay this winter. The best protection against disease continues to be vaccines. Spread the word, not the disease!

(Dr. Sue Hubbard is an award-winning pediatrician, medical editor and media host. "The Kid's Doctor" TV feature can be seen on more than 90 stations across the U.S. Submit questions at www.kidsdr.com.)

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- ADHD
- Obsessive Compulsive Disorder
- Autism Spectrum Disorders



Patti Schwan, M.S.W., L.I.S.W.

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- Adjustment Issues

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Sign up over the phone or stop in.

In Your Own Backyard

Gibsonburg Octoberfest; Williams Park, Sat., Oct. 12th from 9-4. Craft and flea market tables needed, \$10 per table and donate a door prize. Call Tammy at 419-463-7081 or Marsha at 419-637-2064.

Village House 11th Annual Reverse Raffle: Sat, Oct. 19th at the American Legion, doors open at 5pm, raffle at 7pm. Cost is \$25 which includes 2 dinners and one raffle entry to win \$1000. Contact Village House at 419-334-4582.

Come and join Hayes Memorial United Methodist Church for Youth Group/Family Night! You and you family are invited to a free dinner and fellowship every Wednesday from October-April. Dinner starts at 6 pm and at 6:30 pm there is a vibrant Children Ministry or Youth Group for teens where they take part in games, real life Bible study, and music. The adults are invited to participate in a study group, where relevant and engaging Christian topics are discussed. The evening concludes at 7:30 pm. Come celebrate God through food, fellowship, and fun!

24th annual Halloween cruzin car, truck & motorcycle show, Fremont Fairgrounds Oct. 12, Starts at 2 p.m. Registration \$10 for vehicles from 2-5. Public is free. Awards, prizes, cash giveaways for entries. Halloween costume contest for all ages, family fun, games, music and food for all. All proceeds go to Make-A-WISH. Call Tony @ 419-307-8114 or Patrick @ 419-332-9662 for info.

Garage sale, Hayes Memorial Church, 1441 Fangboner Rd., Fremont, Sat. Oct 12, 9am-3pm, \$2 bag sale at 2pm.

Pontifex fundraiser. Local bands SakRed Groundz opening for Last of the Wildmen putting on a show at Pontifex Monday, Oct. 7 from 6pm to 9pm. Tickets available for \$10 at Pontifex, 416 W State St Fremont OH or by contacting either band.

Pontifex is taking donations for our dock sale. All items should be in by Oct. 2nd. The dock sale will be Oct. 11th & 12th. All proceeds go to the ministries of Pontifex. Pontifex presents "Trouble at the Tropicabana" murder mystery an I Love Lucy comedy, Friday Nov. 1st and Saturday Nov. 2nd. Watch for more information!

Chicken/Rib Dinner for the Humane Society, Wendt Key Realty from 4-6pm on Friday, Oct. 11th. Presale tickets only at Wendt Key, Jenesis Salon and the animal shelter at 2520 Port Clinton Road in Fremont. Chicken dinners are \$8, a slab of ribs is \$11.

Village of Lindsey Farmers Market: Second Saturday of each month through October, from 9 am until noon, in the Village

Park on Main Street. This is open to vendors who wish to sell produce, baked goods, plants, crafts, jewelry.

Bereavement support group to meet in Fremont: On Wednesdays from October 23 – November 20, Hospice of Memorial Hospital is hosting the Healing Journey Support Group. This bereavement support group is for anyone who has lost a loved one. Each session is led by a hospice professional. Some of the topics that will be covered at the group include myths about grief, the importance of storytelling and coping with loss. Light refreshments will be served. This support group will meet at the Birchard Public Library in Fremont from 6 – 7:30 p.m. For more info contact Hospice of Memorial Hospital at 419.547.6419.

Autumn is here and that can only mean it is time for the Birchard Public Library Book Sale! Time to buy a new to you book for yourself or a friend. Grandchildren love books and what better way to introduce them to reading than a book of their very own, or maybe your hubby needs a book on cars or home maintenance. Friends of the Library can come Oct 16th from 5-8pm. If you are not a member, you can join that night for a small fee; \$4 for a Student/Seniors, \$10 for an individual, \$15 for a Family, \$30 for an Individual Sponsor/Business Associate and \$50 for a Corporate Patron. The sale is open to the public Oct 17 from 10am-8pm; Oct 18 from 10am-5pm and Oct 19 from 9am-1pm. Saturday is a \$30 bag day, we supply the bags. Birchard Public Library is located at 423 Croghan Street in Fremont.

The Sandusky County Republican Women will host their Fall Banquet on Thursday, October 10, the public is invited to attend. The event will be held at Ole Zim's Wagon Shed, 1375 North State Route 590, Gibsonburg. Social hour begins at 6 p.m. and a family-style dinner at 6:30 p.m. The cost is \$30.00 per person. Reservations are required and may be made by sending a check, made payable to the Sandusky

County Republican Women, to Marion Bower, Treasurer, 2951 East State Street, Fremont, Ohio 43420 by October 4th.

The featured speaker will be Judith French, the 155th justice of the Supreme Court of Ohio. Justice French took office on January 1, 2013 by appointment of Gov. John Kasich. She was raised in Mahoning County and served as a mentor and tutor in the Columbus public schools before beginning her legal career. Special music will be presented to provide an enjoyable and informative meeting. Call President Peg Rettig at 419-547-8033 for further info.

Memorial Hospital hosts event on child speech delays in Clyde: On Wednesday, October 16 the Clyde Physical Medicine Division of Memorial Hospital is hosting "My Child Isn't Talking ... Now What?" with licensed speech language pathologist Amanda Gentner. At this event, parents who are concerned about their child's communication development will learn strategies on improving their communications skills and at home communicating, as well as activities to help decrease frustration between the child and parents.

This event is free and open to the public. No registration is required. The Memorial Hospital Clyde Physical Medicine Center is located at 509 E. McPherson Hwy in Clyde. Call 419.547.0524 for more info.

Annual Stamm PTO Chili Supper will be held on October 18, 4:30p.m to 7 p.m. Stop in at Stamm Elementary gymnasium (1038 Miller Street in Fremont) before the last home Fremont Ross Football Game and enjoy homemade chili, hotdogs, pies and other desserts. Numerous themed baskets will be raffled off and a silent auction of local businesses items will be available until 7pm.

AUTUMN HARVEST SALE: Bring a friend and come to the Fremont Area Women's Connection Luncheon and Fall Fund Raiser at Anjulina's Catering, 2270 W.

Hayes Avenue, Fremont, on Tuesday, Oct. 8th. Luncheon 11am - 12:30 pm. Cost \$12 inclusive. (A complimentary nursery is available by reservation). Our Feature will be our Autumn Harvest Sale. Bring an Autumn item, to be sold (baked good, canned goods, fruit, arrangement, etc) Doors will open at 10 a.m. for you to display your donation. You will have until 11 a.m. to purchase as you choose. (to benefit Stonecroft Ministries) The speaker will be Sue Simmons, Mentor her talk will be "On the treadmill of life, where are you going?" For reservations call by Oct. 3rd-Donna at 419-680-2251 or email - Carrol at fawcluncheon@gmail.com

St. John's Lutheran Church, Fall Bazaar, 212 N. Clover in Fremont, Tues. Oct. 15th, 10am to 6:30pm. Meals served from 11-2 and 4-6. Features include baked goods, white elephant, crafts, quilts and a country store.

Heartland 5k Memorial Run/walk, Connor Park, 1400 Tiffin Rd, Fremont, Oct. 13, 9 am (walkers at 9:30am) All proceeds to American Heart and Alzheimer's Association, same day sign up \$30: Registration 7:30-8:30 am <https://runsignup.com/Race/OH/Fremont/HeartlandHospicememorial5KRun>

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DEAR MAYO CLINIC: My mother was just diagnosed with polymyalgia rheumatica. What is it, and what causes the condition? Is the treatment safe?

ANSWER: Polymyalgia rheumatica is a treatable inflammatory disorder that causes muscle and joint pain and stiffness. Proper treatment can often improve the symptoms in a matter of days or even overnight. Keeping the disorder in check as it subsides usually involves careful medication management.

Inflammation is the body's usual response to injury or disease. But in some disorders - known collectively as rheumatic diseases - inflammatory activity erupts where there's no apparent need for the response. Such is the case with polymyalgia rheumatica.

Although the cause of the condition isn't well understood, the pain and stiffness of the disorder result from the activity of inflammatory cells and proteins that are a normal part of your body's disease-fighting immune system. The aberrant inflammatory activity is generally concentrated in tissues surrounding the affected muscles and joints, resulting in signs and symptoms that begin which can include:

Aches or pain in the shoulders (often the first symptom)

Aches or pain in the neck, lower back, buttocks, hips or thighs

Stiffness in affected areas, especially in the morning or after a period of inactivity, such as a long car ride

Limited range of motion in the affected joints

Tenderness in upper arms

Less commonly, pain or stiffness in wrists or knees

When pain and stiffness first appear, it's also common to run a low-grade fever, experience fatigue, be anemic and generally feel unwell. Loss of appetite, unintended weight loss and depression may also occur early on in the disorder.

Most people who develop polymyalgia rheumatica are older than 65 - rarely does it affect people younger than 50. The disorder is more common in women.

Research suggests that a combination of inherited and environmental factors may contribute to the development of polymyalgia rheumatica. It's most common in people of Northern European heritage - in particular, those of Scandinavian descent - and may run in families. Patterns where new cases of polymyalgia rheumatica appear in cycles suggest there may be some connection with contagious viral diseases.

Certain blood tests can be helpful in making a diagnosis and beginning a treatment plan. An erythrocyte sedimentation rate (ESR) - commonly referred to as a sed rate - reflects changes in red blood cells (erythrocytes) related to inflammation. An elevated sed rate indicates the inflammatory response of the immune system is heightened. Another blood test measures the concentration of C-reactive protein (CRP), which increases when there's inflammatory activity.

The primary treatment for polymyalgia rheumatica is a low dose of an oral corticosteroid, such as prednisone. This usually produces relief from pain and stiffness within the first two or three days. If it does not, the dose may need to be increased. The corticosteroid dose is gradually decreased based on improvement in symptoms and follow-up blood test results. However, if symptoms of polymyalgia rheumatica return, it may

be necessary to temporarily increase the corticosteroid dose.

The goal in managing treatment of polymyalgia rheumatica is to keep the corticosteroid dose as low as possible. Most people with the disorder need to continue corticosteroid treatment for one to two years, and sometimes longer.

Because long-term use of these drugs can result in a number of serious side effects, frequent follow-up visits with a doctor are recommended. He or she can monitor treatment effects, watch for potential problems, and adjust the corticosteroid dosage.

Among possible side effects related to corticosteroid treatment are a loss of bone density and weakening of bones (osteoporosis). To help reduce the risk of bone fractures, calcium and vitamin D supplements may be prescribed.

Other side effects of long-term corticosteroid use that may require treatment include high blood pressure, which increases the risk of cardiovascular and kidney disease; diabetes, which can cause tissue damage in a number of body sys-

tems; cataracts, which can significantly impair your vision; and depression or other emotional disturbances.

With proper diagnosis and treatment, the life expectancy of someone treated for polymyalgia rheumatica is generally the same as for anyone else of the same age. New medications that target specific components of the immune system are being studied as possible treatment options for the disorder. - Kenneth J. Warrington, M.D., Rheumatology, Mayo Clinic, Rochester, Minn.

(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. To submit a question, write to: medicaledge@mayo.edu. For health information, visit www.mayo-clinic.com.)

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Tin Goose Diner-Port Clinton

It never ceases to amaze me, the discovery of a really cool place within a twenty minute driving distance, that I had to hear about from a reader!

Port Clinton has a really great airport, and next to it is an interesting museum with WWII artifacts, including several war planes, and the jacket Clark Gable wore when he was enlisted! I especially loved the plane with the Nazi logo and the numbers of planes shot down below the logo. The 1952 MG was a treasure to see. (see photos) The museum is well worth your time and the airport is easy to find on Gypsum Road, just off Route 53 south.

Once you have visited the museum you have to dine at the Tin Goose Diner (remember the plane that used to make that trip back and forth to Put-In-Bay?).

It was a Sunday afternoon and the specials were Chicken Chili, Lobster Bisque and SOS. Pete ordered the SOS, it came on a diner tray, mounds of scrambled eggs, fried potatoes, bacon, and chipped beef and gravy over toast. Good thing I only ordered soup because it took two of us to finish his meal. The Lobster Bisque was good, but a bit too rich, I had to cut the taste with the food I stole from Pete's plate!



The menu is diversified and includes Fly Over Omelettes, Hangar Specialties like "The Aviator" and "The Barn Stormer". Our waitress told us that breakfast is the one meal you wait in line for, but you can get it all day long. There were lots of sandwiches; burgers, hot dogs, BLT's and the usual, all with catchy names like "The Red Baron". Some really nice salads were listed, including a Greek, Caesar and a Cranberry Pecan. Not to forget, there were floats and shakes and ice cream, after all, it is a diner! The prices were typical diner and two can easily eat for around twenty dollars.

But I haven't mentioned the best part, as you are eating you have a bird's eye view of the airfield and the comings and goings. There were quite a few small jets parked on the tarmac, and lots of smaller planes.

Our bill, with tip, was \$21.00 and that included two soft drinks. Our waitress was especially nice and gave us some history of the diner, we also learned that it has only been open for a year. It really is diner perfect, as you can see by the photo.

Fall is a great time to visit Port Clinton, the crowds are down and there is still much to do. Give the Tin Goose Diner a try, I know we will be back.



Sandusky County Share and Care Helping Area Families

By Lynette Kirsch

Sandusky County Share and Care is grateful to be a part of United Way's partner organizations. In September our center helped 33 families in the span of five hours with rent evictions, multiple utilities, prescriptions and food pantry vouchers. That is a great number of families that we might not be able to service if it was not for the generosity of our community. Often, we are overwhelmed and grateful for the wonderful volunteer base and the enthusiasm of our community. Our motto is "neighbors helping neighbors." The needs in our community can be overwhelming and often it is the quiet families struggling that are afraid to let their church families and friends know that they are in trouble. We are pleased and blessed to be filling this gap in our community.

Our thrift shop is an amazing place to find treasures of all sorts. Some treasures we aren't even really sure what they are or the purpose of them, but we enjoy trying to figure it out! We also often receive full collections of items from "neighbors" who are downsizing or who have lost a loved one. We receive beautiful silver items, household items, much clothing, purses, unique jewelry, craft items and we always have a nice supply of warm coats. Any one of any income is welcome to shop at our store-we do not have an income eligibility requirement. Our center is open on Tuesdays and Thursdays from 10 am -3 pm and the first Saturday only of each month from 10 am - 3 pm.

Many of our "neighbors" are looking for some guidance with their bills or need help understanding them. Some of our "neighbors" just come in for a safe place that they can enjoy some other adult conversation (sometimes debates even!). We also work hard at mentoring those that that need help in working to get their GED's or need encouragement in their job search. Sometimes, it is just a word of encouragement, some suggestions or giving them a resource that keeps them going. We have some "neighbors" that need help with diapers or cleaning supplies. The needs are not always big-sometimes, just a little help makes the day brighter for them.

Thank you, Sandusky County and United Way for allowing Sandusky County Share and Care to fill the gaps in our community one "neighbor" at a time! We are always looking for dependable volunteers who have a heart for helping others and good, quality donations of clothing and household items to help our community. Call 419-334-2832 for more info.

WINE

October Live Entertainment

October 12th – We are having our own Oktoberfest with live music starting at 3:00 with Rick & Amber and from 7-10 No Strings Attached, along with a great menu of home made cabbage and noodles, brats and sauerkraut, drink specials and lots of fall craft beer specials.

October 5th – Donnie Ray

October 12th – Rick and Amber/ No strings Attached

October 19th – Roger in the Raw

October 26th – Halloween party with music from Dave Lester along with some great drink specials.

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BEER

Fresh pressed cider and fresh baked apple dumplings with Toft's vanilla ice cream.

Corn hole, Giant Jenga

Craft beer special \$3 from 3-5 pm

No Cover charge for live entertainment

New imaging equipment at Memorial Hospital reduces radiation to patients

Memorial Hospital recently had new digital Computed Tomography (CT) and digital x-ray equipment installed in its diagnostic imaging department. The GE Optima CT660 computed tomography machine and the two GE Discovery XR 656 digital x-ray machines, as well as a GE Optima 220amx digital mobile x-ray, provide a myriad of benefits for Memorial's patients. New and renovated waiting areas have also been created for Memorial Hospital's imaging patients. These improvements were all made as part of Memorial's 2013 \$2 million facility improvement investment.

Lower dose/higher quality CT

Nathan Egbert, M.D., medical director of diagnostic imaging at Memorial Hospital, is excited to point out how the new CT equipment is safer for patients, while still producing a high quality image.

"The new CT scanner is equipped with an advanced ASiR software package that results in significant reduction in a patient's exposure to radiation during a scan, while still providing supreme image quality," he said.

Dr. Egbert explained that a lower exposure to radiation is beneficial to patients, particularly for patients who undergo repeated scans as well as to children and young adults who require a CT.

The new CT scanner also allows for rapid processing of images.

"With rapid processing of images from the new CT scanner, the radiologist and a patient's referring physician, can quickly view disease processes and ana-

tomical structures in 3D, allowing for faster and more accurate interpretations," said Dr. Egbert.

Memorial Hospital's CT service is nationally accredited by the American College of Radiology (ACR).

Advantage: Digital x-ray

Memorial Hospital's new digital x-ray machines also enhance patient safety and image quality. According to Dr. Egbert, where traditional x-rays are produced on film and then digitized, Memorial Hospital's machines immediately digitize images, which can result in substantially better visuals.

Advanced image visualization is not the only benefit of Memorial Hospital's new x-ray equipment. Dr. Egbert also explained that the new equipment exposes patients to significantly less radiation compared to conventional x-ray equipment.

For the patients

Another change to Memorial Hospital's imaging department involves its waiting area. The department's waiting area was previously shared with the hospital's outpatient lab. The outpatient lab now has its own designated waiting area, and the imaging department's waiting area has been renovated. The hospital also added a second waiting area specifically for MRI patients. These changes have created quieter, less-busy waiting areas – with greater patient privacy.

Memorial Hospital is a non-profit, community-based health care provider that has served the Sandusky County area since 1918. The hospital is a state-of-the-art medical center with more than



From L to R: Chelsea King, Kristy Harris, Dr. Nathan Egbert and Lisa Novitski with the new CT machine.

150 physicians and nearly 500 employees. The hospital provides a comprehensive range of services, including the surgery, obstetrics/pediatrics and intensive

care, as well as hospice and occupational and mental health services. For more information, visit memorialhcs.org.

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Dr. El Nemr is a fellow of the American College of Obstetricians and Gynecologists; he sees patients full time in Fremont.

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"Grate" Treats & Eats

By: Chris Timko-Grate

Hello my loyal readers, I'm finally back! Thank you for your calls, concern, support, and best wishes.

For those who don't know, I was in the hospital and had major surgery. Thanks to Dr. Grillis, Dr. Heistand and the Memorial Hospital staff, I had a successful stay during my week and a half spent there.

I also want to thank Joanne McDowell for her understanding and concern during my hospital stay and recuperation time and for allowing me to skip a few columns. I do have to go back into the hospital again in November for another surgery, but I will have a column ready for December.

My other news is that I am no longer working at the Fremont Country Club. I plan on spending time with my family and friends since for the last five years I have missed out on so much time with them. People kept telling me sixty to seventy hours a week was way too much time spent working, so it is time to heed their advice and slow down.

I am going to enjoy my time getting caught up here at home and time with my hubby. Now that I am cooking every night instead of just one or two nights a week, I am really going through my cookbooks, files, and magazines for new recipes to fix. When I find some good ones I will share them with you. With this cooler weather and fall on the way, the markets are starting to have the great vegetables and fruits for this time of year so recipes using them are what I'll be looking for.

If you have any favorites please send them my way. I'm also going to start looking for holiday recipes because I know I will be hosting my side of the family's Thanksgiving dinner and I always like to surprise them with something new! I'll start with two appetizers; the first is from my sister-in-law, also a Chris, and my hubby's favorite, pecans. The other I found in a restaurant magazine and tweaked it to my liking, enjoy!

Spicy Praline Pecans

2 tablespoons butter
2 tablespoons dark brown sugar, firm pack
2 tablespoons maple flavored syrup
¼ teaspoon ground red pepper
2 cups pecan halves

Heat oven to 350 degrees. Line cookie sheet with parchment paper. Melt butter in a large non stick skillet over medium heat. Add sugar, syrup and red pepper, mix well. Cook till bubbly, stirring constantly. Spread mixture onto parchment paper. Bake for 5 to 10 minutes or until golden. Cool 30 minutes or until completely cooled. Store in tightly covered container or, plastic bag up to 2 weeks.

Crusty Onion Bruschetta

1 French bread baguette, about 8 oz
4oz cream cheese
½ cup ricotta cheese
2 tsp dried oregano
2 tsp dried basil

One cup pizza sauce canned or bottled
1 medium onion, cut into paper-thin wedges
¼ cup parmesan cheese, grated for garnish, as needed, parsley flakes optional also for garnish
¼ cup shredded mozzarella cheese
Split bread in half lengthwise. Pull out some bread from the center of each half leaving ½ inch shell. Beat cheeses and herbs with fork and spread mixture along length of both bread halves. Place a ribbon of pizza sauce and a single layer of onions over cheese mixture. Sprinkle with Parmesan and bake on baking sheet at 400 degrees for 15 minutes then add mozzarella cheese and bake for another 15 minutes or until onion is tender and tips are slightly blackened, but crust is not too dark. Sprinkle with parsley flakes and cut crosswise into narrow strips.

Contact me with comments, suggestions, and your favorite recipes and stories at ChrisTimkoGrate@roadrunner.com

What is the Meaning of Life Insurance

By Jack Leterman

"A life insurance policy is just a time-yellowed piece of paper, with columns of figures and legal phrases, until it is baptized with a widow's tears. Then it becomes a modern miracle, a sort of Aladdin's Lamp. It is food, clothing, shelter, education, peace of mind. It is the sincerest love letter ever written. It quiets the crying of a hungry baby at night. It eases the heart of a bereaved widow. It is the comforting whisper in the dark silent hours of the night. It is new hope, fresh courage and strength for the widow to pick up the broken threads of life and carry on. It is an education for the sons and daughters (a chance for a career, instead of the need for a job). It is a father's parental blessing to his children on their wedding day. It is the function of a father's hopes and dreams for his family's future. Through life insurance he lives on. There is no death.

Life insurance exalts life and defeats death. It is the premium we pay for the privilege of living after death."

Fremont Locations for Lifestyles2000

As many of you noted this past month, Bob Evan's is no longer allowing any papers to be put in their locations. Since our Fremont location was a favorite for many of our readers, here is a list of Fremont locations.

Denny's, Frisch's, Wang's, Dairy Queen West, Quality Cleaners, Memorial Hospital, Herbert Pena Center, Golden Dragon, YMCA, Fremont Rec Center, Lee's Chicken, Toft's, Subways, Mint Condition, Fort Ball, Arby's, Renew, K Mart, Wal Green's, Birchard Library, Kroger's west side, Burger King on W. State, Jenesis Salon, Perfect Ten and Grund Drug..

We are continually filling racks, so if you note an empty one, please feel free to shoot us an email. lifestyles2000@sbcglobal.net



Laurie (Miller) Sistrunk, CLU
Financial Advisor

2536 N. River Rd.
Fremont, Ohio 43420

(419) 262-1518

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SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR OCTOBER:

For reservations 419-334-4495

'1817 Pioneer Family' Challenge, Mon, Oct 7, 5:30pm-8:30pm, White Star Barn, 5013 C.R. 65, Gibsonburg. Will you survive the journey from Pennsylvania to this new state called Ohio? Spend the evening with us to learn more about our local history and the struggles of the early settlers of The Great Black Swamp. Receive material on local history and enjoy a bean soup supper. Fee: \$5 p/p. Registration required www.LoveMyParks.com or by phone.

Puddle Jumpers: Falling Leaves, Tues, Oct 8, 10 am, Spiegel Grove, Fremont. Ages 5 and under should bring a brown paper bag to gather some treasures as we walk the grove learning about the falling leaves and the trees they come from. Registration required.

Nature Discoveries: Birds, Tues, Oct 8, noon-2pm, Mull Covered Bridge, 1515 C.R. 9, Fremont. We will study bird families, feeders & seeds, and migration. Registration required.

HIKE for the Health of It, Tues, Oct 8, 2pm, North Coast Inland Trail, 1630 Walter Ave, Fremont. No registration required.

'Fabulous 40' Photo Contest: The Park District is heading toward it's 40th Anniversary, and your favorite photo may win ribbons, prizes, and be part of the celebration! Get details at www.LoveMyParks.com

Fast, Faster, Fastest: capture activity on the North Coast Inland Bike Trail, walk, run, bike

Freeze Frame: sports and fast action photos, show your kids in action, your family having fun

Furry, Feathered, or Frightning: wildlife of all kinds including birds & bugs

Flowers, Forests, Fields: flora including trees, grasses, wildflowers & weeds
Fun with Food: get crazy with fruit 'sculptures', picnic fare, full bushels, or crops in the fields

Far and Away: anything, anywhere, any enhancement, interesting vacation photos

Entries Accepted: Oct 1 thru Thurs, Oct 10, at Dumminger Photography and the Park District Office, 1970 Countryside Place, Fremont.

Entries displayed Oct 11 & 12 at Fremont Rec Center, Oct 19 at Fremont Farmer's Market.

Bird Banding Research, Meet at 8 am: Sat, Oct 12; Sat, Oct 19; Sat, Oct 26. Meet in the parking lot of Creek Bend Farm, 654 S. Main St (SR 590), Lindsey

Learn about bird banding research as you watch the process up close, with experienced bander Tom Kashmer. Registration required.

Stargazing, Saturday at sunset, Oct 12, Wolf Creek Park Campground. View the night sky with Sandusky Valley Amateur Astronomers. Drive to the end of the campground road, located at the southern entrance to Wolf Creek Park, 2701 S.R. 53 south of Fremont.

Families Exploring Nature: Migration Mania, Wed, Oct 16, 4:30-6:30pm, White Star Barn, 5013 C.R. 65, Gibsonburg.

Walk the trails while learning more about various animals and their migration struggles. Registration required.

Meet Me at the Cabin: Fall Walk Preparing for Winter, Thurs, Oct 17, 5pm, White Star Cabin, 5013 C.R. 65, Gibsonburg. Join us to walk the trails as we learn how the pioneers prepared for the upcoming winter season. Registration required.

Moonlight Canoeing, Meet at 6pm: Thurs, Oct 17; Fri, Oct 18; Sat, Oct 19. All programs meet at the Park Office, 1970 Countryside Place, Fremont. Perfect for couples, you must register with a partner. This special full moon canoe program is open only to ages 18 and over. Moonlight Canoe registration is only taken by phone: 419-334-4495.

Farm Day, Sun, Oct 20, noon-4pm, Creek Bend Farm, 654 S. Main, Lindsey. Corn takes center stage as the theme this year at the 1930s-1950s era farm park. Enjoy activities around the farm: games for kids, bird banding station, watch portable sawmill demo, tour the historic 1862 house, see S.C.R.A.P.

Fall Colors, Wed, Oct 23, 12:30pm-2:30pm, North Coast Inland Trail, C.R. 292, Bellevue.

Enjoy an afternoon stroll on the bike path with a naturalist. No registration required.

Daniel L. Stover,
"Thriving Under Pressure"
October 15th
11:45 am - 1:00 pm
Our Lady of the Pines
1250 Tiffin St., Fremont
Reservations please call 419.355.2251
Limited Seating

Stress is a fact of life. There is no way to escape it, be it tough economic times or personal adversity. But you can learn to use stress to your advantage. In this discussion you will learn to harness the energy provided by the stressful situation and turn it into solutions that will lower your anxiety and raise your effectiveness as a leader.

Dan grew up in Green Springs, attended Clyde High School and is a dual-degree graduate of The Ohio State University. He studied Psychology and Criminology, and held positions within Harding Hospital at the Wexner Medical Center and The Department of Justice during his education. Since 2007, Dan has volunteered for Suicide Prevention Services; his efforts extending from coaching incoming volunteers on crisis management, mental illness and soft-skills, to helping advance the organization from a seat on their Leadership Council. He is also active elsewhere in the community, as the Vice President of the Downtown Residents' Association of Columbus.



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Q: What do you think about the ruling against Lennox the dog in Belfast? - S.C.

A: This may sound melodramatic, but I cried when I read your note. Lennox, a mixed-breed dog, was confiscated about two years ago because officials thought he looked like a Pit Bull, a breed banned in Northern Ireland. In truth, Lennox wasn't a purebred Pit Bull, and the pet had done nothing wrong.

Sadly, Lennox's owners just lost their long battle, and their beloved family pet was euthanized July 11. A colleague wrote on my Facebook fan page: "Well, that's Ireland for you." I wrote back, "That's Ireland, and several other nations, including the U.S. Countless dogs have been killed here in communities with Pit Bull bans because of what dogs are alleged to be."

The following question also touched my heart because of what had just happened to Lennox.

Q: We're in the process of moving to a rental home, but we've run into a major roadblock because of an issue with our dog, a 6-month-old large mixed breed.

The previous owner said our dog was half Golden Retriever, part German Shepherd, and perhaps part Chow Chow. When I gave this information to rental company officials, they said he couldn't live in the house with us if he "has any chow in him whatsoever." Now, they want me to provide a letter from a veterinarian stating that "to the best of (the vet's) opinion," our dog is "predominantly" a Golden Retriever/German Shepherd mix.

It would be even better, I was told, if the vet could say our dog doesn't appear to have any Chow, Rottweiler, or Pit Bull.

I asked our veterinarian to provide such a letter, but she won't say the dog appears to be any breed without a DNA test, which would take weeks and cost hundreds of dollars.

My whole family is upset, and my daughters are on the verge of tears. We were all looking forward to the move, but if this issue can't be resolved we'll have to find another property to rent. Any advice? - H.B.

Your story isn't too different from that of Lennox, except that Truman won't be confiscated.

Nearly all pedigree dogs were originally bred for a purpose, and they're typically hard-wired to herd, retrieve, guard, or whatever. But an individual dog's temperament is shaped far more by genetics, and even more so by early socialization.

To broadly ban a dog that's 100 percent Chow (or American Pit Bull Terrier, Rottweiler, etc.) makes little sense to nearly all dog experts. And when a dog is only part Chow, it's simply ridiculous, since the information carries almost no weight in predicting a dog's temperament.

While it's true that a Chow with poor individual genetics and deprived of appropriate socialization may demonstrate aggression, the same would apply to other breeds in your dog's progeny, German Shepherds or even Golden Retrievers.

The genetic test you mention, called a Wisdom Panel, can be mailed in, but getting the results does take time. I sniffed out a test for \$59 on Amazon. Speedier is the Wisdom Panel blood test, available through a veterinary clinic, which costs about twice the price of the mail-in test.

You didn't mention where you live, and I realize that finding pet-friendly housing can be challenging. If I were you, I'd consider another property. Assuming your dog is friendly, and well behaved, there are many more enlightened property management companies that would be happy to rent you a home.

Q: Do you know if Christina Aguilera is coming back to the TV show "The Voice"? I hope not. Whenever she hits those high notes, our cat, Max, hits our other cat in the face, then runs down the hall meowing. What's going on? - V.S., Fort Myers, FL

A: I'm not sure why your cat doesn't care for Aguilera's singing. Other readers have told me their cats have a similar response whenever Justin Bieber warbles. Perhaps the singing does hurt the cats' ears, or maybe they're annoyed. According to several web sites, Aguilera is returning to the "The Voice" next season. Apparently, you enjoy the show, so I'd suggest keeping Max away from the TV when the program is on. I host radio talk shows about pets (www.petworldradio.net) and it sounds as if Oscarmight be a purr-fect guest host.

Q: Our cat, Oscar, is a grouch. As he's gotten older (he's now 6 or 7), he complains about everything. What can I do? - S.H.

A: Anytime there's a change in a pet's behavior, see your veterinarian. A physical problem could be causing this increased vocalization. Sometimes cats who tend to be articulate become more so over time. They learn that expressing themselves with increasing frequency and amplification might garner more attention. Even if the attention is you shouting, "Quiet, Oscar!" it's still attention.

(Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Content Agency, LLC., c/o 16650 Westgrove Dr., Suite 175, Addison, TX 75001. Send e-mail to [petworld\(at\)steve.dale.tv](mailto:petworld(at)steve.dale.tv). Include your name, city and state.) **TRIBUNE CONTENT AGENCY, LLC.**

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Puppies are here come visit!



Oct. 11th Event: Chicken & Rib Dinner, carry out only at Wendt Key, tickets at shelter. Tickets at shelter, Wendt Key, Jenesis Salon

Elmwood Assisted Living
3rd Annual Dog Show,
Sat., Oct. 5th at 9:15am,
\$10 donation per dog.

**2520 Port Clinton Rd, Fremont, OH
419-334-4517 www.hs-sc.org**

Last month I wrote about the wonderful couple from South Carolina that visited family in the area and came to see our shelter. They were overwhelmed by what the staff tries to do in a building that is too small for the needs of 200 animals. There is no place for sick animals, or those that need to be quarantined, there isn't a location for adoptees to meet with their new family member, or space for puppies with nursing mothers.

This generous couple wanted us to tear down the building and start over, but we have nowhere to put our pets in the meantime, not to mention the area we currently own is really too small for parking and expansion, so we opted to try to find a new location. Since that column a gracious local lady has come forward, and we are now looking for land, at a reasonable price. ,

Since that column ran people have questioned our building a new building, many never having been in the one we now inhabit. First of all, the couple is willing to build a shelter, that is how the money is to be spent, we are grateful that someone, who doesn't even live here, is willing to help the abused and neglected animals in our county. We could turn down this donation, but that would be sheer stupidity for the sake of the animals in our care.

Yes we do fundraise constantly, (to those questioning why), but how else do we care for animals that some irresponsible person chose to abandon or neglect? We don't ask for cat or dog hoarders, but if we aren't around to take charge of these bad situations, who will? (This year we have taken in 130 cats and 20 dogs from hoarders, many of the cats had to be euthanized). None of us raising money enjoy it, in fact much of my time that should be spent on my "real job" is spent working on shelter functions. Several shelters in our area are considering closing because they don't have the funds to continue, we don't want to have that happen here. So yes if you buy a chicken or spaghetti dinner that money goes to keeping our doors open, and you receive a meal in return. I believe that is a fair trade.

I remember the first fifteen years I was involved with the Humane Society and all the phone calls about dumped dogs and cats, it was horribly frustrating. It has been only ten years since the shelter opened, thanks to Mr. Art Lippstraw, and in that time we have rescued over 4,000 cats and 1,000 dogs. These are pets that would be roaming the county, instead all of these pets have been altered, again cutting down on our county pet overpopulation.

By the way, if people bothered to spay and neuter I wouldn't even have to write this column...which would make me quite happy!

Classifieds

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HELP WANTED

Help Needed: Kennel attendant, part time, hard working, self-starter, dependable, must have transportation. Apply at the animal shelter Monday, Tues., Thurs. between 1-4pm. No phone calls.

FREE TO GOOD HOME

Kittens: Free to good homes with a spay/neuter voucher. Two gray and three tigers, call 419-355-3098.

SATURDAY NIGHT BINGO!
Doors Open at 4pm Early Birds at 6:30pm
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