

2000 Lifestyles

Free

Vol. 17 Issue 10

October 2015

www.lifestyles2000.net

Better Medical Care Starts with a Great Team.

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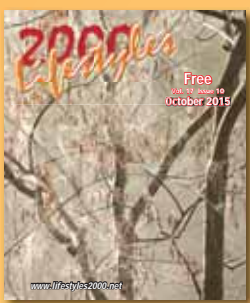
For more information, or to locate a provider near you, please call Community Health Services at (419) 334-3869. You can also visit our website at www.fremontchs.com.



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WE CARE.



Lifestyles 2000

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See Robin's work at
<https://www.etsy.com/shop/DuckMarshStudio>



Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

We couldn't ask for a more, beautiful late summer...blue skies, gentle breezes and rain when we need it. We still have time to do a few paint-up, fix-up jobs around our houses and yards before the cold winds of winter find us once again.

"Ms. Grace is your Memoir book at the publisher yet," you ask? I'm sorry to say, "no, not yet, but it will be soon." As you probably already know, I am computer illiterate. So, I wrote it long hand with pen and paper. My friend, Amanda, is in the process of typing it into the computer in the format required by the publisher. Her hours have been increased at her place of employment, giving her less time to work on the submission. No problem, we'll get it there soon. Its title is "Heartbeats and Footprints, A Memoir of 30,000 Sunrises".

I tried to figure out what month, day and year my 30,000th sunrise would occur. I could figure the years okay, but I was not sure how many leap years there would actually be. I mentioned it to my co-workers at the Presidential Center who said "Let's ask the computer". We did, and in about ten seconds it told us. If you were born on July 27, 1934, your 30,000th sunrise would happen on Sept. 14th of 2016. So, I guess we have a few more days – I'm anxious but patient. Thanks for sharing this waiting time with me.

I got this idea in the middle of the night—kind of scary, huh? My family says, the ones I get in the daytime are cause enough for concern, but the middle-of-the-night ones are often "way out there". So here goes—On Wednesday, Sept 14, 2016, I could host a celebration of my 30,000th sunrise here at the Old Garden House for early risers like me. We could do a sunrise book signing! The almanac says that sunrise will occur at 6:56 a.m. I could offer sweet rolls, juice and coffee to help get my friends up and moving for their day ahead. Let me know what you think. Oh, just for the fun of it—your own 30,000th sunrise will be, or was, on the 49th day past your 82nd birthday.

We're looking forward to the 4th grade class visits to the Old Garden House this week for Pioneer Days. We will make butter with a churn, make fry-bread over an outdoor fire, go to the corn field and learn about how corn grows, and then each child will pick an ear and then with an adult, will run it through the hand sheller and the grinder. They will also learn about clothes washed on scrub boards and fun, through hand crank wringers. The adults who help with this program do an excellent job with the students.

Fall Pass-Along-Plant Day is Sunday, October 11th from 1-4 p.m. It is a good time to transplant perennials and to dig and separate spring flowering bulbs. Bring your to share and take others that you don't have. No cost, just come with or without plants, there are always plenty.

The October Tea at Two is set for the 27th at 2 p.m. and will be followed by a Victorian Fashion Show. The November Tea, which is the Christmas Tea, will be on November 24th and is filling up fast.

To register for these please call me at 419-332-7427. In the meantime, enjoy the early fall days, the falling leaves that crunch under foot as you walk, a glass of sweet cider and a football game or two, sing your high school fight song while you remind yourself that LIFE IS GOOD!

Ms. Grace is the owner-manager of the Old Garden House. She is the mother of eight grown children, has 16 grandchildren and 7 great-grandchildren. She has over 45 years of "hands in the dirt" experience with flowers which she loves with a passion second only to her love for people – especially children.



609 E. State
Fremont
419-334-7901

Happy Halloween!

Good for one
FREE small milk shake
One per visit expires 10/31/15

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.

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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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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Fall is in the air, but September was one of the nicest months of this year. No one could ever complain about the gorgeous weather, as I write this our pool is still open, now if I just had time to swim!

Our fabulous cover was photographed by Robin Arnold, she also did the September cover that received rave reviews. Visit her website as she has wood carvings and other beautiful pieces she has designed at www.etsy.com/shop.

Be sure to check out Kelsey Nevius column on what to do for fall-fun, plus our other local writers have their usual fantastic columns just waiting to be read.

Hope to see some of you at our "Chili and a Dog" benefit for the shelter on Oct. 4th at the Legion, I will be at the door so say hello.

Happy Halloween!

Joanne



Must have been too easy, with almost 200 entries and most of you guessing correctly, we better make it harder this month. If you didn't find "Pete", he was hiding in the Humane Society ad for Chili and a Dog.

Find Pete Winners

Winners are: Cheryl Abel, Linda Copley, Gibsonburg, Margaret Glanemann, Lynda Wilbert, Joan West, Sandy Kessler, Annette Mavros, Jack Cooper, Clyde; Jackie Mayfield, Judith Gahn, Ralph Phipps, Carter Payne, Al Nowak, Tom Brown, Scarlett Sterling, Fremont; Cynthia Crecelius, Riley Hillman, Bellevue; Brock Miller, Green Springs. (Sorry if I have misspelled your name as sometimes the hand written entries are a bit hard to read).

Karen Sawyer and Dave Kidd won the "Celebrating 16 Years" contest, the prize this month was a DQ cake. Thanks for entering.

Find Pete Prizes

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

Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: lifestyles2000@sbcglobal.net, 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.



Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Rev up your creative side and let it run free, you could be brimming with imaginative ideas and able to put them into action. Take the time to reflect on the best ways to achieve peace and tranquility.

TAURUS (April 20-May 20): Welcome a change of pace. Even the most solidly planted horse needs to get off the merry-go-round at some point. Relationships may take a turn in a fresh direction. Use your partner as a sounding board.

GEMINI (May 21-June 20): Ideas that pop up now may lead you to opportunities. Prepare presentations or speak to others who can help your career. Commitments made now are likely to run smoothly over the long term.

CANCER (June 21-July 22): Do a reality check. You may be caught up in an unrealistic approach to financial affairs and possessions. Focus on making your workplace and your work as perfect as possible.

LEO (July 23-Aug. 22): Romantic notions and confidence in magic potions might fill your head. You may be inspired by someone or something and think the sky is the limit. It's a wise idea, however, to rely on common sense.

VIRGO (Aug. 23-Sept. 22): Hook up with friends and loved ones this month. You may sparkle with an extra bit of glamour. You might be the center of someone's amorous attention, but don't make promises or commitments too soon.

LIBRA (Sept. 23-Oct. 22): Words that reflect honesty and sincerity are in the air. This could be a very good time to ask for advice or guidance. Maintain a positive frame of mind and something of value might fall into your lap.

SCORPIO (Oct. 23-Nov. 21): Networking could pay off by fattening your piggy bank. Brainstorm in tandem with a partner who can serve as a shrewd sounding board. A discussion may show the holes in your thinking.

SAGITTARIUS (Nov. 22-Dec. 21): Leave your cave and experiment with something new. Put worries and cares aside and break free of chains that hold you back. You sizzle in social situations, as well as group activities.

CAPRICORN (Dec. 22-Jan. 19): Adapt to new directions without getting off track. There may be situations that call for a sprint to the finish line. Yet you can remain open to changes in plan without losing your momentum or equilibrium.

AQUARIUS (Jan. 20-Feb. 18): Use your noggin to iron out the details of agreements and creative ideas, you'll benefit by adopting an unbiased logical approach to problems. Work hard to add pennies to your long-term holdings.

PISCES (Feb. 19-March 20): Pay attention to your intuitions and act on your sympathies, a pat on the shoulder or a kind word at the right time might not be acknowledged immediately but bring rewards in the near future.

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Senior Bingo Bunch

October 16, 2015
1:30-3:30 pm

Lunch will be provided and cash prizes will be awarded.

RSVP is required to Christina by October 15th at 419-547-7746.



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With normal kids, encourage the "un-praisable"

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

I'll never forget the single-parent mother who put too much pressure to achieve upon her 5th grade son. She loved him dearly, but told me that she was a perfectionist and her stomach went in knots if he didn't make mostly "A's" on his report card.

Throughout elementary school her son managed to satisfy her expectations, but in 8th grade his grades dropped to the "B-C" range with a "D" average in math. Needless to say, mom was disappointed. I administered an educational assessment which revealed his overall aptitude and current academic skill levels fell within the average range. She asked me how she could compel her normal-functioning son to make the honor roll... without putting too much stress on him!

This loving mother was raised by perfectionist parents, making it difficult for her to change. But she did! Since fear lurks behind most perfectionism, she confronted her worries and uncertainties and allowed herself to become more human by trying out some alternative parenting strategies. After all, her son was growing anxious and hypersensitive to her "constructive" criticisms.

I warned her that some children will attempt to get even with overly-demanding parents by committing "academic suicide"- purposefully underachieving. She told me that she, in her formative years, was one of those. Others develop poor self-esteems and relinquish their natural zest for trying in school...and life. She eventually realized that If her son felt he could not meet her academic expectations, he may eventually throw in the towel or exert only minimal effort in school. And, why not? If effort doesn't earn her parental appreciation, he'll rationally conclude the less effort, the less to lose, emotionally.

Mom realigned her beliefs about perfectionism and accepted the fact that her normal, baseball-loving son wasn't gifted, flawless or perfect. She reached out to him in a way that boosted his intrinsic motivation by focusing on process, not product. She appreciated and encouraged his day-to-day efforts and improvements in school, no matter how small (process) and focused less on future test or report card grades (product).


For example, her son had a "D" average in math in 8th grade. If a math exam was two-weeks away, each day leading up to it she could "catch" him bringing home his math textbook, studying it and completing math homework assignments (process), then let him know how much she appreciated these efforts.

If he scored a 69% on the math exam, she obviously couldn't praise him, but she could encourage him by conveying how much she valued his effort and improvement...no matter how small- "Johnny, I really like how you brought your math book home and completed all the homework assignments. You got a 62 percent on the last exam and 69 percent on this one...that's seven percentage points higher... you're getting better!"

If her son had to wait two weeks before receiving mom's praise for an "A" on the math exam (product), which didn't happen anyway, his motivation would suffer. Although his 69% exam score after a Herculean effort wasn't "praise-able" ("You did great!")...it was "encourage-able". Mom reinvigorated her son's motivation instead of causing it to quickly fade away because she focused on process over product. Eventually, he attained a "C" average in math.

None of us should fear perfection, for we'll never reach it. Nor will we make progress in whatever it is we pursue.

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 & Policy Studies at Bowling Green State University. He authors the book "Finding Happiness in America".



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Calendar of Events

October 2015 – Sandusky County

Oct 3, Ralph's Joy of Living Farmer's Market,

Oct 3, Gibsonburg Farmers Market, 213 W. Madison St.

Oct 3-4, Hayes Civil War Reenactment Hayes Presidential Center. Admission is \$4/Adult, \$2/Children 6-12. www.rbhayes.org.

Oct 3 - 4, Pumpkin walk & demo Visit includes entrance to the gardens & 3D Pumpkin carving demo, Schedel Arboretum & Gardens 4-7 pm. 419-862-3182

Oct 4, Pig Ride, Lindsey Park off of S.R. 590 on the Northcoast Inland Trail, 2pm. Pig ride – pick one of three loops to ride: 15, 23.5 or 33.5 miles. The long route follows the scenic waterways of Sugarcreek, the Portage River and Muddy Creek. 419-332-4481 www.flatlanders.info.

Oct 9, 10, 16, 17 at 8pm, Oct. 11, 18 at 2pm; The Addams Family, at the Fremont Community Theatre, 1551 Dickinson Street. \$15/Adult, \$12/Seniors. 419-332-0695 or : www.fremontcommunitytheatre.org.

Oct 10, Second Saturday R 4 Kids, 11am-2pm, Hayes Presidential Center. \$1/child 6-12, \$7.50/Adult, which includes Hayes Museum admission. 419-332-2081 or www.rbhayes.org.

Oct 10, All you can eat Pancake Breakfast, Girton Church of God, 2112 S. C.R. 32 (Corner of C.R.32 & C.R.21). 7-11am, cost: \$5. All pro-

ceeds go to the Risingsun Park Fund in hopes of rebuilding the playgrounds at both parks.

Oct 10, 17, 24, 31; History Roundtable with Mike Gilbert 10-11:30am, Hayes Presidential Center. Former Fremont Ross High School teacher Mike Gilbert leads a series of roundtable discussions focused on the history of Sandusky County and Northwest Ohio. Admission: \$5/each, \$25/for all six sessions. 419-332-2081 or www.rbhayes.org.

Oct 10, Gibsonburg Octoberfest, Williams Park, E. Stone St., 12-4pm.. www.gibsonburgohio.org.

Oct 10, Glenn Miller Orchestra, Clyde High School Auditorium, 1015 Race St., Communities for the Arts, 7:30pm. Admission: \$20, all seats reserved, credit cards are accepted. 419-547-0588. www.communitiesfortheartsclyde.org.

Oct 10, 11, Oak Harbor Apple Festival. Saturday 9am-11pm and Sunday 10am-6pm. Grand Parade, Kiddie Tractor pull, Talent Show and Bingo at Portage Fire Station on Saturday, Car Show, 5K Run and "Smoke House" at Portage Fire Station. www.oakharborohio.net

Oct 11, 2-3:30pm, Monarch Tagging, Free, Creek Bend Farm: Wilson Nature Center Assist local researcher, Tom Kashmer with monarch butterfly migration studies. The butterflies will be netted, tagged, and released. Open to ages 6 and up. To register visit the

SCPD at: www.lovemyparks.com or call 419-334-4495

Oct 12, Sandusky County Historic Jail Tour. Tour times are: 5:30pm, 6pm, 6:30pm & 7pm. Admission \$3.

Oct 17, Internet Genealogy I-Using Free Genealogical Websites Class Hayes Presidential Center, 9:30am-11:30am. Pre-registration is required. 419-332-2081 or visit: www.rbhayes.org.

Oct 17, Ralph's Joy of Living Farmer's Market Downtown Fremont. www.downtownfremontohio.org,

Oct 18, Music in the Parlor, 4-5pm, Hayes Presidential Center. A re-creation of a 19th Century parlor concert inside the newly restored home of the 19th President Rutherford B. Hayes. 419-332-2081 or www.rbhayes.org.

Oct 17 & 18, Fremont Gun Show, Sandusky County Fairgrounds, admission is \$5 Saturday 8:30am-4:30pm, Sunday 8:30am-2:30pm.

Oct 24, Green Springs Harvest Festival, Noon-Midnight, Gibsonburg.

Oct 24, Harvest Gathering Craft Show and Gift Boutique, Pemberville, 10-4. Featuring crafters, artisans, good food and fun.

Oct 25, Bellevue Door to door Trick-or-Treat for the City from 5-7pm.

Oct 26, Jailhouse Rock Dinner Theater Historic Sandusky County Jail, din-

ner at 6pm, Doors open at 5:30pm, \$20. Tickets can be purchased at the Visitors Bureau, or on-line at: www.sanduskycounty.org.

Oct 29, Bellevue Halloween Parade 6pm (Parade forms at 5:30pm at Central Park on North Street and ends at the Railroad Museum)

Oct 31, Fremont Eagles Craft & Hobby Show, Fremont Eagles, 2570 W. State St., 10am-3pm. Open to the Public.

Oct 31, Gibsonburg's Door to door Trick-or-Treat from 4:30-6pm.

Oct 31, Fremont Door to door Trick-or-Treat from 4:30-6pm.

Oct 31, Halloween Parade, Clyde Exchange Club, City of Clyde. 4-5pm.

Oct 31, Clyde Door to door Trick-or-Treat from 5:30-6:30pm.

Oct 31, Green Springs Door to door Trick-or-Treat

Oct 31, Woodville Door to door Trick-or-Treat from 5:30-6:30pm.

Oct 31, 1st Annual Halloween Ball & Reserve Raffle presented by the Fraternal Order of Police Lodge 53 and the Bellevue Police K-9 Program. For Tickets, Donations, or more info contact Tyi McCarley at 419-370-1673 or Bellevue PD at 419-483-4444.

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"Grate" Treats & Eats

By: Chris Timko-Grate

We just got back from one of our favorite places, Gatlinburg, and this wasn't our first trip. We have been down many times, just the two of us, and other times with either family or friends. We have always enjoyed our visits and have stayed at one motel we found on our fourth visit there. We fell in love with it and have stayed there ever since. When I walk into the office to check in I say "Hi honey, I'm home!", they laugh, but I'm sure they get similar comments all the time because it is a great place to stay. It's called Riverhouse Motor Lodge and is on River Road. The river it is on is called Little Pigeon River. You can hear the water running over the rocks, very relaxing and of course woods all around us so even more relaxing.

River Road is one street off of the main road through town, so it is a little quieter, but yet close enough to be able to walk to shops, attractions, and plenty of restaurants. A lot of the rooms have wood burning fireplaces and of course we get one everytime we go. They fill you up every day with wood, already chopped and ready to go. They even leave you a little firestarter bag for easy starts. They also provide a light breakfast brought to your room every morning which is included in your room price, plus lots of other great amenities. We had a wonderful and relaxing time before the holidays and now we are ready for all the hustle that keeps us on the run!

I have been looking for new recipes for our Thanksgiving and Christmas get togethers, mostly appetizers and desserts. If I start now I have plenty of time to try them ahead of time. I have found recipes that I think look really tasty and they turn out terrible, so I want to make sure something is good before I serve it to company!

Here are two to try at your celebrations.

Spinach Dipping Sauce

2 to 3 jalapeno peppers
1 medium onion, chopped
2 tablespoons vegetable oil
1 (4oz) can chopped green chiles, drained
2 medium tomatoes, peeled, seeded, and chopped

1 (10oz) package frozen chopped spinach, thawed
2 1/2 cups (10 ounces) shredded Monterey Jack Cheese
1 (8oz) package cream cheese, softened
1 cup half-and-half
1 1/2 tablespoons red wine vinegar
1/2 teaspoon salt
1/8 teaspoon white pepper
Paprika

Seed and chop jalapeno peppers, reserving 1/8 teaspoon seeds. Saute' chopped jalapeno pepper, 1/8 teaspoon seeds, and onion in oil in a large skillet until onion and pepper are soft. Add green chiles and tomatoes. Cook 2 minutes, stirring constantly. Remove from heat; transfer mixture to large bowl.

Press spinach between layers of paper towels, squeezing until barely moist. Add spinach, Monterey Jack cheese, cream cheese, half and half, vinegar, salt, and pepper to chile mixture; stirring well. Pour into a greased 10 inch round baking dish, Sprinkle with paprika. Bake at 400 degree's for 20-25 minutes or until hot and bubbly. Serve with tortilla chips.

Tasty Yams

4 medium yams or sweet potatoes, peeled and sliced
2 cooking apples peeled and sliced
1/4 cup firmly packed dark brown sugar
1/8 teaspoon each nutmeg and cinnamon
1/4 cup dry or sweet sherry
1/4 cup maple-flavored syrup

Layer half each of yam and apple slices in a greased 2 quart baking dish; repeat layers

Combine brown sugar, nutmeg, and cinnamon in a small bowl; stir well. Add sherry and syrup, stirring well.

Pour syrup mixture evenly over layers of yams and apples. Cover and bake at 350 degrees for 1 hour or until yams and apples are tender. 6-8 servings
Enjoy!

Contact me with any questions, suggestions, comments, and your own recipes at ChrisTimkoGrate@roadrunner.com

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DEAR MAYO CLINIC: What's the best way to treat plantar warts to ensure they don't come back? I have them on my feet. At one point, I had them removed with freezing therapy, but they keep returning and even spreading.

ANSWER: Freezing therapy, also called cryotherapy, is the most common and usually the most effective way to treat plantar warts. But warts can be tough to get rid of completely. Sometimes several cryotherapy treatments are needed to successfully eliminate plantar warts. If the warts are bothering you, make an appointment to have them treated again. Combining cryotherapy with another form of treatment may make it more likely that warts will go away and stay away.

Plantar warts are hard, grainy skin growths that appear on the feet. They usually show up on the balls and heels of the feet, the areas that bear the most pressure. All warts are caused by the human papilloma virus, or HPV. HPV is very common, and there are more than 100 different kinds of the virus,

but only a few of them cause warts on the feet. Plantar warts develop when the virus enters your body through tiny cuts, breaks or other weak spots on the bottoms of your feet.

Once a plantar wart begins to grow, HPV stimulates the skin to attract and grow its own blood supply. That makes the wart very hearty. If left untreated, warts typically last for one to two years. But most warts do go away eventually. If a plantar wart does not go away over a long period of time, it should be evaluated by a physician because it could be something other than a wart.

Even though plantar warts eventually will resolve on their own, many people still want to get rid of them as soon as possible because they can cause discomfort or pain, and their appearance may be unpleasant.

Over-the-counter remedies, such as salicylic acid, are available to treat plantar warts. Repeated applications over several months or more are usually necessary for these treatments to be effective. For plantar warts that don't respond to

over-the-counter medications, prescription treatments are an option.

The treatment you had, cryotherapy, involves applying liquid nitrogen to the wart, either with a spray or a cotton swab, during an office visit to your health care provider. The chemical causes a blister to form on top of and around the wart. The dead tissue then sloughs off within a week or so.

When a plantar wart does not go away after cryotherapy, it's usually because the entire wart was not exposed to the treatment. That can happen when a wart is very thick or the surface area of a wart is large. Another round of cryotherapy is then needed to eliminate the wart completely. Cryotherapy often is most effective when combined with salicylic acid treatments or when the top dead layers of the wart are pared away by a health care provider before cryotherapy is applied.

If a plantar wart goes away after treatment and another wart appears, it could be because the area was exposed again to HPV. The strain of HPV that causes

plantar warts thrives in warm, moist environments. To help prevent more plantar warts, keep your feet clean and dry. Change your shoes and socks each day. Also, avoid walking barefoot around swimming pools, in locker rooms or in gym showers.

Although they can be bothersome and sometimes hard to treat, plantar warts do not pose any serious health concerns, nor do they increase your risk for any other health problems. - Dawn Davis, M.D., Dermatology, Mayo Clinic, Rochester, Minn.

(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to [medicaledge\(AT\)SIGN@mayo.edu](mailto:medicaledge(AT)SIGN@mayo.edu). For more information, visit www.mayoclinic.org.)

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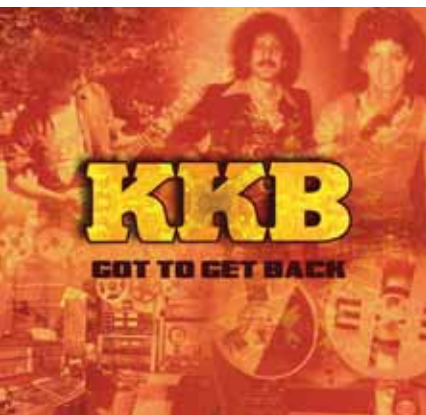
Bruce Kulick

Former KISS guitarist releases a new album and single.



Bruce Kulick has been in the music scene for over 40 years. His humble beginnings were with two close friends in the early 70s while growing up in Jackson Heights, New York. Kulick along with friends, Mike Katz and Guy Bois formed KKB and recorded material in 1974. The tracks sat idle for many years as each member went their separate ways. Bruce went on to play guitar with Michael Bolton, Meatloaf, KISS and Grand Funk Railroad. There are six original tracks and one new one, "Got To Get Back". Fans will love the sound and the polished up original tracks. The music is 70s made and inspired when life seemed simpler than it does today.

"I was really impacted by the British Invasion which completely changed the



entire landscape for music," said Bruce. "The Beatles inspired me to play guitar. Thankfully, it wasn't that difficult to play and I took to it quite easily. My biggest guitar hero is Jimi Hendrix. He had to go to London first to make it. Groups like The Who, Led Zeppelin and Cream had a huge influence on Mike and I. Mike is the singer/songwriter for KKB and loved Jack Bruce of Cream. The new CD is dedicated to Jack. That entire era of rock kept us motivated to learn our instruments and be creative. When I first heard "Whole Lotta Love" by Led Zeppelin, it really turned me upside down. It is all still relative and still powerful."

"I enjoy listening to Frank Sinatra and Dean Martin, Chopin and Stravinsky. We are still affected by the classic music. It is so much a part of our culture. It's timeless," explains Bruce. "KISS with or without make up, it doesn't matter because the music keeps getting handed down to each generation. It doesn't scare me that we can talk about a 40-year career. In fact, it makes life more interesting."

"I am grateful to everyone who worked on this album. It was great to listen to each of our contributions come together. I wanted to share it with the world. We all still keep in touch. Mike still lives in the ole neighborhood in New York and Gary lives in France," said Bruce. "One thing that was a bit frustrating was there weren't that many photos of us together from the early days. Now a days everyone takes a photo of everything but back then you didn't think that way."

Bruce takes a few moments to discuss what it has been like working with talented musicians over the past 40 years. "When Michael Bolton and I worked together he

had such drive and dedication. You know with all of us creative types that we're all a little crazy. (laughs) Michael always said that you have to know your priorities and move in the direction you want to go. I learned from that experience," remembers Bruce. "When I worked with Billy Squire, he was meticulous. He took notes on everything that he did that particular day so now when I record I take notes, too."

"I played guitar with Meatloaf on his Bat Out of Hell Tour. Meatloaf had been signed by Cleveland International Records. He was signed by Steve Popovich who is no longer with us. We started out playing in small clubs and getting booed and then eventually touring the world."

"My brother, Bob did some ghost guitar work for KISS. He auditioned for them but they decided to go with Ace Frehley. I had known Paul Stanley a little bit from seeing him socially," said Bruce. "During the summer of '84, they called me to do some ghost guitar work for them on the album, Animalize. As I was leaving the studio that day, I remember Paul telling me not to get my hair cut. I went to Europe with KISS thinking it would be for a couple of weeks and it turned into 12 years. I am a part of the KISS family which is great."

"Each of the artists I have worked with has certain strengths. That is why they are famous. Gene (Simmons) and Paul (Stanley) gave me a huge lesson on image and professionalism. I was already a bit of a perfectionist anyway because my dad worked quality control for the government. I grew up with a little bit of pressure that everything had to be right," recalls Bruce. "Gene and Paul know how



to present themselves. They are successful because of hard work. I am very careful what kind of product I am going to make. It's going to be as great as it can be because if it has my name attached to it, it has to be of high quality."

"I enjoy getting things done. I might do a meet and greet one day, a music clinic on another and I want to make sure I am prepared. I want everything to look good from the flyer, the promotion, the works. Don Brewer (original drummer for Grand Funk Railroad) works the same way. He makes sure everything is of high quality, that we are paid and everyone has a good time. I have been with Grand Funk Railroad for 14 years and I love it."

Bruce's new CD by KKB, "Got To Get Back" is available on iTunes, Amazon and through his web site. "I have a limited number of a special packaged deal if anyone orders through my web site. It includes a guitar pic, CD photo card and download card. I care about details. It's always exciting to hear from the fans."

For more information: <http://kulick.net/>

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By Kelsey
Nevius

As September ushers in a new October, we're transitioning into my favorite time of year. High temperatures of the summer drop lower, everyone pulls out their long awaited sweaters and jeans, and pumpkins are starting to appear everywhere from store windows to front porches. It is finally Fall, and with the turning of the season brings the fall and winter holidays. One of my favorites, though, racing towards us as we welcome in October, is Halloween.

When I think of the Trick-or-Treating holiday, I think firstly of costumes, decorations, and the addition of pumpkin into almost everything. Though these things are some of the main events in the coming of Halloween, I also thought about two things that are important but almost always overlooked: candy and farm markets. While you can enjoy candy year round, there's something special about candy when in relation to Halloween. And without farm markets selling fall-exclusive fruits and vegetables and hosting fall festivities like corn mazes and picking your own pumpkins, the spirit of fall and Halloween just wouldn't be the same.

The first stop on my fall-inspired list was Sugar Street Candy, located on 1039 Oak Harbor Road in Fremont. Decorated in bright, candy-inspired stripes, Sugar Street Candy is both hard to miss and hard to pass up. It features fine chocolates, retro candy in colorful bowls, Jelly Belly jellybeans, assorted novelty candy, retro sodas, and much more. Along with displays of fine chocolates, they also hand-dip Oreos and Rice Krispie Treats. Since I can't resist the temptation of sugary sweets, I got a variety of both hand-dipped and fine chocolates, including pecan and walnut clusters, truffles, and chocolate-covered caramels and toffee. Sugar Street Candy draws in adults and children alike, and provides another candy outlet for our sweet-toothed cravings as Halloween draws near.



After getting my sweet tooth satisfied, I then went to visit one of my favorite farm markets for some fall fun. Riehm Farms, located at 7244 North State Route 53 in Tiffin, is a childhood favorite of mine. While they offer fresh fruits and vegetables, they also have a wide variety of fall-based activities for people of all ages. These activities include a hayride, corn maze, a children's tunnel made a straw, farm animals, and launching vegetables at targets. In addition to these activities, they also have special events like pumpkin painting, a 5K run or walk, and a Truck or Treat night on October 28th. I remember going to Riehm's when I was younger, and I still continue to go today because I love to be reminded of the fall months.

Fall marks the time in the year where there are plentiful activities for both you and your family. For me, these different events remind me of my childhood, and I love to cram as many activities in as I can before winter. I hope that you're as excited for fall as I am, and I hope you'll enjoy the activities that come only during this colorful season.

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The Bellevue Hospital is offering seasonal flu shots to the general public during upcoming Flu Shot Clinics. Flu shots are available for those ages 18-64. Cost is \$28.00 for the regular vaccine. High dose vaccine for ages 65 and older is \$55. The shots will be fully covered for those with Medicare Part B or Medicare Advantage cards only.

Those who are eligible must present their Medicare Part B/Medicare Advantage card prior to receiving their flu shot. No Medicaid or private insurance will be accepted to cover the cost of seasonal flu shots. Cash, check or Medicare Part B/Medicare Advantage Cards only.

The schedule includes:

Oct. 19, 8-11 a.m., East Conference Room

Oct. 19, 3-5 p.m., East Conference Room

Oct. 27, 8-11 a.m., East Conference Room

The flu vaccine does not cause the flu and pregnant women should consult their doctor before receiving the seasonal flu shot. Also, anyone who is allergic to eggs should not receive the vaccine.

For additional information, phone the hospital at 419.483.4040. Dial or ask for Ext. 6610.



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In Your Own Backyard

MOMS Support Group: The meeting of the monthly support group designed for new mothers and their babies will be held on Oct. 6 from 10:30-11:30 a.m. the Second Floor Conference Room at The Bellevue Hospital.

The support group, sponsored by The Family Birthing Center, is called M.O.M.S., Mothers Offering Mutual Support. The group is free and open to all new mothers, and is co-sponsored by The Breastfeeding Coalition of Sandusky County and the Sandusky County WIC Program. M.O.M.S. offers useful information and programs. Experienced mothers will also share what they have learned with the newer mothers of the group. Discussion will include such topics as feeding/nursing issues, and sleeping habits. Mothers are encouraged to bring their babies, suggestions and questions. Please bring quiet toys to keep your children occupied.

To register or for further information call in Bellevue, 419-483-4040, Clyde, 419-547-0074, or Fremont, Old Fort, Green Springs and Republic, 419-639-2065. Dial or ask for the Family Birthing Center at Extension 4363.

The Bellevue Hospital's monthly community service, Morning Health Break, will be held on Monday, Oct. 5. The event is scheduled from 8-11 a.m. in Conference Rooms A&B at the 1400 West Main Street facility in Bellevue. The event will offer free blood pressure checks; free glucose (blood sugar) tests; cholesterol tests (fasting test, \$10); and A1C diabetes tests (no fasting, \$10).

Morning Health Break is a program that offers free or reduced health screenings, educational literature, light breakfast and a registered nurse to answer questions about health.

The goal of the program is to focus on the importance of a healthy lifestyle and learning how to be healthier. Health care

professionals are available to answer questions and provide health screenings for community members. This program is not meant to take the place of seeing a doctor or getting a second opinion. Information is available on the hospital's website at www.bellevuehospital.com

Annual Stamm PTO Chilli Supper is being held at Stamm Elementary Gymnasium Oct. 23 from 4:30-7:00pm. Enjoy home made Chilli, hotdogs, and desserts before the football game. Numerous baskets donated by local businesses and Stamm Classrooms will be raffled off at the end of this event. Winner does not have to be present to win.

You're the Apple of Our Eye – Annual Fundraiser: Anjulina's Catering, 2270 W. Hayes Ave., Fremont on Tues., Oct. 13th, for luncheon and a program with Fremont Area Women's Connection. Luncheon 11am-12:30pm. Cost \$12 inclusive. Doors open at 10 am for you to display your donation and shop and treat yourself. Our Annual Fundraiser features your donation of baked goods, autumn crafts, fruits, veggies, jams, soups, etc. Please bring your favorite recipe for our Autumn Recipe Collection. The Speaker is be Sue Smedley, Springfield, OH. Sue is a Real Estate Agent and will speak about "The Best Investment of My Life". For Reservations and free child care, please call by October 7th, Donna 419-680-2251 or email Carrol at fawcluncheon@gmail.com

Local Mothers of Preschoolers Organization is hosting a Mom 2 Mom Sale on Saturday, Oct. 10, from 9 a.m. until noon. The event will be held at Grace Lutheran Church, 705 W State Street, Fremont. The public is welcome and encouraged to sell their infant and children's items by purchasing a table at

the sale. Tables can be reserved for \$15 a space to sell items by contacting Courtney Stacey at 419-466-1084 or by e-mail--fremontgracelutheranmops@outlook.com. The public is also welcome to shop the sale for a \$1.00 admission with proceeds being donated to Operation Christmas Child.

Fall is here and where can you find a great read? The Birchard Public Library Book Sale! We have fiction, non-fiction, sci-fi, travel and children's to name a few categories. Our sale starts Wed. Oct. 21, 5pm-8pm. This night is for Friends of the Library only. If you are not a member you can join that night for a small fee and participate in the sale. The public is then invited to the sale Oct.22, 10am-8pm; Oct.23, 10am-5pm and Oct.24, 9am-1pm with Saturday being a bag day. We supply the bags and you fill them for \$3.00. If you would like to join the Friends of the Library, it is \$4 for Student/Senior Membership. It is \$10 for an Individual, \$15 for a Family, \$30 for an Individual Sponsor/Business Associate and \$50 for a Corporate Patron.

The next Sandusky County Prostate Cancer Support Group (previously known as Man to Man) meeting will be held October 28 at 7 p.m. at Pro Medica Memorial Hospital (in the Chestnut Café) A Guest Speaker will be presenting a program, also will be a time of private group discussions. Meetings are free and wives or significant others are encouraged to attend. Refreshments will be served. For more info, contact Beverly Hart RN at 419-547-8273 or Ken Missler 419-332-4375, Wilson Forney 419-355-8860, Jim Piercefield 419-898-3702, Gregg Gerber 419-334-2707.

"Chili and A Dog", Fremont American Legion, Sunday, Oct. 4th to benefit the

Humane Society, serving from 11:30-1:30, dinners are \$10 at the door and include a dessert and drink.

Fall Programs at Fremont Rec Dept: 1st/2nd grade volleyball, 3rd/4th grade v ball, 5th/6th grade v ball; Homeschool physical ed; Youth soccer for ages 5-12. For info call 419-334-5906 ext 17.

Refresh Your Spirit Day, Oct 7, 9 AM-3 PM, \$25.00. Our Lady of the Pines Retreat Center, 419-332-6522. Sister Breta Gorman, RSM will offer you a day on how to take care of you!

"Thomas Merton: Alive at Fourth and Walnut", Oct 21. One man, one act play presented by James Nagle; nNoon to 2:30 PM; Cost:\$25.00 (includes lunch) Our Lady of the Pines Retreat Center, 419-332-6522

Evening Prayer, Oct 26, 7-8 PM, Lectio Divina with Body Mind and Spirit, Free will offering. Sister Wanda Smith, RSM presents the prayer of Holy Reading for body, spirit, and mind. 410-332-6522

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Starting Over

Three months ago Robin came home from work and found the lifeless bodies of three of our beloved chickens lying in various parts of the backyard. Keetie and two small silky chickens were missing. One dazed hen, Leica, emerged from the tall grass at the edge of the field and made her way across the yard...she was the only one left. She climbed up into her nest box and refused to come out. (Actually, she was entering her “broody” period which might have been her way of dealing with the shock, and the best thing she could have done at the time.) Eventually, she came around, but it took a long time before she would go outside the coop into the fenced-in area we put up to protect her. She’d always been a loner, but now she was truly alone.

We were so upset by the deaths that we weren’t sure what to do next--should we try to find a companion hen for Leica, or should we give her away to someone who had other chickens?

Although we spent as much time as we could sitting with her and taking her treats, it wasn’t the same as having a feathered friend to dig for worms or scratch



Robin Arnold



Gena Husman

up bugs and seeds with. It wasn’t an easy decision--we loved our chickens and enjoyed looking out and seeing them peacefully scratching around in the yard--but neither of us ever wanted to come home to such slaughter again. On the other hand, Leica had already been through such a traumatic experience it seemed terribly cruel to uproot her and place her in a strange new environment.

After much discussion--and soul-searching--we decided to keep her and raise a couple of chicks. We had hand raised our first flock of chickens from day-old chicks eleven years ago, and even with a few frustrating events, the overall experience had been thoroughly enjoyable. As they grew older almost all of them had become pets and would come up to us whenever we were outside.

With this in mind, we ordered four from Meyer Hatchery in Polk, OH, and came home with six. Right now the six babies are living and growing in our spare bathroom. By the time late fall rolls around they should be old enough to move into the “big girl” coop with Leica. We’re also having a permanent welded wire fence installed around the coop to try to keep everyone a little safer.



It has been a real pleasure watching these new chicks grow and their personalities emerge. “Maggie” is a sweet little blue Americauna, while “Amelia Earhart,” the other blue Americauna, is a handful--she’s already trying to fly around in the brooder. “Susie” is a curious and friendly baby barred rock. That leaves three to name yet: a golden-laced Wyandotte and two Barnevelders. We’re still watching them. One of them may be a “Harriet.”

Finally, we don’t want you to think we’ve spent all of our time inside watching chicks grow and caterpillars turn into monarch butterflies...Robin has managed to coax a chickadee to fly down and take black oil sunflower seeds from her hand. That’s a FIRST!

Check out Robin’s website and blog at www.duckmarshstudio.com. There you will find her blog, a link to her photos, and a link to her etsy store.

Reiki Circle

The Bellevue Hospital, Tuesday , October 13, 6-8 PM, Conference Room A&B
Topic: Heart Chakra and Root Chakra

The chakras are like little generating stations, power stations within you that allow you to be living in many dimensions and planes of being simultaneously and yet at harmony with the Divine. They are like the mitochondriatic powerhouses within the cell that science and biology tell us of. And these little substations of light can be for you a great self-regenerating focus.



As you focus on each chakra spinning. See the radiance of light of these generating stations blessing yourself and all those around you. As we pray with intention and love, there is emitted through our chakras and from our aura, the light of our being. And the quality of your prayers is dependent upon the quality of your heart, your mind, your consciousness. If you would like greater effectiveness in your life, first go within, self-assess and get in balance because if there is a certain amount of your consciousness that is out of kilter with beingness, then all of the prayers that you utter will be in some way affected by and conditioned by your consciousness.

When you are one with God and the universe, then that which comes forth through you allows the universe to be sustained in that oneness and balance. But, when you are not fully whole because of thoughts of others that are less than perfection, inharmonious [feelings], criticisms—even held within the mind or the emotions and never verbalize will cause disharmony. If you hold the concept of others as beautiful, shining, radiant, whole, then you will help that one and yourself have the ability to be grounded and all the chakra’s balanced . Allowing yourself to believe allows you to understand your entire consciousness.

Patricia Zilles/ Reiki Master Practitioner/teacher

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Computer Geek

By Adam Herrera

Fall is in the air, days are getting shorter, nights cooler, and temperatures fluctuating. This means that everyone usually experiences some irritating cold/allergy symptoms. This also means that viruses are ready to deploy their attack on our immune system. Unfortunately viruses can also attack your computer. Now the computer viruses are not the type that you can get by not washing your hands or not covering your mouth when you cough, they are contracted through electronic means. There are many different types of viruses and malware out there today. I will just give you the basics on what to look out for and how to remedy a potentially devastating experience.

A computer virus is a program or code that infects your computer without your knowledge and causes mayhem on your system. I do want to inform you of a very serious virus out there right now. It is called the Crypto locker Virus. This virus is called Ransomware. This type of viruses gets downloaded to your computer by you opening and downloading an attachment from an email or file from a source that seems to be favorable to you. When this happens, the virus then downloads to your computer, attaches itself to your programs, then the bad things start to happen. At a specified time, determined by the virus, you will get a screen that pops up and may look like it's from law enforcement or maybe even the FBI. The screen then states that all of your files on your computer pictures, documents, banking information, have now been locked. In order for you to have your computer unlocked you must call the number displayed or click on a link and pay a ransom (hence the name Ransomware). When you do this you will be given a code to unlock all of your files. Now you have been scammed out of your money. Now I will tell you how to avoid this potentially life-altering damage.

The first thing you need to do is have a very strong anti-virus software installed on your system. There are many out there so please do some research and choose the best one for you. Once you have that installed make sure that the program is set to update daily and scans your computer daily. That way you should be protected from anything new that these hackers dream up. Finally, you should NEVER open an email or download a file to your computer from a source that you do not recognize. This is the easiest way to protect yourself and all of your precious files on your computer. Next month I will talk about how to do a thorough cleaning of your computer if it seems to be running slow. Have a great month!

Adam Herrera graduated from Port Clinton High School and studied at Terra Community College majoring in Computer Information Systems. Adam has worked full time at the Sandusky County Sheriff's Office as the Communications Division Supervisor for eleven years. Adam lives in Fremont with wife Angela and his two daughters, Ava and Abby. In his free time he loves to keep current with everything electronics and also an avid Comic Book reader and Gamer.

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6	8	3	2	5	1	4	9	7
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5	6	7	8	1	9	2	4	3
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3	9	8	4	2	7	5	1	6

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Be self-constructive, not self-destructive

Q: I'm increasingly aware of how self-destructive I can be, undermining what I want at work. I open my mouth and say what makes me feel better in the moment, but I pay in the long run. I also have a tough time taking the risks, making the changes and doing the tasks I know will create career breaks. How can I get more motivated? Why do I find it so hard to do what gets me goodies?

A: You can motivate yourself, ironically, by recognizing that we all have two sides - self-constructive and self-destructive. Every moment, these two selves are competing to grab the wheel as you make decisions. If we can acknowledge this part of ourselves that can be our worst enemy, it's less likely to undermine our choices.

Sigmund Freud, one of the early pioneers in psychology, hypothesized that there are two equally powerful forces within a human being: Thanatos (urge toward death) and Libido (urge toward life). Every day, we're poised between these two forces, but we tend to be unconscious about our self-destructive urges.

Think about a normal day. Do you want to lose weight but eat donuts for breakfast? Do you know you should send out resumes but play video games instead? How often do you find yourself doing the opposite of what would benefit you?

Notice that if anyone asked you what would improve your life, you'd suggest changes in your daily routine. Then notice that if anyone asked you to explain your choices, you'd find a million ways to rationalize self-destructive decisions.

As far as I can tell, after 35 years of working as a psychotherapist and executive coach, self-hatred is the one reason our species hasn't achieved enlightenment, inner peace and happiness. So often, when I'm working with clients, they acknowledge that they wouldn't treat anyone else the way they're treating themselves!

A plan for change begins with keeping a journal on self-hatred. Write down the inner dialogues you're having. Would you talk to your child that way? Notice the choices you're making. Would you want your child to make those choices? Keep in mind that you can't

change what you can't see or admit. All change starts with admitting there's a problem.

Now, comb through your self-hatred journal looking for themes. Do you keep telling yourself that you're stupid? Do you constantly point out your incompetency? Do you believe that no one could love you?

Consider that these critical themes may be the same negative messages you received within your family. As children, we hear both undermining and supportive messages. Our job as adults is to build on the supportive messages and challenge the accuracy of the undermining messages. Remember, it's never too late to have a happy childhood if you change the way you treat yourself now!

Look at the reality of your daily life. Write down examples of where you're smart, competent and lovable. You'll be shocked at how many examples there are that contradict your self-hating beliefs. You'll also be surprised how much you focus on your flaws and remain unaware of experiences that contradict your self-hatred. Lastly, be kind and patient with yourself as you focus on being more self-supportive. Remember that self-hatred only thrives in the dark; once you shine a light on this bad habit, it will retreat. If we're vigilant, we can discover that most of our decisions spring from wanting the best for ourselves.

The last word(s)

Q: Sometimes, I think it would be easier if I retired early. Then I read about the mental health benefits of working. If I retired, would it be easier to feel happy?

A: No. To love well and to work well create the balance of a mentally healthy life. We need to have both to grow to our full potential.

(Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel's "Workplace Guru" each Monday morning. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything" (Hay House, 2006). You can contact Dr. Skube at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.)

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Campfire News and Notes

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



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

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

We would like to thank everyone that supported us by purchasing mums for this autumn! The beautiful flowers will add a bit of spice to the changing season. An additional thank you to all those that participated in Bingo at the Clyde Country Fair. Don't forget to support United Way of Sandusky County as they started their annual campaign last month.

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

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“PITCH PERFECT 2”: The Bellas sing again in this enjoyable sequel directed by returning co-star Elizabeth Banks, also a producer of both this and the original. Humiliated on a major scale during a presidential performance, the a cappella group seeks fresh glory in a global competition, but some intense rivals won’t make that easy. Anna Kendrick, Rebel Wilson, Brittany Snow, Anna Camp, Alexis Knapp and Skylar Astin are joined by cast newcomer Hailee Steinfeld (“True Grit”). John Michael Higgins also is back as Banks’ partner in commenting on the contest. AS, P)

“SAINT LAURENT”: Anyone who knows fashion knows the name that gives this biographical drama its title. Gaspard Ulliel stars as Yves Saint Laurent, whose designs largely were inspired by the culture of the late 1960s and early 1970s ... though the times also caused him personal distress as he built his label into an internationally recognized force. Presented in French with English subtitles, and showcased at several prestigious festivals including Cannes, the film also features Lea Seydoux -- soon to be seen in the next James Bond installment, “SPECTRE” -- and veteran actor Helmut Berger. *** (R: AS, N, P) (Also on Blu-ray and On Demand)

“ENTOURAGE” (Sept. 29): The movie continuation of the former HBO comedy series reunites cast members including Adrian Grenier, Kevin Dillon and Jeremy Piven. (R: AS, N, P)

“POLTERGEIST” (Sept. 29): A revision of the horror tale casts Sam Rockwell and Rosemarie DeWitt as a couple whose child is taken by evil spirits. (PG-13: AS, P, V)

“SPY” (Sept. 29): Melissa McCarthy plays a CIA analyst who becomes a surprisingly effective field agent. (R and unrated versions: AS, P, V)

“AVENGERS: AGE OF ULTRON” (Oct. 2): Tony Stark (Robert Downey Jr.), alias Iron Man, unwittingly generates a new enemy (voice of James Spader) for himself and his Marvel superhero allies. (PG-13: P, V)

“INSIDIOUS: CHAPTER 3” (Oct. 6): Paranormal sleuths try to help a teen (Stefanie Scott) who’s convinced her late mother is reaching out to her. (PG-13: AS, P, V)

“SAN ANDREAS” (Oct. 13): A rescue pilot and his estranged wife (Dwayne Johnson, Carla Gugino) try to save their daughter when “the big one” hits California. (PG-13: AS, P, V)

FAMILY-VIEWING GUIDE KEY: AS, adult situations; N, nudity; P, profanity; V, violence; GV, particularly graphic violence. © 2015 TRIBUNE CONTENT AGENCY, INC.



Crazy Lady Saloon

When I saw the ad for the Crazy Lady Saloon in the Blade, I thought, I ‘ll bet that is a fun place. It’s located in Curtice at 22645 Front Street, not far off of State Route 51, and originally opened in 1929, right after the crash. It’s a bar and grill that was most recently purchased and renovated in 2008 by Tom and Fran Wurst. Prior to that it was run by the Portale family until the seventies. I have been there twice and the food has been great both times.



The large menu includes many sandwiches, appetizers, pasta dishes, shrimp, and perch. The fresh chicken chunks are a favorite, breaded or bare. They do crazy things with them, such as pizza chunks, Mexican chunks, chili cheese chunks, Philly cheese chunks, even chunks with mashed potatoes and gravy starting at \$8.95. They do the same with their fresh hand pressed burgers. The special burger menu has at least ten different ways to

have a burger. Crazy, isn’t it? The burgers are \$7.95 including Ben’s homemade potato chips.



I had the best homemade corn chowder ever, it had small dumplings in it. The hand dipped battered mushrooms are the size of golf balls at \$6.95, and the freshly battered fried cheese is another favorite. They also have thin crust pizza that is made to order with your favorite toppings.

It’s nice to sit out on their deck on a summer evening, but inside is just as nice. I’ll bet that there is a lot of history in that old building just by looking at it and I will definitely go back again. The food and the service was great and the staff friendly. You can check out their full menu on the Crazy Lady Saloon website, <http://www.crazyladysaloon.com/>. Hours are: Monday-Tuesday from 10-9; Tuesday – Saturday from 10-10, closed on Sunday.

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My Mother's Recipes

By Joanne McDowell

Since we discovered an apple tree in our back yard, thanks to our friendly tree trimmer, (we didn't know it was there, he said a bird must have left apple seed droppings) we can now make apple pie, cobbler and dumplings. I went searching and found another easy Crescent roll recipe, the peach one was so delicious, let's try apples! By the way, I think my mom would have approved even though it isn't one of hers.

If you are looking for old cookbooks, I came across some at the second hand book store in downtown Port Clinton. That is quite the place to browse.

Ingredients: Servings 16 Yield 16 Dumplings

2 (8 count) cans crescent rolls
3 -4 tart apples
1 1/2 cups sugar
1/2 cup butter
1 teaspoon cinnamon
1 (12 ounce) can Mountain Dew soda
Directions: Spray a 13x9 baking dish or pan.

Peel and slice apples into 16 pieces. Roll each apple slice in 1 section of crescent roll. Place rolled slices in pan in two rows, put extras along side. Melt butter, add sugar and cinnamon and pour over apples. Pour can of Mountain Dew over all. Bake at 350 degrees for 45 minutes. Serve over ice cream.



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Jill On Money

By Jill Schlesinger

The generous, and stingy, sides of Social Security

The generous, and stingy, sides of Social "So being married to that jerk is finally paying off!" said Sandy, after I explained how she could collect the equivalent of one-half of her ex-husband's Social Security retirement benefits.

Luckily for those who had to endure the pain of divorce, you only need to have been married 10 years to access Social Security benefits on your ex-spouse's work record. In addition, both spouses need to be at least 62 years old and the claimant must be unmarried. If you wait until full retirement age, your benefit as a divorced spouse will equal one-half of your ex-spouse's full retirement amount - as long as that amount exceeds the benefit you would be entitled to based on your own work record. If you claim early, your amount will be reduced, and if you continue to work while receiving benefits, the retirement benefit earnings limit still applies.

If you remarry and that later marriage ends (whether by death, divorce or annulment), you can then collect on the first ex-spouse's record. For those who are not on great terms with the ex, don't fret: You need not contact your him or her to inquire about if he or she has begun to receive that magical monthly check. The rule is that if your ex-spouse has not applied for retirement benefits but can qualify for them, you can receive benefits on his or her record, provided that you have been divorced for at least two years.

Here's another interesting feature for divorced couples: You can claim survivor benefits if your ex-spouse dies,

even if he or she remarried, provided that your marriage lasted 10 years or more. If you remarry after you reach age 60 (age 50 if disabled), the second marriage will not affect your eligibility for survivor's benefits. Benefits paid to you as a surviving divorced spouse who meets the age or disability requirement as a widow or widower won't affect the benefit rates for other survivors getting benefits on the worker's record.

The ex-spouse feature of Social Security is the more generous side of the system. The less charitable side can be tough for some municipal workers. These folks may encounter the Windfall Elimination Provision (WEP), which affects how the government calculates Social Security retirement benefits. If you work for an employer that does not withhold Social Security taxes from your pay, such as a government agency or an employer in another country, any pension you get from that work may reduce your Social Security retirement benefits - the maximum WEP impact for 2015 is \$413 per month. If an individual who is subject to the WEP dies and has one or more survivors entitled to a benefit, Social Security will re-compute the benefit, which will eliminate the WEP and provide a higher benefit to the survivors.

The WEP does not apply if you have 30 or more years of "substantial earnings" that were subject to Social Security tax. If you have fewer than 30 years, you may get a partial break. Use Social Security's WEP Online Calculator or download the Detailed Calculator.

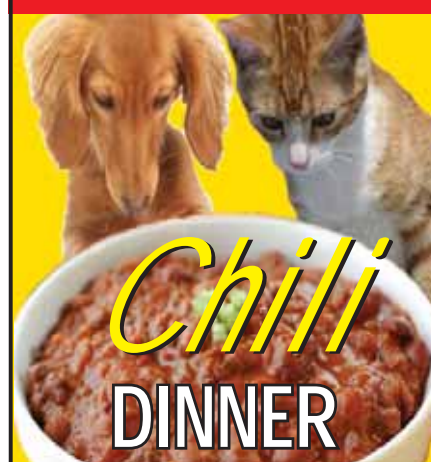
There is a similar provision for those who receive a pension from a gov-

ernment job in which they did not pay Social Security taxes, called the Government Pension Offset, or GPO. The GPO will reduce the amount of Social Security benefits by two-thirds of the amount of the worker's government pension. Social Security will decrease a spouse's or a surviving spouse's benefits as well, which can sometimes reduce the spouse's benefit to zero. Some individuals are exempt from the offset; check the Social Security's "Government Pension Offset" factsheet.

Primarily because of the spousal impact, there have been several efforts to repeal the WEP and GPO, but political analysts give such efforts little chance of success.

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

"CHILI and a DOG"



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So many questions about the new shelter on North River Road....and finally some answers! Starting October things will be happening, I never realized that so many permits were required, but most are now approved and we can move forward.

Again, thanks to our wonderful benefactors who made this possible. The building on Port Clinton Road needs so many improvements, and is so overcrowded, that this new building is a blessing for all of the abandoned and abused animals in our community. But our work will continue even more with the new building as a bigger building will require more fundraising and community support.

Hopefully before the first snow fall we will be under cover and have the shelter completed by spring for our move. We are currently housing close to two hundred cats and twenty dogs. Unfortunately cat overpopulation is still a major problem in our county. Share with all of your friends and family that the shelter sells vouchers for low cost spay and neuter of dogs and cats. There are other places you can go for low cost rates, including Humane Ohio in Toledo.

Stay tuned, maybe next month we can share a photo of the progress.

SOCIAL SECURITY DISABILITY HELPS PEOPLE WHO WORK

By Erin Thompson/Social Security Public Affairs Specialist in Toledo, OH

People with disabilities are challenged with both overcoming barriers and with convincing others that those barriers do not define them. That's why we wanted to mark this October's National Disability Employment Awareness Month by reminding you that Social Security is an earned benefit for millions of disabled individuals, and we can assist them in going back to work.

The Social Security disability insurance program, or SSDI, is perhaps the most misunderstood program of Social Security. Some people think that SSDI recipients have never worked and are taking advantage of the system by receiving money for minor impairments. Nothing could be further from the truth. First, anyone who qualifies for SSDI must have worked enough to pay into the system and be "insured." Second, Social Security has some of the strictest requirements in the world for disability benefits. To qualify, a person must not only have an impairment that will last one year or more, or result in death, but they must be unable to perform any substantial work.

Consequently, Social Security disability beneficiaries are some of the most severely impaired people in the country, and they greatly depend on their benefits. You can learn more by visiting the Faces and Facts website at www.socialsecurity.gov/disabilityfacts. At the website, you will find many personal stories of those who have benefitted from Social Security when they needed it most.

We also have incentives that give beneficiaries with disabilities — who are able — the opportunity to return to work. These work incentives include continued cash benefits for a period of time while you work, continued Medicare or Medicaid coverage, and help with education, training, and rehabilitation to start a new line of work. In some cases, we may even be able to deduct certain impairment-related work expenses from your countable income, making it possible to earn more and also remain eligible to receive benefits. Examples of these expenses are wheelchairs, transportation costs, and specialized equipment needed for work.

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Voters to decide on Senior Levy to support county services

Sandusky County seniors will benefit from improved and continued senior services should county voters approve additional and replacement levy this fall.

If passed, the .5-mill replacement levy and .5-mill additional levy will raise about \$1.1 million annually to support Sandusky County senior services for the next five years, 2016 through 2021. The levies would cost an owner of a \$100,000 home about \$35 per year.

"The senior population is growing rapidly throughout the country, and it's no different in Sandusky County," said Citizens for the Senior Levy Campaign Chair Glenn Baker. "The replacement and additional levies will help maintain the current level of service for county seniors, and will also improve and sustain service for years to come for this growing population."

The levy will support current services that include Meals-on-Wheels for home-bound seniors, multiple county senior center facilities, health checks, and other benefits to seniors ages 60 and over in Sandusky County. Specifically, levy funds will help:


- Provide 20,000 noon meals annually at four county senior center locations
- Coordinate chore services for seniors
- Deliver 55,000 Meals-on-Wheels to home-bound seniors
- Replace two meal delivery trucks
- Host educational, social, fitness and other activities for seniors

- Maintain and repair kitchen equipment used to make senior meals
- Restore health assessments at senior centers
- Engage more volunteers to assist with programming
- Offer full-year transportation for medical services
- Provide a senior passenger van for grocery shopping and other necessary transportation

"Funding these programs through the levy ensures that all of our seniors—no matter what their income level—can have a good quality of life in Sandusky County," Baker added. "Likewise, those who aren't seniors can know that their elder friends and family will have access to the best level of services the county can provide."

Voting for the levy will take place Nov. 3.

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Q: I'm worried about the dog flu, which was in Chicago, and is now in Atlanta. What precautions should I take? - C.D.

Q: I keep reading about the dog flu, and wonder if I should be less social with my dog. Any advice? - R.C.

A: Indeed, the canine influenza virus (CIV) has been confirmed in the Atlanta area. To explain, a canine flu was discovered in 2008 in Florida. This dog flu strain, called H3N8, continues to periodically occur in regions across the country. This spring, a new CIV strain (from Southeast Asia) was identified in the Chicago area, called H3N2. This strain sickened thousands of dogs in the Chicago area, killing at least eight. Cook County Veterinarian Dr. Donna Alexander suggests many more likely died as a direct result of the epidemic, but she doesn't know how many.

In the Atlanta area over the past several weeks, the Athens Veterinary Diagnostic Laboratory at the College of Veterinary Medicine at the University of Georgia has performed 140 lab tests resulting in 55 confirmed positive CIV cases. So far all the positive cases in Georgia that have undergone additional testing have been identified as the H3N2 strain.

Note: The number of cases of flu is likely much higher, as these are the numbers that have been confirmed by one lab.

"We have a head start over Chicago because we knew what to look for, and because of the media (coverage) we've had many dog owners even come in knowing what their dog likely has," says Dr. Laura Smallwood, an internal medicine specialist in Decatur, GA.

"We don't want people to panic," she continues. "Even if they get sick, most dogs get better pretty fast. Only a fairly small number require hospitalization."

Smallwood does encourage prevention if you live where there is dog flu. That means limiting exposure to other dogs, from daycare to boarding, to even avoiding other dogs on walks.

However, if you live in places where dog flu has not appeared, or only one or two dogs

have become ill, don't worry unless your dog begins to cough, act lethargic, and uncharacteristically becomes unresponsive to food. Of course, if your dog is exhibiting symptoms, contact your veterinarian.

Smallwood also suggests seeing your veterinarian about the canine flu vaccine. She's dubious about whether the currently available vaccine will be effective for the H3N2 virus, but knows that the vaccine prevents (or lessens symptoms) for the H3N8 virus.

Also check out www.doginfluenza.com.

Q: My dog is terrified - and I mean seriously terrified, of fireworks. Can you help? - V.H.

A: If your dog's fear is off the map - best described as inconsolable, perhaps having accidents inside the house, trembling and or drooling - anti-anxiety medication may be the most humane option.

The problem with old-style sedatives is that while they make the dog drowsy, they do nothing to lower your dog's level of terror. Anti-anxiety drugs adjust brain chemistry to moderate the fear. Of course, your veterinarian or veterinary behaviorist needs to choose the right drug. Also, some medications take some time to work, so don't wait until July 4 to take action!

Some dogs (and cats) can deal with the big bangs if you take them to the basement or a secluded room. Close the shades, pump up the music and have a party. The idea is to distract your dog with toys and/or treats.

Products like Adaptil, a copy of a calming pheromone, can help. You could also try a Thundershirt (which the dog wears snugly). For more products and tips on how to desensitize and counter-condition pets to the sound of fireworks: <http://www.chicagonow.com/steve-DALES-pet-world/2015/06/what-to-do-for-pets-fearing-fireworks/>.

Q: My husband and I adopted a 4-year-old Sheltie from a shelter. The dog was surrendered because he didn't get along with the other dog in the home. Our problem is, Jordy doesn't trust my husband. He backs away from him, even though my husband is mellow

and gentle. He's the one who takes Jordy to the veterinarian and the groomer. We've had dogs all our life and haven't come across this problem. Any advice? -A.H.

A: First, tell (your husband) to stop taking Jordy to the veterinarian and the groomer," advises veterinary behaviorist Dr. Emily Levine. "Those trips may not be positive experiences, much as I hate to say that. Instead, your husband should only be associated with taking Jordy to the pet store, dog park, dog beach, or just out to the yard - whatever Jordy likes most. As much as possible, Jordy's food, and treats should only come from your husband. Literally, have him walk around the house dropping kibble and treats. Don't even have him reach out to the dog to give the goodies at first; just drop treats as he walks by. To us, that's like seeing someone who walks around dropping \$10 bills. You'd like that person pretty quickly.

Levine, of Fairfield, NJ, a contributing to "Decoding Your Dog" (authored by members of the American College of Veterinary Behaviorists and edited by Dr. Debra Horwitz, Dr. John Ciribassi, and myself, Houston Mifflin Harcourt, New York, NY, 2014;\$27) adds. "Pushing too hard might be scary to this dog, for whatever reason, so be cool. Just like getting the girls as a teenager, success comes to those who act like they don't care."

As Jordy gradually warms up to your husband, he can gradually become more demonstrative.

(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 Send e-mail to [PETWORLD\(at\)STEVE DALE.TV](mailto:PETWORLD(at)STEVE DALE.TV). Include your name, city and state. Steve's website is www.stevedalepetworld.com; he also hosts the nationally syndicated "Steve Dale's Pet World" and "The Pet Minute." He's also a contributing editor to USA Weekend.)

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Critical for "Generation X" and "Baby Boomers"

By Dr. Paul Silcox

The subject of toxins in our environment comes up almost daily. Symptoms of decreased mobility, chronic fatigue, increased cancer rates, mental cloudiness, and lowered immune systems have all been shown to be influenced by toxic chemicals we are exposed to in our air, food, water, at work and at home. While "Generation X" is witnessing these effects, "Baby Boomers" are experiencing them.

Given that the elimination of all toxins is not practical, regular detoxification would be integral to any healthy lifestyle. One of the easiest and most pleasant methods to have a positive influence on our energy and reducing the toxic load on our body is to undergo periodic, regular detoxification using an ionic foot bath.

In addition, science has now shown us that stress and negative emotions also have a detrimental effect on our energy levels and body functions. Research has demonstrated that charged ions such as released during an ionic foot bath, increase the flow of oxygen to the brain – increasing mental alertness, and elevating mood by affecting serotonin levels.

Toxins, or free radicals, in the body exist in charged, or ionic, form. They cause damage in our bodies by seeking to bond with substances that would normally be looking for a healthy chemical reaction.

By providing "sacrificial" ions to chemically bond with these toxins, they will be eliminated by one of several methods. They will be filtered out by the kidneys or bowels, or flushed back out through the pores of the skin in the feet, into the foot bath.

Changes of the water color indicate that a body will be cleaner and healthier by getting that junk out. I've seen it happen in patients many times over. I love my IonizeMe Foot Bath system!

For anyone interested in a detoxification program of 6 sessions or more, mention this article and receive a 10% discount. Call 419-307-8094 for your appointment.

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New and Old Patients Welcome

Walk In's Welcome

Classifieds

SERVICES

Dust Free Cleaning wants to get you ready for fall! References, insured, four hour minimum, call 419-603-6667 to get started on a dust free house!

Donna's Sewing: All kinds of alterations including pants at \$6 per pair, zippers, curtains, dresses, re-enactment clothing, tailoring and much more. Call 419-332-1654.

BUS TRIPS

Blue Lakes Charters & Tours: "Branson Oct 19-24 "only 4 seats left"; New York City Nov-5-6th, \$469.00 pp dbl (Fremont departure), Washington DC, Nov 12-15, \$525.00 pp dbl (Fremont departure) Chicago shopping day trip Nov 28, \$72.00 p.p." Call 419-874-4225 or dotte@bluelakes.com. www.bluelakes.com

Advertise your classified ad here for \$25 a month!

Send your ad, with \$25, to Lifestyles2000, 30 Ponds Side, Fremont, OH 43420

White House chef coming to the Hayes Presidential Center

White House Chef John Moeller will share his experiences preparing food for three U.S. presidents when he visits the Hayes Presidential Center this fall.

Moeller will talk about what it was like to work for the administrations of George H.W. Bush, William J. Clinton and George W. Bush during a program offered twice – at 1 p.m. and 6 p.m. - Nov. 13 in the Hayes Presidential Center auditorium.

Moeller will give a presentation and reference his book, "Dining at The White House." There will also be a question and answer session.

Moeller also will do a live demonstration of preparing a favorite appetizer from a White House menu and partner with the culinary students at Terra State Community College to prepare appetizers for the audience to sample.

Afterward, Moeller will sign copies of his book.

Seating is limited, and reservations are required. There are two types of seating options available.

VIP sponsor seating costs \$125 per person and includes table seating, appetizer sampling, a "Dining at the White House" wine glass, wine and sampling of the appetizer made during the live demonstration.

There are 20 VIP sponsor seats available at each program.

Elmwood

Assisted Living & Skilled Nursing of Fremont

Inpatient & Outpatient Rehab

- Short-Term & Long-Term Care
- Therapy Gym & Warm-Water Pool
- Hydro Room/Whirlpool Tub & More!

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1545 Fangbner Rd
Fremont, OH 43420

www.elmwoodcommunities.com

FALL BAZAAR

St. John's Lutheran Church

212 N. Clover St. Fremont Ohio

Tuesday, October 20 10:00 a.m. to 6:30 p.m.

Meals served 11-2 and 4-6 carryout is available

Our many features:
 Creamed chicken on biscuits
 Baked Goods • White Elephant items
 Crafts • Quilts and Sewing
 Country Store • Much More!

SATURDAY NIGHT BINGO!

Doors Open at 4pm Early Birds at 6:30pm
YMCA - 1000 North Street, Fremont 419-332-9622

More FUN added

Patriot Progressive Game
Win up to \$3000

Joker's Wild Bonanza
Win up to \$1000

Four admission prizes of \$25 given nightly

- \$100 every game (with 100 players)
- \$1000 progressive jackpot
- Triple Jackpot Keno
- Handicap Accessible
- Homemade refreshments
- Lucky numbers
- All PAPER - Lots of instant

Excuse me, but WE'RE the real reason why jobs are fun at

Apply Online!

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The Bellevue Hospital Welcomes Dr. Nathan Fogt

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

Education:

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

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

Internship & Residency:

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

Certifications:

American Osteopathic Academy of Orthopedic Surgery

American Osteopathic Association

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

Specialty Physician Services Office:

1400 West Main Street • Bellevue, Ohio 44811

419.547.9890

Physician Office Opening Soon at:

420 W. McPherson Highway • Clyde, Ohio 43410



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

