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Vol. 17 Issue 10

October 2016

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Lifestyles 2000

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



Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Stand apart from the crowd to attract attention. Go the extra mile to demonstrate your ingenuity. Use your unique talents to gain the recognition that you truly deserve.

TAURUS (April 20-May 20): Love them tender. Your sparkling personality can make a world of difference, you might even meet someone special who quickly shifts from friendliness to romance.

GEMINI (May 21-June 20): Stay cool and stick to the decision already made. You could to act without forethought. You may find that your authority is challenged by a family member.

CANCER (June 21-July 22): Listen to suggestions if they come from a reputable source and have the ring of truth. Don't make major investments as they could end up being more trouble than they are worth.

LEO (July 23-Aug. 22): Detour around defensiveness. You are apt to be easily riled up by the least little thing. Guard against damaging your possessions or spending money impetuously.

VIRGO (Aug. 23-Sept. 22): Speed isn't your only option. It isn't in your best interests to overreact to competition or disrespect, if you make hurried decisions, you might live to regret them.

LIBRA (Sept. 23-Oct. 22): Calm the waters when tempers flare. Relationships could become the center of attention in the week ahead. Your diplomatic skills and charm could be high demand in the early part of the week.

SCORPIO (Oct. 23-Nov. 21): Love makes the world go around. Focus on making someone feel special and loved. Your money could burn a hole in your pocket so keep a tight rein on spending.

SAGITTARIUS (Nov. 22-Dec. 21): Initiative implies improvements and rewards. Just going through the motions won't get you anywhere. At the same time conflict will slow your momentum so avoid it.

CAPRICORN (Dec. 22-Jan. 19): Let your ambition run wild and there's no telling where you will go. Loosening the purse strings a little won't hurt as your judgment might be better than usual.

AQUARIUS (Jan. 20-Feb. 18): Don't sweat the small stuff. Minor irritations may be annoying in the week to come but in the greater scheme of things they really don't matter. Buy something attractive today or tomorrow.

PISCES (Feb. 19-March 20): A wise bird feathers his own nest and flies away from controversy. Avoid confrontations with partners and don't get your feathers ruffled if things don't go as planned.

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Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to lifestyles2000@sbcglobal.net by the 20th monthly, sorry, we cannot return phone calls and we will do our best to print those received. 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.

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Welcome to our October issue.



Our events calendar is full, so there is lots going on as we prepare for winter, my least favorite season.

We hope "Pete" isn't hiding in two places like last month! That really got a lot of people excited, I guess we need to stir things up every so often.

Enjoy the month and be sure to support our advertisers, we are so grateful for them.

Joanne



Well that was embarrassing, we forgot to remove Pete from the Great Lakes Physicians' ad in August so he was found in two ads in September, Great Lakes and Silcox! Either answer was correct, and some of you were so smart you found him twice, and asked if we were "tired out". Some months you just can't win!

There were close to 150 correct entries once again, no one got it wrong.

Find Pete Winners

Winners for September include: Katie Reyescruz, Donna Sherman, Diane Kepler, John Shiets, Mary Baumer, Patti Bernal, Angie Mosser, Donna Henkel, Corey McKnight, Caedon Abalos, Fremont; Stacy Alldredge, Gibsonburg; Ron Ray, Bob Kessler, Marc Wayland-Smith, Jenny Wadsworth, Rhonda Bullard, Clyde; Sara Waggoner, Lindsey; Ashley Pugh, Burgoon; Jackie Dunn, Oak Harbor; Nate Binder, Woodville.

Thanks for entering!

Find Pete Prizes

Prizes are from Dairy Queen, Jenesis Salon, Pond Builders, 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.

Does Everyone Pay Their Fair Share When It Comes to Real Estate Taxes?

By Tim Braun, Attorney at Law

Ohio's oldest taxes are real estate taxes, first assessed in 1825. Two thirds of the taxes collected in Sandusky County are used for our local schools. The rest is used to pay for services provided by our village, township, city and county governments. This includes our first responders, health department, libraries, etc.

The county auditor's office conducts an appraisal every six years, updating every third year in between. This determines how much someone pays for real estate taxes. The treasurer's office then acts as a banker, taking the tax payments and holding them in escrow for school districts and governments. The prosecuting attorney provides advice about the law and helps the auditor and treasurer collect unpaid taxes.

So, who gets what?

Each local government and school district turns in a budget to the County Budget Commission. This is made up of the auditor, treasurer, and prosecutor. If a budget costs more than the money that will be collected in taxes, the school district or government has to cut its costs, find other sources of funding, or ask their voters to approve a levy. Voters see levies on a regular basis because monies for services have to be renewed or they are asked to cover new expenses.

What's the problem?

Everyone wants quality schools and services but when individual families look at their own bills, sometimes it's hard to choose what to support and how to pay for it. Some people find it easy to support various levies while others need more information or feel they just cannot afford

to pay any more. During election season, politicians say "Everyone needs to pay their fair share."

What about after the election?

In 2015, Sandusky County property owners were billed 54 million dollars in real estate taxes. This increased to 57 million in 2016. Property owners fail to pay about 4 million dollars per year (7%). If 2/3 of these taxes go to schools, this is about 2.6 million dollars we could use for our kids and another 1.3 million that could be used for emergency services, etc. This amount of money does not solve our budget problems, but every bit helps. Realistically, we can't collect all of these taxes, but not even attempting encourages people not to pay, worsening the problem.

The current county prosecutor has chosen not to collect these taxes.

To compensate, the Sandusky County Commissioners pay an outside firm to try to at least collect taxes for government backed mortgages on homes that are empty. This gets them ready to go on the market and helps reduce the hazards associated with vacant properties. This company is paid on commission by the Sandusky County taxpayers. The rest of what is collected goes back to the county. By law, a portion of it goes to the prosecutor's office to pay for their assistance in collecting unpaid taxes. In our case, the county prosecutor does not do this and the taxpayers pay twice.

Paid for by the Committee to elect Tim Braun Prosecutor, William Taylor, Treasurer, 284 E. Cole Rd. Fremont, Ohio 43420.



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 **Tim Braun for Sandusky County Prosecutor**

Paid for by the Committee to elect Tim Braun Prosecutor, William Taylor, Treasurer, 284 E. Cole Rd. Fremont, Ohio 43420.

What can you do about the EpiPen price hike?

I have more than several patients who have had serious allergic reactions (anaphylaxis) to a variety of things, including insects (fire ants, bees) as well as foods (peanuts, tree nuts, fruits, shellfish). All of these children need to have epinephrine auto injectable pens (an EpiPen) on hand in case of "accidental" exposure to the allergen and a subsequent life threatening allergic reaction. These medical devices are seldom used (thank goodness), but need to be replaced every 12 to 24 months and should always be readily available in case of an emergency.

For the longest time, it was not a "big" issue (cost wise) to write prescriptions for these allergic children and to make sure that they had several EpiPens on hand. This included having them available at home, at school, in the mother's purse, in the car or in the gym bag. Many people also wanted "extras" to have at the grandparents' house or at the lake house, for example. So, I would write a script for the EpiPen two-pack and the family might get four to five sets to disperse to the appropriate people. Prior to 2009, the cost was less than \$100 per two-pack.

It was several years ago that a few families started talking to me about the expense of these devices and also how quickly they seemed to expire. In fact, we started asking the pharmacist to look at the expiration dates and to try and dispense the ones that had the longest expiration in hopes of saving some expense. At that time, there were also two companies that were making the epinephrine devices.

Then, in the last, year parents started calling me complaining that the EpiPens were becoming cost prohibitive and asked if they really need to keep filling them since they had never needed to use one. Thankfully, because of their vigilance, they had not needed to use an EpiPen, but I told them that YES, they indeed needed to continue to have them on hand. Several families reduced the number that they bought and tried to make sure that they handed them off to their child if they left the house, which is terribly hard (I would think) to keep up with.

This issue came into view most recently as parents across the country started complaining to not only their physicians, but to the pharmacy, their insurers and the drug maker, Mylan Pharmaceuticals, asking, "Why in the world has the price jumped to more than \$600?" In retrospect, the price had been raised 15 percent twice a year over the past two years! (It was also pointed out that this was a six-fold price increase in the past decade).

I do know that epinephrine has been around for a long time, the drug itself is not that expensive, and it is used every day in hospitals around the country. But the EpiPen auto injector, which allows "anyone" to inject the medicine into a muscle without any measuring, has become cost prohibitive for many families, even some those with insurance. It seems that Mylan Pharma is setting prices "based on whatever the market may bear" and not on the fact that the drug is new or expensive to produce.

This is one of the times that all parents with children who need to carry an EpiPen need to contact their representatives in Congress, as well as their insurers, to see if the public can be influential in trying to remedy this situation. The public will have to let their concerns and voices be heard.

Just as I am writing this, Mylan announced an "instant savings card" for those who are paying out of pocket plus help for those who do not have the means to buy the EpiPen. But this does not correct the problem as a whole. While the discount may be helpful for some, it is not the answer to the ever-growing problem of exorbitant drug costs in this country.

(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 <http://www.kidsdr.com>. The Kid's Doctor e-book, "Tattoos to Texting: Parenting Today's Teen," is now available from Amazon and other e-book vendors.)

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Kelsey Nevius

As an English major, I know how important the creative arts are: I know how hard those in artistic fields work, and I know how much love and determination is put into every single piece. While art may be different from writing, they all fall under the same category of creative expression. While one uses the medium of words to convey thoughts and feelings on the page, the other uses vibrant colors and imagery to make viewers feel something about the piece. Since I have a love for creative expression, both written and drawn, it was the perfect time

of the year to check out the Black Swamp Art Festival in Bowling Green.

It's no question that my favorite season is Fall, what with its perfect weather and Halloween décor, and before this year, I had never been to this fall festival. The one thing I will tell you before I get into details is this: if you've never been to the Black Swamp Arts Festival, you must go.

The whole of main street in Bowling Green is closed off for this festival, as it is necessary for the rows and rows of vendors and stalls they have stretched down the street. After looking for a parking spot somewhat near the festival, I came in the far side of the street and entered the kid's section. If you have little ones or know of some to take, it was the perfect environment to have them play and learn about their own creative expression. Huge tents with activities like hat making, construction and architecture, and tie dying littered the street boasting fun colors and children laughing. Adults and kids alike were wearing the colorfully funky hats all around the festival, as were dog-sized construction pieces.

Getting in to the meat of the festival was the key: three blocks' worth of stands from artists local and nationwide lined the street, filled with paintings, sculptures, jewelry, and more. It was nice to simply walk up and down the rows, finding new things everywhere you looked. Some of my favorite pieces included sculptures of animals made of metal (in which I myself took home an adorable owl made from a car part), swirling paintings of the night sky and nature scenes, and paintings of furry animals dressed to the nines in old-timey memorabilia. There were tiny jewels made of sea glass, great hulking



trees twisted out of metal, and delicate nature paintings with vibrant colors lining the three block space that made up the festival. For an art lover, it was simply heaven, with everything and anything being on display.

As for next year's Black Swamp Art Festival, I will most certainly be coming back. There was traditional fair food, art as far as the eye can see, and a warm atmosphere to downtown Bowling Green that simple isn't there until the festival rolls around. People of every age will find something to love, from the activity corners for the young and young at heart to the static displays of every type of art. And, with a corndog and a cold beverage in hand, the Black Swamp Art Festival is one of the best in this area.



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Rescuing Ripley—or A Bird in the Hand...



Robin Arnold



Gena Husman

Not all of the wild birds that are flying around our property are wild... and we're not counting the chickens. On a warm summer evening early in September as we were sitting on the deck watching the hummingbirds in the trumpet vine, Robin spotted a bright yellow bird sitting in a bush in the side yard. Goldfinches and yellow warblers are the only yellow birds that we normally see around here, and it was definitely neither of those. This bird

was slightly larger than either, and a brighter yellow color, and it didn't fly off right away when Robin walked up and stood under the branch it was perched on. It was only when she tried to bend the branch down closer so she could offer it some bird seed that it flew off a short distance and disappeared into the leaves of a nearby maple tree.

"It looks like a parakeet!" she said. "It either escaped from someone's house or they let it loose." We lost sight of it until a little later that evening when it showed up in the

maple tree again. It was a bright yellow spot glowing in the setting sun as it sat among the dark green leaves preening its feathers. We checked it out with binoculars—it was definitely a little yellow parakeet. If it was someone's pet, it wouldn't survive for long out in the wild—if a predator didn't get it, cooler temperatures or starvation might. It was too high up for us to attempt to catch it...all we could do was stand there and look helplessly on. We figured it'd be gone or dead by morning.

Not so...the next morning I spotted the parakeet on the ground under the bird feeder foraging with a flock of other birds. The whole flock flew off as I got closer and it went with them. We saw it a couple more times that day—with other birds and sometimes by itself. That it stayed around was good—at least it was eating.

When it showed up again at the feeder the next morning, we began to formulate a plan...we had an old parakeet cage stored in the barn and thought maybe if we set it out with some food, the bird might associate it with something familiar and check it out. We put the cage on the ground near the feeder, but if it recognized what it was, it wasn't interested. It seemed to take its cue from the other birds—if they were startled

and flew, it went with them, but by itself, it didn't seem to mind us walking close by. In fact, the next afternoon it sat on the fence and didn't move as Robin went over to fill the bird feeder right next to it. Talking softly, she walked up to the little parakeet and held out a handful of bird seed. When it started to eat, she moved her other hand up behind it and slowly inched along the fence until she could gently close her fingers around it. He—it turned out to be a male—struggled a little as she carefully put him in the cage but then he calmed down and seemed to settle right in after a few minutes.

Apparently, he hadn't been loose for long—he wasn't thin and scraggly, and his eyes were clear and bright; he appeared quite healthy. We adopted him on the spot and made a quick trip down the road for parakeet food. The next night we went to an actual pet shop to get him parakeet dishes and some more toys—we hadn't found much besides food and millet the night before. We picked out a few things he needed and some we thought would be fun, including a mirror so he wouldn't feel so alone. We named him Ripley.

It was the mirror that did it...turns out we saved a narcissistic parakeet. We thought we were going to have a chatty little addi-



tion to our family and we ended up with a little yellow dandy who preens his feathers and gazes lovingly into his mirror and pretty much ignores us unless he's hungry or there's something on TV he's interested in. He's so taken with the beautiful bird that looks back at him that he licks the mirror. Sometimes he gets mad at it and bangs it around, but most of the time he stands in front of it and has the most amazing conversation with it. The scary part is...it talks back. We love him anyway. Next month we'll tell you about capturing Willie—the rooster who was wandering around in a Port Clinton condominium development and the kind lady who was feeding him.

Have a safe and Happy Halloween!!



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Kurt D. Harrison, D.O.



Stanley Carr, M.D.



Stephanie Breault, NP-C.



Calendar of Events

October 2016 Sandusky County

All month - Special Exhibit 100 Moments: Celebrating a Century of the Nation's First Presidential Library, Rutherford B. Hayes Presidential Library. Exhibit is open from 9 a.m.- 5 p.m.

1 - Downtown Fremont Farmers Market

2- Blessing of the Animals, Historic Lyme Village, 5001 SR 4, Bellevue.

6 - Scarecrow Contest, starts at Central Park, Bellevue.

7, 8, 9 and 13, 14, 15- Fremont Community Theatre - Young Frankenstein, 1551 Dickinson Street.

8- Gibsonburg Octoberfest, E. Stone Street, Noon to 4 p.m. .

8 - Second Saturdays R 4 Kids, Rutherford B. Hayes Presidential Library. 9 a.m. to 5 p.m. An interactive educational series for children. There will be a scavenger hunt available from 9 a.m. to 5 p.m. Cost is \$1 for kids ages 1-12 and \$7.50 for adults. (Cost includes admission to Second Saturdays AND to the Hayes Museum.)

8, 9, - Her Highness Victoria Reception and Dinner, Historic Lyme Village, 5001 SR 4, Bellevue.

10 - Columbus Day, Rutherford B. Hayes Presidential Library. Noon to 5p.m., Hayes Home and Hayes Museum.

15-16- Fremont Gun Show, Sandusky County Fairgrounds, corner of Rawson Ave. & North St., Saturday from 8:30 a.m. to 4:30 p.m., Sunday from 8:30 a.m. to 2:30 p.m. Cost: \$5.

15 - 16 - Storybook Adventure, Historic Lyme Village, 5001 SR 4, Bellevue.

15 - Downtown Fremont Farmers Market, 9 a.m. to 1 p.m. rain or shine. Located in Downtown Fremont, you will find vendors of every variety, live entertainment, yummy treats and a little something fun for folks of all ages. Cost: FREE!

15 - Free Genealogy Websites, Rutherford B. Hayes Presidential Library. 9:30 to 11:30 a.m. Head Librarian and experienced genealogist Becky Hill will explain the basics of how to utilize the free genealogical websites in their family history research. Such internet sources as the Center's Ohio Obituary Index, along with FamilySearch.org, USGenweb.org, Worldcat.org, EllisIsland.org and other popular websites will be explored in depth. Please register before class by calling Becky Hill at 419-332-2081 or

emailing her at bhill@rbhayes.org. Cost: \$10

15- History Roundtable with Mike Gilbert, Rutherford B. Hayes Presidential Library. 10 to 11:30 a.m. Cost: \$5. Pre-register to Nan Card at 419-332-2081, ext. 239 or email: ncard@rbhayes.org.

15 - Rocktober Fest, Trailmarker Park, 301 S. Cherry Street Woodville. 2nd annual Rocktober Fest is Raising \$\$ for the Woodville Pool liner. Corn hole tournament @ 2 - \$25 entry fee per 2-person team. The Fabulous Disaster Classic Rock Band starts at 7 pm. 50/50 drawing, Big Screen TV to watch the football games in the heated tent Beer, Beer Rita's, & Frank's Fries.

16 - Music in the Parlor, Rutherford B. Hayes Presidential Library. 4 to 5 p.m.

21 - Human Trafficking & Modern Day Slavery, Sandusky County DJFS, 2511 Countryside Drive, Fremont. Human Trafficking & Modern Day Slavery, Presented by Lucas County Human Trafficking Coalition. Sponsored by the Sandusky County Health Department, Mental Health and Recovery Services Board, and the Preventive Partnership of Sandusky County. All Trainings have registration beginning at 8:30 a.m. with the session beginning at 9 a.m. to

Noon. Call: 419-334-6365 or email cstonerook@sanduskycold.org to register.

22 - History Roundtable with Mike Gilbert, Rutherford B. Hayes Presidential Library. 10 to 11:30 a.m. Retired educator Mike Gilbert shares his knowledge of local and national history. Cost: \$5. Pre-register to Nan Card at 419-332-2081, ext. 239 or email: ncard@rbhayes.org.

27 - Halloween Parade, starts at Central Park, ends at Railroad Museum, Bellevue. 6 p.m.

29 - History Roundtable with Mike Gilbert, Hayes Presidential Center, 10- 11:30 a.m. Cost:\$5. Pre-register to Nan Card at 419-332-2081, ext. 239 or email: ncard@rbhayes.org.

29 - Halloween Parade, Downtown Clyde, 4 p.m. "Trick or Treat" to follow from 5:30 p.m. - 6:30 p.m.

29 - Trick or Treat, Bellevue. "Trick or Treat" from 5p.m. - 7 p.m.

30- Trick or Treat, Fremont, Lindsey will be having "Trick or Treat" on Sunday, October 30th from 4- 6 p.m.

30 - Trick or Treat, Gibsonburg, 5 - 7 p.m.

31 - Trick or Treat, Woodville, 6 p.m. - 8 p.m.

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On Tuesday, October 18, Sandusky County Positive People will hold their next Power Packed Luncheon at The Café at Vanguard, 1306 Cedar St. in Fremont. “How are our SCPP Scholarship Award Winners Doing” will be the topic. 2012 SCPP Scholarship Winner Cierra Parker and 2013 SCPP Scholarship Winner Kelsey Randolph will both be on a panel, sharing with us how they are doing and where they are today.

That day, the SCPP Mentor Committee will collect items for 1st semester care packages for the nine 2016 Scholarship Award Winners. Suggested items include gum, candy, macaroni and cheese, crackers, cookies, granola bars, etc. Please bring any nonperishable items to the luncheon. Items can also be dropped off at “Total Rehab in the Herbert Perna Center” at ProMedica Memorial Hospital, located at 715 S. Taft Ave., Fremont.

The Sandusky County Positive People Power Packed Luncheon, which is scheduled from 11:45 a.m. – 1:00 p.m., is open to the public. Reservations are required by October 11 since seating is limited. Cost for the meal and speaker is \$15.00. To make a reservation, please call 419-547-4068 or email GearyJ@fnblifetime.com. Reservations can also be mailed to Sandusky County Positive People, 1409 E. State St., PMB 120, Fremont, OH 43420. Make checks payable to SCPP.

More information at www.scppohio.org.



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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.

Camp Fire will be having two Family Fun Nights. The first one will be October 18, the second one will be November 15th. Call the Camp Fire office for more info.




Misty Meadows will be offering a babysitting course October 22nd. It is for anyone in 5th -12th grade.

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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For Sandusky County Commissioner



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In Your Own Backyard

Matthew Vallance's Post Liver Transplant Spaghetti Dinner: Sunday, Oct. 23, 1-5pm at Memory Hall at 2095 McPherson Hwy between Clyde and Fremont. Car show, 50/50, gift baskets and more. Matthew is off work and needs your support while he heals from his surgery. Dinners are \$10 and include a dessert and drink.

Gibsonburg Octoberfest: William's Park, Sat., Oct. 8th from noon to 4pm. Parade line up for walkers in Central Park at 11am. Come dressed in your costume. Hay rides, crafts, food, flea market, petting zoo and more. Free admission!

Holiday Open House and Flower Ladies Show hosted by the Auxiliary of Promedica Memorial Hospital will be held on Wednesday, October 26 from 7:00 a.m. – 7:00 p.m. and will be held in the hospital lobby and the Browse-n-Buy Gift Shop. Mystery discounts will be given throughout the day and refreshments will be served. A wide array of holiday gift ideas, clothing and specialty items will be featured along with the spectacular holiday creations designed by the Flower Ladies. Thanks to all who continue to support the Auxiliary of Promedica Memorial Hospital through your purchases at the Browse-n-Buy Gift Shop!

SUGAR & SPICE & EVERYTHING NICE! Anjulina's Catering, 2270 W. Hayes Ave., Fremont on Tuesday, October 11, Luncheon 11 am – 12:30 pm, Cost \$12 (incl). Our Feature will be our ANNUAL FALL FUNDRAISER to benefit Stonecroft Ministries. Please bring baked goods, autumn items, fruits, veggies, jams, soups, etc. . . Doors will open at 10 am for you to display your donation. You will have until 11 am to purchase as you choose. Our Speaker will be Delores Mitson, N. Canton, OH. Subject – LOOK OUT LIFE, HERE I COME! Life is like a merry-go-round. Are you getting dizzy? For luncheon and free child care, please call by October 6th, Donna 419-680-2251 or email Carrol at fawcluncheon@gmail.com.

Celebrate life and enjoy an evening with Heartbeat Hope Medical at the Annual Fundraising Event being held Tuesday, October 25 at Ole Zim's Wagon Shed in Gibsonburg. The doors will

open at 6 p.m. with dinner and a program beginning at 6:30 p.m. The dinner is complimentary with an opportunity to make a financial gift being extended. Adults only please, as seating is limited. The evening will be filled with stories of inspiration and lives changed through the power of God's love and the services we are able to provide through local donations and support. We will have "the year in review" outlining all of the activities, events, and happenings the past year as well as plans for the upcoming year at both the Fremont and Tiffin centers. Reservations are necessary. To find out more information or to make your reservation please call 419-334-9079 or email events@heartfre.com.

PONTIFEX GLOW RUN/WALK 5K, STOMP OUT HUNGER, October 22, 8:15 p.m. at Roger Young Park Fremont. You can register online at pontifexfremont.com or at PONTIFEX, 416 W. State St., Fremont. Pre-register before 10/14 to be guaranteed a t-shirt. Kids under 12 are free. Awards for 1st. place runners men, women and team. Best Costume (kids and adults). Child friendly, you can use strollers, race trail is lit by glow in the dark colored lights. For more info call PONTIFEX (419) 333-9667

2nd Annual Veteran's Breakfast! Saturday, November 12 from 9-11:30 am at the Fremont VFW, 204 Birchard Ave. in Fremont. All Veterans and their spouse or significant other Invited! This event is sponsored by People Who Care for Veterans and is a Free Event!

Birchard Public Library is having a Fall Book Sale! The Friends of the Library night is October 12, 5-8pm. If you are not a member, you may join that night and participate in the sale. The sale is open to the public Oct. 13, 10-8pm, Oct. 14, 10-5pm and Oct. 15 from 9-noon, Saturday is Bag Day. We supply the bags, you fill them for \$3.00. Come find some great books to curl up with on a chilly night, maybe find a book about dinosaurs for a favorite grandson or even a book on fixing cars for your hubby. All are priced from 25 cents to \$3.

The next Sandusky County Prostate Cancer Support Group (previously known as Man to Man) meeting will be held Wednesday, Oct 26 th 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 any one of the Facilitators, Ken Missler 419-559 1171, Wilson Forney 419-355-8860.

The Fremont Tree and Beautification Commission is taking nominations for their annual Halloween/Fall Decorating Contest. Please call Rick at 419-307-8924, or Bev at 419-334-9981 with any nominations or questions. Judging will take place on October 23. Also, we are always looking for new members! Meetings are held the first Tuesday of the month at the Fremont Rec Center at 6pm.

Downtown Farmers Market on October 15th North Branch Nursery is presenting a "Winterizing Your Garden" seminar. There will be two sessions- 10:30 and 12:00, held on Front Street. Sponsored by Fremont Tree & Beautification.

Spaghetti Dinner, Sunday, Oct. 2nd at the Fremont American Legion. Serving begins at 11:30-1pm. Complete dinner, dessert and drink for \$10, children \$5. Bake sale and silent auction to support the animal shelter.

Village of Lindsey Farmers Market is held the second Saturday of each month through October, from 9 am to Noon, in the village park on Main Street.

Soroptimist International of Fremont Announces Live Your Dream Scholarship Opportunity

Soroptimist International of Fremont held their first meeting of the year on Tuesday, September 13th at Anjulina's. President Mary Ann Voggenthaler introduced MaLinda Laurer, our newest Soroptimist member.

President Elect, Denise Burns informed the club about our Live Your Dream Award. This program provides cash grants to women who are working to better their lives through additional schooling and skills training. To be eligible a women must have the primary financial responsibility for herself and dependents; must be enrolled in an undergraduate degree or vocational skills training program; must have financial need. Please contact Denise at baadburns@msn.com for further information or an application.

Soroptimist means best for women. We are a world-wide women's service organization and we have a seat on the United Nations. Our meetings are held the second Tuesday of the month at Anjulina's. Please feel free to contact any of our members for more information.



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My Mother's Recipes

By Joanne McDowell

I thought you were supposed to lose weight over the summer? My scales say otherwise so I looked up healthy foods this morning, after all I have to get back into the winter jeans.

This is supposed to take only fifteen minutes prep time, and it has avocado, a favorite at our house. Besides, it does look healthy and good. Enjoy!

To see more recipes visit: www.dherbs.com

Southwestern Chopped Salad with Cilantro Dressing

For Salad

Large head of romaine

15 oz can black beans, rinsed and drained

1 large orange bell pepper

1 pt cherry tomatoes

2 c corn, boiled then cooled

5 green onions

For Dressing

1 c loosely packed cilantro, stems removed and roughly chopped

1/2 avocado

2 tbsp. fresh lime juice

1 garlic clove

1/4 c olive oil

1 1/2 tsp. apple cider vinegar

1/8 tsp. sea salt

Instructions

Make the dressing: puree all ingredients in a food processor/blender until smooth.

Taste and adjust seasonings if necessary.

Finely chop romaine, bell pepper, tomatoes, and green onions.

Place all ingredients in a large bowl and stir to combine.

Toss with desired amount of dressing.

This was sent to us by Lynn Fox of Gibsonburg, and it sounds so good, but not if you are dieting!

Peach Cobbler

1 cup sugar

3 Tbls. flour

1/4 tsp. nutmeg

4 cups sliced peaches, fresh or canned

Topping:

1/2 cup sugar

1 cup flour

1 tsp. baking powder

1 tsp. salt

1/3 cup cold butter; 1 egg beaten

In a bowl combine sugar, flour and nutmeg, add peaches, stir to coat. Pour into a 9x13 pan. For topping combine sugar, flour, baking powder, salt and butter until mixture crumbles. Stir in egg, spoon in peaches. Bake at 375 for 40 minutes.

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REACH

For the 2016-2017 school year some 825 students in 35 classrooms in 13 schools throughout Sandusky County are being introduced to the "world of work" by classroom counselors representing 28 different REACH Business Partners. This represents significant growth from the initial 2003-2004 school year when 175 students in seven classrooms at one school participated in the pilot program.

These Business Partner classroom counselors visit their assigned classrooms one class period per month and teach lessons contained in a curriculum book developed by the education department of the Ohio State University-Marion to illustrate topics such as: Jobs That Match My Talents and Interests, Habits and Attitudes That Make Good Workers, Teamwork, Teamwork and Interdependence, Equal Opportunity and Technology, as well as In the Workplace, which provides a unique opportunity for the students to visit the place of business of the counselor and get a firsthand look at employees performing their jobs, with hands-on experiences for the students wherever possible.

REACH is sponsored by the Chamber of Commerce of Sandusky County, with the Chamber Foundation of Sandusky County (a 501(c) (3) organization) acting as fiscal agent. It is fitting that the recently revised mission statement of the Chamber includes Workforce Development as one of its four tenets, with the REACH program serving as a key component.

Workforce development has found its way into the education system in the state of Ohio as a result of actions by the state board of education. Various organizations, including the Chamber, Sandusky County Economic Development Corporation and Terra State Community College, are working with area businesses and school districts on developing avenues that will lead to developing the "workforce of the future" as students progress through their academic years. Fremont City Schools, for instance has developed the "Little Giant Pathway" curriculum that will formally expose students in grades K-12 to various aspects of career development, with the REACH program serving as a vital component at the fifth grade level.

Funding for the REACH program has been provided by area businesses and

foundations, with the United Way of Sandusky County having served as the cornerstone Financial Partner since the 2003-2004 school year. The R E A C H program fits



nicely into the United Way's Education emphasis area which has as its' priority "To provide opportunities for youth that will enable them to be prepared and successful in both high school and post high school with a specific emphasis on career development."

The hours invested by our dedicated Business Partner classroom consultants, along with the dollars invested by our Financial Partners, some of whom serve in both capacities, has been invaluable, as they have helped prepare over 7,125 students in Sandusky County to learn about the job and career opportunities available in our county, along with the work ethics, life skills and educational requirements need to qualify for those jobs.

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Walt Sanders



=It was 39 years ago in August since the one and only Elvis Presley passed away at the age of 42. Every year millions of fans from all over the world flock to his former home, Graceland in Memphis, Tennessee. Fans want to catch a glimpse of how their idol lived and to pay respects to his final resting place. The King may be gone but those who admire his work and career help to keep the memory alive and rockin'. One such person who has taken on such a task is Walt Sanders.

Walt Sanders and The Cadillac Band are often booked for shows where fans can relive memories of their first Elvis Presley record or hear their favorite songs. "I was raised on the music of the 50s including the Doo-Wop sounds," said Walt. "I was raised on great music and Elvis was part of that upbringing." "Around 1976, I got my first taste of music by listening to radio station, CKLW out of the motor city (Detroit). That is when I started listening to ELO and HEART. Believe it or not, my favorite song of all time is, "Don't Go Breaking My Heart" (Elton John and Kiki Dee).

What is it about Elvis that has compelled Walt to pay tribute to his music idol? "As far as I'm concerned, no other artist can compare to Elvis. He had everything. He could turn any style of a song into a million dollars," explains Walt. "I've always had the dream ever since I was a kid that I wanted to pay tribute to Elvis. I used to listen to his records. I would stand in front of the mirror and sing all of the songs, every single note until I got it right. I was

determined that I would wait for the day when I could stand in front of an audience and someone would say, "You sound a lot like Elvis!" I feel I am doing it for the right reasons. It's from my heart."

Walt has been paying tribute to Elvis in front of a live audience for 23 years. "I first started singing at a place called Johnny Angels in Sandusky. I was there for three years until the place closed. At first, I was trying to impersonate Elvis. I grew my hair and sideburns. I dyed the color of my hair. I was trying too hard to be someone that I was never going to be," remembers Walt. "According to me there is a difference between an impersonator and a tribute performer. As a tribute artist, you can pay tribute to anyone. I can pay tribute to Patsy Cline for example. An impersonator is an actor. It is someone who is trying to portray someone else. That's my take on it. I do not try to talk like Elvis.



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I like to be myself. If I could sing his songs without wearing the jumpsuit and just wear regular attire, I would. You can't be anyone but yourself."

Walt has met a few people that have known and worked with Elvis. Ray Walker is the bass singer for The Jordanares having joined the group in 1958. The Jordanares were the back up singing group for Elvis. "When I first met Ray, I was completely in awe," said Walt. "We became friends and have stayed in contact. My family and I have been guests at his home several times." The music of Elvis Presley still keeps fans interested. New generations of fans are discovering the music of The King. "His music carries to each generation,"



said Walt. "Men wanted to be him and women wanted to be with him. I love working with the band and enjoy the opportunity to play whenever we get the chance. What I'm doing is helping to bring back memories for fans."

For more information about Walt Sanders and The Cadillac Band, please visit: www.onenightwithyou.net

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Wisdom Comes with Age

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

Our minds keep us young because mental efficiency declines much slower than other bodily processes. Perhaps, us aging folks should exercise our minds more by staying interested in the world around us and by diligently learning new things each day. I'm pushing age 70 and may not be as physically fit as my descendants, but I can still compete with them in mental productivity!

I've got a great memory. OK... it's short and I have retrieval problems, but after nearly 70 orbits around the sun, I've accumulated quite a few experiences. Us older folks may not understand what precise digital jargons mean, like SQL, ASCII or http, but we do possess a more vague and ambiguous aptitude... wisdom!

Many companies, schools, and hospitals miss the boat when they don't take advantage of this wisdom. They try to save a few bucks by offering early retirement incentives to get rid of older employees who possess greater insight, judgment, perspective, and reasoning than the younger people who replace them.

That wisdom is built through the aging process itself. We wave goodbye as the last child fledges the nest, watch over our once omnipotent parents as they wither away, witness a retreating hairline and advancing midsection, realize we will never become famous or own a professional football team, and understand what our remaining life doesn't hold.

Aging, indeed, has its physical, social, and emotional drawbacks. Instead of vaulting out of bed to "seize the day," us oldsters stretch a bit and flounder until another body part becomes operational. Many sit behind a grand desk at a job position they've exhausted an epoch of sweat to arrive at, only to be offered an early retirement package. Peggy Lee's 1970 hit song "Is that all there is?" becomes a reality.

For my book "Finding Happiness in America," I studied aging people who stayed in shape and lived a long and healthy life. George Burns fascinated me. He died at age 100, in 1996. His writings draw upon his vast collection of experiences (wisdom!) and offer tips on how to exercise, eat right, stay sexy, and maintain a great attitude.

He always maintained a positive attitude. In one passage he stated, "If you're going to fail, be positive about it. That way you'll be a successful failure". He favored thinking young and joked about being bored hanging around his elderly friends, who compared ailments and gravy stains. Burns hung around youth in the hope that their youthful spirit would rub off on him.

Apparently, it did. When asked why he wore designer, tight-fitting jeans, he replied, "They help me stand up." Keeping young, to Burns, meant maintaining enthusiasm, keeping active, meeting people (young and old), and looking to the future because that's where we're going to spend the rest of our lives. He rarely recalled past memories, saying, "My old movie reviews were too painful to read the first time!"

I guess wisdom can't be learned from textbooks or college courses, one just must journey through life's ups and downs, and observe along the way.

Robert Morton, M.Ed., Ed.S. has retired from his positions of School Psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He authored the book "Finding Happiness in America." Contact him at the Family Journal: www.familyjournal1.blogspot.com



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Many women come to me for solutions to get back that youthful appearance and eliminate hours in front of the mirror drawing on makeup that smears or disappears. Many have lost their brows and eyelashes, have unwanted scarring, wrinkles, acne, uneven skin tones & age spots. Women are wanting solutions to their pre-mature aging due to our environment.



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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

What a beautiful morning it was to celebrate my 30,000th sunrise! The best part was the group of people who came to celebrate it with me. Their smiles and hugs, together with kind words of congratulations on the publishing of my book; Heartbeats and Footprints, A Memoir of 30,000 Sunrises; brought tears to my eyes and joy to my heart. Thanks to all of you. I wish also, to thank those who sent notes and cards and those who phoned their congratulatory wishes. It has been an experience I shall remember forever as I remember all of you who made it so special. Thanks.

I have saved out 8 books before packing the remaining 25 away in the attic trunk for future great and great, great grandchildren that I may never know. In case you want to claim one of the 8, please call me at 419-332-7427. Once again my readers and friends, thank you.

Guess What! I'm taking 3 days off in October. All of them in a row! My friend and co-worker here at The Old Garden House, Kate Naderer asked me to join her on a tour bus trip to the Amish lands of Pennsylvania. We will stay at a hotel in Lancaster, take in a Dinner Theatre and watch the on stage presentation of the humorous musical, "Anything Goes". In addition to a visit with folks in the old-order Mennonite Community, we will go to the Sight and Sounds Millennium Theatre to see an afternoon performance of the Bible story "Samson". Dinner served smorgasbord style awaits after the show. There are other places to visit as well as several shopping opportunities—Rock vale Outlets and Bird-in-Hand Farmers Market. Sounds like a busy schedule with lots to see and do. I know I will enjoy Kate's company.

Celena Smith, Gardner Chair Caning, will be teaching a class for those who would like to learn

how to cane chairs. The old Garden House will be the host location for the classes. If you would like to learn, call Celena at 419-961-5367 for more information and to see if spaces remain for the series of classes to be held on Thursday evenings in October.

The Fall Pass-Along-Plant Day is set for Sunday October 9th from 1 to 3 p.m. Bring extra perennials and take home some that others have brought. You can bring seeds you have harvested and can collect some from my annuals (Marigolds, large and small, Cone Flowers, Rose of Sharon, Touch-me-nots, Kiss-Me-Over-The-Garden Gate and Hollyhocks) No reservations necessary.

Looking ahead to December-I have only 3 days that remain unclaimed for a group luncheon or dinner. They are Thursday, December 1st, Saturday December 17th and Monday December 19th. Call if your group wants one of these. Also, groups already in, call, if you wish to reaffirm your date. This is a busy season and I don't want to make any mistakes with dates. Thanks.

Until next month-enjoy the fall weather, help rake a big pile of leaves with some kids, watch as they run through the piles, and lay down and cover each other up—remember when you were a kid and did the same thing. Some things never change—some things never should. Especially those things that remind us 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.

Mayo Clinic

Several factors may play a role in raising risk for diverticulitis

DEAR MAYO CLINIC: I was recently diagnosed with diverticulitis. It was treated and the symptoms went away, but I'm wondering what could have caused it. I'm a 52-year-old man with no other medical problems. Am I at an increased risk for developing diverticulitis again since I've had it once?

ANSWER: Diverticulitis happens when small pockets that develop in the lining of your digestive tract become inflamed or infected. Treatment for diverticulitis focuses on eliminating the infection or inflammation, but it does not get rid of the pockets. Because those pockets remain, there is some risk you could get diverticulitis again, yet that risk is less than 10 to 15 percent. In some cases, making certain lifestyle changes may help lower the risk. As we age, it's common for small, bulging pockets to form due to pressure at weak spots in the digestive tract lining. The pockets are called diverticula. They most often occur in the large intestine, or colon. By themselves, these pockets do

not typically cause any problems or lead to symptoms.

When diverticulitis develops and one or more of the pockets becomes infected or inflamed, that can result in significant symptoms. These may include persistent and severe abdominal pain, nausea, vomiting and constipation. In some cases, diverticulitis can result in diarrhea, but that is less common than constipation.

Several factors may play a role in raising your risk for diverticulitis. As mentioned earlier, digestive tract pockets become more common with age. Diverticulitis most often affects people older than 40. Men tend to develop the condition more often than women. Obesity can increase the risk of diverticulitis, too, as can smoking. A lack of regular exercise may contribute to diverticulitis, as well.

Although you can't do anything about your age or being male, you can take steps

Mayo Clinic, cont'd on 16



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"Grate" Treats & Eats

By: Chris Timko-Grate

I know this is October, but don't worry we still have a couple of months before the really cold weather and snow arrive. But hopefully it is like last year when we just had the cold weather! I could handle another winter like that and be happy about it. I do have to say I do love those days that we are snowed in, enjoying the snow fall and enjoying the quietness of the outdoors that you only get with a windless, slow, steady snow fall. But until those winter days arrive enjoy the colors and smells of fall, and all the fall activities going on in Fremont and surrounding area.

Baked Pork Chops with Apricot Stuffing

4 Pork Chops thin to medium

1 cup dried apricots

1 cup water

2 tablespoons shortening or vegetable oil

1 tablespoon chopped onion

½ cup chopped celery

4 cups dry bread crumbs

2 tablespoons butter

1 tablespoon dried parsley

½ teaspoon salt

1/8 teaspoon pepper

3 to 4 tablespoons apricot juice

Simmer apricots in one cup of water 5 minutes, cool. Drain reserving juice.

Cut apricots into strips. Melt shorten-

ing or oil, add onions, celery and sauté until clear. Add remaining ingredients, including apricots toss to mix together. Makes 2-3 cups of stuffing. Brown 6 pork chops in a skillet with a light coating of oil. Place stuffing in bottom of casserole dish. Place each chop in single layer on top of stuffing, sprinkle with salt and pepper. Bake covered at 350 degrees for 45 minutes. Uncover and bake until chops are tender.

Tomato Pudding – this one is an old family favorite and is delicious!

1 - 10oz can tomato puree

1 – cup brown sugar

¾ cup water

½ cup butter

¾ teaspoon salt

2- cups bread cubes

Mix puree, sugar, water, butter and salt. Boil for five minutes. Put bread cubes in a casserole dish, pour tomato mixture over bread cubes and bake for 40 minutes at 375 degrees. Yum!

Quote for the month: No matter how busy a man is, he is never too busy to stop and talk about how busy he is! Author unknown. I don't know about anyone else but I can stop and talk anytime!

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

Reiki Circle Group

Tuesday, October 11, The Bellevue Hospital, Conference Room A & B, 6:00 PM-8:00PM Universal Laws By Patricia Zilles

Everything that exists pulsates, creating a rhythmic vibration. We may not always be aware of this sound in our daily lives, but we can hear it in the summer breeze, rustling of the autumn leaves, the waves on the shore, the inside of a seashell.

We recognize our experience as a reflection of how the whole universe moves—the setting sun, the rising moon, the ebb and flow of the tides, the beating of our heartbeat. If we be still and know that our universe can take us on a journey by looking up to the night sky or movement of clouds on this universal movement. Through our breath, our awareness, and our physical energy, we can begin to sense a bigger connection that is both uplifting and soothing. While sound can't travel directly through the vacuum of space, there is noise in the universe. That noise is all creation, all life forms. Be still and listen..And Know.

We need to see and to believe that we cannot survive on this planet if we fail to see that the universe as well as human life cannot exist outside of nature. The law of the universe should be everyone's creative vision to put into a system of order that preserves the biological foundation, a revolutionary step forward in terms of global thinking of life as one with the universe.

You probably are wondering what this has to do with Reiki? Rei means universal, Ki means energy. When a Reiki practitioner gives a treatment their intentions are to use the energies of the universe, including Spirit and the direction of energies perceived by giver and receiver. Thank you for all your support in attending our Reiki Circle Group.



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Country Farmhouse

They say it's Wayne Ohio's best kept secret. The secret is that it's a restaurant and country store combined. You wouldn't know by looking at the outside of the Country Farmhouse restaurant that there was such a cute shop inside. The shop is filled to the brim with primitive decorator items, furniture, and whimsical holiday gifts and gadgets. In addition to the store, there is a family style restaurant that is decorated with items that are also for sale. The owner is very busy as she is involved with her community and local schools and organizing many events. She serves the high school football team every Thursday night before Fridays game. She provides a dinner for the county employees once a year and caters to the Wood County fair entertainers. The Christmas season is busy for her, with a holiday open house and breakfast with Santa. The open house takes place the second week in November.



As for the restaurant, the menu is a bit overwhelming by how many choices there are, along with the daily lunch and dinner specials. Although everything sounded good I narrowed it down to the southwest chicken sandwich, which was a chicken breast topped with pepper jack cheese, grilled onions, bacon, and BBQ sauce. It was very good. With that I ordered the homemade cheesy cauliflower soup, and that was delicious.

Kim ordered the daily special, which was sliced pork tenderloin, homemade mashed potatoes and gravy, sauerkraut, carrots, and applesauce, all for \$8.99. I heard a lady beside us say that she comes in for the veggie grilled cheese, a mix of grilled veggies, provolone and Swiss cheese on wheat. It's always nice to hear others people's comments.

Lunch was filling, but I had to try a piece of homemade pie. Out of the seven or eight choices, I chose the butterscotch pie which was piled high with meringue. It was the best butterscotch pie I've had.

The next weekend we decided to go over for breakfast, it only takes 20 minutes to get there. They serve a great breakfast with great prices. We had sausage gravy and biscuits and corn beef hash and eggs; we got out of there for under \$10.00 for two. I always appreciate it when friends and acquaintances tell me about places I haven't heard of to try. It's fun trying them out, and I'm pretty impressed with the Country Farmhouse, simply because of how the owner puts her heart in to everything she does, and it shows.

Country Farmhouse 117 E. Main St., Wayne, 419-288-2888

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to lower your risk in other areas. Exercising regularly, losing weight if you need to and avoiding smoking can all help.

The specific role that diet plays in preventing diverticulitis is unclear. In the past, some doctors recommended that people who had diverticula not eat seeds and nuts, including foods with small seeds, such as tomatoes, cucumbers and strawberries. It was thought that these tiny food particles could lodge in the pockets and cause diverticulitis. But there is no scientific evidence of that, and doctors no longer recommend these foods be avoided.

Some experts have advocated eating a high-fiber diet - which may include nuts and seeds - to lower the risk of diverticulitis. A high-fiber diet on its own, however, has not been shown to prevent diverticulitis.

At this time, it appears that no specific foods trigger diverticulitis, and there's no special diet recommended to prevent it, either. So before you make any big changes to your diet in an effort to lower your risk of developing diverticulitis again, talk with your doctor about your individual needs to decide what's best for you. In many cases, eating a variety of well-balanced and nutritious foods along with plenty of fluids are good choices.

You should also review with your doctor any medications you're taking. Several drugs are associated with an increased risk of diverticulitis, including steroids, opiates and nonsteroidal anti-inflammatory drugs, such as ibuprofen and naproxen. Your doctor can help you determine if you may need to change any of your medications based on your history of diverticulitis.

If you have symptoms of diverticulitis again, contact your doctor right away. He or she will likely suggest testing to confirm the diagnosis before prescribing treatment. If it is confirmed, treatment would consist of a clear-liquid diet for a few days along with antibiotics. You would then return to a more normal diet as your symptoms improve. - John Cangemi, M.D., Gastroenterology, Mayo Clinic, Jacksonville, Fla.

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

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In 1987, when I started my first full-time job as a derivatives trader on the floor of the Commodities Exchange in New York (COMEX), there was no mention of workplace sexual harassment. Rather, I was told explicitly that the environment on the trading floor was “rough and tumble,” and that if I wanted to be taken seriously I needed to accept the fraternity party shenanigans and figure out how to make money for the company that was employing me.

I was one of eight women traders amid 800 men and while we often commiserated with one another, we mostly rolled our eyes at the benign name calling and shrugged off the more intrusive bra snapping and physical jostling for position in the trading ring. There is not one of us who would have said a word to a boss about our experiences because we knew that they would have done nothing.

I was thinking about those early years of my career as I watched the new

movie, “Equity,” a Wall Street thriller where all of the main characters are women. The film, which takes place in the post-financial crisis era, explores both gender and generational roles in the finance industry, in an entertaining and provocative way.

As the film unfolds, we see ambitious women walking the tightrope between being too nice and being accused of “having sharp elbows” or “rubbing people the wrong way.” Naomi, the main character, played by Anna Gunn of “Breaking Bad” fame, is a star investment banker who needs a big win on a tech initial public offering after a previous deal went south. Her associate Erin (Sarah Megan Thomas) is trying to rise up the corporate ladder while juggling her personal life.

The women in “Equity” sometimes adapt to their male-dominated field by holding their noses and resorting to questionable methods. Sam (Alysia Reiner of “Orange is the New Black”), the assistant U.S. attorney who is a

college acquaintance of Naomi, uses her sexuality to her advantage as she investigates Naomi’s firm for insider trading. Meanwhile, Erin finds herself asked to treat a twenty-something tech entrepreneur “very, very gently.”

Besides being immensely entertaining, “Equity” is the first movie that I have seen where Wall Street women are portrayed as fully formed characters, not sidekicks or girlfriends. Naomi, Erin and Sam resemble real women that I know who work in all of these jobs. I’m guessing the reason for the accurate portrayals is that women also populated every role behind the camera. In addition to co-starring in the film, both Alysia Reiner and Sarah Megan Thomas were co-producers. I spoke to Reiner recently and she told me that they, along with writer Amy Fox and director Meera Menon, spoke to current and former women who worked on Wall Street, some of whom became investors in the film.

I asked Reiner what she found most surprising about the industry, after all of the interviews that they conducted. She said that it was stunning that women on Wall Street still confront such overt sexism when they show up to work every day. While there has been progress from the bad old days of my youth, clearly there needs to be more. According to Catalyst, the 2015 U.S. gender pay gap is significant: Women earned 81.1 percent of men’s salaries based on median weekly earnings for full-time workers. But the biggest gap is in the finance industry. Women account for more than half of all employees, yet earn nearly \$0.69 for every \$1 men make. We’ve got a long way to go before getting to equity.

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



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A look at the dry food versus canned food debate

Q: A recent column of yours said canned cat food is preferable to dry cat food. My vet asks what I feed my cats at each visit but has never said to switch to canned cat food even when one of them had "issues" with vomiting. He recommended several things to try until finally, I found a dry food for sensitive stomachs that has helped. What are the pros and cons of dry versus canned cat food? - Sue Shimeck

A: Well like most things in life this answer is not quite that cut and dry. Neither dry food nor canned food can be considered "better" than the other; both have all the nutrition a domestic cat needs.

However, I do not feed my cat's dry food and it's only because of two observations I have noticed when I did feed my cats just dry food. Some cats I have kept on a dry food diet seemed to just eat most of it without chewing it. Then, many times, they would vomit the un-chewed pieces up in the middle of the night. At first I just thought they were hair balls, but when I actually broke the wads open I discovered that it was made up of undigested kibble. I tried giving those cats a smaller sized kibble but they still did not chew it and the problem persisted.

Then, when I put the cats on a diet of just canned food the vomiting stopped and never happened again. Obviously those cats just had issues chewing while other cats I had did fine on the kibble.

Another observation I noticed with cats on canned food was that their stool was much smaller. It seems that cats can digest all the ingredients in a can of cat food, while dry kibble has some ingredients added to maintain the integrity of the kibble that are not easily digested.

So, my conclusion, based on these personal observations, is that a canned food diet is better for us humans. I do not think that any scientific studies have been done to prove that it is better for the cats though. This all happened to me three decades ago and all my cats from then on have only eaten canned food. Two other observations since then have been that my cats on canned food do not shed very much and they are always the perfect weight. However, I cannot offer any theories on why this is so.

(Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him

at petxperts2@aol.com; please include your name, city and state.)

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Interpersonal Edge

By Dr. Daneen Skube

Q. I'm a college student, and a lot of my friends religiously read your column to get ready for the world of work. We all have a lot of options and interests. Do you have advice about how to select a career in which we can excel and enjoy our jobs? We want to make money but also to have jobs that are personally fulfilling. Can you have both?

A. You can have both if you are willing to get to know yourself deeply before you select a career. You can combine profit and personal enjoyment. If you let outside influences control your choices you may end up in a career where you have neither.

You and your friends are in an exciting phase of life. There are so many paths open, and your book of life is relatively unwritten. You'll also find your elders, with many good intentions, will have a lot of ideas about what you should do for a living.

Be open to learning from your elders, both by what you see works for them and what you see has not worked for them. Use your elders as both good and bad examples. However, there is no substitute for self-knowledge. The most important question is what you would spend your time doing if you just wanted to have fun. Don't throw away your answer to this question as frivolous. Embedded within what is the most fun for you is what you will excel at in a career.

When I started my business at 29, I realized I was no longer working for a living. Now that I can retire at 57, I continue to work because it is the most fun I can have walking around. Watching my clients and readers become magicians with their interpersonal skills, watching them create amazing work and personal lives, is a blast!

Examine closely how you spend your free time. What shows do you watch, what books do you read, and what do you talk about? Go to YouTube and notice what videos you want to watch. What do you want to learn about?

You are uniquely wired to do something better than anyone else. The trick is to uncover the area in which you are brilliant and do that for work.

If you pick an area that is just good, clean fun for you, then you'll keep learning not because you have to but because you want to. People will want to hire you and work with you because passion is contagious.

People I meet often learn what I do and ask me if I leave my work at the office. I chuckle because my work at the office is the way I look at the world, not something I only do when I walk into work.

Remember this: If you pick an activity you love for work, you'll not really work a day in your life. Life is short; combine your paycheck with your passion!

How Advertising 45+ Years Ago Influences Our Lives Today

By Dr. Paul Silcox

"Better Living Through Chemistry" was a slogan of the DuPont Chemical corporation all the way back to 1935.

Then in 1972, the margarine, Chiffon, was being promoted on television as being so much like butter, it fooled Mother Nature. And thus the slogan "It's not nice to fool Mother Nature", meaning that even mother nature couldn't tell it from butter. What was it made from? Hydrogenated cottonseed oil which we now know is not good for us.

So a waste product of cotton, cottonseed oil, was pressed, pressurized with hydrogen, and turned into margarine. It's just one molecule away from plastic. This is a chemical reaction process. But from a business point of view, taking a waste byproduct, treating it with an inexpensive chemical reaction, and turning it into a profitable, low cost readily consumable product, is the American way to greater profits for shareholders.

However, as it turns out, the saying "It's not nice to fool Mother Nature" it truer than anyone would have imagined. Margarine turns out to be just one molecule away from plastic. It's harder to digest. It can clog arteries. It has been linked to carcinogenic tendencies and Alzheimer's Disease.

The moral of the story is, yes, with chemistry, substitutes for natural things can often be made, and made cheaper. But remember, Mother Nature (the God given Innate – Inborn intelligence that created and sustains your body) knows the difference between margarine and butter. It knows the difference between whole foods and synthetic vitamins.

So I ask, "What's in your multi-vitamin?" I take Catalyn multi-vitamin from Standard Process. It's made from WHOLE FOODS harvested from organic farms and cold processed. Catalyn was first made in 1929. The idea is, Mother Nature knows what to do with GOOD FOOD. If you have questions, stop by the office for a brochure. \$40 for a two month supply. Not bad for Top Shelf Quality.

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Oct. 24	8:00 am - 10:00 am		Rec Center, Bellevue
Oct. 25	Noon - 1:00 pm		Senior Center, Bellevue
Oct. 27	10:30 am - 11:30 am		Senior Center, Clyde
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Oct. 19	3:00 pm - 5:00 pm		Conference Rooms A&B
Oct. 21	9:00 am - 10:30 am		St. Paul's Lutheran, Clyde
Oct. 25	9:00 am - 11:00 am		Conference Rooms A&B
Oct. 3	Morning Health Break		Ext. 6610
8:00 am - 11:00 am. Free Blood Pressure checks and fasting Glucose test; Cholesterol (\$10); Thyroid (\$20); Prostate (\$25)			Conference Rooms A&B
Oct. 6	Lamaze Prepared Childbirth	\$30	Ext. 3067
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Oct. 20	Mature Audience Luncheon	\$3	Ext. 4899
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Oct. 25	Yoga Fitness Classes	\$20/six classes	Ext. 4206
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10:30 am - 11:30 am. Breastfeeding Support.			2nd Floor Conference Room
Oct. 11	Diabetes	Free	Ext. 4303
12:30 pm - 1:30 pm. Carbohydrate Counting, Patti Keller, RD, CDE			East Conference Room
Oct. 11	Reiki	Free	419.355.1283
6:00 pm - 8:00 pm. Universal Laws, Patricia Zilles			Conference Rooms A&B