

2000lifestyles

Free

Vol. 15 Issue 9

September 2013



www.lifestyles2000.net

The Bellevue Hospital Welcomes Dr. Rick Tobey

Rick Tobey, D.O. has joined the Families of The Bellevue Hospital, Dr. Doug Hoy and Buckeye Medical, Inc., as a family medicine physician. He is accepting new patients and looks forward to becoming involved in the community. Dr. Tobey grew up in Dayton and has resided locally for the past two years. He and his wife, Leah, are busy raising their five children. Dr. Tobey is an active member of his church, participates in Boy Scouts, and is setting up a saltwater reef aquarium in his office.

Education:

College of Eastern Utah, Price, UT, Associate of Arts Degree

Wright State University, Dayton, OH, Bachelor of Science in Biological Science

Michigan State University, East Lansing, MI, Doctor of Osteopathic Medicine

Graduate Training:

Henry Ford Hospital, Wyandotte, MI, Rotating Internship

Firelands Regional Medical Center, Sandusky, OH,

Family Medicine Residency

Rick Tobey, D.O.

1265 West Main Street, Suite A

Bellevue, Ohio 44811

419.483.1991



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





Lifestyles 2000

September 2013

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Cover by Robin Arnold: Cosmos flowers bloom in the late summer and early fall. I took this photo in our patch of native grasses and wildflowers that the Fish and Wildlife Service planted on a section of our property. www.robinarnoldphotography.com

Lifestyles is available at local Subways in Fremont & Clyde.

Help for Women Undergoing Cancer Treatment

The unique and very personal experiences of women finding their way through cancer diagnosis, treatment, and troubling appearance concerns come to life in the American Cancer Society Look Good...Feel Better® program. When a woman is undergoing treatment for cancer, she may lose her hair and experience other appearance related side effects. The impact can be devastating, making a hard time even harder.

On September 16th, trained volunteer beauty professional Annette Weltin will lead women through practical, hands-on tips about makeup, skin care, nail care, and ways to deal with hair loss, including how to wear wigs, turbans, and scarves. Each woman who attends will receive a free makeup kit to use during and after the workshop. Most of all, the ladies shared laughter and camaraderie as only women going through the cancer journey can. Look Good...Feel Better is a collaboration of the American Cancer Society, the Personal Care Products Council and the National Cosmetology Association.

The American Cancer Society helps cancer patients get well. The Society's services, including Look Good...Feel Better, are available at no charge thanks to our generous supporters and local Society events including Relay For Life.

Any local residents with cancer and their families can find free information, help, and support anytime, day or night, at 1-800-227-2345 or by visiting www.cancer.org.

Any woman undergoing cancer treatment may attend the upcoming Look Good...Feel Better session at Fremont Memorial Hospital, Fremont. The session begins at 2:00 pm and lasts approximately two hours. There is no fee to attend, but registration is required. To register, call 1.800.227.2345.

Sessions are also available in adjacent counties. Full info on the program, sites and dates is available when calling to register.



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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.

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

Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Once again I want to say "thank you" for the nice emails and notes I receive. It gives me a great deal of pleasure to hear from our readers and know you enjoy reading Lifestyles2000 as much as I do putting it together each month.



I have been asked about Chris Timko-Grate's column. Chris has been ill but has promised me she will return in our October issue. Thankfully she is making a full recovery. We wish her the best.

I hope you enjoy our September issue. I was especially pleased by the book review I received from Margaret Park, a lady living out west, who found our magazine online. Her article is on page 14.

Enjoy the fall weather and God bless.

Joanne



I thought everyone had it right, then I drew a few names that had wrong answers! "Pete" was hiding in the Old Fort Market ad in August. We had 140 entries, so it must have been more difficult than usual.

Find Pete Winners

Winners are: Donna Lloyd, Marilyn Ohl, Joseph Long, Annette Mavros, Clyde; Trisha Foos, Diane Kepler, Elaine Dickman, Dan Rolf, Edward Foose, Becky Shively, Jane Leonard, Linda Gegorski, Fremont; Sara Waggoner, Shandi Swain, Lindsey; Linda Gladieux, Oak Harbor; Willie Gurley, Janice Hess, Joel Bickhart, Gail Myers, Bellevue; Jillian Corthell, Gr. Springs.

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

Find Pete Prizes

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

Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: lifestyles2000@sbcglobal.net, please include your name and address in the email. One entry per household. Deadline is the 20th monthly. You can now enter to Find Pete on our website at www.lifestyles2000.net, just click on Pete's face!

OB/GYN specialist joins Memorial Hospital medical staff

OB/GYN specialist Marjorie DeMund, M.D. has joined the Memorial Hospital medical staff. Dr. DeMund has 24 years experience as an OB/GYN physician; she is board certified by the American Board of Obstetricians and Gynecologists (ABOG). Dr. DeMund comes to Fremont from the Akron area, where she has spent most of her career.

Dr. DeMund provides comprehensive women's health care, including obstetrics, prenatal care, gynecological care, menopause management; well-women checkups; and much more. She also has experience with pelvic floor surgery and minimally invasive (laparoscopic) surgery. Dr. DeMund is a certified menopause practitioner.

Pam Jensen, Memorial Hospital President, said the addition of Dr. DeMund to Memorial Hospital's medical staff will enhance the women's health services the hospital can provide in the community. Dr. DeMund will be taking over the practice of Scott Farrell, M.D., who has recently retired from private practice medicine.

According to Jensen, "Dr. DeMund is a very talented and experienced physician; we are very excited to have her providing care full time in Fremont."

Dr. DeMund earned her medical degree from The Ohio State University. Following a general surgery internship at Fairview General Hospital in

Cleveland, she completed her OB/GYN residency at St. Luke's Hospital, a teaching hospital of Case Western Reserve University.



During her medical career, Dr. DeMund has worked in private practice as well as part of larger health systems. She is a member of the American College of Obstetricians and Gynecologists. Dr. DeMund also served as a captain in the Ohio National Guard.

Currently, Dr. DeMund sees patients full time in Fremont at 595 Bartson Rd.; however, she will move to Dr. Farrell's former office on Third Avenue upon completion of renovations at the building. For more information, or to schedule, call Dr. DeMund's office at 567.201.2255.

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Cheesecake-Oh My!

By: Joanne McDowell

August was a great month, I got to see the Beach Boys and eat Cheesecake!

In mid August the Cheesecake Factory opened their first ever location in Michigan. We got to go to the soft opening because our daughter-in-law Lisa is the VP of International Development. So not only did we get to eat a fabulous meal, we got to share it with family.



The new location is in Novi, but if you live in our area the location in Westlake on Crocker Park is a far easier drive. We can make it in a little over an hour, Novi took a good hour and a half and is beyond the airport exit.

Pictured is the new strawberry shortcake, as well as the new S'More Cheesecake and the Oreo Cheesecake. Unfortunately, we were too full to eat them after trying the clam chowder, Tex Mex Eggrolls and Artichoke Dip. Pete chose the Kobe burger for his entree, which was huge and looked fabulous. I chose a Filet with fresh vegetables. The steak was perfect, but after eating the other food, my dinner traveled back to Ohio for the next day's lunch.

Did I mention the delicious bread you get with every meal? Sadly I blame the bread for my being too full, who else can I blame?

Cheesecake Factory has over 200 menu selections made fresh daily. The particular one we visited had 30 chefs on the line! The food is served in gigantic portions and is always too much. It is my grandson's favorite restaurant in Redondo Beach, California, and we eat there every time I visit.

There are fifty different cheesecakes, but good luck eating a slice after a meal, however they are always delicious the next day.

So plan a visit to Westlake or Novi, or one of their locations in Columbus, you will be glad you did.

(Now I think I will send this to my son-in-law and see what I can get for giving them such great PR!)

Out to Lunch

By Lynn Urban



1812 Food & Spirits/Rosie's Bar & grill

The new 1812/ Rosie's Bar and Grill has always been Port Clinton's home town restaurant. Formally the Island House, 1812 has two options for you dining pleasure. I've checked out both places on two different weekends.

If you feel like a quiet relaxing dinner, the 1812, in the beautiful restored historical dining room is a great choice. If you prefer a more casual atmosphere, then Rosie's is the place, with live entertainment on Fridays Saturdays and Sundays. The dinner menu is the same at both, although Rosie's has a large list of sandwiches added to their menu. Either way the selections are endless.

The lightly breaded and fried perch was excellent. The basket (14.00) is served with a boat load of fresh cut fries and their famous blue cheese Cole slaw, which was creamy and had lots of chunks of blue cheese. Another basket item that was good, were the BBQ ribs, covered with a sweet and smoky sauce, so tender that they fell off the bone.

The pasta dishes (15.00) all sounded good. I tried the Pasta Carbonara, with crispy prosciutto, peas, and mushrooms in a rich creamy sauce. I also had grilled chicken added. I had enough for lunch the next day. Another good choice was the 1812 chicken (19.00), baked with a parmesan bread crumb crust, topped with a sherry cream sauce and served with asparagus.

Other dishes include steaks, veal, and seafood selections, as well as specialty salads. Dinners are served with tossed salad, homemade dressing and delicious hot homemade bread. At Rosie's the wide selection of sandwiches range from \$9.00 to \$13.00 and served with fries or Cole Slaw.

When you're just about finished, they bring around a large desert tray including homemade Cream Brule, Carrot and Chocolate cakes with four layers, yum, and wedges of a variety of cheesecakes. All looking very delicious but too filling even for me.

Be sure to read the story of The History of The War of 1812, printed on your menu. It's very interesting, since this the year we are celebrating our bi-centennial.

The dining room is open from 11:30 til 10 PM Mon. thru Thur. and 11 PM Friday and Saturday and Sunday til 10 PM. Breakfast menu Sat. and Sun. only starting at 9 AM.

foodspirits.com/rosiesbargrill.com listing daily specials and special events.

WINE



Wine Tasting Events

Sept. 5th 7-9 battle of the Italian wines with Tim from Vintage Wines along with Melissa from Firelands Winery

Sept. 12th 7-9 Wine tasting with Brandon from Glazer's Distributor's



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GARDEN

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September Entertainment 7-10pm

September 7th Roger in the Raw

September 14th Adam Darr

September 21st Cory Jolly Jazz night



On Thursday, August 22, The Goo Goo Dolls and Matchbox Twenty will be at Blossom Music Center. This will be the first time the two bands have ever toured together. Goo Goo Doll front man, John Rzeznik takes a few moments to talk about their new album, current tour and the longevity of the band.



"It's been a long time since we played at Blossom," said John. "It's going to be great to play there again. I think the last time we were there we opened for the band, 10,000 Maniacs."

It may have been awhile since the Goo Goo Dolls have played at Blossom but their popularity has soared with a career that is nearing the thirty-year mark. "At first when we started out, it was nothing I took seriously or something I did full time," said John. "It was 1986 when we got together. We were more like hobbyists then. We had a little Indie record



Photo credit: Asia Geiger

put out then we would be on the road for a couple months, come back home and return to our day jobs. It wasn't until '95 when things really took off for us when our album, A Boy Named Goo came out and our single "Name" became a hit. I guess that is when you could say we became a professional enterprise and it all started happening. We may have never been the biggest band but we have always made a living, were able to have airtime on the radio and tour."

"When I was a kid we used to listen to AM Radio when it played music. We liked listening to ELO, Fleetwood Mac, Led Zeppelin and Elton John. I grew up listening to such a mix of music; that's when pop music really meant popular music," remembers John. "When I was about 13 is when punk music started having an influence on me. I would listen to my oldest sister's punk albums. The Clash was one of my favorites. It was then I realized that I could write a song and play three chords. I started branching out and listened to new wave music, too. All I ever wanted to do since I was a kid was to be a musician. I have been very grateful that I have actually been able to pull it off. I just hope I'm serving my purpose well."

Over the years, many of the Goo Goo Dolls songs have received plenty of airtime with an extensive catalog of hits such as Iris, Slide, Dizzy, Broadway, Let Love In, Here Is Gone, Better Days and more! Their latest album, MAGNETIC (Warner Brothers Records) was released earlier this summer. Their single "Rebel Beat" is fast becoming another hit. John's inspiration for the song came about as he was strolling through Lower Manhattan and came across an Italian neighborhood street party. "It was really cool to see. It inspired me to do something."

He continues, "Some of what inspires you, you don't really understand it until you've been through it. I still put the pen to the paper. I always have a notebook and a pencil. Sometimes you need to step back and let the stories reveal themselves. It's kind of an interesting approach but it works."

John does not keep a watchful eye on the charts. "I hope people will like it. I try to stay ignorant to keeping an eye



Photo credit: Chapman Baehler

on everything because it's out of my hands. Since it's something that is out of my control, I try not to think about it because you can't control the outcome. If I start thinking about it I'm going to drive myself crazy and everyone around me."

John Rzeznik, Robby Takac and Mike Malinin have been close friends and band mates for many years. "It normal to have some inner turmoil at times but nothing ever gets to the point where we can't work through it," said John. "We may not always agree with each other and that's normal but underneath it all we have affection for each other."

The summer tour is going very well. "This is the first time we have been on the road with Matchbox Twenty. It's been a great experience," said John. "The bands have bonded. We're like one big happy family having a great time. I'm looking forward to having a great show at Blossom. Come on out and you'll have a great time, too. You're going to know most of the songs!"

For more information on the Goo Goo Dolls: www.googoodolls.com
For ticket information: www.theblossommusiccenter.com

Happy Grandparents Day!

Sunday, Sept. 8th



From the staff at Elmwood Communities

Fremont, Tiffin, & Green Springs

I love hearing from all of you about how much you love this column, keep those cards and letters coming! You need to know that these are no longer my mother's recipes, but many that I find online and get from friends. Many recipes from her old books were really a great deal of work, and in today's world there just isn't the time, or energy, to work that hard. This month we have a nice variety, and even a fattening dessert to finish off your meal. Enjoy!

White Chicken Enchiladas

10 soft taco shells
2 cups cooked, shredded chicken
2 cups shredded Monterey Jack cheese (I like the Kraft Tex Mex)
3 Tbsp. butter
3 Tbsp. flour
2 cups chicken broth
1 cup sour cream (I use Greek yogurt)
1 (4 oz.) can diced green chillies (not hot)

1. Preheat oven to 350 degrees. Grease a 9x13 pan
2. Mix chicken and 1 cup cheese. Roll up in tortillas and place in pan.
3. In a sauce pan, melt butter, stir in flour and cook 1 minute. Add broth and whisk until smooth. Heat over medium heat until thick and bubbly.
4. Stir in sour cream and chilies. Do not bring to boil, you don't want curdled sour cream.
5. Pour over enchiladas and top with remaining cheese.
6. Bake 22 min and then under high broil for 3 min to brown the cheese.

Bacon Wrapped, Cream Cheese Stuffed Chicken Breasts


1 boneless skinless chicken breast
2 tablespoons cream cheese
1 tablespoon green onion, Chopped
2 pieces bacon, Partially Cooked
Directions:

Pound out Chicken breast so it is about 1/4" thick.
Mix together cream cheese and green onions and spread cheese mixture over 1 side of chicken breast.
Roll Chicken breast up to conceal cream cheese.
Wrap partially cooked bacon around chicken breast and secure with toothpick.
Place on baking sheet and back for about 30 minutes at 375.
Broil for about 5 minute to crisp bacon.

Chocolate Peanut Butter Bars

2 cups quick-cooking oats
1 3/4 cups firmly packed light brown sugar
1 1/2 cups All Purpose Flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1 cup butter
1/2 cup chopped peanuts
1 cup (6 oz. pkg.) semi-sweet chocolate chips

1 large egg, beaten
1 (14 oz.) can Sweetened Condensed Milk
1/2 cup Creamy Peanut Butter
HEAT oven to 350°F. Combine oats, brown sugar, flour, baking powder and baking soda in large bowl. Cut in butter with pastry blender or 2 knives until mixture resembles fine crumbs. Stir in peanuts.
Reserve 1 1/2 cups crumb mixture. Stir egg into remaining crumb mixture. Press onto bottom of 13 x 9-inch baking pan.
Bake 15 minutes.
Stir together sweetened condensed milk and peanut butter in small bowl until well combined. Pour evenly over partially baked crust.
Stir together reserved crumb mixture and chocolate chips. Sprinkle evenly over peanut butter layer.
Bake an additional 15 minutes. Cool.
Cut into bars.



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MEMORIAL HOSPITAL

In Your Own Backyard

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

Pontifex is taking donations for our dock sale. All items should be in by October 2nd. The dock sale will be October 11th and 12th. All proceeds go to the ministries of Pontifex.

The Woodville branch of Birchard Library is offering a series of 4 free hands-on basic computer classes. The classes will meet on Tuesdays and Thursdays, Sept. 10, 12, 17, and 19 from 9:30 – 11 a.m. Pre-registration is required and students are asked to attend all classes in the series. For questions, or to register, call Adult Reference at the main branch at 419.334.7101, extension 216.

Memorial Hospital hosting senior fitness class on Tuesdays and Thursday from Sept. 17 – Nov. 21, the Memorial Hospital Physical Medicine Department. The class is set up to meet needs of all involved, regardless of current fitness level. The ten week class will meet from 11:30 a.m. – 12:15 p.m. at the Memorial Hospital Herbert-Perna Center for Physical Health. Class size is limited, cost is \$55. Call Memorial Hospital Physical Medicine at 419.334.6630 to register, or for more info. Registration required by September 13.

The Fremont Exchange Club announced that their cancelled Brat Fest has been rescheduled to Sunday September 8th. This event will be held at Birchard Park in the City. Due to the time of the season the event will be held from 3pm-6pm. The Deutschmeister German Band will be the entertainment.

The Bellevue Hospital (TBH) will host an upcoming public Garden Markets in September. The markets will be co-sponsored by Drown's Market of Green Springs who will bring their produce to the hospital as a part of the hospital's efforts to support a healthy lifestyle. The Garden Markets will offer a wide variety of seasonal fruits and vegetables and are

open to members of The Bellevue Hospital Family and to the public. The event is set for 9 a.m. until 1 p.m. on Sept. 25. The location will be the South Entrance of the hospital.

Chicken BBQ sponsored by The Council for Developmental Disabilities of Sandusky County. The BBQ will be held on Sunday September 22. The BBQ chicken for 1/4 is \$6.50 and 1/2 is \$8.50. We will be serving from 11- 2 pm. Included in the meal is potato salad, baked beans or applesauce, (choice of 2) roll, drink and ice cream. Carry outs available.

The Memorial Hospital Physical Medicine Department is hosting circuit training from Sept. 17 – Nov. 21. Participants can choose from 3 different sessions, Mondays & Wednesdays from 7 – 7:45 p.m. or Tuesdays & Thursdays from 6:45 – 7:30 p.m. or 7:45 – 8:30 p.m. Saturday morning sessions from 8:30 – 9:30 a.m. are available for an additional \$25. Circuit training is set up for participants to visit 40 different exercise stations during a 45 minute class; they will spend 45 seconds at each station, with a 15 second rest period after each exercise. The exercises have been designed as plyometric and reaction style activities that will enhance agility and improve core strength. The program is aimed at people of all age and fitness levels.

The circuit training program will be held at the Memorial Hospital Herbert-Perna Center for Physical Health. Cost is \$55. Registration required; space is limited. For more info, or to register, call Memorial Hospital Physical Medicine at 419.334.6630 or visit memorialhcs.org.

Village of Lindsey Farmers Market: Second Saturday of each month through October, from 9am until noon, in the Village Park on Main Street. This is open to vendors who wish to sell produce, baked goods, plants, crafts, jewelry, etc. The fee for all vendors is only \$5 for unlimited space. Shoppers will find a wide variety of items available and may register to win free merchandise. For info call 419-665-2045.

Fremont Elks Lodge Benny's Pizza Night, Sat., September 28th. Serving 5:30-7:30 pm. All you can eat Pizza Buffet Cheese, Pepperoni, or Combo with Mixed Salads, \$10 per couple. Enjoy the evening enjoying popular songs and dancing to the music of Classic Trendz, 7–10 pm in the Ballroom.

STONECROFT'S 75TH ANNIVERSARY CELEBRATION: You are invited to bring a friend and come to the celebration of Stonecroft's 75th anniversary at the Fremont Area Women's Connection luncheon at Anjulina's Catering, 2270 W. Hayes Ave., Tuesday, Sept.10, Luncheon 11am - 12:30 pm. Cost \$12inclusive. (A complimentary nursery is available by reservation). Formerly known as Christian Women's Club, we have had luncheons in Fremont since 1971 (42 years ago). We are a part of Stonecroft Ministry (Worldwide) which began in 1938. Our Feature will be Donna Miller, singer/guitarist, and Donna Thatcher telling the "History of Stonecroft". The Speaker will be Lisa Haley, West Salem, telling us "How to Stay Afloat When Life Capsizes You". Lisa compares her rafting accident to life's struggles. For luncheon and free child care, please call by September 5th-Donna at 419-680-2251.

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The Bellevue Hospital Welcomes Dr. Maher Salam

Maher Salam, M.D. has joined the Family of The Bellevue Hospital as a gastroenterologist and will be accepting patients in Bellevue. He joined the practice at Bay Area Gastroenterology, Norwalk, in 2012. He specializes in cirrhosis and liver disease, and in gastroenterology procedures including colonoscopies, EGD and ERCP. He is married with children and enjoys playing soccer and table tennis.

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Residency & Internship:

Gastroenterology ~ Cleveland Clinic Health System, Fairview Hospital

Fellowship: Gastroenterology/Hepatology ~ Virginia Commonwealth University, Richmond, VA



Maher Salam, M.D., Gastroenterologist ~ 419.663.8061
Dr. Salam is a member of The Bellevue Hospital's Medical Staff with office hours in Bellevue.

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SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR SEPTEMBER:

For reservations call 419-334-4495

Sandusky County Park District announce events for September:

Puddle Jumpers: Creek Walk, Thurs, Sept. 5, 10am, Mull Covered Bridge, 1515 C.R. 9, Fremont. Ages 5 and under are invited to wear old shoes or boots to walk in the creek looking for critters that live there and examine some up close. An extra set of clothes may be needed. Registration required.

Canoe with Eagles: Meet at 4pm: Mon, Sept 9; Wed, Sept 11; Fri, Sept 13; Tues, Sept 17. All programs meet at the Park Office, 1970 Countryside Place, Fremont, then travel to launch site at Decoy Marsh. Registration required and you must register with a partner, at least 12 years old. Canoes provided to travel along Green Creek, a prime eagle watching area. Registration required. Canoe program registration is not taken online, it can only be taken by phone.

Monarch Butterfly Tagging: Meet at 2 pm: Sat, Sept 14; Sat, Sept 28. Meet at the Park Office, 1970 Countryside Place, Fremont
Assist local researcher, Tom Kashmer with Monarch migration studies by netting, tagging, and releasing butterflies. Nets and instruction provided. Open to ages 6 and up. Registration required.

Stargazing, Saturday at sunset, Sept 14, Wolf Creek Park Campground. View the night sky with Sandusky Valley Amateur Astronomers. Drive to the end of the campground road, located at the southern entrance to Wolf Creek Park, 2701 S.R. 53 south of Fremont.

HIKE for the Health of It, Wed, Sept. 18, 4pm, Decoy Marsh, 2700 C. R. 259, Fremont. No registration required.

Moonlight Canoeing: Meet at 6:30 pm: Wed, Sept 18; Thurs, Sept 19; Fri, Sept 20. All programs meet at the Park Office, 1970 Countryside Place, Fremont. Perfect for couples, you must register with a partner. This special full moon canoe program is open only to ages 18 and over. Moonlight Canoe registration is not taken online, it can only be taken by phone.

Meet Me at the Cabin: Nature's Art, Tues, Sept 24, 2pm, White Star Cabin, 5013 C.R. 65, Gibsonburg. Be prepared to gather some natural items from the trails and create your own art project with Naturalist Linda. Registration required.

Stream Quality Monitoring, Sat, Sept 28, 10:30am-12:30pm, Wolf Creek Canoe Launch, 2409 S. State Route 53, Fremont. Discover the health of the Sandusky River by searching for the critters that live in it. Dress to get wet & bring an extra pair of shoes. Registration required.



Calendar of Events

September 2013 – Sandusky County

9/1 & 2: SCRAP Antique Tractor & Engine Show, White Star Park Cabins, County Road 65, Gibsonburg,\$3. www.s-c-r-a-p-inc.org \$3.00

9/1-29: The War of 1812 on the Ohio Frontier.
This exclusive exhibit marks the bicentennial of the War by exploring America's early defeats and its eventual victories at Fort Meigs, Fort Stephenson on Lake Erie and at the Thames. www.rbhayes.org

9/7: Farmers Market Gibsonburg, Logyard, 201 W. Madison St., 9AM, Free

9/7: Ice Cream & Brat Fest, Calvary UM Church, 115 S Kansas St., Green Springs,5PM.

9/8: Outdoor Concert and Car Show, Elmwood at the Springs, 401 N. Broadway Street, Green Springs, 11AM.

9/13: Fremont Community Theatre Announces 58th Season Schedule. Sept. 27, Every Little Crook and Nanny, Dec. 6, Brighton Beach fremontcommunitytheatre.org

9/14: Beginning Genealogy, Hayes Presidential Center, 9:30 AM, \$10/ adult and \$5/students. \$10/adult/\$5/ students

9/14: Woody Hayes: His life, times and teachings, Clyde High School

Auditorium, 1015 Race St. 7:30 PM, \$15/person. www.communitiesfortheartsclcyde.org

9/16: Historic Jail and Dungeon Tours, 622 Croghan St., Fremont, 5 PM, \$2/person. Tickets can be purchased at the Sandusky County Convention Bureau located at 712 North Street (the fairgrounds parking lot)

9/21: Fremont Farmers Market, 9 AM

9/21: Service Club Olympics, Downtown Fremont, 9AM, Free.

9/30: Jailhouse Rock Dinner Theater, Sandusky County Jail, 5:30 PM, \$20/ person. Call 419-332-4470.



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Financial Advisor

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

What happened in the “saga of Pet and Patsy-2013” you ask? Here’s the short, no-frills version-Patsy came home with one chick from the woods where she had put her nest. All’s well that ends well. Now if you want the long version with its twists and turns, tears and prayers ending with unbelievable joy and hugs all around, read on. In mid May Patsy laid 3 eggs on the safe ground level cellar window ledge where she had put her nest last year. We were pleased. Then came one of those 4 + inches of rain and that much water, all at once, ran back and got her nest and eggs wet. She abandoned the nest and eggs. We suspected she was laying somewhere else and hoped it was in our yard on out buildings where she would be safe from predators. Not to be-she chose the small woods behind our neighbors house across a grassy strip from home. Once in a while we would see her run across the grassy strip to her self-feeder here, eat and drink quickly and run back into the woods to her nest. We watched and prayed for her safety. 28 days-no Patsy. 32 days-no Patsy. At 34 days my daughter Angie talked to our neighbors who said they hadn’t see her for about 2 weeks, neither had we. We went into the woods looking for sings of her, a nest or any other clues. We called her hoping she would answer, she didn’t. The under brush was very thick with brambles, vines and thorny buses. We could not find any signs that gave us hope. We left in silence and with heavy hearts, we crossed the grassy strip each resigned to the fact that we would probably not see Patsy again. Nature is what nature is.

At 39 days, I called Roger, the man from whom we had bought the peacocks, and told him the story. He agreed that predators had probably gotten both Patsy and her eggs. I arranged to get another mate for Pete who was so very silent and sad. However, it would be a couple weeks before he would have one for me. I began the business of “spoiling” Pete with treats and spending time talking to him in an effort to keep him home until a new mate arrived.

At 41 days I was baking pies in the kitchen for a dinner I was serving that evening, when I heard Pete let out a loud Peacock call. I thought to my self “I wondered what startled him, he’s been so quiet.” Fearing a

coyote had come into the yard, I went out to check. Pet was sitting on the greenhouse roof. Just then he called again and I heard a return peacock call from the woods! I couldn’t believe my ears! I stated to call her and she answered me. I ran across the grassy strip calling as I ran. She continued to answer me. As I came to a clearing at the woods edge, Patsy came out and flew up on an out building behind Brenda, our neighbors, house. She was a beautiful sight! Very thin and not at all sure of her self. I kept calling, she just looked at me. Then, all at once, she flew down and came running after me. As I tried to lead her home, she stopped, turned and went slowly back into the woods. She didn’t answer my calls anymore. But, there were tears of joy in my eyes. She was alive and we had re-connected. I thanked the lord for answered prayers and knew in my heart that the best was yet to come. A day and half went by. The next evening, about 8 p.m. Brenda came over and said “Ms Grace, I saw Patsy!” We exchanged stories and were standing on my porch steps, when Patsy came out of the woods running at break-neck speed. Her one baby half running-half flying to keep up with her. Patsy had planned her escape and had waited in hiding until she knew her chick was big enough to safely make the long run home. Brenda and I hugged each other both with tears of joy spilling over and running down our cheeks. Pete was so glad to see Patsy and Peppy (my name for the little one) just watched and rested from a safe spot under his momma’s wing. As I said before “alls well that ends well.” and LIFE IS GOOD at the Old Garden House.

Note: Sunday Sept. 22 is the day when seasons change, first day of Fall. Boarding House Dinner will be served at 1p.m. Seven spaces remain at the table. Tea at Two will be September 24 and will be a High Tea (light dinner) served at 5:30 p.m. You can make reservations for either by calling 419-332-7427.

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.

“Fashion, Friends & the Fund”

The 7th annual, “Fashion, Friends & the Fund” will be held September 15 at Anjulina’s Catering & Banquet Hall, 2270 W. Hayes Avenue in Fremont.

The doors will open at 1 PM for the bidding of numerous silent auction and lucky lady items and viewing of home décor prior to the event from 2-4 PM.

This year “Fashions for Your Home” will be presented by Joe Wasserman from Bella Cosa Floral Studio in Fremont and Shirley Whitaker from Re.Create Interiors in Clyde. Each presenter will display merchandise from their businesses and share tips and trends for the upcoming holiday seasons. Tasty appetizers and sweets will be served by the celebrity waiters who will be ready to assist those attending.

The cost for this event is \$25.00 and tables of eight may be reserved for \$160.00. Proceeds will benefit the Sandusky County Cancer Care Fund, a program of the United Way of Sandusky County.

The Sandusky County Cancer Care Fund was started in August, 2007 by the United Way of Sandusky County to assist cancer families living in Sandusky County. For every \$1 donated to the fund, \$.95 is returned to cancer families in Sandusky County to assist with cancer-related costs. Most seek assistance with transportation expenses, medical bills or co-payments, prescriptions, wigs and food supplements.

Reservations are needed by September 6 by calling the United Way office at 419- 334 -8938.



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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): It's difficult to carry a cup full of coffee without spilling anything when it's filled to the brim, remain reasonable and don't overdo it when you're brimming with energy.

TAURUS (April 20-May 20): Meet some helpmates. There will be plenty of time to share with a special someone, even if it means taking work home. Your social life may revolve around the job or work.

GEMINI (May 21-June 20): Enlarge the scope of your money-making activities in the week ahead. You should take the time to plan ahead and visualize ways to manifest a secure and harmonious financial future.

CANCER (June 21-July 22): Bet on a sure thing. Review what you're doing right that brings you peace and happiness, you may achieve an understanding about how a relationship affects finances.

LEO (July 23-Aug. 22): During the upcoming month, you could be fooled into thinking you're right when you are wrong, or vice versa. Remain organized and be a stickler about attending to duties for the best success.

VIRGO (Aug. 23-Sept. 22): Relationships can experience a growth spurt in the month ahead. Treating partners like friends and joining together to plan for the future can widen the field of mutual harmony.

LIBRA (Sept. 23-Oct. 22): Looking for love in all the right places might

be the song you sing in the upcoming month. If you're already in a steady relationship, everything should go exceedingly well. Attract new admirers.

SCORPIO (Oct. 23-Nov. 21): Focus on creating and improving enduring relationships. This is a great month to make joint plans or to execute them without rocking the boat. Row your boat gently down the stream.

SAGITTARIUS (Nov. 22-Dec. 21): Due to your enthusiasm to make major changes, you may scatter your energies like confetti. Don't forget that someone must sweep up the mess you leave behind.

CAPRICORN (Dec. 22-Jan. 19): Strike a balance between doing the right thing and doing everything to succeed. Your ambitions could be sidetracked by altruism but that isn't necessarily a bad thing.

AQUARIUS (Jan. 20-Feb. 18): Concentrate on achieving clarity, you may run into a few people who frown on your dreams or seem controlling. Remain clear about what's really important.

PISCES (Feb. 19-March 20): Charm them and disarm them in the month ahead. Your people skills are in top form, but in an effort to please all the people all the time, or to seem like a trendsetter, you could overspend.

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Sandusky County Positive People

Fall Power Packed Luncheon Speaker

11:45 am - 1:00 pm / Our Lady of the Pines / 1250 Tiffin Street, Fremont
Reservations are required, call 419.355.2251 - Limited Seating

September 10th / Leslie Norris Townsend, Christian Comedian

Leslie is easily one of the funniest, most entertaining speakers on the circuit today! If you thought good, clean, comedy was a thing of the Past - a luncheon with this skilled performer will set you straight. Leslie proves you can have it all without losing your mind! This former Beauty Queen offers audiences of every size and personality an interesting and intriguing look at marriage, motherhood and the perfect balancing act desired by women of the 21st century!



Leslie brings the humorous, human, experience and audience participation, to a perfect blend by creating a show that moves its listeners from tears to laughter, while motivating, mesmerizing and ultimately captivating everyone. Taking many into hysterics! She has been a speaker chosen by leaders of industry: Shell, Mattel, Mobil, Pepsi, and others. Leslie is the producer and host of her own regionally successful, televised, talent shows: Dream Big, & Wish Upon A Song. Leslie Norris Townsend will help you reach your laughter potential with her witty, humorous, laugh-till-you-cry presentation.

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Interpersonal Edge:

By Dr. Daneen Skube

Is coworker a liar or just unrealistic?

Q. I work with a person who was just promoted to lead. My problem is he always promises to get tasks I need done and then makes excuses. We just had someone quit, and I know he has a lot on his plate, but I am tired of him lying. Is there a way to get him to deliver what he promises?

A. Yes, but you have to find out what is realistic for him to promise. Your coworker sounds like a classic case of over promise and under deliver. The problem is he can't stand to disappoint anyone, including you.

I know it seems counterintuitive that a person who doesn't want to disappoint others ends up breaking so many promises. From your coworker's perspective, immediate approval is much more powerful than long-term conflict. When people ask him to help, he keeps saying "You bet!" and thus feels popular.

In his mind he probably thinks he can do everything he promises. Then he ends up facing a stack of work even Superman would find daunting. Right up to the moment he fails to deliver, he most likely tells himself he'll get it done.

Unfortunately, if you try to get him to apologize after he drops your ball, you'll discover he is full of more excuses than accountability. Remember this is a guy who doesn't want anyone to be mad at him. Keep in mind, he doesn't intend to lie to you, he is just bad at judging his limits.

Instead of accusing him of lying, you need to help him be realistic if you want to avoid disappointment. Next time you ask him for help, tell him point blank you need him to evaluate what else he has on his plate. Make it clear that you'll be much less upset if he sets a realistic but longer time frame than if he fails to deliver.

You'll find that a little empathy with him will go a long way. Think of times you also were overly optimistic about your promises. Make it clear you appreciate that his heart is in the right place when he offers to help. Make it equally clear that you know he doesn't want to get a reputation for not following through on promises.

Many adults simply don't do what psychologists refer to as causal thinking. They are unable to see that if they do action A, they will set in motion a chain of events where B, C and D logically follow. The ability to see the consequences of our actions in the future is actually a mature skill that few adults possess.

Most adults think in younger and more emotional ways about the future. Your coworker thinks, "If I tell everyone I would help, everyone will like me and that makes me feel good right now." He doesn't think long-term about the consequences of constantly disappointing his team.

Many of my clients that have learned causal thinking get upset with people at work and ask me during sessions, "What are they thinking to act like this?" I point out that the reality is their coworkers aren't thinking.

When you point out the negative consequences to your coworker's behavior, his need for approval will help him become realistic. You'll enjoy being able to count on him. He'll learn that long-term trust beats short-term popularity any day!

Q. I made a mistake at work and fixed it, but now I feel guilty that I never mentioned the problem to my boss. Should I confess my mistake?

A. No, confession may be good for your spiritual development but it's a bad idea for your career success.

(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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JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

NADAP

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OASURE

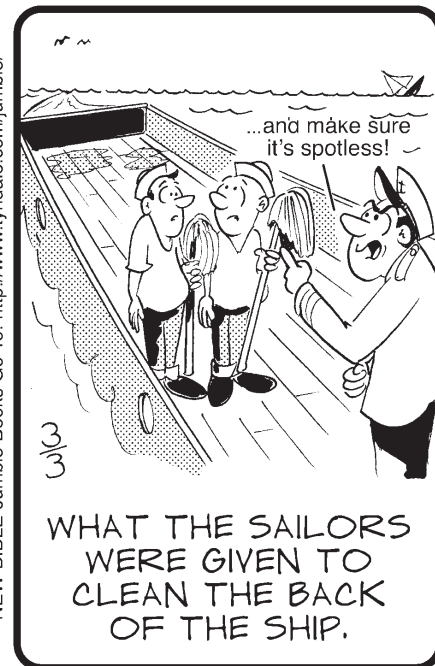
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THAT SCRAMBLED WORD GAME
by Mike Argirion and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

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Cicada Serenade / Snake Part 2

The “dog days” of summer arrived and so did the cicadas—large insects with stout bodies, broad heads, clear wings and big compound eyes. They are sometimes mistakenly called “locust.” Depending on how you view it, the buzzing can be annoying or musical—either way it’s a reminder that summer is drawing to a close and fall is fast approaching. As familiar as they are, we realized we didn’t know a lot about them so we did some research.

We checked out our Kaufman Field Guide to Insects of North America, as well as a couple of nature websites and discovered some interesting facts about cicadas. For instance, we learned that the male is the only one who “sings.” On either side of his abdomen is a special ribbed membrane that vibrates causing the song, which is then amplified by his air-filled abdomen. Although you might not be able to make a distinction, he uses different calls to attract a mate or to express alarm. On an evening when hundreds of cicadas are singing it would be hard to tell who was singing about love and who was warning of danger.

The adult life span is short, lasting only about a month. During this time they

mate and the female lays her eggs in slits she makes in the ends of small branches. About six weeks later, the eggs hatch and the nymphs fall to the ground where they burrow into the earth and tap into tree roots, feeding on the sap. They go through several life stages underground before they finally emerge as adults. This process can take many years, depending on the species.

There are two common types of cicada in Ohio: “annual” and “periodical.”

Annual cicadas are also known as the “dog-day” cicadas. The generations are staggered so that some adults from this type appear every year in July and August.

Periodical cicadas appear in large swarms every thirteen to seventeen years. The lifecycle is similar to the annual cicada, except that the broods are synchronized rather than staggered and result in massive emergences every thirteen to seventeen years.

According to entomologists there are fifteen broods of periodical cicadas in the United States—numbered with Roman numerals from one to fifteen. Ohio has four of these broods. Contrary to popular belief, they’re harmless insects and swarms of periodical cicadas don’t cause destructive plagues even though tens or hundreds of thousands of these insects can show up in a single acre of land. There may be some damage to young trees but most of the older trees escape with minor injury.

The lifestyle of these amazing insects has been a source of fascination for centuries. The Greeks revered them, and the ancient Chinese, regarding the

cicada as a powerful symbol of rebirth, made jade amulets which they placed under the tongues of the deceased to induce resurrection.

But, enough about the outside wild-life...now we’ll head into the barn for another snake story.

Somewhere, lurking in the dark corners and cobwebs of our barn is another... SNAKE! This time Robin saw it, and from her description, it sounds like a smaller version of the same snake I saw last year (maybe its offspring?). Robin had gone to the barn to drill a hole in a project she was working on and was just reaching over to pick out a drill bit when she saw a movement under her outstretched hand. She (who fears no snake except poisonous ones) let out a howl and jumped back when the snake which was curled up on top of the drill bit case on the shelf next to the drill press reared its head up and flicked its tongue at her. To her credit, after she



saw what it was, she got her drill bit and calmly finished her project. The snake didn’t move.

That’s not the scary part...the scary part is that the snake isn’t curled up on the drill bit case anymore. I don’t know WHERE the snake is and I’m afraid I’ll find it next time.... Or, it’ll find me.

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



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Reiki Circle

Role of Reiki in Spirituality

The group will focus on Reiki and how it can change the way we look at disease process and self healing. We hope to bring you an understanding of how the Reiki approach addresses the body, heart, mind and especially the spiritual role in Reiki. We will also discuss the benefits of the relaxation techniques that will gently help you on your way to wellness and honor your own individual healing process. When you are sick or have chronic diseases, each day brings new challenges. That's just part of what makes healing such a difficult process to manage. Accepting change and creating a regimen that works is a constant battle everyday but there is a light of energy within that will help you to heal. This is the energy that vibrates within the levels of your body, heart, mind and spirit to access inner healing and peace. Please join us at The Bellevue Hospital, Sept. 10th, 7 9 PM, Conference Room A/B Our guest speaker will be Patricia Newman RN, Spiritual Teacher. Feel free to call Pat Zilles at 419-355-1283 or Cindy Stolk at 419-874-1770

H2O TKD

By Jeffrey D. Norwalk

A centuries-old Korean martial art steeped in high-flying kicks, a devastating arsenal of hand strikes, and self-defense techniques ranging from sweeps, to throws, to joint locks called taekwondo is making something of a fresh, new splash these days. . .literally.

That's because Sr. Master James Taylor, a 55-year-old native of Walbridge, and a 6th degree black belt who has passionately taught the discipline (along with Combat Hapkido, the Filipino stick-fighting art of Kali, and cardio-kickboxing at one time or another) for upwards of 34 years, is taking taekwondo to the Fremont YMCA pool starting Tues, Sept 10. It's here that Master Taylor will look to offer a whole-new, revolutionary, low-impact version of the traditional martial art he's cleverly coined H2O Tae Kwon Do. . .to a whole-new wave of students. Some of whom may have always wanted to take a self-defense class, but never thought they had the physical ability.

"The benefit of this class, beyond the idea, of course, that one can get a great workout aerobically in the water, is that when we teach taekwondo in the pool, we're teaching the exact same techniques of self-defense we teach on land, only it's much easier for students who might have balance issues, or people trying to come back from knee surgeries, or older and much younger folks," offers Master Taylor, who already debuted his initial H2O TKD class this past summer at the Woodville Pool.

"Like for instance, when I look at the dynamics of my class this summer, I had students all the way from 8-year-olds, to people in their 20s and 40s, to 70-some-year-olds, and I think H2O TKD was a chance to meet new people, have fun doing it, and get involved with something new they might not otherwise have had the chance to," he says thoughtfully. "In H2O TKD, we do basic taekwondo kicks like groin kicks and front kicks up and down the length of the pool. For those with balance problems, we do them in place, while holding onto the side of the pool. We do a lot of our more-advanced hand basics, because we want to move a lot of water, and get that nice resistance training in."

"I demonstrate practical self-defense applications first on land, on one of my black belts, and then we get back into the water and let the students try," he adds. "H2O TKD is great cross-training for young athletes, to increase their skills, balance, and cardio endurance. It's nice for improving things like posture and strength, and it's great low-impact exercise for those with arthritis, joint problems, and past injuries. And, it's a lot of fun."

The Fremont YMCA will be hosting 3 free weeks of H2O TKD classes from Sept 9-26, with a six-week session of fall tarding on Sept 30. H2O TKD will be on Tuesdays from 10:30-11:30am, and Fridays from 5:30-6:30pm. For info call the Y at (419)332-9622, or Master James Taylor at (419)704-4407, or visit Taylor's Tae Kwon Do, Tumbling, & Dance at taylorstnt.com.

Book Review

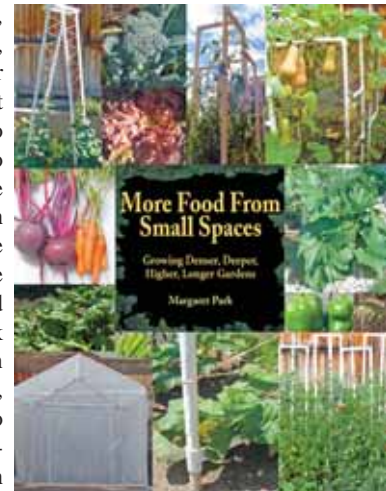
Growing More Food In Small Gardens

When Margaret Park, a lifelong gardener, moved to her city center home and her smallest yard ever, she had to reinvent her approach to growing vegetables. She aimed to grow as much food in her small space as she had in the large gardens she'd cultivated over the years. Park focused her efforts on spacing plants densely, training vine plants to grow vertically, extending the garden season for a longer period of the year and building very fertile soil that could support such intensive growing.

Her first innovation was increasing the ratio of cultivation to working space with her Center Square plan that maximizes the space available for planting. The basic unit of this plan is an 8 x 8 foot bed with a central 2 x 2 foot working area to allow cultivation activities from the perimeter of the bed or from the center square. She experimented with plant spacing to determine how densely different vegetable varieties could be planted. To save even more space, she trained plants, such as tomatoes, cucumbers, and beans to grow on simple, trellises made with PVC pipes, a material she found to be sturdy, durable, inexpensive, and easily assembled and disassembled.

Early on, she read about bokashi compost accelerant and used it to build great garden soil in less than a year. Bokashi composting is the perfect strategy for people who would like to recycle their kitchen and yard waste, but don't have room for piles or bins or other large composting devices.

Park also came up with many season-extending ideas for warming up the garden in cold months and cooling it off in hot



ones. She designed and built an easy-to-assemble, easy-to-take-apart greenhouse that can be moved around the garden for crop rotation. With the plastic cover removed, the greenhouse support structure can be used as extra trellising or as a summer shade-house.

Park's amazement at how much food she produced inspired her to share her strategies and designs. Her new book, *More Food From Small Space:*

Growing Denser, Deeper, Higher, Longer Gardens was published in May 2013. She has since opened the Margaret Park YouTube channel and the Centersquaregardens website and Facebook page to share results of her continuing experimentation and her new gardening tips.

Bob says....

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"Eagle Isle" is the best kept secret in Sandusky County!

Joanne McDowell



Last year one of my dear friends took her daughter, home from West Point, for a spa retreat at Eagle Isle and raved about the location. Penny told me after the retreat she was thoroughly impressed. Her daughter was so impressed that she plans to have her wedding there next year!

It has been 8 years since I did an article on Scott and M.J. Michael's dream

home on the Sandusky River, that she has turned into a Spa Retreat for people who visit from all over the United States and the world.

A licensed esthetician has joined the staff who has training in all areas of relaxation facials. In addition to that, she does artful extractions of unwanted facial hair and complexion issues, which teens and adults alike often need. She is also using their new state of the art facial equipment for Microderm abrasion to decrease wrinkles and re-surface the skin. You can call to find out what special is going on each month.

A new massage therapist who does therapeutic massage and stress relieving cranial massage is also on staff at Eagle Isle. She has a large repeat business of local and long distance clients.

Best of all there is a hot tub with a view of the Sandusky River and the eagles who nest on the property.

The house is also open for groups during the fall and winter months. What a great way for a group of "girls" to spend a weekend!

During the off season Eagle Isle can be reserved for 4 – 5 days for a Staycation. This allows guests to enjoy a vacation with no travel expenses or time involved. This is a great way for parents that have downsized to continue hosting their family gatherings. Another idea is to have your out of town guests use the Bed and Breakfast option.

The staff at Eagle Isle promote many other Fremont businesses while their guests are there and provide hundreds of shoppers for Fremont businesses every year. M.J. welcomes parties of all types and destination weddings at Eagle Isle are a special treat.

Having the Hayes Presidential Home and Library, Lake Erie and Amusement Parks keeps their guests coming back. The eagles, water view, 85 acres and 1000+ Square ft. game room keeps everyone happy.

Eagle Isle is only a few minutes from Fremont, east on Route 6 to CR 198 and right before Memory Marina.

You can reach Pam at 419 332 4245 or visit their website at www.eagleisle.com

Campfire News & Notes



We would like to extend our sincere gratitude to all the staff, volunteers, parents/guardians, members and non-Camp Fire members, county agencies, those that donated their time and to those who donated financially. With your help, Camp Fire was able to provide a summer of enjoyment through our camp programs! We would especially like to thank Alexis Smith, who has become a familiar face here at Camp Fire over the summer. With the added knowledge of the programs that we offer, Alexis is interested in becoming more involved! And it doesn't stop there....

Camp Fire is kicking off our membership drive this month! On Thursday, September 26th, we are holding an Open House between the hours of 6:00 and 8:00 p.m. at Camp Fire (Misty Meadows) located at 2100 Baker Rd. Fremont. There will be "hands-on" activities and a drawing for a free Camp Fire Membership. Club Leaders and Staff will be available to answer questions about our programs. If you cannot attend the Open House, please contact us at 419-332-8641 or visit our web site at www.campfirefremont.org for registration forms and/or information.

Camp Fire members are selling locally grown "Hardy Mums" from now until September 12th. The 8-inch potted mums come in yellow, orange, purple and red. At the cost of \$5.00 each, it's a nice way to add some bright colors to your fall décor. Ask a Camp Fire member or call our office at 419-332-8641 to place your order!

With summer over, we need to shift back to our fall/winter hours. Our office is now open Monday, Tuesday and Thursday from 8a.m. to 4:30 p.m. We are closed for lunch from noon to 1:00 p.m. (If you need to contact us during the lunch hours, please call ahead of time and we can try to accommodate.) See at the Open House!



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Parcel ID	101000001000	Year Built	1981	Sewer	Public
Property Type	Residential	Beds	3	Baths	1 3/4
Waterfront	No	Approx Sq Ft	1584	Lot Acres	0-9
County	Sandusky	Township	Ballville	Schools	Fremont
Garage	2-car attached	Style	1 1/2 Story	Basement	Slab
Master Bedroom	11x18 2nd Flr	Water	Well	Roof	Asphalt
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DEAR MAYO CLINIC: What are the new anti-coagulating drugs the FDA is approving for atrial fibrillation? Which would you recommend?

ANSWER: Three new anticoagulant drugs can help prevent blood clots in people with atrial fibrillation. Two have been approved by the U.S Food and Drug Administration (FDA), and one is still under review. These drugs appear to have a variety of benefits over warfarin, the standard anticoagulant therapy used for atrial fibrillation. But there are some drawbacks, too, including a significant cost increase.

Atrial fibrillation is an irregular heart rate that often results in poor blood flow to the body. During atrial fibrillation, the heart's two upper chambers, called atria, beat irregularly and out of sync with the two lower chambers, or ventricles. This abnormal heart rhythm may cause blood to pool in the atria and form clots. A blood clot that forms could be carried in the circulation from your heart to your brain. There, it may block blood flow, causing a stroke.

Anticoagulant medications, sometimes called blood thinners, can greatly lower the risk of stroke in people who have atrial

fibrillation. For years, the standard anti-coagulant used for atrial fibrillation has been warfarin. Although very effective at preventing blood clots, warfarin is a powerful medication that can have serious side effects, including bleeding within the brain and elsewhere in the body.

The new anticoagulant drugs include dabigatran, approved by the FDA in 2010, and rivaroxaban, approved in 2011. The FDA is currently reviewing a third, called apixaban. In studies, these drugs appear to be safer than warfarin in terms of bleeding within the brain. Research has also shown them to be either as effective or more effective than warfarin at preventing strokes, although the specific findings vary among those studies.

One advantage to these new drugs is that they're more convenient for patients because they don't require the close monitoring that warfarin does. Warfarin can interact with many other medications, as well as certain foods. As a result, regular blood tests are required to ensure that a person taking warfarin is receiving the correct dose. The warfarin dose may need to be adjusted, depending on blood test

results. The new anticoagulant drugs have a fixed dose that does not require ongoing monitoring or individual dosing adjustments.

A disadvantage to the new drugs, particularly dabigatran, is that they may increase the risk of bleeding complications in people older than 75, as well as those with kidney problems. In addition, if bleeding starts in someone taking these drugs, currently there is no antidote available to quickly stop the bleeding, as there is with warfarin. In addition, these drugs are significantly more expensive than warfarin. And one of them, dabigatran, needs to be taken twice a day - rather than once a day with warfarin - so patients have to be willing to comply with a more frequent medication schedule.

Although one of these drugs cannot be recommended over the others for everyone, certain people are good candidates to try a new anticoagulant. They include those younger than 75 without other health concerns who have not previously taken warfarin, as well as people who have taken warfarin but have had required frequent dose adjustments.

If you already take warfarin for atrial fibrillation, your dose is stable and you have easy access to blood monitoring, then there may be no need to change. These new drugs generally are not appropriate for most people older than 75, those with additional health problems that increase the risk of bleeding, and people who have kidney disorders.

If you have atrial fibrillation and think you may be a good candidate for a new anticoagulant medication, talk to your doctor to see if one might be right for you. - Bernard Gersh, M.B., Ch.B., D.Phil., Cardiovascular Diseases, Mayo Clinic, Rochester, Minn.

(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. To submit a question, write to: medicaledge@mayo.edu, or Medical Edge from Mayo Clinic, c/o TMS, 2010 Westridge Drive, Irving, TX 75038. For health information, visit www.mayoclinic.com.)

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Homelessness

By Margaret Weisz, Liberty Center of Sandusky County Executive Director

"M" became homeless after losing her job due to not being able to work, after being hit by a car, while riding her bicycle. Her hip was dislocated and even with physical therapy it continued to dislocate itself weekly. "M" would have to return to the doctor to have it put back in place regularly, all the time enduring the pain that went along with a dislocation of this magnitude.

It didn't take long for "M" to run through all of her savings trying to keep up with rent, utilities and food. She became behind on her bills and was evicted from her apartment. She had nowhere to go and spent three days under a bridge until her pastor told her about the Liberty Center and suggested she apply.

"M" was accepted into the shelter and placed into the "Handicap Accessible" room due to her disability. She worked with her case manager and benefits person to improve her situation as much as possible while she waited for her medical/disability situation to resolve.

She was always willing to help out with chores at the shelter as her health allowed.

"M" is just one of the many people who have met with unexpected circumstances which caused their homelessness.

The Liberty Center provides up to 60 days of safe shelter, case management, life skills classes, nutritious meals, laundry facility and referrals. The shelter strives to provide an environment for the residents that will be encouraging and empowering. They provide case management to each resident assisting them to become self-sufficient by helping them to form a plan of action, with job and housing searches, and referrals to other appropriate services and agencies.

For additional information about our services, volunteer opportunities or donations please contact The Liberty Center, 1421 E. State St., Fremont or call (419) 332-8777.

Shelter Tails

By Joanne McDowell

Hoarding Disasters and Good News

We can count on a disaster every August at the shelter! For those of you that don't follow the news, in mid-August we were called to a trailer in Green Springs filled with 70+ cats and kittens. Unfortunately, many of them were so inbred and ill that half had to be euthanized. We have now added that other 30 to the 150 we already had in the building.

Several months ago we had another hoarding case that didn't make the news; in that one we took thirty-nine cats. Meanwhile we are looking at possibly taking 21 dogs. . No matter what we do, (low cost spay/neuter, education) people just don't seem to "get it". After twenty-five years in animal rescue I am exhausted, there appears to be no end in sight.

The good news is that a couple (from out of state) has followed our emergency situations and believe we need a new shelter...which they are willing to build! Our building, was never meant to be a shelter, is overcrowded and we are using the basement for quarantine, which is not a good situation. Our current shelter opened ten years ago, the first in Sandusky County in over fifty years.

I believe this is a gift from God, our prayers have been answered, but we have one problem. The couple is willing to demolish our building and build on the same spot, however, the six to seven months that will take leaves us with nowhere to place 200 dogs and cats. They have agreed that if we can locate land they will build it else where leaving us with a building we can lease or sell for income.

So I am asking everyone I know if they know of some inexpensive land on a major road, such as Napoleon, Hayes, Route 53, Route 20, etc. We would need at least an acre, two would be fabulous. If the land is donated it would be a tax deduction. We would like to be on a road that has utilities accessible and a veterinary clinic nearby.

If you have land you would be willing to donate, please call me at 419-334-3602. We would love to begin building so by spring, and kitten season, we could be in our new location. Since we have been given this gift by people who do not even live here, I am hoping that someone local will step forward to make the dream possible.

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Pet World

By Steve Dale

Chicken jerky treats from China remain controversial

Q: I appreciated your column regarding chicken jerky treats imported from China. Do you know which brands are the most implicated? Our two dogs really love jerky treats. - C.A.

A: There have been over 800 complaints about these treats causing illness - and even death - in dogs in 2012, according to the FDA Center for Veterinary Medicine (CVM). However, so far the products have not been recalled. The FDA CVM concedes there is a problem with the treats, but they haven't been able to pinpoint why. By law, the FDA CVM isn't allowed to suggest a recall without a specific scientific explanation to justify the action.

I can understand that position. I also understand that while most pets have suffered no apparent deleterious effects from eating the treats, too many are getting sick. Why take a chance with your own dogs?

While your pets love these jerky treats, my guess is they might also love liver treats, or any of the myriad of other dog treats on the market. Mini-carrots might be another option. Once you switch treats, I can assure you your dogs won't be sending me email, complaining they miss those jerky treats.

Several chicken jerky treat brands have been implicated, but the FDA CVM isn't sharing the list. My advice, at least for now, is to avoid all of them.

Q: As a pet expert, I'm sure you receive questions about cats or kittens who suck on things around the house, or even suck on themselves or their owners. What do you think of my invention, the "Catsifier"? Unfortunately, I can't afford to have any made at this time, so I'm looking for financial support. - C.E.

A: I do think your invention may have merit. For a second opinion, I asked Joan Miller, a legend in the world of cats. She's been a cat show judge for over 40 years and a member of the Board of Directors of the Cat Fanciers' Association for 25 years.

"No one knows why some cats suck as if they are suckling," Miller says. "Certainly, there's a genetic component. The Siamese cat (and related Oriental breeds) seems predisposed. Also, sucking on pillows and other fabric, or on human fingers or clothing, is thought to be more common among kittens who were weaned too early, or who were hand-raised. Sometimes cats even suck on other cats."

Some owners appear annoyed at this behavior, while others - like Miller - don't mind it. However, these cats sometimes ingest fabric, which is dangerous, or they can ruin objects like pillows. To curb this behavior, the reader invented the "Catsifier," which appears to be a decorative pillow with little nipples for suckling. Learn more at www.catsifier.com.

Q: My 8-month-old kitten has the odd habit of carrying around a "blanky." At night, she sleeps curled up with it. During the day, she carries it with her wherever she goes. I've never heard of a pet with a security blanket. Have you? - S.H.

A: Your cat has Linus syndrome (actually, that's just a made-up name based on the Peanuts cartoon character famous for dragging around a security blanket). The "blanky" you describe does appear to function as a kind of security blanket for your pet. It's likely your cat also likes the feel of the blanket. She may or may not outgrow this attachment.

If the behavior bothers you, it might be possible to substitute something else (such as a soft dog toy) for the blanket. At least, as your cat drags her blanket around the house, she's helping you dust!

(Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Media Services, 2010 Westridge Drive, Irving, TX 75038. Send e-mail to [PETWORLD\(at\)STEVE DALE.TV](mailto:PETWORLD(at)STEVE DALE.TV). Include your name, city and state.)

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Retire Smart: When to take Social Security benefits

By Jill Schlesinger

In 2013, 37 million Americans will receive Social Security (SS) retirement benefits totaling \$47.4 billion. Clearly, Americans have come to rely on Social Security retirement income, with more than half of married couples and nearly three-quarters of unmarried persons receiving 50% or more of their total income from the program.

Still, the SS system remains more complicated than you might expect. Unfortunately, there is no simple response to one of the most frequently asked questions that I field: "When should I claim Social Security benefits?" The answer depends on your individual circumstances, but the good news is that there are a great many tools available now to help you navigate the process.

First things first: to qualify for retirement benefits, you need to have worked at least 10 years. You can check out where you stand with Social Security's easy-to-use online benefits statement at www.socialsecurity.gov/mystatement, which is what you used to receive in the mail. (For those over 60, you should still be receiving paper statements via "snail mail.") The statement shows your annual earnings history, which is actually a helpful stroll down your employment history lane.

Your statement will provide your estimated monthly SS payment at your "full" retirement age (FRA). Full retirement age varies on when you were born: If that was before 1938, your FRA is 65 years old; from 1938 to 1942, your FRA rises by two months for each additional year; between 1943 and 1954, it's 66; from 1955 to 1959, it rises 2 months per year; and from 1960 on, the age is 67. You can choose to claim benefits as early as age 62, but your benefit will be permanently lower - for some as much as 25 percent less.

This is when the decision-making comes in. When does it make sense to file early? At your full retirement age, or should you wait until the maximum benefit age of 70? There are a number of tools that can help you crunch the numbers. AARP has a free calculator (www.aarp.org/work/social-security/social-security-benefits-calculator), and there are several paid calculators that may intrigue you, including MaximizeMySocialSecurity.com, SocialSecurityChoices.com and SocialSecuritySolutions.com.

Here's the general gist: delaying Social Security makes financial sense, with one caveat: You have to live long enough for the trade-off to work. In other words, if you knew when you are going to die, I could tell you when to file for SS! In essence, you make a bet on your life expectancy in deciding on when to file.

If you delay retirement until after your FRA, you are entitled to "delayed retirement benefits," or 8 percent a year more for each full year that you delay, until age 70. Sounds like a sweet deal, but of course you are not receiving the monthly income for those years.

Here's how the numbers break down: If you live beyond 78, it makes sense to forego SS between the ages of 62 and 66; if you live beyond 82 1/2, it makes sense to delay SS until the maximum level, at age 70. You may be wondering, "How do I know when I'm going to die?" You can take an educated guess based on your general health and your parents' health, or you can plug in your personal information at www.livingto100.com, which may help you get closer to a more data-driven number.

These mathematical acrobatics could be moot for some people who lose their jobs sooner than expected and desperately need income. If you do claim benefits early, and then are lucky enough to land a job, you will be subject to an annual "earnings test," or threshold, which, for those people reaching FRA after 2013 is \$15,120, and for those reaching FRA in 2013 is \$40,080. Social Security withholds \$1 for every \$2 earned above that year's threshold, until you reach full retirement age. The ratio changes to \$1 for every \$3 earned during the year you reach full retirement age.

It may seem complicated - and it is ... it's Social Security! - but doing your due diligence on when to claim benefits can make a huge difference in your financial comfort during your golden years.

(Jill Schlesinger, CFP, is the Emmy-nominated, Senior Business Analyst for CBS News. A former options trader and CIO of an investment advisory firm, Jill covers the

economy, markets, investing and anything else with a dollar sign on TV, radio (including her nationally syndicated radio show), the web and her blog, "Jill on Money." She welcomes comments and questions at askjill@jillonmoney.com.)

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Dr. Traci McCaudy

Every patient. Every day. Every encounter.

At Memorial Hospital, our emergency care team delivers high-quality care in the safest manner possible, without exception. We deliver the best possible care to every patient, on every day, at every encounter.



EXPERIENCED PROFESSIONALS. EXCELLENT SERVICE.

- Trauma-certified nurses
- Board-certified emergency care physicians
- On-staff physician specialists in fields such as critical care, pediatric infectious disease, orthopedics, pediatrics, pulmonology and many others
- Nationally recognized x-ray, CT, MRI and other imaging services
- 24/7 nationally accredited laboratory services
- Stroke care, personal injury care and much more

To read about the emergency care experiences of these community members, visit
memorialhcs.org/patient-stories

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MEMORIAL HEALTH CARE SYSTEM