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**Vol. 16 Issue 9**

**September 2014**

**2000  
Lifestyles**

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**Appointments are required.**

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# Lifestyles 2000

September 14



Vol. 16 • Issue 9

[www.lifestyles2000.net](http://www.lifestyles2000.net)

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## "Fashion, Friends & the Fund"

The eighth annual, "Fashion, Friends & the Fund" will be held September 21 at Anjulina's Catering & Banquet Hall, 2270 W. Hayes Avenue in Fremont.

The doors will open at 12:45 PM for the bidding of numerous silent auction and lucky lady items and the viewing of merchandise that will take place from 1-3 PM.

This year a "Purse-Plus" Fundraiser will feature purses/totes that will include extra items to be auctioned off in the silent auction. Additionally, more purses/totes, accessories and other special items will be available through the very popular "Lucky Lady" drawings. New this year will be hand-painted wine glasses that can be purchased singly or in sets of four. 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 11 by calling the United Way office at 419- 334 -8938.



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## PUBLISHER/EDITOR

Joanne McDowell

## SALES

Joanne McDowell

419-334-3602

Email: [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net)

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Pete McDowell

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Email: [trcalhoun@me.com](mailto:trcalhoun@me.com)

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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](mailto:lifestyles2000@sbcglobal.net) by the 20th monthly, sorry, we cannot return phone calls and we will do our best to print those received. We cannot run fliers, please write up your event and we will include "In Your Own Backyard" Please make sure ALL info is correct before sending.

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

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

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

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Lifestyles 2000  
30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

I cannot believe we are in the countdown to fall! Seems like summer just begun, maybe because it has been so cool (66 degree average in July!), Either way, I dread winter, they are predicting horribly cold temperatures again. Hopefully, "they" are wrong!

We hope you enjoy our newest issue, we have History Notebook back this month, one of my favorites.

Have a wonderful September and remember to cheer on your local high school teams!

Joanne



WOW, only 50 people got it right in August! The ad was Ax Pro. We got emails and phone calls accusing us of forgetting to hide "Pete".

Thanks for looking and congrats to those 50 people that found him, I wish I had enough prizes for everyone!

## Find Pete Winners

Winners are: Kathy Sanford, Green Springs; Sheryl Tibboles, Anna Shirley, Sharon Steinmetz, Bellevue; Kathy Yoder, Vickery; Bob Wells, Robert Sanborn, John Gormley, Rose McKnight, Gary Wurzel, Fremont; Heidi Marshall, Ted Collins, Tammy Taylor, Clyde; Kelly Fought, Gibsonburg; Sarah Hess, Tiffin; Kristen Wise, Bettsville; Tim Eulett, Port Clinton.

Dave Gooding, Clyde, won the Miller Boat Line tickets. Kellin Wolf, Fremont, won the African Safari ticket. Thanks for Celebrating with us!

## Find Pete Prizes

Prizes this month include gift certificates to Jenesis Salon, Old Fort Market, Dairy Queen West, The Pond Builders and Rallys. 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](mailto: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](http://www.lifestyles2000.net)



# Out to Lunch

By Joanne McDowell



## 1812 Food & Spirits

For years, beginning in around 1984, I ate at The Garden regularly. It was my favorite restaurant and was close enough that I could enjoy dining there frequently. So much to my surprise I was delighted to see some of the staff working at "1812 Food & Spirits" in the Island House in downtown Port Clinton.



Pete and I, along with several other friends, have eaten there quite often since May and can happily admit to never having had a bad meal. We always go early evening as there are Early Bird Specials that end at 6PM. (Just like The Garden!) There are always marvelous entrees like Steak Oscar on this menu, so it is definitely worth going early.

Our favorite appetizer is the Lobster Tail Dainties (\$17.00), two are served but you can order extra. We also love the homemade clam chowder when available. You can sign up for weekly emails that let you know in advance the weekend specials. Other favorites include: Garlic Steamed Mussels, Tuna Sashimi and Walleye Meatballs.

With the appetizer we get a salad, usually the 1812 Specialty Salad (greens with bleu cheese crumbles, toasted almonds and port wine soaked cranberries). The Apple Walnut Salad, sliced green apples, walnuts and bleu cheese, is another favorite. The salads are \$12.50, or dinner size is \$6.50.

There are Hand Cut Steaks, Seafood choices (perch, walleye, scallops), House Specialties and Pasta dishes. One of the sides, the baked Duchess Potatoes, is another favorite.

The lunch menu has many of the same appetizers, salads and soups. There is a soup and sandwich special as well as a Perch basket served with the homemade creamy bleu cheese Cole slaw. Nate's Famous Ruben, Rosie's French Dip and a Spicy Bean Burger are just a few of numerous sandwich choices.

Least I forget, there is a piece of carrot cake to take home and eat for several days...it is \$14.00 a slice and I swear it is a half cake! I absolutely love carrot cake and this is one of the tastiest I have ever had. There is also a delicious Key Lime Pie, Cheesecake and others, but the carrot cake is best of all! So save room, or better yet, take a piece to share for later

The website is [www.1812rosies.com](http://www.1812rosies.com), go take a look to get a better idea of all the great food you can enjoy!

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# Helen Marketti's Music Corner

## Tragic Hollywood

By: Helen Marketti



The Golden Age of Hollywood, with a long history of alluring spotlights, red carpets and famous names on movie marquees set the tone for many with silver screen dreams. Movie stars as early as the 1920s were turning heads of the public as everyone craned their necks for a better look at the newest sensation as giant flashbulbs popped, autograph books flung forward and the long line to the box office wrapped around several city blocks. What few may have realized is that there was a human being attached to the "name" and many of those names have fallen from their pedestals with tragic and sad endings.

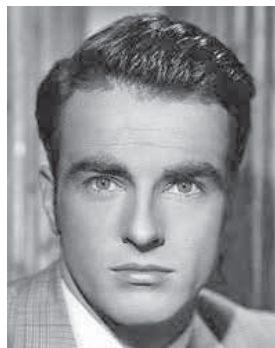
Jackie Ganiy's new book, *Tragic Hollywood: Beautiful, Glamorous, Dead* (2013) takes the reader on a journey through the darker side of Hollywood with names we know well and names that perhaps we have never heard of as we travel through tinsel town with many heartbreaking stops along the way. A book filled with fascinating stories of how dreams turned quickly into gold and then was lost just as fast. It is a book that is difficult to put down once you start turning the pages and learn more about Hollywood's darker history.

"When I was a kid, there weren't many TV stations so I watched a lot of old movies," recalls Jackie. "I remember watching *The Wizard of Oz*, *The Birds* and *The Twilight Zone*. My parents were avid moviegoers and took me to see many films. I remember watching a double feature at the drive-in, which was showing *Catch 22* and *Patton*. They were very heavy hitting films. I also saw *The Graduate* when I was around

seven years old and *The Godfather* when I was ten. I grew up always being drawn to the darker side and preferred those kinds of movies instead of watching cartoons."

Jackie has always been interested in the ole days of Hollywood and found herself fascinated with the lives of the tortured souls who met an early demise that she decided to start a Facebook page, which is the same title as her book. The page is followed by over 22,000 fans, which shows that many of us like to learn more about the more somber side of our Hollywood favorites. "I think we look at stars and wonder why many of them do not seem happy. They have everything that we do not or so it seems. It makes you wonder," said Jackie. "Let's face it, it's more interesting because when there is scandal going on, it creates conflict and conflict is more interesting. There is a little bit of envy in all of us. We don't want to see how great someone else's life is, we tend to run away from it. We perk up when a celebrity has been arrested for drunk driving."

Jackie's book is filled with stories, anecdotes and photos of more than forty celebrities who took a turn into eternity. "I tried to include obscure people that perhaps not everybody is aware. I wanted to include different stages of Hollywood. It would make the book boring if I told the same stories about the same people that everyone has already heard. I wanted to sprinkle the book with the lesser known of Hollywood and give an opportunity for their stories to be told."



Montgomery Clift



Suzan Ball



Barbara Payton

Suzan Ball was the cousin to the famous comedy redhead, Lucille Ball. Suzan starred in a few movies during the early 50s, falling head over heels in love with the older actor, Anthony Quinn that eventually ended as most Hollywood affairs. Suzan was only in her early 20s when it was discovered that she had cancer in her leg and it would have to be amputated. At this time, she had a relationship with Richard Long (*Big Valley*) and the two were soon married. Unfortunately, the cancer had returned and Suzan died at the age of 21 in 1955.

Barbara Payton is another tragic story of Hollywood gone wrong. Barbara began her career as a bombshell beauty, appearing in movies with James Cagney and Gary Cooper. After a series of "B" movies, poor management, failed marriages and personal problems, Barbara found herself in the streets of Hollywood. The place that once welcomed her now tossed her aside and she struggled to survive. In her later years, she was overweight and alone on the Sunset Strip. At the age of 39, her career was over and she turned to the bottle for comfort which is how she passed away.

Montgomery Clift was leading man handsome and good friends with Elizabeth Taylor when in 1956 he was involved in a serious car accident while leaving her home after visiting with her and her husband. The impact caused disfigurement to his face and even after he healed and returned to the movies, he was never the same again, physically or emotionally. People are fickle with their Hollywood loves and flocked to theatres to catch a glimpse of how Clift looked in films "before and after". The fragile actor began to spiral downward further. He was having difficulty finding movie roles in spite of the best attempts by Elizabeth Taylor to help save his career. He was found in his New York apartment in 1966. He died of a massive coronary at only the age of 45. Years of self-destruction had finally caught up with him.

There are more stories in Jackie's book about Hollywood's well known and the lesser known.

Jackie's book, *Tragic Hollywood, Beautiful, Glamorous, Dead* is available at [Amazon.com](http://Amazon.com)

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# SANDUSKY COUNTY PARK DISTRICT ACTIVITIES FOR SEPTEMBER:

**Canoe with Eagles**, Sept 1, 3, 5, 4-7pm. Meet at the Park Office, 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.

**Puddle Jumpers:** Creek Walk, Sept. 4, 10-11am. Creek Bend Farm, 654 S. Main St, Lindsey. Ages 5 and under are invited to wear old shoes or boots to walk in the creek looking for critters that live there: snails, crayfish, dragonflies and more. Be prepared to get wet! Registration required.

**Hike for the Health of It**, Sept 5, 4-5pm. Blue Heron Reserve, 2134 C.R. 260, Vickery. Hate to walk alone? No registration required.

**Bird Banding Research**, Sept 6, Sept 13, 8-9:30am. Meet in the parking lot of Creek Bend Farm, 654 S. Main St

(SR 590), Lindsey. Learn about bird banding research as you watch the process up close, with experienced bander Tom Kashmer. Registration required.

**Monarch Butterfly Tagging**, Sept 6, Sept 13, 2-3:30pm. Meet at the Park Office. 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**, Sept 6, sunset, Wolf Creek Campground, 2701 S.R. 53, Fremont. You are invited to bring your own binoculars, telescopes, and questions about astronomy. Drive to the end of the campground road, located at the southern entrance to Wolf Creek Park south of Fremont. No registration.

**Moonlight Canoeing**, Sept 7, 8, 9, 6:30-9:30pm. Meet at the Park Office, travel to Decoy Marsh. This is an excellent trip for couples, you must register with a partner. This special full moon canoe program is open only to ages 18 and over. Registration by phone.

**Babies in Parks:** Birds, Sept 9, 10-11am. North Coast Inland Trail, 1630 Walter Ave, Fremont. A program for infants & caregivers. Bring a blanket to sit on as we look and listen to birds through stories, fingerplays and puppets. Registration required.

**Tree Huggers:** Moon & Stars, Friday, September 12; 6:30-9:30p.m., Ringneck Ridge, 1818 C.R. 74, Gibsonburg. For ages 6-12 years old. Bring a snack to share; a light supper, drinks provided. A night hike will reveal how the animals use the moon and stars for their survival. Dress for

the weather. Registration required at LoveMyParks.com or 419-334-4495.

**Kids in Nature: CSI**, Sept 13, 9-10am, Wolf Creek Campground, 2701 S.R. 53 s. of Fremont. 6-12 year olds are invited to use detective skills to help Naturalist Linda determine the mystery on the trail: why are there feathers...who do the tracks belong to... what happened here? Registration required online or by calling.

**Meet Me at the Cabin:** Candle Making, Sept 16, 5-6pm, White Star Cabin, 5013 C.R. 65, Gibsonburg. Discover how the pioneers made their candles and try your hand at candle dipping. Registration required.

**Fish Research**, Sept 20; 2-4 pm, Creek Bend Farm, 654 S. Main St (SR 590), Lindsey. Dress to wade into the creek and assist with ongoing research. All ages welcome. Registration required.

## Miracles for Melissa (M4M) Fight ALS Fremont Ross Class of 1990 Fundraising Committee 398 S. County Road 204 Fremont, OH 43420

Melissa Smith-Belcher is a 1990 graduate of Fremont Ross High School. She

Members from the Fremont Ross Class of 1990 have joined together to plan various fundraisers to help offset the family's high medical bills, which include in-home health care and frequent trips to the May Clinic in Minnesota for specialized treatment. As a way to recognize the Class of 1990's 25th Reunion next year the committee wanted to be able to make a difference for one of their fellow classmates by setting a goal to raise \$25,000 by our next reunion.

The Little Giant Spirit is still alive and well in Melissa as she fights against ALS. Please help us help her in this fight.

If you would like to make a donation or help sponsor one of the fundraisers please contact Wendy Haar at 419-680-6496 or Lodema Simpkins Keegan at 419-559-3312. Thank you for your support.



has been a teacher and volleyball coach at Whitmer High School, Sylvania Northview, and Toledo Central Catholic. She and her husband Kelly have two sons, Grand 10, and Aden 4.

Melissa began to have symptoms of ALS while 5 months pregnant with her youngest son. The disease has forced her to give up her teaching and coaching careers.

Melissa's parents, Janice and Denny Smith are residents of Fremont. Many from Fremont may remember Melissa from her involvement with Fremont Eaglette's (Hi Society), Fremont Ross Music Programs, and Fremont Ross Volleyball, Basketball and Track Programs.

**Next Event: Fremont Alumni/Community Tailgate Party**  
**October 3, 2014**  
**4:30pm-Midnight**  
**At Sandusky County Fairgrounds**  
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# In Your Own Backyard

**Mount Carmel UMC:** Pet Parade in downtown Clyde Sept 20, 2014 at noon, then join us @ our Relaxation Station. Craft Show Sept. 27, 9am--3pm, door prizes, homemade food at Mt. Carmel UMC, 4997 CR 183, Clyde. KIDS ALIVE! after school on Tues., 4:30-6:30, starting Sept. 30th-games, art, supper, Bible stories & worship.

**Our Lady of the Pines Retreat Center Events:** Reflection with a Cup of Tea! Tuesday Sept. 9, 9-10:30 am. \$7. 419-332-6522, Sr. Marianne Longo, RSM will share faith & refreshments for body and spirit. Drum Circle: Green Rhythm Gathering Wednesday, Sept. 17, 7-8pm, Free will offering. Learn the history and nature of drumming and drum circles and become a participant! Rainbow and the Cross Evening Prayer Monday, Sept. 22, 7 pm, Free will offering. Sr. Pat Meyer, OSF discusses Faith: rainbow's brilliance and clouds of crosses

**REIKI Circle,** Tues., Sept 9th, Bellevue Conference Room A&B, 6-8pm. Please join us in welcoming our guest speaker Nancy Rattray, Reiki Practitioner. Nancy is a certified clinical aromatherapist, reflexology, and energy bodywork with essential oils. As an executive distributor for Young Living she will be demonstrating Reiki with a technique using various essential oils. Participants will have the opportunity to receive a treatment along with a sample. If you are planning on attending please RSVP by calling Patricia at 419-355-1283.

**Fremont Emblem Club #156** will be having a card party, Sep 22nd, at the Fremont Elks Lodge. Door opens @ 6pm with Light Lunch @ 6:30 pm. Cost \$7. Door Prizes, 50/50, Card Games, Board Games, all games! Men welcome! For reservations call 419-332-4383 or 419-332-2533.

**Sept. 6th: Gibsonburg Farmers Market** in downtown Gibsonburg at the log yard.

9 am to 12 pm. Crafts, baked goods, seasonal fruits/vegetables and more. Vendors welcome. For more info contact us at gibbonburgfarmersmarket@gmail.com or call 419-637-2257.

**Village of Lindsey Farmers Market:** Second Saturday of each month thru October, from 9am until noon, in the Village Park on Main Street. Open to vendors selling produce, baked goods, crafts, jewelry, plants, etc. Fee for all vendors is only \$5 for unlimited space. Shoppers will find a wide variety available. For info call 419-665-2045.

**Fremont Area Women's Connection,** Tues., Sept. 9th at Anjulina's Catering, 2270 W. Hayes Ave., luncheon at 11am, cost \$12 inclusive. Come and view our beautifully decorated tables which represent your favorite holidays, then we will "Guess Who is Coming to Dinner". Speaker will be Mary Haddad, Adrian, MI, telling us a REAL LIFE STORY - "Survival and success in search for significance". For luncheon, free child care, call by Sept. 4, Donna 419-680-2251 or email Carrol at fawcluncheon@gmail.com

**Hitting to Heal:** Monday, Sept. 22nd at 6 pm, the Fremont Ross Volleyball Teams will take on Lake High School in their annual Hitting to Heal "Kids Helping Kids" Charity Volleyball Game benefiting Alexa's Butterflies of Hope, The Alexa Brown Foundation. Alexa's Butterflies of Hope benefits kids that are diagnosed with Juvenile Cancer as a result of the Clyde Cancer Cluster. The girls of Fremont Ross Volleyball Team believe it's an honor to help draw attention to this cause and to raise monies to help the families of these brave children. This year they shared Alexa's story with the coach and players from Lake High School and they agreed to help with this worthy cause. Also included in the evening events are 50/50 drawing, Themed

Gift Basket/Prize Raffle and special t-shirt sale. The purchase of a \$10 t-shirt gets you FREE entry to this game and all proceeds go to the charity. Shirts can be purchased in advance at Volleyball home games or in the Finance and Athletic Department Offices at Ross High School. Please join us and cheer for our Lady Giants as they take on Lake while raising money for Alexa's Butterflies of Hope!

**Senior Resource Expo:** The Rutherford House 805 S. Buchanan St. Fremont, partnering with Firelands Home Health, will be hosting a senior resource expo on Sept. 25th from 10am to 2pm. Area vendors from the community and surrounding area will be available to assist you with any questions on the variety of services available to senior citizens. Door prizes, give a way's and a sack lunch will be provided. Free transportation is available by Trips, with limited seats available. Call (419) 334-6962 or (419) 332-7242 for more info or to reserve your seat.

**Auction Mania:** Sunday, Sept. 14th, 1:30-3pm at the American Legion "Heights", Buckland Ave., Fremont, doors open at 1pm, concessions available. Items for auction include restaurant, retail and service certificates, gourmet pies, cakes, kitchen items, ladies accessories, cosmetics, lotions and more! Cash and checks accepted, need to be present to win. All proceeds benefit the non-profit organization, Women of Grace Ministries.

**Cruisin' For Ava:** Sat., August 30th, 11am-6pm, Waterworks Park, corner of Perry & Jefferson, Port Clinton. Jewelry sale, Kid's tent, raffles, food and a car show! This is in memory of Ava's life that was lost at eighteen months due to Alpers, a mitochondrial disorder for which there is no cure. Come out and support this important event in her memory and help raise money to find a cure.

**Riders Unlimited Inc. 10th Annual Challenged Equestrian Horse Show:** Sat. September 27, 9 a.m.- show begins, 3140 N. Behlman Road, Oak Harbor. Food and refreshment fundraiser on location with a Basket Raffle drawn the day of the show! Open to the public. Come over and check out our facility and enjoy the horse show! Riders Unlimited, Inc.

**Local Mothers of Preschoolers Organization** is hosting a Mom 2 Mom Sale on Sept. 13, 9 a.m.- noon. The event will be held at Grace Lutheran Church, 705 W State St., Fremont. The public is welcome and encouraged to sell their infant and children's items by purchasing a table at the sale. Tables can be reserved for \$15 a space to sell items by contacting Courtney Stacey at 419-466-1084. The public is also welcome to shop the sale for a \$1.00 admission with proceeds being donated to Operation Christmas Child.

**Sherwood Anderson Birthday/Book Release Party:** Sept. 13 - 1-4pm - FREE. Hosted by the Clyde Heritage League Winesburg Committee. The Party Starts Here! Clyde Museum, 124 W. Buckeye Street  
New Book Launched -The Boys From Clyde by Dorothy Davis Cox- Sherwood and his chums: Herman Hurd, Clifton Paden, and Henry Bardshar (164 pg paperback) Meet the author, purchase an autographed copy, enjoy a continuously running slide show, refreshments & party favors. Special exhibit "Winesburg" caricature paintings by Kenn Bower. Self-guided walking tours of downtown Clyde also available. Celebrate with a "selfie" at the Sherwood Anderson Ohio Historical Marker in Clyde's railroad plaza and share with clydeheritageleague@yahoo.com! For info contact Brenda Stultz, Curator 419.547.7946 or Email: clydeheritageleague@yahoo.com



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## Carnivores in the Marsh... and They're NOT What You Think

Partially submerged in the murky waters off the shores of our marsh are some of the most fearsome, awesome carnivores of the natural world....

When we think of carnivores, most of us think of flesh-eating animals like lions and tigers, or birds like owls and hawks that chase their prey, catch it and eat it. But members of the animal kingdom aren't the only carnivores on this planet--or even in this area. Out in the waters of the marsh we discovered another kind of carnivore masquerading as a pretty, yellow water flower. Unable to chase down its next meal it lies quietly--the flowering part of the plant floating on the water, the stems and bladders submerged--patiently waiting for unsuspecting prey to stop by.

Robin first noticed the yellow flowers floating on the water one morning in July while she was walking the dogs around the marsh. There were quite a few of them and they made an impressive display. Later she took the canoe out for a closer look and to get a couple of photos so we could identify the plant. We learned that the plant was a member of the "Bladderwort" family--an ugly name for such a pretty flower...it sounded like something from a Harry Potter novel.

We're not sure if the plant was always present--but dormant--in the soil until the right conditions allowed it to bloom, or if it was brought in by migrating ducks, herons or egrets.

In spite of their rather unattractive name, bladderworts are unusual and interesting plants. There are approximately 233 species of bladderworts in the genus *Utricularia*--all are carnivorous. They are fresh water plants found in marshes, bogs, ponds and wet soil on almost every continent in the world except Antarctica and a few oceanic islands. About eighty percent of the world's species are terrestrial and live in wet soil on land, while the other twenty percent are aquatic plants, floating freely in the water, only visible above the surface when flowering. Bladderworts are often cultivated for their flowers, which look like snapdragons and orchids, and for display as novelty plants in aquariums.

It was the yellow flowers rising out of the water that caught Robin's attention; neither of us realized the network of stems and bladders that existed beneath the surface until we identified the plant. The bladders are the part of the plant that trap the next meal which can include small animals like water fleas, fish fry, mosquito larvae and even young tadpoles.

Without going into a lot of scientific detail here is what we learned about the "entrapment" process. The outer cells of the bladder secrete a mucilage-like substance containing sugars that help seal the bladder's "trap door" and may help attract prey. As water is pumped out of the bladder, the sides of the bladder bend inward, creating a negative pressure and sealing the bladder. Rigid hair-like protrusions extend along the bottom edges of the trap door. When an unwitting animal hits against one of the "hairs" the trap door opens, the animal is sucked in and the door snaps shut--all within a fraction of a second. The bladderwort's meal is digested in the bladder--usually within a few hours--and nutrients are distributed throughout the plant. The bladders are considered some of the most sophisticated structures in the plant kingdom.

Sadly, as fascinating as the bladderwort is, there are no celebrations or festivals named for it that we could find. Scattered across the country are Tulip Festivals, Apple Festivals, even a Poke Salad Festival but, nothing for the bladderwort...except maybe at "Hogwarts?"



Robin Arnold



Gena Husman



## Campfire News & Notes

Summer flew by quickly and the sounds of laughter echoing throughout the facility will soon be just a memory. Camp Fire held numerous camps where youth experienced new activities, found their creative side, and made new friends and memories for years to come. We would like to extend our sincere gratitude to all the staff, volunteers, and parents who 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!

Camp Fire is kicking off our club programs this month! In Camp Fire clubs we try to promote social skills, responsibility, and decision making skills all while the children have fun and are reunited with nature. Camp Fire Sandusky County has 47 acres of nature for our youth to explore. Our curriculum meets national standards and children gain hands-on experiences they will never forget! Please contact our office for more information about joining or starting a club! Our phone number is 419-332-8641 and our email is [campfirefremont@yahoo.com](mailto:campfirefremont@yahoo.com).

Camp Fire has started its annual mum sale through September 10th. The 8-inch potted mums come in yellow, orange, purple and red. At the cost of \$6.00 each, it's a nice way to add some bright colors to your fall décor. Our board members along with the office have order forms. Please don't forget our annual Grandma's Backyard BBQ Chicken Dinner is Sunday September 7th from noon-2:00pm. Pick up for the dinners will be at Wendt Key Team Realty at 1403 W. State St. in Fremont.

With summer over, we need to shift back to our fall/winter hours. Our office is now open Monday, Tuesday and Thursday from 9:00 a.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 hour, please call ahead of time, and we can try to accommodate you.) You can also visit our website [www.campfirefremont.com](http://www.campfirefremont.com) or like us on Facebook!



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## Annuity ingenuity

Of all of the products that the financial services industry creates for retirement savers, the one that tends to cause the largest number of questions is the oft-sold, and rarely understood, annuity.

An annuity is a financial contract issued by a life insurance company that offers tax-deferred savings and a choice of payout options (income for life, income for a certain period of time, or lump sum) to meet your needs in retirement. In essence, with an annuity, you are trading a lump sum of money today for a stream of income either immediately, or at some point in the future.

You can also invest in an annuity over time with a series of payments and start the stream of payments later - kind of like your own personal pension plan. Like other retirement vehicles, you pay tax on the accumulation of the assets inside of an annuity when you receive the money and the IRS imposes a 10 percent early withdrawal penalty for distributions before age 59.5.

There are the two basic types of annuities. In an immediate annuity, payments begin immediately or within one year of the policy's issue. These contracts are also referred to as "Single Premium Immediate Annuities" or "SPIAs" because they are usually purchased with a single deposit. SPIAs can help you manage the risk of outliving your money, which is known as "longevity risk."

A deferred annuity has two phases: the accumulation phase, during which your money grows on a tax-deferred basis; and the payout phase, during which you begin to receive scheduled payments in the future. There are several types of deferred annuities to consider:

**Fixed annuity:** Insurance companies guarantee a fixed interest rate for a certain period of time. At the end of this period, the company will declare a renewal interest rate and another guarantee period. Most guarantee a minimum interest rate for the life of the contract.

**Variable annuity:** For investors who want access to more investment options, variable annuities offer "sub-accounts," which look like mutual funds inside of an insurance policy.

**Equity Index annuity:** A blend between a fixed and a variable, where the insurance company invests in a mix of bonds and stocks designed to give a targeted percentage of the return of a particular index (e.g., S&P 500). The owner does not control the investment selection, but can participate to a degree in stock market gains during a rising market. Conversely, if markets fall, the contract guarantees a minimum return, typically three percent.

The biggest knock against annuities is that they are notoriously expensive and the fees are hidden from plain sight. Before you purchase a contract, you need to understand the total costs, which include: mortality and expense charges ("M&E"), administrative fees, underlying fund expenses, charges for special features, and the salesperson's commission. Total fees can run up to as much as 2.5 - 3.5 percent annually for contracts sold by commission-based salespeople.

But like mutual funds, which were originally sold with a commission of 8.5 percent before no-load funds evolved, the insurance industry is also growing up. There are now simpler, no load and low-load annuity contracts, which have made annuities a bit more palatable. That said, the no-load and low-load options are a small fraction of the overall annuity market, so you should be cautious before you sign on the dotted line for a product that can be both expensive and complex.

Most retirement savers should maximize other tax-deferred vehicles, like 401(k) or IRA accounts first before investing in an annuity, because chances are, those are cheaper tax deferred vehicles. Additionally, annuities are illiquid, so avoid putting all or even a majority of your savings into a contract. Make sure you have ample liquidity outside of the annuity before taking the plunge.

Finally, the success of an annuity is predicated on the survival of the insurance company that issues it. That means that you need to only purchase contracts from highly rated companies. The largest insurance rating agencies are AM Best, S&P, Moody's, and Fitch.

*(Jill Schlesinger, CFP, is the Emmy-nominated CBS News Business Analyst. 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@moneywatch.com. Check her website at www.jillonmoney.com)*



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What great weather and low humidity, I'm so hoping it continues into the fall. Of course with this wonderful summer, and if we have a good fall, I'm afraid we are going to have another brutal winter. I really shouldn't get ahead of myself and just enjoy what we have going on now!

Our garden really has done well this year, and with this being our first at this house, it has spoiled us already. As of this writing we have lots of zucchini, and cucumbers coming on and our tomatoes are just starting to ripen. We have gotten a few green peppers and acorn squash but haven't gotten overwhelmed with those yet. I have made zucchini bread, cake and patties (which didn't turn out very good, need to tweak that recipe), we have also grilled it, put in casseroles and still giving lots of it to neighbors.

The cucumbers have made their way into salads, on BLT sandwiches, and I have made lots of creamy cucumber and onion salad. Many of the cucumbers have made their way to the neighbors too! We still have the three different kinds of tomatoes, bell, cayenne and jalapeno peppers, acorn squash, and Brussels sprouts to finish out the year, so any recipes for those would be appreciated. I know I can just go online, or look through the recipe magazines, I get along with all the cookbooks I have, but more times than not the recipes really aren't that good when I make them the first time. If I think I can adjust or add ingredients to make them better, I will try, if there is no hope, the recipe gets thrown out! I have better luck with recipes from you readers and my friends because they have been tried and tweaked to perfection.

With fall approaching that means we still have plenty of time for grilling out. Today I am going to share a Grilled Chicken recipe that uses a yummy basting sauce and apples that are going to be plentiful this month. I also have two side dishes using tomatoes and asparagus. Enjoy!

## Grilled Apple Chicken:

8 boneless skinless chicken breasts  
1 12oz container frozen apple juice concentrate, thawed  
1/3 cup honey  
2 tablespoons lemon juice  
1/4 cup packed brown sugar  
2 teaspoons ground cinnamon  
1/2 teaspoon allspice  
3 large Granny Smith or Red Delicious apples, cored and cut into thick slices. If you can get Honeycrisp use them.

Preheat grill to medium (if using charcoal till coals are covered with gray ash and are medium hot).

In a small saucepan combine apple juice, honey, lemon juice, brown sugar, spices, and mix well. Heat over medium heat until sugar is dissolved. Set aside one cup of mixture to serve as sauce; use remaining for basting. Arrange apple rings on grill and brush with sauce. Grill 8 minutes basting often. Turn the rings over and cook for another 8 to 10 minutes, basting often until tender. Meanwhile place chicken on grill basting often for 5 minutes, turn over and grill for another 5-7 minutes basting often. Grill till temperature reaches 170 degree's and internal juices run clear. Discard any leftover basting sauce, and serve the chicken and apples with reserved sauce.

## Tomato Florentine (serves 4-6)

2-3 medium tomatoes - washed. Barely take out stem core, then cut off brown spot on bottom and then cut in half horizontally.

Take out seeds and middle of tomato

Bake a Stouffers Spinach Souffle until just set, cool

Add approximately 2oz of the Souffle to each tomato half

Sprinkle with oregano leaves, parmesan cheese, drizzle with melted butter and sprinkle top with paprika

Bake until hot through in a 350 degree oven

2-3 teaspoons of fresh tarragon (or 1/2 tsp dried)

1/2 teaspoon garlic pepper

1/2 teaspoon onion salt

1/2 teaspoon black pepper

1 pound fresh asparagus trimmed (break end of each spear, it will break automatically at the woody portion of the spear.

Combine butter and spices in small bowl. Place asparagus in a shallow dish and pour butter mixture over it. Heat grill to medium, place asparagus crosswise on grill. Grill covered 5-9 minutes or until crisp tender, turning once. Serve topped with shredded parmesan cheese.

## Grilled Herb Asparagus:

3 tablespoons melted butter

1 tablespoon olive oil

Please contact me with comments, suggestions, and your recipes at [ChrisTimkoGrate@roadrunner.com](mailto:ChrisTimkoGrate@roadrunner.com)

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## WWI Creates Suspicion of Loyal German Americans

When America entered the First World War, the Wilson administration launched a massive propaganda campaign against its enemy - Germany. Referred to as "Huns," Germans were portrayed as inhumane on posters, leaflets, and in advertisements. With 1/3 of the nation's population composed of immigrants or the children of immigrants, the federal government feared that many German Americans would become spies or assist the German war effort. The Justice Department kept a list of German aliens. More than 480,000 individuals appeared on the list, of which 4,000 were imprisoned for spying or supporting the German cause. In its efforts to identify more spies and traitors, the federal government soon began suppressing the entire German culture.

The campaign worked splendidly. Cities across America went to great lengths to show their allegiance to the United States and help root out spies and sympathizers. Businesses, streets, and towns with German names were changed. Some libraries removed German books from their shelves. The German language was frequently banned in churches and schools. Many with German surnames soon began to Americanize them.

In Sandusky County, some loyal German Americans were looked upon with suspicion and attacked for refusing to swear allegiance to the U. S. The most serious incident occurred in the spring of 1918 when Frank Kolbe, a Socialist

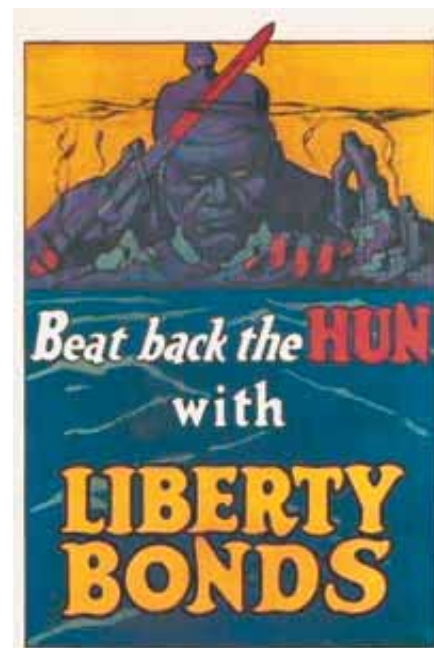
leader, was overheard in a downtown bar supporting the Kaiser. A crowd chased Kolbe to another bar, finally capturing him. They took Kolbe to his tailor shop. There he was forced to his knees and ordered to kiss the American flag. Defending himself with a club, Kolbe refused and declared that one of his sons was in the service and that he himself was actually Russian! But the mob was having none of it. They threw the tailor down the stairs and stuffed the flag down his throat. They then decorated his shop with an abundance of American flags. The "Daily Messenger" found it ironic that Kolbe sought protection from the very government he refused to support. Obliging Kolbe, the sheriff housed him in the city jail.

The mob moved on to interrogate the loyalty of Rev. Edwin Marker of St. Mark Lutheran Church, Rev. U. S. Bartz of the First Presbyterian Church, Charles Maule who had celebrated after early German victories, and "German Courier" Editor Vollmer. Adding to the tension was the fact that only federals could enforce the Sedition Act, but it was local law officials who were compelled to identify and report to the Justice Department those they believed disloyal to the United States.

It wasn't long before cooler heads prevailed, first in Gibsonburg and then in Fremont. By week's end, "vigilance" committees were formed. Their purpose was two-fold: to prevent loyal German

Americans from being humiliated and to identify those suspected of treason. An enormous "Liberty Parade" was organized for Patriot's Day. Thousands poured into the streets with flags flying! The local papers featured the event as a patriotic celebration. In reality, those suspected of German sympathies were compelled to demonstrate their allegiance by kissing the American flag, purchasing war bonds, and supporting the Red Cross.

As the war turned against the Central Powers and the Sedition Act was repealed, emotions subsided across the country. There were those who secretly believed the government's tactics had been too heavy handed. Some resented the severe repression of speech. Most German Americans went on with their daily lives, eventually forgiving their neighbors for the hard feelings harbored against them. But in the process, many treasured German traditions were lost forever.



Courtesy of the National Archives

## Happy Grandparents Day!

Sunday, Sept. 7th



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# Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

It's mid August as I write my column for the September issue of Lifestyles. This has been the shortest summer on record – or so it seems to this summer lover. I can't believe it's almost fall. The fair is in process and already we've had several nights in the low 50's. I'm not complaining - just observing and appreciating the comfort and beauty of the last few months.

The other day, I was in a book store and picked up a quick read titled "Front Porch Tales" by Philip Gulley. It was the title then the forward that caught my attention. It read..."Perhaps more things were resolved on America's front porches than in any other place, and yet so few are being used today. With this delightful collection of stories, told in a warm and easy style, Philip Gulley, invites us to sit again on the front porch – a place of hearth, home and folks we've known."

It started me thinking about my own "Front Port Tales: over the years. At my childhood home, we had a small front porch with a porch swing. (Always a porch swing – just can't have a porch without a swing!) World Wall II was in evidence everyday there, as the tanks, Jeeps and open trucks with uniformed soldiers on board rolled past en route to Camp Perry, a couple of miles West of our house. From my spot on the porch swing this 8-10 year old would wonder if any of the soldiers had a little girl like me at home, who missed them as much as I knew I would miss my daddy if he were away. I would say a child's prayer that God would take care of the soldiers and that they could go home soon.

When I was in high school, I would set on the porch swing in the evening when our farm work was finished for the day and the chores were done. For something to do, I learned to recognize all the makes and models of the cars as they came and went past on Rte 2. I got pretty good at it, too. I even impressed a few boys with my skill, who said that I was really good "for a girl!"

A few years later, on a beautiful spring night on that same front porch and in that same porch swing, my late husband, Rollie, asked me to marry him. I said "Yes" and the rest is a history of 54

years of home, family, front porch tales and folks we've known.

I drove past the old homestead a couple of months ago. The house is gone and the property is hardly identifiable, but the memories of a small porch with its always waiting porch swing will never be forgotten.

What's happening at The Old Garden House, you ask? Well, two special events...The Change of the Season Celebration on the first day of fall – Sept 23 at 5:30 PM. We can take 14 more reservations. Menu will be Waldorf Salad, Beef Post Roast with vegetables, mashed potatoes and gravy. Pumpkin, Pecan and Coconut Cream pie will be available for dessert. Cost is \$12.00 per person which includes meal, tax and gratuity.

Tea at Two on Sept. 30th, Tuesday, won't be at 2:00 but rather at 5:30 P.M., When we serve a light dinner known as a High Tea. The Victorian experience to follow will be "Make & Take a Tussie Mussie". We can take 18 more reservations. Call 419-332-7427.

Until next month ...Enjoy the fall weather...sit in a porch swing... share your treasured porch tales with a friend...always know that LIFE IS GOOD.

Ms. Grace

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

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## Video View

By Jay Bobbin

"DRAFT DAY": Kevin Costner has had success with sports-themed movies ("Bull Durham," "Field of Dreams"), and he stays in that realm with this Ivan Reitman-directed drama, which supplies him with the means of a good character study. The star plays the Cleveland Browns' general manager who mulls saving his job by making an important pick in the NFL draft, though his choice may not be in line with the one many others expect him to make. The very solid cast also includes Jennifer Garner, Frank Langella, Denis Leary, Ellen Burstyn and Terry Crews. \*\*\* (PG-13: AS, P) (Also on Blu-ray)

"THEY CAME TOGETHER": Anyone familiar with the cult classic "Wet Hot American Summer" can guess that its makers, David Wain and Michael Showalter, don't play it straight down the line with this take on the romantic-comedy genre. Paul Rudd and Amy Poehler play people in the candy business who are on opposite ends of its scale, in both size and success. Despite their mutual scorn at the start, they get involved, and their affair isn't all sweet. A supporting cast packed with familiar faces includes Cobie Smulders, Ed Helms, Melanie Lynskey, Adam Scott. \*\*\* (R: AS, P) (Also on Blu-ray)

"FOR NO GOOD REASON": Two veterans of the Hunter S. Thompson-based "Fear and Loathing in Las Vegas" - star Johnny Depp and director and co-screenwriter Terry Gilliam - are among the contributors to this profile of illustrator Ralph Steadman, long a collaborator with journalist Thompson. Depp narrates the film, in which Steadman talks about his role in the legendary "Gonzo" movement and his ability to base his work around both control and chaos. Tim Robbins, Richard E. Grant and Rolling Stone co-founder Jann Wenner also participate. \*\*\* (R: AS, P) (Also on Blu-ray)

COMING SOON: "BRICK MANSIONS" (Sept. 9): In the last film he completed, Paul Walker plays a policeman dealing with vice

in a neighborhood that's literally enclosed. (PG-13: AS, P, V)

"CAPTAIN AMERICA: THE WINTER SOLDIER" (Sept. 9): Chris Evans returns as the Marvel hero, with Scarlett Johansson fighting beside him as Black Widow. (PG-13: P, V)

"MARVEL'S AGENTS OF S.H.I.E.L.D.: THE COMPLETE FIRST SEASON" (Sept. 9): Clark Gregg leads the team as Agent Coulson in the ABC adventure series. (Not rated: AS, P, V)

"THE FAULT IN OUR STARS" (Sept. 16): In the adaptation of John Green's novel, Shailene Woodley and Ansel Elgort play young cancer-support-group members who develop a relationship. (PG-13: AS, P)

"GODZILLA" (Sept. 16): The monster fights other creatures that put mankind in peril; Bryan Cranston, Elizabeth Olsen and David Strathairn are among the human cast members. (PG-13: P, V)

"NEIGHBORS" (Sept. 23): New parents (Seth Rogen, Rose Byrne) think they've found the ideal home ... until they meet the frat boys next door. (R: AS, N, P)

FAMILY-VIEWING GUIDE KEY: AS, adult situations; N, nudity; P, profanity; V, violence; GV, particularly graphic violence.

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# Calendar of Events

September 2014 – Sandusky County

**Sept 1 - Oct 5:** Privy to History: Civil War Prison Life Unearthed, Hayes Presidential Center, Fremont. 8 am, \$7.50 Adults, \$6.50 Seniors. \$3 Kids 6 - 12. [www.rbhayes.org](http://www.rbhayes.org)

**Sept. 6:** Jimmy Bukkett's @ Memory Marina (End of Year Party – "Pirates Day") 2815 N. County Road 198, Fremont, Music – Food & Fun, pizes for Best Dressed.

**Sept. 6:** Ralph's Joy of Living Farmer's Market, Downtown Fremont. The theme is the News-Messenger Kid's Market. 9am to 2pm rain or shine.

**Sept. 6:** "Putts fore Pups", Green Hills Golf, Clyde, golf scramble starts at noon, all monies support the Humane Society of Sandusky County.

**Sept. 6, 12, 13, 20** Fremont Speedway, Sandusky County Fairgrounds. Gates open at 4p.m and racing begins at 7 p.m.

**Sept. 6:** Elmore Grub n' Suds, Depot Park, 353 Ottawa St. The Elmore Historical Society will host the 18th Grub n' Suds event for motorcycle enthusiasts. Grub n'

Suds is an adult event. Nancy at 419-862-3300 or [pries@amplex.net](mailto:pries@amplex.net)

**Sept. 6 & 7:** Pioneer Days at Historic Lyme Village, 10am – 5pm, 5001 St. Rt. 4, Bellevue. Re-enactors, demonstrating craftspeople, sutlers, musicians...will engage, inform and inspire an appreciation and love of history. American Rev. & Civil War Camps, kids' activities, with music and food. Admission is \$6/Adult, \$4/Children ages 12-6, Ages 5 and under are free.

**Sept. 11:** CASA Volunteer Training. You can make a difference in a child's life by volunteering as a CASA Advocate. All Volunteers must have "Best interest of the Child" at heart. Call 419-355-1442.

**Sept. 13:** Saturdays R 4 Kids, Hayes Presidential Center, 11am – 3pm, \$7.50 for adults,\$1 for children. Topic: Life in a Civil War Prison  
Participants will experience being 'mustered in,' and learn about soldiers, officers, and military training. The day includes special activities and a make-and-take-project. Families are not obliged to stay for the entire

3-hours. Call 419-332-2081, ext. 230 for more info or to register.

**Sept. 13:** Beginning Genealogy Class, Hayes Presidential Center. 9am, \$10 Adults/5 Students. Learn the basics of beginning a family history at this class led by experienced genealogists from the Hayes Presidential Center staff. You will receive instruction in creating a family tree, finding sources, and using the vast resources available in the Hayes Research Library (including computers). Pre-registration is requested. Call 419-332-2081, ext. 231.

**Sept 13, 14:** Fremont Flea Market, Sandusky County Fairground. 9am – 4pm Sat., 9am – 3pm Sun, Free.

**Sept 15:** Historic Jail Tours, 622 Croghan St, Fremont, 5:30, 6, 6:30, 7pm, admission \$2. Tours are kid friendly! [www.sandusky-county.org](http://www.sandusky-county.org)

**Sept. 20:** Ralph's Joy of Living Farmer's Market. The theme is the Croghan Colonial Bank Service Club Olympics. 9am to 2pm rain or shine.

**Sept. 25:** Evening Guided Tour of the Gardens, Elmore. 6:30pm,\$15 per person or \$13 for Schedel members. Master Gardener, Elaine Mylander will direct a twilight journey of the beautiful 17-acre-graden estate of Joe and Marie Schedel. The tour will include information on plants and trees as well as Schedel history. At 6pm participants may enjoy a complimentary glass of wine at the Brown Welcome Center.

**Sept. 26:** Downtown Fremont Open House, 5-7pm. There will be refreshments and special sales in each establishment. Contact Kristie Bilger at 419-332-8696 or visit [www.buylocalinfremont.com](http://www.buylocalinfremont.com).

**Sept. 27:** Woodville Farmer's Market, 9am – 1pm.

**Sept 29:** Jailhouse Rock Dinner Theater, 622 Croghan St, Fremont. Dinner at 6pm, doors open at 5:30pm, \$20. Sandusky County Visitors Bureau, located at 712 North St, in Fremont for tickets, or [www.sanduskycounty.org](http://www.sanduskycounty.org)

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**DEAR MAYO CLINIC:** My son was diagnosed recently with long QT syndrome after a scary fainting spell. What do I need to know to keep him healthy? Also, I have tested negative, but my doctor still suggests I take beta blockers and avoid certain medications. Why would this be necessary? Should I tell other family members to be tested?

**ANSWER:** Long QT syndrome (LQTS) is a genetic abnormality in the heart's electrical system. The condition is one of many genetic heart rhythm disorders. Of these, LQTS is the most common, affecting as many as 1 in 2,000 people.

In patients who have this syndrome, the heart works perfectly as a muscle and a pump, but its built-in electrical system has a glitch, causing it to recharge itself too slowly and inefficiently in preparation for the next beat. This glitch can make the heart vulnerable to fast, chaotic heartbeats that may trigger a sudden fainting spell, a sudden faint followed by a generalized seizure, or even cardiac arrest that can result in sudden death.

Many patients with LQTS have no symptoms and never know they have the condition. But there are warning signs that someone has LQTS, and knowing those signs is extremely important. Such warning signs include a prior sudden fainting spell that occurred with minimal warning, especially if during exercise, excitement, or when startled, and a family history of unexpected, unexplained sudden deaths involving a young relative. And, if sudden cardiac arrest occurs, the only thing that can prevent sudden death is a rapid external shock from an automatic external defibrillator (AED).

The most common triggers for long QT patients are exercise, excitement or any activity that causes an adrenaline rush. For example, being caught off guard or startled by a loud sound, such as the sudden ringing of a phone or an alarm, can be triggers.

Because LQTS is a genetic disease, if one person has it, every family member is potentially vulnerable. Once the disease is diagnosed, the person's relatives - children, siblings and par-

ents - need to be evaluated carefully. Since your son has been diagnosed, you and your husband and other children should be tested. But, if your son's LQTS has been diagnosed clinically and genetically confirmed, then a sibling or parent who has never exhibited symptoms, has normal cardiac tests, and tests negative for the affected child's LQTS disease-causing mutation does not need to be treated. However, a cardiologist with experience in LQTS should review your situation.

The good news is that the condition is manageable. Eating and sleeping well, along with a diet rich in potassium, helps. Certain medications, including some antibiotics, antidepressants, and psychiatric drugs, should be avoided. Ask your son's physician for a complete list.

While beta blockers are very effective in preventing these "electrical attacks," some patients do not tolerate this medication or need additional protection. For these individuals, there are some alternatives. Implanting a small defibrillator that will shock the heart's rhythm back to normal, if needed, may make sense. The implant is surgically placed in the chest to monitor electrical activity. If the heart exhibits a life-threatening change in rhythm, the defibrillator delivers an electrical shock to restore the heart's normal rhythm.

A relatively new alternative to implanting a defibrillator is video-scope denervation therapy - removing a chain of nerves along the left side of the spine. Mayo Clinic can perform this procedure using minimally

invasive surgery. Denervation helps reduce the chances that adrenaline-related triggers will ignite the LQTS heart. Although this treatment reduces the risk of a future event significantly, it should not be viewed as a surgical cure for the disease.

The current best screening tool for LQTS, the 12-lead electrocardiogram, is not foolproof. In the meantime, understanding, respecting, and acting upon the warning signs are extremely important.

In any consideration of long QT syndrome, the answers to these two questions may help prevent a sudden death:

Have you ever fainted suddenly, unexpectedly, with minimal warning during exercise or immediately after an auditory stimulus like an alarm clock?

Has anyone in your family died suddenly and unexpectedly before age 50?

Sudden, unexplainable death in someone under 50 is worth looking into. In studying autopsies of these patients, a genetic heart abnormality is found in about 25 to 35 percent. Many of those tragedies had clear-cut yes answers to one of the two questions. If they were known to have LQTS, a personalized treatment program might have been life-saving. - Michael J. Ackerman, M.D., Ph.D., Pediatric Cardiology, Mayo Clinic, Rochester, Minn.

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

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## The Bellevue Hospital Offers New Financial Support System

The Bellevue Hospital announces implementation of a payment process that helps patients know and understand the cost of their medical care before receiving services in non-emergency situations. As part of its financial transparency to the community, TBH acquired a new computer software tool that offers real-time cost estimates for co-pay, co-insurance and deductibles so patients can make informed decisions about their health care.

On Aug. 18, TBH began using the new computer software in the Emergency Department and Outpatient Radiology. Once the new system is tested it will be rolled out to the whole hospital within the next month. "Today, many organizations require payment at the time of service and that includes hospitals," said TBH's Chief Financial Officer Tim Buit. "TBH has expanded its programs to provide additional support to those patients in need and to assist our patients with the opportunity to make financial arrangements prior to receiving treatment," added Buit. "We hope this will provide patients with additional peace of mind and allow them to focus on the healing process." Emergency Department patients will receive care regardless of their ability to pay. Likewise, for those patients who may have difficulty paying their health-care bills the hospital provides several financial support programs including specialized Financial Counseling staff, financial screening for Medicaid and other governmental or local programs application assistance, a 10% prompt pay discount, and payment plans.

"This new system helps connect patients needing financial support with assistance earlier in the process. Additionally, by collecting payments at point-of-service, hospital operating costs are kept down and these savings are reinvested into the facility to pay for technology and care – all of which benefit our community," added Buit.

For questions about how this affects your health care, please call 419.483.4040, Ext. 4888 or Ext. 4223, Monday through Friday, 8 a.m. until 4:30 p.m.

## My Mother's Recipes

By Joanne McDowell

Fall, a beautiful season that heralds winter, that is the part I cannot bear to think about! Not to mention forecasters are saying it is going to be very cold, after such a cool summer I can believe it.

These two dishes are easy to make with the kids back in school and mom and dad at work. When I was raising kids it seems like we lived on casseroles and crock pot dishes, but they are a healthy way to eat and give mom and dad a simpler way to plan meals.

Many of you tell me how much you enjoy my mother's recipes, it is hard to believe it has been five years since we lost her and I began this column. She would be so proud to have a column named after her as she loved reading Lifestyles. She always complained about how difficult it is to cook for just two people, I know that feeling, sometimes it seems that I throw half of our food away!

Love your mothers as you never know how long they will be in your life. Have a fantastic month!

### Easy Cabbage Un-Rolls

1 med. head cabbage  
1 32 oz jar spaghetti sauce  
1 lb ground beef  
1 sm onion chopped  
1.5 cups of rice  
1.5 cups of water  
salt, pepper and garlic powder to taste

Cut cabbage into bite size pieces. Place in a greased 3.5 quart baking dish. Brown ground beef, onion and season. Cook until beef no longer looks pink and drain. Mix in rice. Pour meat mixture over cabbage. Spread sauce over meat mixture. Pour half of the water over the sauce, mix with sauce. Bake at 350 for 1.5 hours, covered, until cabbage is tender. Add remainder of water. Add more sauce if it looks dry. Bake, uncovered for 15 minutes. Serve with mashed potatoes, top with Parmesan cheese if desired. Serves 6-8.

### Crockpot Chicken and Noodles

#### Ingredients

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

#### Directions

Cook chicken, soup, butter, and broth in crock-pot on low for 6-7 hours.  
Take chicken out and shred.  
Put chicken back in; add noodles and cook on low for 2 hours. Stir a few times while cooking.

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# It's best to hang out with cheerful people

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

Most of us enjoy hanging around people who are always happy and full of laughter. They remain cheerful even with bills to pay, children to raise, aging parents to care for, co-worker or boss tensions, work overload...the less of stressors in America seems endless. They seem to laugh everything off.

I guess that's why we enjoy their company, for they teach us that laughter is a free, miracle drug with no bad side effects. It can't be purchased at the corner pharmacy, but can be unearthed from inside ourselves. Research shows that laughing can ease pain, banish tension and worry, put irritating thoughts in their proper perspective, prevent you from taking your life too seriously, and liberate your cloudy mind to think more clearly.

I urge you to hang out with cheerful people and laugh alongside them, for as you laugh more, you'll worry less. As Will Rogers said, "We're all here for a spell; get all the good laughs you can." So, don't let a good chuckle slip by.

We all become what we think about, so if you lament too much and laugh too little, happiness will elude you. Life dispenses pain, problems, dilemmas and uncertainties to almost all of us. There are people in Fremont and vicinity that have none of these concerns, but they all dwell in the local cemetery. As long you walk on planet earth and suck in oxygen, you will have days when you wish the sun could have risen twice.

So, it's best to hang out with people who are in good spirits, even though they have problems just like the rest of us. It's difficult to be somber and laugh at the same time; it's got to be one or the other. The right choice seems obvious to me.

It's true that all of us have mood cycles. Even if your troubles magically disappeared, you would not be happy and laughing every day. Winning a huge state lottery would not free you from feeling less happy than usual from time to time. Recognizing that merriment remains a natural way station between intermittent periods of melancholy may help you come to grips with normal "down days". However, if you pursue happiness, you'll find it more often than not. But, even with a winning lottery ticket, excellent health, a friend to go shopping with and a clear conscience, you will still wake up and face days when you wish the sun could have risen twice.

Having a cheerful and giggling friend illustrates that you do not have to look far to find happiness, for it blossoms from the inside-out. There are many financially well-off people who find it difficult to laugh and who aren't joyful. They, too, could learn much from hanging around cheerful people. It's great to have money to pay off the bills and have all the things that money can buy, but without a ready smile and laughter, they lack the things money can't buy.

Robert Morton, M.Ed., Ed.S. has retired from his position of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership & Policy Studies at Bowling Green State University. Contact him at the Family Journal: [www.familyjournal1.blogspot.com](http://www.familyjournal1.blogspot.com)

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# Omarr's Astrological Forecast

By Jeraldine Saunders

**ARIES** (March 21-April 19): Remain objective about achieving your objectives. A loved one or concerned companion might push a few of your buttons, or you may have the urge to be impulsive and become too emotionally involved.

**TAURUS** (April 20-May 20): If the choice is all or nothing, you might be better off choosing nothing. Your natural inclination is to go along with the crowd, but others may crowd you into a corner. Avoid being extravagant.

**GEMINI** (May 21-June 20): You may be pressured to part with your hard-earned pennies. Peer groups may expect you to make a donation or contribute to a gift fund. Making new investments won't help you realize your dreams.

**CANCER** (June 21-July 22): No generous gesture goes unnoticed. You may have the urge to go to extremes. You might spend a little too much money to impress your friends, or become the target of someone's obsessive amorous attentions.

**LEO** (July 23-Aug. 22): Inspiration is the key that can unlock your potential. The month ahead may offer many opportunities to find new stimuli by reading, meditating, or meeting people who have a lifestyle you can aspire to for yourself.

**VIRGO** (Aug. 23-Sept. 22): An inspired idea of how you can achieve a more prosperous future may be planted this month. All the same, remember that money doesn't grow on trees. Remain on your guard against wasteful spending.

**LIBRA** (Sept. 23-Oct. 22): Passions can pull you in conflicting directions. Friends may be generous toward you, but you might be challenged by a desire to return the favor in excessive ways. A flirtation could become intense.

**SCORPIO** (Oct. 23-Nov. 21): Other people might see the big picture even if you don't. A romantic partner might feed your ambition, but you could be the one who must pick up the tab. Don't be distracted by the social scene.

**SAGITTARIUS** (Nov. 22-Dec. 21): You could be pressured to keep up with the Joneses or make purchases so you fit into a group. Membership dues and mandatory contributions could put a temporary dent in your wallet.

**CAPRICORN** (Dec. 22-Jan. 19): An apple and a snake are not needed to make you fall prey to temptation. You might be attracted to someone that you just can't get out of your mind. Avoid extravagance in thought and deed.

**AQUARIUS** (Jan. 20-Feb. 18): True security involves more than having a few dollars in your pocket and the ability to spend extravagantly. Consider ways to make your future more comfortable and your present success lasting.

**PISCES** (Feb. 19-March 20): Bonds strengthen over time. Perfect attunement might be developing with a new friend. You may gain acceptance in a group, but avoid rushing the process or forcing growth. Confidence grows all month long.

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# The Kid's Doctor

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

## Could your infant be allergic to baby wipes?

Most parents with young children find themselves wiping their children's faces several times a day, at the minimum. In the "olden days," I remember my own mother swabbing my cheeks with a bit of spit on her finger when there was nothing else available. (I swore I'd never do that myself, but, of course, never say never!)

Today, most parents have the luxury of using a wet wipe/baby wipe rather than Mom's spit or a wet washcloth in a plastic bag.

This may not be the perfect solution, however. There have been several reports of an allergic contact rash developing in some children who've had their faces cleaned with wet wipes. And the problem isn't confined to kids. It seems people of all ages are now using wet wipes to wash their hands and faces. They travel well and are being heavily marketed for their convenience.

It seems that the culprit in these new cases is methylisothiazolinone (MI) a chemical found in certain brands of wet wipes. Previously, baby wipes contained a lower percentage of MI, but in recent times the concentration of MI has increased by more than 25 times, as it was not thought to cause sensitization.

This small study of eight children, and another study from Australia also showed that once the children stopped using the wipes, the "mystery" rash resolved.

The American Contact Dermatitis Society has named the chemical MI the contact allergen of the year. Somewhat like being named "most likely to succeed"

Doctors and parents need to be on the lookout for unusual rashes that appear to be red, eczematous and sometimes impetiginous, that don't resolve with usual treatment. It might be worth looking at what kinds of wipes your family is using and if they contain the chemical MI (which may also be found in some soaps and shampoos).

In the study, all of the patients had rapid resolution of their rash, within about two days, after discontinuing the use of wipes. Most of the children had experienced symptoms for 1-12 months before being appropriately diagnosed.

Who knew spit would be better tolerated!

(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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**Q:** I've read that apple cider vinegar be used as a supplement to assist with dog health. Is this true? - H.W.

**A:** According to some reports, apple cider vinegar is everything except, maybe, the fountain of youth. Some websites proclaim that apple cider vinegar improves digestion, as well as teeth and gums, prevents skin problems, assists infections to heal, wipes away tear stains, can serve as an appetite stimulant in sick dogs, and helps improve immune systems. (Presumably, for skin problems, diluted apple cider vinegar is wiped on the PET'S coat. To remove tear stains, similarly wipe with diluted apple cider vinegar. For all other benefits, add to the dog's food or water.)

The problem is, there's no scientific evidence to verify these benefits (except the tear staining, which perhaps apple cider vinegar is effective for, but it may also irritate some dogs).

Dr. Jill Cline, a Ph.D. nutritionist and nutrition insight manager at Royal Canin pet food, says, "I am aware that apple cider vinegar has become an area of keen interest for some holistic-type veterinarians. The good news is that there's no data to demonstrate that it's harmful (as long as the product is diluted), but then there's no data to show that apple cider vinegar is beneficial."

However, there is data to validate that coconut oil (another current craze) is beneficial to coat health and has shown to benefit dogs with cognitive dysfunction syndrome (an Alzheimer's-like condition). It remains unclear but seems possible, if not likely, that coconut oil could also help with gastrointestinal issues and support immune health. In

fact, not surprisingly, coconut oil offers benefits to human health, as well.

**Q:** Our 15-year-old cat was diagnosed with hyperthyroid disease. She also has liver problems, which we treat with Zentonil. Since she began taking the drug, she's stopped eating her special prescription food for hyperthyroid cats, called y/d. I can't give her another food, or add anything to this food because you're not supposed to do that if your cat is on y/d. Her breath smells terrible, but I don't know this is due to her teeth or the liver problems. What can we do? - N.L.

**A:** Veterinary endocrinology expert Dr. Mark Peterson, of New York City, explains that cats with hyperthyroid disease may indeed also have high liver values. He wonders, therefore, if you're checking the thyroid levels often enough to insure effectiveness of the diet to control your cat's disease.

"What you're smelling might indeed be dental disease, as you suggest, or even kidney insufficiency. So, aside from a dental check, kidney values must also be looked at," Peterson says.

And you're right, a cat on Hill's prescription y/d cannot have any other food or any treats. As for your cat's apparent lack of appetite, it's unlikely this is related to the Zentonil. Dental issues may be an explanation, or perhaps your cat is just tired of the prescription food. Peterson suggests.

The best solution may be to ask your veterinarian about another option to treat hyperthyroid disease. One choice is called radioactive iodine (the cat would have to remain hospitalized several days for treatment). Only specialized vet-

erinary hospitals offer this treatment. Radioactive iodine works, typically curing the disease.

Another option is medication, which your cat would then take for the remainder of her life. When the thyroid is monitored regularly, the medication is effective at controlling the disease. Surgery is a third option, and cures the disease, but is rarely done anymore since these less-invasive options became available.

**Q:** I've always wondered, just as I recognize my friends' voices on the phone, can dogs recognize one another's barks? - P.G.

**A:** We know dogs recognize each other's barks through observation. Let's say you're out in a field, and a familiar dog barks in the distance, but at a place where your dog can't see the pet. Your dog will go running in the direction of his barking friend. If a strange dog barks, your dog may stop what he's doing for a moment, but won't go running with excitement.

And, by the way, dogs recognize our individual voices. However, their ability to do so is limited. Dogs do far better at recognizing hand signals than our voices when it comes to training.

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



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## Obsession with perfection won't help career

**Q.** When I make mistakes at my office, I'm my own worst enemy. I replay my errors, talk about them when I get home, and some nights even dream about what I did wrong. My boss is perfectly happy with my performance, but I see how I can do a better job. I'm driving myself up a wall with perfectionism and am afraid it will start to affect what I do. How can I snap out of picking myself apart?

**A.** You can snap out of picking yourself apart by seeing that you have a sort of emotional anorexia. Instead of thinking you are fat, you believe you are completely incompetent, despite plenty of evidence that you do an excellent job.

Part of this type of perfectionism is fueled by a brain this is overly anxious. When the brain is flooded with fear, people seek control and believe that only being perfect will keep them safe.

The truth is you are never safe from problems. No matter how competent or lucky or careful you are, the world is full of unexpected adversities. The only safety is learning to trust that you can cope with what is thrown your way - not to believe you can avoid all problems.

If, in addition to your perfectionism, you notice you have trouble sleeping and are often irritable and high strung, consider whether seeing a psychiatrist to consider an anxiety medication might be helpful. Psychiatry is truly just not for people who are "crazy." Psychiatrists understand the ins and outs of the human brain and how to optimize our unique wiring.

There is no reason to suffer with your compulsion of perfection if it turns out that part of the reason for it is brain chemistry.

Obviously, the other part of your challenge is to figure out how to stop hammering yourself intellectually and emotionally about every misstep you believe you made. The answer here is to shift your focus away from beating yourself up.

Make a habit when you get home to start your evening by reviewing every right thing you did during the day. You can write things down or tell your family about what you did well.

Make a bargain with yourself that you will limit your self-criticisms to five minutes after work. Make your usual list mentally or in writing and shift your intellectual focus.

In tandem with changing what you focus on, consider your deepest fear that you are inadequate. Let's say you are inadequate. Is your imperfection really the end of the world? If you look around, you'll see lots of imperfect people having fairly enjoyable lives despite their flaws.

Sometimes we live our lives in the shadow of a fear we refuse to name and face. We think we wouldn't survive an encounter with our deepest fears. The truth

is that by facing our nightmares we have much better odds of not dreaming about them at night and not living them during our workday.

### The last word(s)

**Q.** I work with a person who seems to be a professional at fomenting power struggles. I'm exhausting with fighting with him. Is there anything I can do to escape his next battle with me?

**A.** Yes, the next time he starts a power struggle, make sure he's the only one who needs to be right. He'll find it impossible to fight with someone who isn't interested in being right.

*(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](http://www.interpersonaledge.com) or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.)*

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# Classifieds

## WANTED

**VENDORS WANTED** for Holiday Craft & Vendor Show to benefit the Humane Society of Sandusky County Event is Saturday, Nov. 1 at the UAW Hall in Fremont \$25 per space. For more info & application, contact Deb @ (419) 552-5389 OR gotwickless@aol.com Visit us on FB at HSSC Holiday Craft Show

## SERVICES

**Dust Free Cleaning** for your fall cleaning needs! Kids headed back to school, call us to clean up the house. Rates, \$12 per hour, 4 hour minimum, references, insured, call 419-603-6667.

## FOR SALE

**For Sale:** Washburn guitar (barely used) with extra strings, pic, guitar lesson book/CDs, amp and guitar polish/string cleaner. \$125 contact Jamie @ (419) 307-2324

## HELP WANTED

o you love animals? Don't mind cleaning up after them? Shelter kennel worker needed at HSSC, 2520 Port Clinton Road in Fremont. This is a dirty, hard working position where only the truly animal loving worker need apply! Some weekends and daily 8-5, minimum wage to start. Apply only if serious, between 1-4 daily. No phone calls please.

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