

2000 Lifestyles



Free

Vol. 17 Issue 9

September 2015

www.lifestyles2000.net

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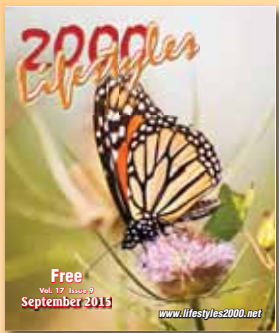
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For more information, or to locate a provider near you, please call Community Health Services at (419) 334-3869. You can also visit our website at www.fremontchs.com. Like us on Facebook for updates, healthy recipes and news about upcoming events.



COMMUNITY HEALTH SERVICES

WE CARE.



Lifestyles 2000

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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 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.

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.

Thank you to all those who supported our last fundraiser with Grandma's Backyard BBQ chicken dinners. They were delicious!

With summer over, we are sending out a reminder of the 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.) Don't forget to visit our website www.campfirefremont.com or like us on Facebook!



Camp Fire

Light the fire within

A United Way Member Agency

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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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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

I really don't want to think that fall is almost here because that means winter is coming... and I hate winter!

We have some really good local writers in every issue; Kelsey Nevius has been writing about her experiences as she travels our area; Adam Herrera is our new computer guy and Bob Morton knows how to bring up our spirit. We love Ms. Grace and her philosophy of life; Helen Marketti appears to know all there is to know about rock n roll; Robin and Gena's life on the marsh is never boring. Robin's beautiful cover photo is just one example of her work, you can visit her website at <https://www.etsy.com/shop/DuckMarshStudio>. And last but not least, Christine Timko-Grate whose mother created Betty's Salad which makes Chris our expert on recipes.

Enjoy our September issue and remember to support our advertisers.

Joanne



There were almost 200 entries in August, one of our biggest months this year, which means it was too easy! If you haven't found him yet, look in the Swim Rite ad.

Find Pete Winners

Winners are: Jessica Stacy, Susan Felder, Chloe Herrera, Bellevue; Ray Fruth, Tiffin; Vicki Cooper, Bonnie Kistler, Clyde; Lana Redding, Pat Gnepper, Katie Reyescruz, Bill Herr, Krista Kidd, Ada Williams, Eugene Hasselbach, Fremont; Traci Parlow, Oak Harbor.

"Celebrating 16 Years: Aimee Mongeau, Tiffin, Renee Ross, Bellevue, Holly Anderson, Green Springs, won the pass for 6 to African Safari. Therese Whitcomb, Linda Gegorski, Patrick Hick, Fremont, Joanne Jenne, Green Springs, Miller Boat Line tickets. Thanks for "Celebrating" with us these past few months.

Find Pete Prizes

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

Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: lifestyles2000@sbcglobal.net, please include your name and address in the email. One entry per household. Deadline is the 20th monthly. Please do not send us the ad.

Tyler's Travel Pass/ Jay Cullen Travel Pass

Lisa Celek

Sandusky County Board of Developmental Disabilities is proud to introduce "Tyler's Travel Pass" Program. Tyler's Travel Pass is a program that will allow residents living within the Fremont City School District or Woodmore Local School District and served by SCBDD to receive a free pass to all home athletic events, plays and musical performances. Bishop Hoffman Catholic School System has also agreed to offer the same program, but has entitled their program, The Jay Cullen Travel Pass and will be available to any Sandusky County resident who is being served by SCBDD, regardless of school district.

SCBDD has partnered with Fremont City Schools, Woodmore Local School District and BHCS to make this program a reality for our county. The program, which originated in Lucas County, is a new initiative to relieve the financial burdens of those with a developmental disability that are living on a low or fixed income and may be challenged by paying entrance fees to attend community events. This program will encourage limitless opportunities for community inclusion and participation.

Tyler Wiley, a graduate of Rogers High School in Toledo, came up with this initiative. Tyler, who has Down's Syndrome, was involved in many extracurricular activities while in high school and loved cheering on his favorite sports team. Upon graduation, his devotion to sports continued, especially with two brothers now playing sports. On his limited budget working at Shared Lives Studio in Toledo, he found that attending all the events that he enjoyed was draining his salary. He told his mother that he wanted to change that, and he did. In November 2014, Tyler approached TPS Board of Education and presented his proposal- asking the Board to allow people who have a developmental disability to attend TPS events free of charge. He not only presented his idea, he followed up on it relentlessly with emails, text and phone calls to Board members pressing them to pass the resolution. The Board members coordinated with Lucas County Board of DD and the resolution was unanimously passed in December 2014. The Board honored Tyler by naming the Pass after him, and he was issued the very first pass in January 2015.

So, what does this mean for you? If you live within Fremont City School District or Woodmore Local School District limits, and are served by SCBDD you will be eligible to receive a Tyler's Travel Pass for home athletic events, musical performances and plays put on by students of that district. The Jay Cullen Travel Pass will be available for individuals being served by the SCBDD and live anywhere in Sandusky County for SJCC events. Simply contact your SSA and tell them that you want to apply for Tyler's Travel Pass and/or Jay Cullen Travel Pass. We will verify eligibility and issue you a pass. If receive services from SCBDD, but do not have an SSA, contact Lisa Celek, Community Outreach Coordinator (lcelek@scbdd.org or 419.332.9296 ext 131) to apply. When you receive your pass, you will just show it at the point of admission.

The program is only in place for Fremont City Schools/BHCS and Woodmore Local School District at this time, but we are working on extending the program to other school systems within Sandusky County. We will keep you updated on our progress.



In Your Own Backyard

Reiki Circle Group: September 8, The Bellevue Hospital, Conference Room A & B, 6- 9 PM. Chakra balancing helps with many negative conditions which cause concern, such as anxiety, panic, depression, grief, addiction, insomnia, bereavement, physical ill health and more. It also helps in positive situations which can be creating stress, such as marriage, house move, promotion, job change, birth, celebrations and so on. Chakra balancing creates balance in the body's energy system which in turn achieves balance throughout the mind and body.

As, we begin to feel better, more positive, and more energetic this promotes better health.

If you haven't heard of chakra balancing now is the time to join us because we are just beginning on the Root Chakra. If you have been attending regularly and doing yourself home treatments consider what chakra level you are at and write down any questions you may have. Don't forget to practice your Reiki self healing positions for self Reiki healing and get out and enjoy just being.

We will continue to go through each of the seven chakras. Each chakra interact with the physical body through two major vehicles, the endocrine system and the nervous system. Each of the seven chakras is associated with one of the seven endocrine glands, and also with a group of nerves called a plexus. Thus, each chakra can be associated with particular parts of the body and particular functions within the body controlled by that plexus.

The Clyde Heritage League will celebrate Sherwood Anderson Day on Sunday, September 13 at the Clyde

Museum. The museum will be open from 1-3pm with a dynamic presentation by Frank Weasner of Clyde portraying the Reverend Curtis Hartman from the book Winesburg Ohio at 2pm. Dorothy Cox, author of The Boys from Clyde, released last September at the museum, will meet with visitors. Books are autographed and available for sale for \$10 (tax included) Exhibits, refreshments, and party favors. There is no charge to attend the event.

Mt. Carmel Church: Sept. 19, Pet Parade downtown Clyde during the Clyde Fair, Starts at noon, prizes for all entries. 419-483-5415. **KIDS ALIVE-** Starts Sept 22-Jan. 2016, every Tuesday after school from 4:30-6:30pm, pre-school-6th, games art, dinner, songs, Bible stories & worship. Craft Show Sept. 26, 2015 from 9am-3pm, Bake Sale, Homemade lunch, Great homemade pies, Door prizes. For info call Sharon @ 419-547-0106.

Gibsonburg Farmers Market in downtown Gibsonburg, Saturday, Sept. 12th, at the log yard. Crafts, baked goods, seasonal fruits/vegetables and more. Vendors welcome. For more info contact Mary at 419-637-2257.

Lindsey Village Farmer's Market: Second Saturday monthly through Oct., 9-noon in the Village Park on Main Street.

The Fremont Ross Lady Giants Volleyball team would like to invite the community to our 6th Annual Hitting to Heal "Kids Helping Kids" charity volleyball game Tuesday, September 29th. The Lady Giants will be taking on the Lady Redskins

of Port Clinton with games beginning at 4:30. This evening will once again benefit Alexa's Butterflies of Hope, The Alexa Brown Foundation. This foundation helps the families of kids diagnosed with Juvenile Cancer as a result of the Clyde Cancer Cluster. The Fremont Ross Lady Giants and the Port Clinton Lady Redskins believe it is an honor to help raise funds that support this foundation and help the families of these brave children! Events that night include Freshmen, JV & Varsity games, T-Shirt Sales, Door Prize and a Themed Basket Raffle. T-shirts will be sold in advance starting September 14th in the Fremont Ross High School office and Athletic office. Wear the t-shirt to the game and get in for free! Please join us and help these "Kids Helping Kids" help a community!

Fremont Area Women's Connection: "THE TIES THAT BIND". Luncheon and Program at Anjulina's Catering, 2270 W. Hayes Ave., Fremont on Tuesday, September 8, luncheon at 11:00 am – 12:30 pm . Cost \$12 (incl) Our Feature will be Laura Lamalie, Fremont. Laura is a retired teacher that has collected at least 80 aprons over the years . . . PLEASE WEAR YOUR FAVORITE APRON! Our Speaker will be Carol Yanico from Brooklyn, Oh. Her subject is "My Priceless Security Blanket". Carol is a twin and retired elementary school teacher. For luncheon and free child care, please call by Sept. 3 – Donna at 419-680-2251 or email Carroll at fawcluncheon@gmail.com.

Sept. 5: 10th Annual Car/Truck Show, The Mad River Railroad and NKP Railroad Museum. 253 Southwest St, Bellevue, 9am – 3pm.

Sept. 5: Wine & Cheese Tasting Fundraiser, N. West Street, Bellevue, noon-7pm. Sponsored by the Bellevue Historical Society, all proceeds go to the revitalization of the Tremont House on Main Street in Bellevue. \$10 Admission, includes a glass and 5 tastings (Must be over 21 to enter) Food Raffles, Art Show.

Sept. 5, 6, 7: SCRAP Show White Star Park, 960 Twp. Rd. 60, Gibsonburg. 8am-dark Admission: \$3 per person. Tractor & gas engine display, flea market, crafts, food, entertainment, tractor pull, music, 5K run, Saturday morning poker run, kiddie tractor pull, auction on the 7th Pennsylvania Built Engines Consignment Auction Monday, September 7. S.C.R.A.P. Contact: 419-307-4265 www.S-C-R-A-P-INC.org.

Sept. 7: Fremont Labor Day Parade, Downtown Fremont, starts at 10am.

Sept. 12-13: 2015 Pioneer Days @ Historic Lyme Village 10am-5pm, 5001 St. Rt. 4 Bellevue. Historic Lyme Village Pioneer Days depicts life in the Firelands from the arrival of the first settlers, in the early 1800's, to the early 1900's. Visit with actors playing the part of historical figures, experience the Civil War camps, enjoy food music and more! \$6 for adults and \$4 for children 6-12; visit <http://www.lymevillage.org>.

Sept. 19: Ralph's Joy of Living Farmer's Market, downtown from 9am to 2pm.

Sept. 26: Woodville Farmers Market, Main St., 9 to 1.



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It's Library Time: Relax and Enjoy a Good Book

Fall can be a hectic time with new classes, yardwork, planning for the holidays, and an endless list of must-do items. When you feel the need to escape from all the hustle and bustle, treat yourself to a time-out at the Birchard Public Library. Nothing is more relaxing at the end of a busy day than curling up on the couch with an afghan, a good book, and a cup of your favorite hot beverage.

Not sure what to read next? Here are just a few of the titles that readers are raving about.

BIG LITTLE LIES, by Lianne Moriarty. An elementary school fundraiser turns ugly when some tipsy parents get into a shoving match and someone ends up dead. Was it an accident or murder? Who was the victim? And, is there anybody in this town that doesn't have a deep dark secret?

LEAVING TIME, by Jodi Picoult. Alice disappeared while working in an elephant sanctuary. Ten years later, 13-year-old daughter Jenna is trying to find her mother by enlisting the help of a has-been private detective, an infamous psychic, and her mother's journals. Clues start falling into place as this twisty tale heads toward an unexpected conclusion.

THE GIRL ON THE TRAIN, by Paula Hawkins. Rachel lost her job months ago and is sinking deeper into an alcoholic haze, but she still takes the commuter train everyday to spy on her ex-husband, his new family, and his perfect neighbors. When the neighbor turns up missing, Rachel finds she is the chief suspect. Is she guilty or not? If you loved **GONE GIRL** you won't want to miss this chilling tale.

THE GOOD DREAM, by Donna VanLiere. Tennessee: 1950. Thirty-something Ivorie Walker is lonelier than she could have imagined following the death of her mother, and starts thinking about pursuing a little male companionship. A scrawny, dirty-faced little boy who is raiding her garden to survive is not what she had in mind.

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Out to Lunch

By Lynn Urban



Plank Town Tavern

I've made many trips to Columbus in my day, and always when passing through McCutchenville, I've wondered about that little old tavern on the right. Well it's not so little, but it is old, at least the front half.

The Plank Road Tavern and Restaurant is a lovely old bar with the original brick walls and dates back to the 1800's. A larger more modern dining room was been added on to the back sometime over the years. While we were there for lunch on a Sunday, the restaurant filled up quickly with the local after church crowd. I suppose it was for the delicious Sunday special, which happened to be homemade baked chicken, mashed potatoes, gravy, and succotash.

The Plank burger, at \$9.95 with sauteed mushrooms, onions, swiss, and steak sauce, sounded really good, but it was a half pound, way too much. I settled for the Plank Road Club, off of their large menu. It was stacked with ham, bacon, and swiss, and served with deep fried potato chips. That with a cup of their homemade soup was good and filling.



Dinner selections include steaks, ribs, pasta, and fish, (fish is all you can eat on Fridays). The breakfast menu covered anything you'd want from omelets, egg sandwiches, sausage gravy, and a special french toast topped with whiskey sauce and nuts. The breakfast

prices start at just over \$2.00 and go up to \$7.00.

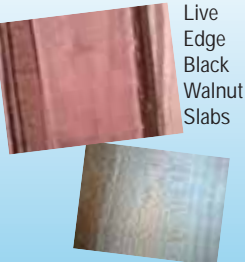
For dessert their signature whiskey sauce is also used as a topping for ice cream and the homemade bread pudding, which I had to try for only \$3.75. It was warm and wonderful.

When the owner came over to the table, I told him I had always wanted to stop there, he laughed

and said why didn't you, and I thought, yeah, why didn't I? Well, now I'm glad I did.

Hours are 8:30 am during the week, 7:30 am on Saturdays; 9:00 am on Sundays and they are closed on Mondays. Sunday and Tuesdays open until 2:00 pm; Wednesdays and Thursdays until 8:00 pm and Friday and Saturday until 10:00 pm. See ya there!

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Pemberville Free Fair



By Kelsey Nevius

It's the time of year that both children and college students dread the most. It is finally the end of August, and as summer turns slowly to fall, it also brings back to school season. Sadly, summer events come to an end as they are replaced by back to school sales and colder weather. With all of that said, I cannot leave summer entirely without one of the most anticipated events of the season. This event that I'm talking about is, of course, the fair.

For my last summer event, I went to the Pemberville Free Fair. This fair has always been close to my heart because I always went as a child. This particular fair ran from August 12 through the 15 this year. The Pemberville Fair is also very special because it is; you guessed it, free to enter. Though it is not as big as the county fairs coming later in August, it is not small in any means. They have their own Fair Royalty and even a parade on the last day of the fair that features antique vehicles, the Eastwood High School band, and floats from Churches and other organizations or youth groups.

Pemberville Free Fair also had a variety of animals. Flower, photography, produce, and quilt shows are also featured in a few of the barns at the fair. And of course, the pinnacle of the fair is its food. The usual staples, like fried cheese curds and corndogs, had stands all around the fair. The Pemberville Fair had a number of events as well, and a lot of activities geared towards children. When I went on the 12th, they had a large tent dedicated to



Bingo that was filled to the brim with people. They also had events like the Cornhole Tournament, a Kids Zone that included face painting, clowns, and a costume photo shoot, and a Sidewalk Chalk Art competition.

The Pemberville Free Fair is such a wonderful and cost free fair, but it gets overlooked so often. It offers fun for children and adults alike, and honestly, who doesn't like to top their summer off at the fair? Though the Sandusky County Fair is a tried-and-true staple for Fremont, be sure to check out the Pemberville Free Fair when August rolls around next year. I guarantee you won't regret it.

Just like Sandusky County's fair that is housed in Fremont, the



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Computer Geek

Last month I touched on what to look for when you want to purchase a tablet. This month I am going to talk about laptops. So the first question is "Why do I need a laptop if I already have a desktop?" A laptop computer is very convenient. You can take a laptop computer anywhere that you want to go. A desktop usually sits in a computer room or a specified location. A laptop can sit on your lap, if you wish to do so, and work great when flying. If you purchase a laptop that is the same model as your desktop, then more than likely you can transfer files with little difficulty between the two. That means that you can access your files on both! Almost all laptops today come with Wi-Fi already built in which means that you can access the internet from anywhere. You will have to find a Wi-Fi Hot Spot while away from home though if you don't already own an air card. Laptops are the best of both worlds, they are portable and can do everything that your desktop can do.

Laptops are also the best thing to get for a college student. With September being the busiest month for college students entering their first year of college life, they will love the convenience and accessibility of a laptop. Most colleges and universities require all students to have some sort of computer/internet access. Usually the college will have campus-wide Wi-Fi so accessing the internet from campus is easy.

If you are looking for a reliable, inexpensive laptop then I would have to say that the HP Stream 13 is a very good choice. According to PCMag it ranks up there in the top 10 of laptops. Next month I will be talking about those nasty things that can make your computer sick-Viruses. Have a great month!

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Fashion, Friends & the Fund

The ninth annual, "Fashion, Friends & the Fund" will be held September 20 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 viewing of merchandise that will take place from 1-3 PM.

Returning this year is the "Purse-Plus" theme that will feature purses/totes that will include special items to be auctioned during the silent auction. Additionally, more purses/totes, accessories and other special items will be available through the very popular "Lucky Lady" drawings. Hand-painted wine glasses that were a popular attraction last year will again be available to purchase. This year, various size glasses will be available to purchase and will include a glass of wine. Celebrity waiters will be ready to assist with the buffet of tasty appetizers and sweets and to sell helium balloons as a new attraction this year that will be filled with surprises.

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.

Guardian Sponsors this year include: Beck Suppliers/Friendship Food Stores and The Bellevue Hospital; Advocate Sponsors: Crown Battery and Style Crest; Supporter Sponsors: Eye Centers of NW Ohio, Fremont Federal Credit Union, KF Construction & Excavating, LLC, ProMedica Memorial Hospital and Sprouse Insurance. Numerous businesses, individuals and organizations have donated items for the silent auction and other fundraisers.

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 9 by calling the United Way office at 419 334-8938. Credit cards can be accepted the day of the event for purchases over \$50.



Robin Arnold



Gena Husman

We have a monarch chrysalis hanging from the bottom of one of the curtains near Robin's computer desk. We know what you're thinking--but we do clean house frequently. This one was an escapee....

You don't have to put on your hiking boots and trek the "back 40" to enjoy nature. Some of it you can safely bring inside and watch from the comfort of your easy chair. For the past few days we've been glued to the front of a ten gallon aquarium/critter tank sitting on Robin's computer desk, watching a miracle of nature--the life cycle of the monarch butterfly. We're trying to help save these butterflies which have become classified as a "near threatened" species. In addition to providing food for some birds, monarch butterflies are diminishing in numbers due to global warming and climate change, habitat loss in the U.S. and Mexico resulting in forest fragmentation and loss of areas in which milkweed (which is their food supply) can grow, and agricultural use of herbicides which destroys the milkweed plant.

The grade school science project of raising and studying the life cycle of monarch butterflies may be part of the key to their survival. Over the past few years there have been several efforts made to help assure the survival of the monarchs by finding the caterpillars and raising them inside, releasing them when they emerge as adult butterflies.

During the second week in August, Robin set out on a solo mission to search the milkweed plants on our property and collect some monarch caterpillars (larvae) to bring back and raise inside. For the record, I didn't go with her because I'd just had foot surgery and had to limit my activity. (I included this because I know my doctor reads our articles and I didn't want him to think I was out running around the marsh right after surgery.) She brought back six caterpillars of varying size and a whole handful of milkweed leaves--which were mostly chewed up by the next morning. They are VORACIOUS eaters--their food supply has to be replenished every day.

Robin placed a few small twigs in the tank with them--but it didn't seem to matter where she put them...the first caterpillar headed straight for the screened lid at the top and proceeded to form its chrysalis. Of

Kicking Back and Watching Nature From Inside

course, we weren't present that time and missed the whole thing. To make matters worse, it's a sliding lid and the chrysalis is at one edge so Robin couldn't slide the lid open to put leaves in or clean the caterpillar droppings out. She ended up prying the lid open which left a gap through which our little escapee escaped....and that's why we have one hanging off our curtain.

We did witness our miracle the next day. As awesome as an adult butterfly is emerging from the chrysalis, we think it's equally--or more--awesome watching the caterpillar enter the chrysalis (pupa) stage. Monarch caterpillars go through five molts as they grow larger; the fifth molt forms the chrysalis. Sometime during the day one of the caterpillars had spun a silk "mat" and it was from this mat that it hung downward--we couldn't tell if it was suspended from the front end or the rear end since there are a pair of black "filaments" at both ends. Suddenly, as if by magic, a thick green liquid appeared from the hanging end and flowed up the entire caterpillar body, engulfing it within two or three minutes. A miracle was taking place right in front of our eyes. And then...

"Oh, no! His head just popped off!" (Turns out it was its butt, but we didn't find that out till later.) We looked at each other in open-mouthed disbelief. From the lid of the tank hung a perfectly-formed sea-green pouch with fine black lines and glimmering specks of gold, where only a few moments ago a caterpillar hung suspended.

Within about ten days, the whole structure of the caterpillar--organs and all--will be digested and reorganized into the adult butterfly. If this is the third generation of monarchs (the generation that populates much of North America during the summer) they will live about two to six weeks. The fourth generation monarchs, the ones that will migrate south for the winter will



live six to eight months--long enough to make the long trip south and start the first new generation in the spring. And then they, too, will die, but not before they've started the cycle all over again.

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"Grate" Treats & Eats

By: Chris Timko-Grate

I just couldn't wait until summer got here and now I am already writing my September column, what happened to summer? It started so late this year with no nice weather till the middle of July so I am hoping we have a nice long Indian summer before we have to start thinking of that really cold weather that will be coming our way. I don't think any of us are ready for that cold and snow!

This month is full of days to celebrate and we start with Labor Day on September 7th. Labor Day is still a big grilling holiday so I have included another grill recipe to try. A chicken breast with a creamy bleu cheese sauce that you can put not only on chicken but a big juicy steak and all sorts of vegetables! Then a yummy dessert if you are a peanut butter lover. I am a peanut butter lover, at night when I want something to snack on, I grab a teaspoon and help myself to a scoop of peanut butter. And of course one of my all-time favorites is a grilled peanut butter and jelly sandwich and it has to be on white bread. My Mom made that for us kids for lunch a lot and I still love that warm creamy peanut butter! This Peanut Butter Cream Pie recipe will be a hit at any get together! It is a refreshing dessert after a great grilled meal, or anytime!

Enjoy the recipes and enjoy your Labor Day weekend, along with Patriots Day on the 11th, thank a veteran for their service and our freedom. Then tell your Grandparents you love them on the 13th, and enjoy the first day of autumn the 23rd and the beautiful colors that come with it!

Chicken Bleu Cheese with Asparagus

1/2 cup heavy cream
2 cups fresh bleu cheese, crumbled, plus
1/4 cup crumbled for garnish
1 tablespoon cornstarch
4 tablespoons water
2 tablespoons red wine
2 tablespoons butter
4 boneless, skinless chicken breasts

Seasoning: one teaspoon each: granulated garlic, white pepper, paprika, and salt

16 spears of asparagus, rinsed and dried

Pour heavy cream into a heavy bottom saucepan and heat over medium heat

until hot, but do not boil. When cream is hot stir in half the crumbled bleu cheese and cook until cheese is melted, stirring occasionally. Add remaining bleu cheese and repeat the process until cheese is melted. Mix the cornstarch with the water and add to blue cheese sauce, cook for 4 minutes over medium heat, stirring occasionally until it starts to thicken. Add red wine and set aside, keeping warm. If it should get to thick will you are fixing the rest of your meal just thin down with a little half and half. Heat grill to medium heat about 325 to 350 degrees

Rinse and pat dry the chicken breasts. Trim any fat from breasts, and brush with melted butter. Season with half the spices and grill until done. Clean and snap bottoms of asparagus spears off where they are discolored and dry. Then brush with butter and sprinkle with rest of seasoning. Just before chicken is done add asparagus to grill and grill till done but still firm with grill marks on it. Place a chicken breast on your plate top with 4 asparagus spears and drizzle with bleu cheese sauce. Sprinkle a little blue cheese crumbles on top! Yum!

Peanut Butter Cream Pie

1 large package vanilla pudding and pie mix – not instant

2 cups milk

1/2 cup crunchy peanut butter

1 pint heavy cream

1 9-inch pie shell, baked

1 banana sliced

Whipped cream, sweetened with powdered sugar to taste

Chocolate syrup or sauce Magic Shell works well

1 tablespoon ground walnuts or pecans
Follow the directions on the package of the pie mix, cooking with the milk and peanut butter. Cool. Whip half the cream till stiff peaks form and sweeten with powdered and then fold gently into the pudding mix. Fill the pie shell and freeze.

About an hour before serving, remove the pie from the freezer. Whip and sweeten remaining heavy cream. When ready to serve, slice banana on top of each pie slice, top with additional whipped cream, add the chocolate syrup or sauce and the ground nuts.

Send me your comments, suggestions and your recipes to ChrisTimkoGrate@roadrunner.com



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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Spontaneous acts that spring from a sincere desire to please will warm your heart. Relationships take a turn for the better, so enjoy more peace and understanding with loved ones and friends.

TAURUS (April 20-May 20): Get up to speed. Let your mind race ahead and visualize tasks, projects, or desires in advance so it's easier to act quickly when necessary. You're at your best when paired with like-minded people.

GEMINI (May 21-June 20): Take action when action is called for, you'll be driven to make your dreams a reality. This may be the perfect time to begin an exercise regimen or start an artistic or creative project.

CANCER (June 21-July 22): You won't win unless you enter the race. Someone may offer a challenge that encourages you to work harder than usual. If you're willing to be a strong teammate, more will be accomplished.

LEO (July 23-Aug. 22): With energetic Mars traveling through your sign, you're fearless about getting your way. You refuse to be a mere bystander when you see an unfair situation. Take dynamic action when faced by a challenge.

VIRGO (Aug. 23-Sept. 22): Stir things up. If one thing won't work, another will. This is a good week to test out new theories and experiment. Your claim to fame might be built on the ability to lead others and serve as a role model.

LIBRA (Sept. 23-Oct. 22): You sometimes find it difficult to compete because you fear hurting someone's feelings. However, to achieve important objectives, it may be necessary to fight for the lead and charge ahead.

SCORPIO (Oct. 23-Nov. 21): You deserve to have your fair share. Others might camouflage their true purpose behind a veneer of social niceties, don't be bashful about insisting on fairness and reciprocity in every transaction.

SAGITTARIUS (Nov. 22-Dec. 21): Take your cues from people with educated opinions. It's wise to be skeptical of anything that seems to be too good to be true. Ask for a referral to a friend of a friend if you need guidance or advice.

CAPRICORN (Dec. 22-Jan. 19): Opportunities for improvement are created when problems are presented for you to solve. Each small challenge you face will help you develop and overcome your most obvious weaknesses.

AQUARIUS (Jan. 20-Feb. 18): You have a knack for getting things accomplished. Even the strongest competition will respect you because you deal fairly with everyone. Apply logic to make a useful purchase.

PISCES (Feb. 19-March 20): Put forth the extra effort. You can make your fondest dreams come true if you add a little elbow grease to your imagination. Hook up with someone who can help you widen your horizons.

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Soroptimist Club to hold TRAP Event

The Fremont Soroptimist Club is continuing the fight to end relationship abuse. Their TRAP program, teen relationship abuse prevention, was formed to bring awareness to Sandusky County. Dating violence is a real problem in our community and every community across Ohio. National statistics tell the story

- One in three adolescents is a victim of physical, sexual, emotional or verbal abuse from a dating partner
- Nearly 1.5 million high school students nation-wide experience physical abuse from a dating partner
- One in 10 high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend
- Violent behavior typically begins between the ages of 12 and 18
- Only 33% of teens who were in a violent relationship ever told anyone about the abuse

On September 15th the club is bringing in Johanna Orosco-Fraser to speak to students at Fostoria and Lakota High Schools about teen dating violence. Johanna is a survivor of dating violence from the Cleveland area who will share her harrowing story with the students. She has appeared on Oprah Winfrey, 20/20, Dateline and was on The View with Vice President Joe Biden. Her story of survival is quite remarkable and one she is willing to share with young people to help prevent dating violence.

The Fremont Soroptimist Club has presented speakers to six high schools previously. The goal of the club is to **BREAK THE CHAIN** of teen dating abuse.



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Helen Marketti's Music Corner

Henry Diltz



We have undoubtedly poured over favorite album covers, concert photos, and music magazines to absorb details of the images. When we see a certain photo, we are taken right back to that moment in our lives, how we felt, the music that was playing and what was going on in our lives. Henry Diltz, music photographer can be given credit for many of those iconic images that we have seen and come to know as an old friend.

"I was in a folk band at first but after The Beatles played The Ed Sullivan Show then we went electric and became a folk rock band," laughed Henry. "We had done a concert in Lansing, Michigan. We were touring in a motor home and pulled up to a second hand store. A table was set up with an assortment of used cameras for sale. One of the guys said he was going to buy a camera and I thought I would, too."

"We took pictures of everything such as cows in a pasture, a junkyard and so forth. I thought it was fun. I didn't realize how much fun it really was until we returned to

LA, got the film developed and had a slide show at my house. It was at that moment when I realized that I was definitely going to be taking more pictures because I liked how they looked. Seeing those images was like being right back where we were. Every week I would take photographs and then have a slide show. There were usually around thirty or forty people who would come over and they would comment how much they liked the photos."

"Among my friends were Cass Elliot (The Mamas & The Papas), David Crosby and Stephen Stills. I knew these people because we had all lived in the Laurel Canyon neighborhood and were fellow musicians," said Henry. "The first photo that I ever got paid for was of Buffalo Springfield. I had met up with Stephen Stills in Laurel Canyon one afternoon and he invited me to go with them to Redondo Beach as they were going to do a sound check at a club. I agreed to go because I wanted to take pictures at the beach so I would have images to use for my weekly slide show. It never occurred to me at the time to take their picture. (laughs) After some time at the beach, I went back to the club. I noticed a big, colorful mural in the back of the building. It was a huge painting of a man riding a bicycle. I thought it was cool so I decided to take a picture. Shortly after, the guys from Buffalo Springfield walked out the backdoor and I asked them if they would stand against the wall because I wanted people to see the size of the mural. That was my first accidental rock and roll shot. Teen Set Magazine contacted me about the photo and said they would pay me \$100 because they wanted to use it in their publication and that is how it all started. People refer to me as a rock and roll photographer but I consider myself a music photographer because not all music is rock and roll."

Henry takes a few minutes to share what he thinks made the 60s a special era and why people are still interested. "It was a



flowering renaissance of singer songwriters. Musicians such as Bob Dylan and The Beatles were writing and recording their own material. That was a sea change. We now have singers who are singing their own thoughts and feelings. I think of Joni Mitchell and Both Sides Now, Stephen Stills and Love the One You're With, James Taylor and Sweet Baby James, which I believe was written for his nephew. This kind of concept was new in those days. I once asked Jackson Browne why he thought the 60s were so interesting to people and he said, "Because it was new." We now take that for granted."

2016 will make the 50th year that Henry has been taking photographs. "People are always contacting me for use of my photos for various projects which is great!" Henry is co-owner of the Morrison Hotel Gallery with locations in LA and New York. He will be going on tour for a few show dates in September with the lovely Pattie Boyd. Pattie was once married to George Harrison and then later to Eric Clapton. She is one

of 125 photographers that have images at Morrison Hotel Gallery. "We thought we would try to take the images on the road, give a talk and see how this works. Right now we have a few dates scheduled in September which includes Chicago and New York City." The show is called "Behind The Lens" which features images from both Pattie and Henry mixed in with sharing stories and good times. If anyone were interested in planning a road trip this would be a great event to add to your traveling calendar. Henry never seems to have a dull moment. "I am working on some lay outs for a few books. I stop and look back at all that has happened, the pictures I took and think of it as a happy accident. It all happened at the right place at the right time."

For more information on Henry Diltz and Morrison Hotel Gallery, images and events, please visit: www.morrisonhotelgallery.com

Henry Diltz Photography is on Facebook.



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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

It's September already---What a beautiful, sun-filled summer this has been! We have already forgotten the endless rain filled days and nights of the spring. However, we oldsters will recall them again when we tell our "I remember when" stories to the great grandchildren—you can count on that!

Many friends and readers of this column have asked, "Ms. Grace, have you sent your book to the publisher yet?" or "When will I be able to get a copy?" I thank you so much for your encouragement. I would not have attempted to write my life story, if it had not been for you, thank you.

Heartbeats and Footprints - A Memoir of 30,000 Sunrises, will be at the publishers by the time you are reading this column. I have just finished writing the inside cover pieces; About the Author; Acknowledgment; the Forward and A Life Story Unfolds, which is a brief summary of the contents of the book. This is the piece I would like to share with you-my readers and friends. So here goes: "My life story is not unlike millionsof others, yet it is uniquely different. It is a story of a life filled with love and joy, pain and loss, hope and trust and always and forever forgiveness and faith.

It is a story that began 81 years ago with my parents who gave me life. It is about a childhood in the 1940's, growing up, working hard and learning life's lessons on a small farm.

It is a story of hundreds of faces, some without names, strangers who touched my life ever so briefly with kindness and left an indelible imprint. It is the story of teachers, co-workers, neighbors and friends who never knew that they were the right person, in the right place at the right time to be a shaper of my life.

Mine is a love story about a young marriage, a big family and an unflinching faith. It is a story of the people who share with me the heartbeats of 30,000 sunrises and the footprints left behind." At least twice in my lifetime, my story could have ended before it was written. The first happened years ago when I was struck by lightning, followed by an out-of-the-body experience. The other was the year 2000 when I was diagnosed with Lymphoma cancer. As

in everyone's life, there were many "almosts", "could have beens", "close calls" and near misses." Thankfully, the Lord wasn't ready for me yet and so my life's story continues to unfold within these pages.

Let's celebrate the season, the first day of fall is Wednesday, September 23rd. As we've done for years now, we will have dinner at 5:30p.m. at The Old Garden House to welcome the new season. Reservations can be made for one, two or more. We can take up to a total of 30 guests. So call friends and come together or come alone and join the others. We always a friendly and welcoming group. Call me at 419-332-7427. Menu will include Jell-O salad, apple baked pork loin, mashed potatoes, California blend, from scratch yeast rolls, and pies. As you call your reservations in, if you would like, give me some suggestions on what kind of pies to bake.

The September Tea at Two will be served at 5:30 p.m. (not 2:00). A light dinner and our house blend tea will be served. A Victorian Fashion Show will follow.

So until next month, take an autumn walk with the special person in your life...buy some fresh pressed cider and enjoy it with a couple of donuts. All the while knowing the LIFE IS GOOD.

(Editor's Note: Grace has been a writer with us since our first issue in May of 1999! We wish her much success with her book and know it will be as wonderful as her columns have been.)

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Jill on Money

By Jill Schlesinger

Medicare at 50 years: Popular, but needs bolstering

This year is the golden anniversary of Medicare, the U.S. government's sprawling health care initiative, which President Lyndon Johnson signed into law in 1965. Today, Medicare covers more than 55 million people, including 9 million beneficiaries who are under age 65 and permanently disabled.

Here are the basics on this popular program: If you are an American citizen or a legal resident in the United States for at least five years, you are eligible for Medicare when you or your spouse turn 65 and have paid a payroll tax for at least 10 years. You must officially enroll in the program, unless you already receive Social Security, in which case you are automatically enrolled. If you or your spouse works beyond age 65 for an employer that provides you with health insurance, you can delay enrollment until you retire.

About three months before Medicare coverage starts, the government sends an Initial Enrollment Questionnaire (IEQ). I encourage you to access the robust website MyMedicare.gov, where you can complete

the IEQ, view your eligibility information, track your health care claims and check your deductible status.

There are four different parts of Medicare coverage:

-Part A covers hospital services and skilled nursing facility stays of up to 100 days, as well as home health care and hospice care. All eligible people get Part A and most receive the coverage "premium free"; others pay a premium of up to \$407 per month.

-Part B covers doctor visits/outpatient services/lab work/preventative services. If you earn less than \$85,000 individually (\$170,000 jointly), your monthly premium is \$104.90. Premiums rise with income, topping out at \$335.70 (for those earning over \$214,000 individually and \$428,000 jointly)

-Part C consists of Medicare Advantage Plans, private insurance alternatives to Original Medicare Plans.

-Part D covers prescription drugs. If your income is above a certain limit, you'll pay an income-related monthly adjustment

Jill on Money, cont'd on page 13

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Jill on Money, cont'd from page 12

amount in addition to your plan premium, up to a maximum of \$70.80.

While Medicare covers a large swath of health care costs, you are on the hook for premiums, deductibles, coinsurance and copayments, unless you qualify for a low-income program, like Part D's "Extra Help" and state assistance for Part B premiums and other costs. If you want to attain coverage for out-of-pocket expenses, you can purchase Medicare Supplemental Insurance ("Medigap"), which is sold by private insurance companies. Speaking of gaps, there are a few categories of care that the Medicare system does not cover, including: long-term care; routine hearing, vision, foot and dental care; and medical services provided outside of the United States.

THE NUMBERS: In 2014, net Medicare spending was \$505 billion, accounting for 14 percent of the federal budget. Medicare is funded primarily from three sources: general revenues (42 percent), payroll taxes (39 percent) and beneficiary premiums (14 percent), but the current system has big financial issues. According to the 2015 Trustees of the Social Security and Medicare trust funds report, "the Medicare Hospital Insurance (HI) Trust Fund will be depleted in 2030. ... At that time dedicated revenues will be sufficient to pay 86 percent of HI costs." (Current law provides funding for the other parts of Medicare, which is why the analysis focuses on the hospital side.)

The problem with the Medicare system is easily diagnosed: Although the pace of health care spending has slowed over the past five years, it's still projected to balloon due to an aging population, as well as a bloated payment system. The bitter pills offered to fix the system include: charging higher Medicare premiums for those able to afford them, raising the age of eligibility and increasing cost-sharing by beneficiaries to deter unnecessary use of medical care. Considering that the Kaiser Family Foundation recently found that by two-to-one margins, people of all political persuasions favor preserving Medicare in its current form, as opposed to replacing it with vouchers or other forms of premium support, most experts believe that Americans will have to swallow a cocktail of medicines to cure the disease.

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

My Mother's Recipes

By Joanne McDowell

Yesterday my dear friend Peggy Tod baked us this delicious recipe. Since I never have the time to bake, it was a special treat. It was so wonderful that I wanted to share it with all of you. Enjoy!



Peach Dumplings

Ingredients:

2 cans refrigerated crescent rolls
2 peaches/you can use a few more if you like cinnamon and sugar mixture
1/2 stick butter
4 oz. Mountain Dew

Directions:

Unroll the crescent rolls and divide into pieces. Slice the peaches and lay one to two pieces on the "wide" end of each crescent roll. Sprinkle with cinnamon/sugar. Starting at the wide end, begin rolling each crescent roll up and place in a 9 X 13 baking dish that has been sprayed with non-stick cooking spray. Sprinkle a little more cinnamon/sugar on top of the crescent rolls. Melt the butter and pour over the crescent rolls, followed by the Mountain Dew. Bake in a 375 degree oven for about 40 minutes or until the crescent rolls are golden brown. See more at: <http://www.walkingonsunshinerecipes.com/2013/08/peach-dumplings-with-crescent-rolls.html#sthash.Rd5CLJaS.dpuf>

Dog Walk for the Humane Society of Sandusky County

Saturday, September 26th • 10am - 12pm

1545 Fangboner Road (behind YMCA)

Registration to begin at 9:15 a.m.

(Rain Date October 3rd)



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Medium (21 - 40 lbs.)

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			TOTAL THIS PAGE		
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The IRS requires a letter acknowledging donations over \$25. Please write donor's name and address clearly so we can send a receipt.

Donations can be mailed to or dropped off: Humane Society of Sandusky County, 2520 Port Clinton Road, Fremont, OH 43420 by Friday, Sept. 25th

WAIVER (EACH PARTICIPANT MUST READ AND SIGN BELOW)

I, understand, for myself and heirs, hereby waive and release any and all rights and claims which I might have against Humane Society of Sandusky County, the city of Fremont, any sponsor of this event, their employees, agents, or any of them arising out of my or my pet's participation in this event. I also agree to exercise all safety precautions, avoid littering, and respect the property of others. I also give full permission for use of my name and photograph in connection with this event.

Signature (Parent or guardian if under 18 years of age)

☐ MY PETS ARE CURRENT ON THEIR RABIES VACCINATIONS

Pet World

Cat's high-velocity purring
both annoying and charming
By Steve Dale

Q: My cat always purred loudly, but now his motor seems to be getting even more powerful. The more attention I give him, the more and louder he purrs. I never thought I'd ever complain about purring! What's going on? - C.M.

A: Maybe you should compete "and set a new Guinness record," says Sandy Robins, author of "The Original Cat Bible: The Definitive Source for All Things Cats" (I-5 Press, Irvine, CA, 2014; \$29.95) with contributors Dr. Arnold Plotnick, Lorraine Shelton and Sarah Hartwell.

In May, a kitty from Torquay, Devon, in the United Kingdom, set the Guinness world record for loudest purr by a domestic cat. Merlin, 13, was adopted from an animal rescue center by Tracy Westwood, and her daughter, Alice. Merlin registered a purr measuring 67.8 decibels (beating the previous record of 67.68 decibels set in 2011 by Smokey, another British cat.)

So, how loud is that? It's so loud that the family must turn up the TV when Merlin is purring. He's louder than the average washing machine,

If your cat is purring louder with attention, you could simply withdraw the attention as the purr grows louder, Robins suggests.

"But, please don't do that," she adds. "I'm jealous and love purring, and want a cat who purrs like (yours). I think it's simply wonderful, and I'd never give it up."

Q: My dog, Frisco, is perpetually picking up yucky stuff on walks and eating it, like rabbit poop, bits of paper, whatever. I tell him "no" and "bad," but he's not getting the message. It seems like every other week he has digestive issues and loose poop. Medication calms his stomach, but I'm worried that one day he'll pick up something that will cause a much more

serious problem. Any advice? - A.M., Arlington Heights, IL

A: Beginning with the obvious, dog trainer Harrison Forbes, of Nashville, TN, says to do the best you can to walk Frisco in places where he won't find rabbit feces. Forbes is also afraid you may be off on the timing of your "no's" and "bad's," unintentionally reinforcing Frisco's habit of picking up things. To get the timing right, ask for hands-on help from a dog trainer or certified dog behavior consultant.

Another tip from Forbes: "Pick up the pace, giving your dog less of a chance to stop. However, many dogs don't need to really stop; they have a knack for picking up objects on the fly."

If Frisco is paying attention to you - looking up at you - it's less likely he'll see objects on the ground. A professional trainer or behavior consultant could show you how to teach your dog (using treats) to pay more attention to you than objects on the sidewalk.

In any case, what you're doing now is obviously not working. Dogs who eat anything they can grab may one day swallow an item which could cause a life-threatening obstruction. However, unless Frisco is making a meal of rabbit poo, this snack may not be the source of his tummy problems. Forbes wonders if the stomach issues exist independent of Frisco's walk-time snacking. Certainly, this is something to ask your veterinarian.

(Write to Steve at Tribune Content Agency, 2225 Kenmore Ave., Suite 154, Buffalo, NY. 14207. Send e-mail to PETWORLD(at)STEVE DALE.TV. Include your name, city and state.)

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Americans are a moral and honest lot

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

Americans, for the most part, are a friendly people full of compassion for others. With the exception of filling out income tax returns, giving our life story during job interviews or setting the zero adjust on the bathroom scale, we are basically on honest lot.

What I like most about Americans is that they strive to be a moral people who don't merely aim to be good, but yearn to be good for something. This is why America's laws are rooted in morality, for our principled citizenry will engage in civil disobedience if dubious laws interfere with their sense of morals and prevent them doing what's right.

Fremont native Josie Setzler manages the local "People for Peace and Justice Sandusky County" organization and exemplifies this American moral sense. She was deeply bothered by the government's use of torture at Guantanamo Bay Detention Center in Cuba and even though she protested it peacefully, she was arrested for disorderly conduct. Facing the Superior Court magistrate in D.C., she simply stated, "We are representing ourselves to use our voices."

Setzler embodies America's sense of morality. Because of the numerous political, environmental, social/cultural, religious and financial issues that divide us, maybe we should individually ask ourselves "moral fiber" questions. Do you really know what you want in life? Do you ever think about the contributions you desire to make in the world...the honorable or righteous goals you would like to achieve? What do you like and dislike?

Your answers don't have to be grandiose; simply focus on what's truly ethically significant to you.

So, how can we find our moral compass that's uniquely American? Try this activity from my book, "Finding Happiness in America" called "Happy 88th birthday!" Think about the qualities which you admire and either have or yearn to strive for, then pretend it's your 88th birthday. You are living in a nursing home and spend the time recollecting every meaningful person throughout your life and the role you played with them. Your roles with them may have been father, mother, daughter, son, brother, sister, aunt, uncle, teacher, student, manager, co-worker, child, community servant, neighbor, grandmother, grandfather, in-law, relative, niece, nephew or cousin.

Suddenly, they all visit at once to give you a surprise birthday party! Now, think about what each of these people would say about you or, better yet, what you would like them to say. Spend some time doing this.

Next, switch back to the "here and now" and do some soul-searching. Ask yourself what differences have you made or could you make in their lives? What outstanding contributions and commitments can you make now that they won't forget and will still remember when your age 88? Think about the person you'd like to become and the legacy you'd like to leave behind. Imagine yourself not as you are, but as the person you'd like to become. Since we all become what we think about, you will gradually become that person.

Robert Morton, M.Ed., Ed.S. has retired from his positions as school psychologist for Fremont City Schools and adjunct professor in the School of Leadership & Policy Studies at Bowling Green State University. He authored the book, "Finding Happiness in America."

My Approach to Smoking Cessation

by Dr. Paul Silcox

We all know that smoking increases the chances of an early death and often does. But nicotine triggers Dopamine production which is like candy to the brain. What happens when you take candy from a baby? Everyone knows about it. When someone tries to quit smoking cold turkey, a few can do it successfully because they're addicted. Statistics are that out of 100 who try to quit, only about 12 made it. That's a 12% success rate. Or in other words, 88% failure rate. My success rate has been about 85% and here's why.

I want to make sure a person is trying to quit for the right reason. THEY want to get healthier and live longer to be able to enjoy their grandkids. THEY want to get up in the morning and be able to take a deep breath without feeling like they're going to cough up a lung!

It's not a matter of being prodded or nagged into it. I do this treatment for 3 sessions. Not just one. I use 10 acupuncture points that have been known for years to help break the addiction to tobacco. Next I use a very relaxing audiovisual program to help calm the mind and reduce the anxiety from taking away the nicotine stimulating pleasure centers of the brain. Finally, I use a special method of stimulating points on the ear to help reduce cravings between visits. The needles are extremely small and no one has complained of it hurting.

Currently my Smoking Cessation Program is \$150 complete. These sessions are filling up fast and may cost more after the first of the year. Call 419-307-8094 to schedule your program. Don't wait.

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