

2000 Lifestyles



Free

Vol. 17 Issue 9

September 2016

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- Expanded Behavioral Health
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- Scenic campus

WE'RE IN LIMA!

CHS opened a new site in Lima, Ohio in August 2016. This is our ninth office in six counties. Please check our Facebook page or Website for more information.

WATCH FOR MORE INFORMATION

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Lifestyles 2000

September 2016
Vol. 17 • Issue 9



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Cover photography provided by Robin Arnold

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

"What Does a Special Prosecutor Do?"

By Tim Braun, Attorney at Law

It has been a year since the Sandusky County Prosecutor's Office was made aware that there may be potential criminal charges against the sheriff. The current county prosecutor maintained control of the case for the first six months and then finally requested that a special prosecutor be brought in.

Why did he ask for a special prosecutor? Should he have done this in the beginning? How does this work? These are some of the questions people have.

To begin with, a county prosecutor should request a special prosecutor if they feel that justice would be better served by an attorney with more experience in a particular type of case, such as some murder cases. They should also request a special prosecutor as soon as they identify a potential conflict of interest.

In the case of an elected official, the county prosecutor represents that county's elected officials as their lawyer and this creates an immediate conflict of interest when an official is accused of criminal behavior. The law does not allow an attorney to represent someone and prosecute them at the same time. So yes, a special prosecutor should have been requested when the county prosecutor first heard there might be a problem. That attorney can then investigate whether or not there is enough evidence to go forward.

Sitting on these cases and monitoring/directing the investigations, rather than admitting conflicts of interest and referring them, can raise concerns about possible ethics violations. Why didn't the county prosecutor refer the case when he first became aware it? Was he trying to exert undue influence on the outcome? Maybe, maybe not.

Once they identify the need for a special prosecutor, the county prosecutor goes to the appropriate local judge and requests that they appoint an outside attorney to take over the case. This is usually a prosecutor from another office or a private attorney with experience as a prosecutor. The judge can take recommendations from the prosecutor making the request or they can seek recommendations from other sources including the Ohio Prosecuting Attorneys Association.

Sometimes other counties or the Attorney General's office will provide special prosecutors as a courtesy, without charge. In other cases, the county commissioners must approve funding for their fees.


If a judge has a conflict of interest, they can ask the Supreme Court to appoint a replacement for them. Since this most recent case in Sandusky County involves an elected law enforcement official, the Ohio Supreme Court has also appointed a judge from outside of the county.

Tim Braun, Attorney at Law, 1616 West State Street, Fremont, Ohio, 419-332-8000.

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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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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Fall is coming on fast and after a summer of heat and continuous watering, I am ready for the cooler weather!

We hope you enjoy our September issue filled with all of your favorite writers and articles.

Thank you for your kind comments about our seventeen years, seems like just yesterday we began this journey. So very happy we have you as our readers and thank you for picking us up each month.

Have a wonderful month!

Joanne



Close to 150 correct entries for the August contest, the correct answer was "Great Lakes Physicians"

Find Pete Winners

Winners are: Phyllis Growel, Bill Babione, Karen Heater, Mary Dyer, Connie Burroughs, Jane Knepper, Regina Szymanowski, Tina Trumble, Dave Karr, Betty Sanchez, Mary Luc, Fremont; Carissa Smith, Karen Worrell, Richard Strecker, Bellevue; Annette Mavros, Deanna Miller, Casey Brown, Lynda Wilbert, Clyde; Lisa Kelly, Helena; Alisha Chavarria, Norwalk; Eugena Wellington, Kansas; Alice Turley, Port Clinton; Jane Lopez, Genoa; Carmela Hartenstein, Tiffin; Sharon Miller, Bettsville.

Our apologies, we ran out of Miller Boat Line tickets last month so we have no prizes for our "Celebrating 17 Years" contest. However, we drew five extra names for regular prizes. Thanks for entering!

Find Pete Prizes

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

Find Pete Contest Rules

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

The Kid's Doctor

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

The case for having a land line at home

A study by the National Toxicology Program exposed rats to radio frequency radiation for nine hours a day for two years beginning in utero. Researchers compared these rats to those that were not exposed and, interestingly, some of the male rats developed tumors in their hearts and brains. The controls did not.

I am writing about this as another deterrent to giving children cellphones at an early age and for not having a home phone. While it is too early to say if this study has any bearing on humans, and obviously the exposure was heavier than normal, this may serve as another deterrent to giving children a cellphone at a young age. It may also help to bring "land lines" back into the home.

Call me old school, but I continue to believe having a home phone is still important. Without a home phone, how can you call your child when you are away and they may be home with a babysitter and not depend on the caregiver's cellphone? I also think that some children may be ready to stay at home for 30 minutes to an hour at a time while their parents go to the store or pick up a sibling from school before they are ready for a cellphone. By having a home phone the child has a means of contacting parents, neighbors or emergency personnel. By having a home phone, the child also doesn't risk losing a cellphone and doesn't have to deal with any of the other numerous issues associated with owning a cellphone.

A home phone also gives children an opportunity to learn how to answer a phone, how to "screen" phone calls for the family and how to perfect phone etiquette. What about the days when we were taught to say, "Hello? Hubbard residence," when answering the phone? Or having your mother sit by your side while you called a friend's house and started off the conversation with, "May I please speak to Sally?" Phone etiquette was such an important part of every child's life.

Once your child does have a cellphone, it also seems that they may spend more time isolated from the family and may spend longer amounts of time on the phone than when the phone was in the family kitchen. Even my grown children often go outside to take their cellphone calls.

The American Academy of Pediatrics continues to recommend that parents should limit the use of cellphones by children and teens. A cellphone is not a toy. It emits radiation. Keeping this source of radiation away from our children for as long as possible seems prudent while more research continues. And the aforementioned study just gives parents a bit more ammunition when their 6-year-old starts off with, "Everyone else has a cellphone. When can I have one?"

(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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Happy Grandparents Day!

Sunday, Sept. 11th



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Helping Your Child Cope with Back to School Stress

By: Alyce Sopkovich, MSW, LISW-S

Clinical Therapist

Community Health Services

Back to school can be an exciting time. Kids look forward to seeing their friends, meeting a new teacher, playing sports and getting back to a routine. But for many children, it can also be a time of stress and increased anxiety.

It's hard to believe that children as young as elementary school age are exhibiting serious signs of stress. But it's true. And the problem seems to be growing as the pressure to perform academically, in sports and socially continues to dominate children's school experience starting from young ages.

Signs that your child may be under too much stress

Often parents don't recognize the signs of stress in their children, but experts say that it is actually common. Younger children in particular don't talk about "stress" in the same terms an older child or adult might express. However, there are behavioral and physical symptoms that are associated with stress in children and teenagers that parents should watch for.

Behavioral signs may include:

- Fighting with siblings
- Increased crying or whining
- Withdrawal from normal activities and friends
- Low self-esteem
- Appearing worried or anxious

Physical signs may include:

- Headaches
- Stomach aches
- Nightmares, bedwetting or trouble sleeping
- Decreased appetite or change in normal eating habits.

Stress increases from elementary school to high school—with stress levels topping those of an adult. According to the American College Health Association more than half (58%) of all college students report experiencing overwhelming anxiety during a school year.

Causes of Stress in Children and Teens

Stress is caused by a number of factors, but the most common among school age children include:

- Pressure to do well academically and socially
- Over-scheduled with too many activities and not enough down time
- Lack of sleep
- Family problems such as parents fighting, divorce, illness, and loss of a loved one
- Bullying – both in the classroom and online

What Can You Do?

- Teach children to budget their time wisely with homework and keep on top of assignments so that they don't have the stress of completing multiple projects at the last minute
- Avoid too many extracurricular activities – add sleep, play and down time
- Encourage sleep and exercise
- Make time for a family meal to connect with your child and just listen to them – plan family activities
- Keep FUN in their childhood and teen years—don't let pressure consume them
- Limit social media and encourage time with friends and family

If your child is exhibiting signs that he or she may be suffering from anxiety and stress, talk with their doctor and possibly seek help from a counselor. For more information, or to schedule an appointment with a qualified counselor, call Community Health Services at (419) 334-3869.

YOU'RE INVITED FOR A SNEAK PEEK OF WHAT IT'S LIKE TO LIVE LIFE TO ITS FULLEST.



JOIN US FOR OUR
COMMUNITY SNEAK PEEK
THURSDAY, SEPTEMBER 29 • 6:00 P.M.

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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Your overconfidence can backfire as your business sense and people skills might periodically abandon you. Avoid making impulse purchases and pass up a chance for a passing fling or one night stand.

TAURUS (April 20-May 20): A steady hand at the rudder is needed. You may need to fight off the urge to do something slightly impetuous. Wait until the second half of the month when your business sense is stronger to make crucial decisions.

GEMINI (May 21-June 20): When inspiration calls, answer the phone. You may gather ideas that can make your work easier or your wallet fatter. The first half of the month might not be the best time to negotiate or to deal with partners.

CANCER (June 21-July 22): Fulfill your fantasies by focusing on a friendly face. A companion could seem to have a crystal ball that helps you visualize how to accomplish a worthy goal. Put business and financial ideas into action during the second half of the month.

LEO (July 23-Aug. 22): A budget designed for beer might not support a taste for champagne. You may be attracted to fads or quickly fading fashions. If you are patient you will find a shrewd way to obtain what you want.

VIRGO (Aug. 23-Sept. 22): The best way to stay within a budget is to limit spending. Money can easily slip through your fingers so avoid impulsive spending sprees. A partner or loved one might do something you did not expect.

LIBRA (Sept. 23-Oct. 22): If you start comparing notes on who has what, a competition may begin. As this month unfolds you can use your people skills to widen your network of supporters. Focus on being true blue, honest and completely sincere.

SCORPIO (Oct. 23-Nov. 21): Mind your own business; you will mind your business best in the last half of the month. Until then remain alert for situations where your cash could be at risk. A loved one could be slightly unpredictable for a day or two.

SAGITTARIUS (Nov. 22-Dec. 21): Don't let fears get the best of you. In the month to come you must avoid arguments and misunderstandings at all costs. If you focus on being a real friend, even with family members, you can bypass a potential rift.

CAPRICORN (Dec. 22-Jan. 19): You can only control the part of the world that is under your control. A family member may have a different idea about what constitutes sound financial practices. In the month ahead put a muzzle on your control freak side.

AQUARIUS (Jan. 20-Feb. 18): Money is green but doesn't grow on trees or even bushes. Restrain the urge to buy something on an impulse. A sudden change in a family situation might motivate you to be more businesslike.

PISCES (Feb. 19-March 20): Good friends are far and few between. Share your wants and needs with a trusted buddy to put things in perspective. Avoid misunderstandings with loved ones. Wait until the dust settles to make your move.

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Reiki Circle

Tuesday, September 6

The Bellevue Hospital Conference Room A-B
6:00 PM- 8:00PM

Experiencing Your Beingness

Be still and quiet and allow the qualities of your pure consciousness beyond the mind to be manifested. There's no need to search for anything – you are happiness, you are truth, you are love, light, wisdom and goodness. To search means you think it's somewhere else and you'll never find it because it's already and always right here and now where you are: in your beingness, your awareness, your consciousness. Pure still quiet awareness and nothing more. It becomes more when you surrender into your pure consciousness: because when you experience yourself as the wave of infinite love that is your pure consciousness – the Soul – you experience God the ocean of love that the wave of your Soul is arising out of, that you are one with, that you are made of.

Being Now

Knowledge that we may be filled with all the fullness of God and in him be able to exceed abundance above all that we ask or think, according to the power that works within us and to be strengthened with might by his Spirit in the inner man.

Conscious awareness of our being, closing off the physical and detaching for a moment that is now. Turning inward to your center with no dividing lines and the ends unbound, withdrawing from the framework of the exterior. Going beyond everyday life as you know it to be. Seeking the inner spirit.

One state flowing with the unity which is behind all life. Being emerging in total harmony and in balance, in oneness.

Understanding the meaning of life and finding the essence from deep in your heart.

Awareness revealed in the knowledge of life. Truth and purity beyond spoken words.

Your infinite presence of eternity now in the fullness of being. Finding deep loving compassion, peace, calmness and tranquility. Inward to your spirit, your center, your soul. The fiber of your very being. Your refuge, your image from creation and substance of your life and your being now.

Written by: Patricia Zilles

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Sandusky County YMCA Builds Strong, Healthy Families

By Christy Zimmerman

At the Sandusky County YMCA, our goal is to help build strong, healthy families, and we know that family time is an important part of achieving that goal. Families need opportunities to be active together – especially now that school is back in session. That's why our facility is designed for the whole family, from infants to seniors. With programs for every age and events dedicated to bringing families together, the Y strives to help your family be the best it can be. Read on for fun ideas and activities to keep family time in your busy routine now that the kids are back in school.

1. Jump into open swim

The Sandusky County YMCA offers open swim during morning, day-time, and evening hours throughout the week. Hop in the pool as a family to play classic games like HORSE or practice some strokes with your kids. Or, have your own "family swim lessons" – and let your kids teach you what they learned this summer in swimming lessons!

2. Try out youth sports

The Y also offers year-round opportunities for kids to join different team sports and group activities. Having you there to support them will mean the world to your kids – but if cheering them on isn't enough for you; there are lots of opportunities for parents to become involved!

3. Join a fitness class

Check with your fitness instructor to see if you are able to bring your child in for a visit to your Cardio Drums or kickboxing class. Let them stand near you and try to follow you or the instructor! Or, get a chance to play Teacher and show off what you've learned by giving your kids a fun demo fitness class at home. This is a great way to show kids that exercise doesn't have to be boring.

4. Volunteer together

Volunteering teaches a valuable lesson in giving back. Set a positive example by signing up for volunteer events as a family. Make it a regular weekend activity that your kids will look forward to each month!

5. Sign up for runs and walks

Encourage your children to work towards a long-term goal by signing up for a run/walk together, like our upcoming Scarecrow Sprint Cross Country 5K. Train towards the end goal by going on family walks or jogs in the weeks leading up to the event.

6. Drop in for family fun nights

Check out our Facebook page to see our calendar of upcoming scheduled family events and activities like our Halloween at the Y night, and Bounce for Autism night. They'll be nights filled with games, fun activities and more! Or, make your own family fun night! Plan an evening of basketball or soccer, maybe even try tennis!

Keeping family time in your routine is an important part of keeping your family strong. Try out some of these activities the next time you visit the Y with your family. Be sure to check our website (www.ATtheY.org), Facebook (/YMCAFremont) and Twitter (FremontYMCA) pages for opportunities to stay active together all year long!

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3 - Gibsonburg Farmers Market, Log yard, W. Madison Street, 9 a.m. to noon. FREE. www.gibsonburgohio.org.

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

3 – 11th Annual Car/Truck Show, Mad River & NKP Railroad Museum, 253 Southwest St., Bellevue, 9 a.m.- 3 p.m. Registration: \$10, which includes entry into the Museum. Every year, make, and model of car and truck is welcome for the car/truck show. There will also be a 50/50 drawing, door prizes, raffles and Ladies Walking Cruise. All proceeds will benefit the Mad River & NKP Railroad Museum. madriv@onebellevue.com.

3 – Mystery Kayak Trip, 1970 Countryside Place, 8 a.m.- 11 a.m. Free. Where are you kayaking? It's a surprise!! Participants must supply their own kayak. 419-334-4495 or www.lovemyparks.com to register.

3, 4, & 5- SCRAP Show, White Star Park, 960 Twp. Rd. 60, Gibsonburg, 8 am-dark. \$3pp – kids free. Tractor & gas engine display, flea market, crafts, food, entertainment, tractor pull, music, 5K run, Saturday morning poker run, kiddie tractor pull, auction and more. 419-307-4265 www.S-C-R-A-P-INC.org.

5- Labor Day, Rutherford B. Hayes Presidential Library, noon to 5 p.m., Hayes Home and Hayes Museum. Research library is closed.

7 – Tram on the Trail, Creek Bend Farm, 720 South Main Street, Lindsey, 1p.m.

–3 p.m. Free. Enjoy a ride on the North Coast Inland Trail in the Park District Tram. This is an open-air tram so the ride may be chilly. Meet in the Parking Lot, SR 590. To register, 419-334-4495 or www.lovemyparks.com for more information.

8-Annual Bellevue Chamber Auction, Wade Auctions, 717 West Main, Bellevue, 6 p.m. Merchandise (both new and previously owned) will be auctioned, with all funds benefitting The Bellevue Chamber of Commerce. www.actionzip.com, ID #6306.

8, 15, 22, 29– Serenity Seekers, The Bellevue Hospital, East Conference Room, 1400 West Main, 5:30 p.m. - 7p.m. Free. The Bellevue Hospital, in association with Stein Hospice, Auxter Funeral Homes, and Foos & Foos Funeral Service, is sponsoring a six-week adult supportive/educational group offering comfort to those who have suffered the loss of an adult loved one. Register at Stein Hospice, 419-625-5269 or 800-625-5269.

10 - Hazardous Waste Collection, at the Sandusky County Fairgrounds, North parking lot at 712 North Street, 9 a.m. to noon. 419-334-7222.

10-11 - Fremont Flea Market, Sandusky County Fairgrounds.

10-11 - Pioneer Days – 19th Century Alive! Historic Lyme Village, 5001 SR 4, Bellevue, 10 a.m.- 5 p.m. 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 and enjoy food music and more! \$6 for adults and \$4 for children 6-12.

10 - Beginning Genealogy, Rutherford B. Hayes Library, 9:30 to 11:30 a.m. Head Librarian and experienced genealogist Becky Hill will give an overview of how to get started doing your family history, especially using the resources available at the Hayes Library. Register by calling Becky Hill at 419-332-2081 or bhill@rbhayes.org. Cost is \$10 and can be paid the day of the class.

10 - Second Saturdays R 4 Kids, Rutherford B. Hayes Library, 11 a.m. to noon. An interactive educational series for children. The event this month will feature a Mark Twain living history presenter. Cost is \$1 for kids ages 1-12 and \$7.50 for adults. (Cost includes admission to Second Saturdays & the Hayes Museum.)

10 – Awesomefest, A Sandusky County Music Festival, 1441 Fangboner Rd., Fremont, 3 p.m. -8 p.m. \$10.00. Fremont Campus Life presents Awesomefest, an outdoor event featuring Bands, Games, and Food. Featured Bands include: Yaves, Turnaround, Brothers, and Safekept. Awesomefest 2016; or Twitter: @Fremontcampus.

10 – Volunteers in the Park: Creek Bend Farm Bird Banding, 720 South Main Street, Lindsey, 8 a.m. - noon. Free. Join Tom Kashmer to identify and document migratory bird species. Meet at Wilson Nature Center, Educational Classroom. Open to Teens (13-18) & adults. Call 419-334-4495.

11– Gibsonburg Public Safety Service Memorial Dedication, Williams Park, New Public Safety Service Memorial that was constructed with the antenna of the North Tower of the World Trade Center that fell 15 years ago in America's

Worst Terrorist Attack. 12:15 p.m. – Procession of Law Enforcement, Fire and EMS Personnel through town to Williams Park. 1 pm – Dedication Ceremony, Featuring Keynote Speaker Matt Long, FDNY Firefighter, 9/11 First Responder and Athlete. Free and open to the public. Please park at Gibsonburg High School at 720 S. Main Street. www.gibsonburgohio.org

11 – Puddle Jumpers: Terrific Trees, Cabins at White Star Park, 5013 CR 65, Gibsonburg, 2- 3 p.m. Free. Designed for children 2-5 years of age and their adult companion. What do trees give us? What do we give trees? Come meet some trees and find out! 419-334-4495 or www.lovemyparks.com.

11– Tree Huggers: Swamp Life, Log Cabins at White Star Park, 5013 CR 65, Gibsonburg, 2– 3 p.m. Free. For ages 6-12 years old. Learn about the early settlers who lived in log cabins in our area. Experience the daily chores of swamp life and make your own flag to take home. 419-334-4495 to register.

11 – Volunteers in the Parks: Stream Quality Monitoring, Wolf Creek Park Canoe Launch/North Entrance, 2409 South SR 53, Fremont, 4:30– 6:30 p.m. Free. An important indicator of our environment's health is water quality, which can be determined by surveying the creatures that live in the river. We will be walking into the Sandusky River, dress to get wet. Call 419-334-4495 to register.

15 – Babies in the Parks, Creek Bend Farm: Wilson Nature Center, 720 South Main St., Lindsey, 10 – 10:45 a.m. Free. Designed for children birth to 2 years of age and their adult companion. Discover more about nature through hands on

Cont'd on page 9

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15- Gourd Painting, Barn at White Star Park, 5013 CR 65, Gibsonburg, 7- 8:30 p.m. Free. A do-it-yourself craft for fall decorating. All supplies are provided. Please bring a large shallow box to hold your gourd. 419-334-4495.

15 - Full Moon Canoe Trip, Decoy Marsh, Meet at Park District Office, 6- 9 p.m. Free. Experience Green Creek at night. We will paddle to the bay and discover more about the area's history and wildlife. Participants must register with a partner, 15 years of age and older. 419-334-4495 to register.

17- Appliance Recycling, Sandusky County Fairgrounds, North parking lot, 9 - noon. Any appliance or household object made primarily of steel including grills, mowers, microwaves, etc. No televisions, computers, plastic fans or vacuum cleaners, etc. Refrigerators with food inside will not be accepted. Units containing Freon will be accepted at no charge. For more information, call OSS

Joint Solid Waste Management District: 419-332-7222.

17- Downtown Fremont Farmers Market, 9- 1, rain or shine.

18- Fun Day With the Cops, Birchard Park, 2- 7 p.m. The Fremont Police Department and the Sandusky County Sheriff's Office are hosting a Fun Event that hopes to bring unity and create bonds between children and law enforcement. There will be a variety of activities including: dunk tanks, bounce houses, water balloon fight, pie eating contest, rap battle between officers and children, face painting, potato sack races, dance battles, karaoke, and three-leg races. Food and snacks.

19- Rethink Your Drink, Birchard Public Library, part of the Always Choose Health Series. All trainings will be held from: 6-7 p.m. RSVP preferred, but not required. All trainings are FREE and includes a free gift. Contact: Jenna Stull, Health Educator 419-334-6388, jstull@sanduskycohd.org.

22 - Equinox Hike, Barn at White Star Park, 5013 CR 65, Gibsonburg, 7:30-8:30 p.m. Free. 419-334-4495 to register.

24 - TV & Electronics Recycling, at the Sandusky County Fairgrounds, North parking lot, 9 a.m. -noon. Any electronic that plugs into the wall will be accepted. Television Prices: TV's 24" or less - \$2, TV's 25" & larger - \$3. All console units and projection screen TV's (limit 2 per household) - \$5. Computer equipment, CD players, cell phones, copy machines, electronic game systems, fax machines, VCR's, stereos, etc. Electronics & flat panel TV's will be accepted at NO CHARGE. 419-334-7222 or www.recycleoss.org.

24 - Murder Mystery Outdoor Theater, Historic Lyme Village, 5001 SR 4, 419-483-4949 or www.lymevillage.com.

24 - Woodville's Farmers Market, on Main Street, 9 a.m. to noon.

17, 24 - History Roundtable with Mike Gilbert, Rutherford B. Hayes Presidential Library, 10-11:30 a.m. Retired educator Mike Gilbert shares his knowledge of local and national history. \$5. Pre-register to Nan Card at 419-332-2081, ext. 239 or ncard@rbhayes.org.

24- Zombie Walk, starts at Central Park, Bellevue, 3 p.m. starts at Central Park. Make up starting at 1 p.m., donations appreciated. Free. www.shopbellevueohio.com.

24 - Warm-Up Clyde, St. Mary Parish Hall, 609 Vine St., 9 -noon. Free winter coat and accessories give-a-way! The Clyde-Green Springs-Vickery Community collects new or gently worn winter coats, hats, scarves, mittens and gloves that are then given to those who may be in need of such winter items, but cannot afford them. All sizes of items will be available for the entire family. Drop off day for coats will be Friday, Sept. 23 from 9- 6 p.m. 419-547-9687.

25 - Smithsonian Day, Historic Lyme Village, 5001 SR 4, 419-483-4949 or visit the website: www.lymevillage.com.

19, 21, 23, 26, 28, 30 - Canoe with Eagles, Meet at Park District Office, 4:30 p.m. - 8 p.m. Free. Enjoy a trip down Green Creek in search of Bald Eagles and learn about the history of the area along the way. Participants must register with a partner. A participant must be 12 years of age and older. participants only register for one trip per season. 419-334-4495 to register.



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There's no big secret in making your dreams come true!

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

We all have dreams about the special world we'd like to live in, but few of us actually map out a path that guides us to it. To reach our dreams, we need to set goals, for they enable us to turn our make-believe world into reality, to transform our fictional pipedreams into solid targets. It's fun to build castles in the sky... why not actually live in them!

By setting goals and pursuing them, your daily existence grows more purposeful and your future becomes more foreseeable. Set some personal goals today that steer you to the life you want for yourself and for your family. I encourage readers in my book "Finding Happiness in America" to set worthy goals, because it enables them to focus on the present, forget about the past, and make their futures more predictable. Goal-setting can transform anguished lives into pleasurable ones.

Why waste today's precious time by brooding over yesterday and fretting about tomorrow? After all, it's a short stint that we're here on spaceship earth, so the natural order of things dignifies each twinkling of the present to be far more consequential than a lifetime of ill-spent musings over yesterday's blunders or tomorrow's worrisome "what ifs." A wink of quality time spent today is more momentous than valueless time spent unearthing follies from the past.

That's why, in "Finding Happiness in America," I urge readers to anchor themselves in the present by setting goals that stem from what they genuinely want out of life. When goals naturally flow from personal values and beliefs, the transformation proceeds from the inside-out. You become grounded and not reliant on other people's suggestions and advice. Just be true to yourself, and everything else will follow.

Frequently think about your personal aspirations and goals because everyone eventually becomes what they think about. If you dwell on past defeats and frustrations, you will become defeated and frustrated. If you

fret over tomorrow's "what ifs," you will become fearful and immobilized. Goal-setting eradicates such thinking from your mind and enables you to be more in command by ignoring things you don't have control over. Reliving past failures will not rectify them, but pursuing worthy goals will actually shape your future... in advance!

It helps to write your goals down. Once recorded on paper, you won't waste valuable mental energy trying to remember the barriers you'll run into or the hoops you must jump through. Set yourself up for success by writing down each successive goal somewhat higher but not too much above the last one. These easily-reachable goals will set you up for a series of triumphs that will sustain your determination.

There's no big riddle as to how goal-setting transforms lives devoted to performing daily trivia into more purposeful ones. As Oprah Winfrey said, "The big secret in life is that there is no big secret. Whatever your goal, you can get there if you're willing to work.

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

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"Grate" Treats & Eats

By: Chris Timko-Grate

Hard to believe we have Labor Day coming up soon. The summer sure has gone by so fast; wish winter would go by as fast as summer seems to fly by. We do still have lots of good weather for us to enjoy the grill and outdoor get togethers, so take advantage of that!

This month I am going to share a pie recipe with you that is wonderful, after all who doesn't like a good piece of pie! Doug Arter shared it with me and you surprisingly you really can't taste the vinegar in the filling. I was pleasantly surprised how good this pie was. The consistency of the filling reminded me of my Grandma's Sugar Pie. Enjoy!

Enjoy the Holiday and the color changes that are on their way!

Vinegar Pie (Doug Arter)

½ cup butter

1 ¼ cup sugar

4 tablespoons cider vinegar

3 eggs beaten

1 tablespoon vanilla

3 tablespoons flour

9 inch unbaked pie shell

Dash of salt

Beat butter, sugar, vinegar, eggs, and vanilla for five minutes. Add salt, flour, blend well

Pour into pie shell, bake at 350 degrees for approximately 50 minutes or until knife inserted in Grandma's Sugar Pie

1 pie shell (uncooked)

1 cup light brown sugar

2 tablespoons flour

½ teaspoon cinnamon

1 ½ cups cream

1 teaspoon vanilla

2 tablespoons butter

Mix brown sugar, flour, and cinnamon in pie shell. Add cream and stir until well blended. Dot with butter.

Bake at 375 degrees about 20 minutes. Take round bottom of spoon and stir again. Finish baking another 20 minutes until knife inserted in center comes out clean.

Quote for the Month: Experience is what you get when you don't get what you want – Dan Stanford

Comments, questions, and your recipes, contact me at christimkograte@roadrunner.com

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Make this classic Italian dinner with less than 10 minutes of stove time

Even people who love to cook may find themselves shying away from the stove in late-August. When temperatures soar, and humidity isn't far behind, who wants to put up with the heat of the kitchen?

But you've still got to put dinner on the table most evenings. And I don't consider ready-to-serve, store-bought of fast foods an acceptable option.

There are, however, so many options you can cook from scratch in almost no time. The secret is to make a rapid saute, searing small pieces of seafood, poultry or meat over high heat and then turning the glaze of pan juices into a delicious sauce.

One of my favorite such sautes' is the Italian restaurant classic known as Shrimp Scampi, which became popular in the U.S. after World War II when GIs back from Italy headed to neighborhood trattorias and asked for the shrimp cooked in the style of scampi (the Italian word for shrimp) they'd enjoyed in Europe.

Beyond starting with fresh shrimp, just a few basic ingredients add up to a proper version of the dish: a little flour to coat the shrimp and thicken the sauce; olive oil and butter for sauteing them and enriching the sauce; garlic (to which I also like to add some shallots); and white wine and lemon juice to deglaze the pan and contribute a sharp, bright flavor. I also like to add some red pepper flakes to spark up the sauce, plus a garnish of parsley for its own fresh color and taste.

Once you've completed the small amount of prep work, the entire dish will take you no more than 10 minutes to cook on the stovetop. Before I even start cooking, though, I'll get some rice steaming so I can soak up every last drop of the sauce. You could also choose to serve the shrimp on top of pasta or mashed potatoes, or simply offer good bread on the side.

Once you've mastered the basics of my recipe, you can use the techniques involved to prepare all sorts of other dishes. Add your own favorite fresh herbs, such as basil, chives, or oregano, on their own or in combination. Try stirring a spoonful of pesto into the sauce. Throw in a handful of frozen baby peas, small diced red bell pepper or another quick-cooking vegetable. Or, if you like, use a different protein: thin, quick-cooking, bite-sized pieces of boneless chicken or turkey, tender beef, pork or lamb; strips of fish fillet such as salmon or sea bass; or fresh bay or sea scallops.

With almost no effort at all, you'll soon gain a reputation among your family and friends as having the best Italian kitchen in town!

CLASSIC SHRIMP SCAMPI

Serves 4

1 1/4 pounds (625 g) large shrimp, about 20 per pound (.5 kg), peeled with tail fins left intact, and deveined

Kosher salt

Freshly ground black pepper

1 tablespoon all-purpose flour

3 tablespoons extra-virgin olive oil, plus more as needed

4 tablespoons (1/2 stick) unsalted butter

4 large cloves garlic, finely chopped

3 shallots, finely chopped

1/2 cup (125 mL) dry white wine

2 tablespoons fresh lemon juice

2 to 3 pinches crushed red pepper flakes

2 tablespoons chopped fresh Italian parsley

3 cups (750 mL) cooked white or brown rice

Pat the shrimp dry. Arrange them on a platter or tray. Season all over with salt and black pepper. Sprinkle evenly with flour and toss to coat.

Heat a heavy large skillet over high heat. Add 2 tablespoons of the olive oil and heat until it just starts to smoke. Add the shrimp. Cook until they turn pink on the bottom, about 1 1/2 minutes. Using tongs and working quickly, turn the shrimp over. Cook until uniformly pink, about 1 minute longer. Transfer the shrimp to a plate.

Add 1 tablespoon each of the olive oil and the butter to the skillet; stir over medium-high heat until the butter melts. Add the garlic and shallots; saute for 2 minutes, stirring and scraping to dislodge the pan deposits.

Add the wine and bring to a boil, stirring and scraping to deglaze, until the sauce begins to thicken, 2 to 3 minutes. Stir in the lemon juice and remaining tablespoons of butter. Season to taste with salt, pepper and red pepper flakes.

Add the shrimp and parsley to the sauce. Toss to warm the shrimp through and coat them with the sauce. If the sauce seems too thick, stir in a little water to thin.

Transfer the rice to 4 serving plates, quickly molding it first in lightly oiled ramekins or custard cups if you like. Or simply spoon and mound it. Arrange the shrimp around and on top of the rice on each plate. Spoon the sauce over the shrimp. Serve immediately.

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Mayo Clinic

Several factors affect long-term treatment for Deep Vein Thrombosis

DEAR MAYO CLINIC: Eleven years ago, I developed deep vein thrombosis, which led to a pulmonary embolism. A vena cava filter was put in place, and I've been on warfarin since that time. Will I ever be able to discontinue warfarin and take aspirin instead? Would changing my diet allow me to eventually stop taking warfarin?

ANSWER: This is a very common and important question for people in your situation. How long you need to continue to take warfarin depends on several factors. They include the circumstances surrounding the development of your deep vein thrombosis and whether you've had any recurrences since then. As you and your doctor consider your long-term treatment plan, your medical history and your preferences should be taken into consideration, too.

Deep vein thrombosis, or DVT, happens when a blood clot forms in one or more of the deep veins in your body, usually in your legs. DVT is a serious condition because the blood clot can break loose, travel through your bloodstream and become stuck in your

lungs, blocking blood flow. This condition, called a pulmonary embolism, can be life-threatening if not treated right away. When a DVT results in pulmonary embolism, it's known as venous thromboembolism.

As in your case, treatment for venous thromboembolism usually involves an anticoagulant medication such as warfarin. Anticoagulants, sometimes referred to as blood thinners, are drugs that decrease your blood's ability to clot. While they do not break up existing blood clots, they can prevent clots from getting bigger. They also reduce your risk of developing new blood clots.

The duration of anticoagulant treatment depends in large part on when the DVT developed. Certain events and activities can raise your risk for DVT. They include surgery, extended travel, pregnancy, hospitalization, and estrogen exposure such as taking birth control pills. These are considered short-term risks for DVT. When DVT occurs in connection to one of these short-

Cont'd on page 19






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End of Summer Camp / Mink / "Bonnie"



Robin Arnold



Gena Husman

It's been pretty quiet around here these last few weeks. Summer camp for the 27 Canada geese that used our pond and field—and sometimes our backyard—as a training ground and lounging area, has finally come to an end. One after another the families left to join other geese in the back marshes, the adults with the oldest and strongest juveniles leaving first. It's a sad/happy time for us as we've

always enjoyed watching the interaction between the parents and their young—from the cuddling under mom's feathers, to the games on the pond that were really tactical training maneuvers to prepare for survival in the wild. And we'll miss the shared evenings when we sat on the deck in the backyard and the geese grazed or lounged in the grass just outside the fence. We think they enjoyed our company as much as we did theirs. This year was special because we hadn't had this many families in several years.

Ralph and Alice and their two babies were the last to go. We'd hoped they'd stay for a while longer but the juveniles were getting bigger and we knew they'd be leaving soon. It happened on a warm summer evening in mid July about a week after the others had gone. Robin, who was sitting on the deck at the time, noticed that the family was milling around and acting agitated. Ralph kept herding them to the far side of the yard where they practiced "take-offs" and short flights around the pond. On their last flight over the pond they headed into the gathering dusk and never came back.

Hopefully, we'll see them again in the spring. Ralph won't be too hard to spot—especially if he starts honking—and since they mate for life, Alice should be close by.

One afternoon as I was heading out to the chicken coop, which is located close by the pond, to check for eggs, I was puzzled to see several frogs leaping off the bank and into the pond one after another like a precision diving team. It couldn't have been my presence—I was still too far away for them to detect me. But, as I got closer, I saw the reason for the frog stampede: a long, slender little creature wearing a rich, chocolate brown coat was darting along the water's edge hunting for frogs—not 25 feet from our chicken yard. It was a young mink. I watched as it caught a small frog and ran back through the fence in our chicken yard and out the other side towards the woods with the frog legs dangling from its mouth. I wasn't happy to see it hunting so close to the chicken coop but I wasn't going to panic just yet—there seemed to be quite a number of frogs left so we were probably safe for a while. As small as they are, mink will attack chickens—usually if there is nothing else available.

The welded wire fence around our chicken yard is designed to keep large animals out and the chickens in, though it is no match for a mink. The next day we stretched a two

foot high hardware cloth barrier along the bottom of the chicken yard fence to keep the mink from running through on its way from here to there... it won't keep a determined mink out, but it will slow it down. We used to think the most dangerous predators roamed at night, but that's not always the case—we've seen mink and foxes out in the daytime. As of this writing, the mink has not paid any attention to the chickens, and we haven't seen much of it lately—we're hoping it's moving on to different hunting ground. But, we're still keeping a close watch....

Oh, and about our little garden-raiding bunny? We finally stopped her by putting up ANOTHER fence inside the second fence. Our garden is wrapped so tightly in fencing that WE can hardly get into it now.

We thought there was something different about this rabbit. It didn't act like the other wild rabbits that are hopping around here. She doesn't run from us—she is very friendly—and we've almost tripped over her more than once. She has wormed her way into the chickens' good graces—they seem to have adopted her. One very hot afternoon as I walked past the chicken yard, I happened to



glance under the huge arbor vitae tree next to the coop. I was surprised to see four pairs of yellow scaly legs, one pair of black scaly legs (Maggie, the blue Ameracauna chicken, has black legs), and one pair of brown hairy legs standing side by side under the tree. (This prompted a second look). The hairy brown legs belonged to the rabbit. On warm summer days it's not unusual to see her stretched out under the trees in the chicken yard alongside the chickens, or grazing with them while they scratch in the grass. If she sees us out she comes to the backyard fence where Robin sits in the grass and patiently coaxes her close enough to eat treats out of her hand. We named her "Bonnie Bunny." And she comes when we call her...sometimes.



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My Mother's Recipes

By Joanne McDowell

It is almost fall, a season I love, but then comes winter! The cool days remind me of my youth and the food my mother used to make; Mac n' Cheese, Meatloaf, Spaghetti...meals that I rarely make because dining out is easier with just two people.

This home cooked food reminds me of a less complicated time, a time when we would leave on our bikes and be gone all day, returning home when the fire flies appeared. As I get older I so much more appreciate that time and the people who filled my life that are now gone. Mac n' Cheese, amazing what a recipe will make a person remember. Enjoy!

Easy Mac n' Cheese: (Serves 10-12) Cook time: 35 minutes

Ingredients:

1 lb of a pasta of your choice
 ½ cup butter
 ½ cup flour or cornstarch
 4 cups milk
 6 cups freshly grated white cheddar
 1 tablespoon salt (to season)
 up to 1 tablespoon pepper (to season)

Method:

Oil pasta in salted water according to package instructions. Melt butter in large saucepan over medium heat. Sprinkle in flour and whisk and cook 2-3 minutes. Add in salt and pepper. Slowly pour in 4 cups milk whisking until smooth and heating to a low boil until thickened. Do not stop until thick. Remove from heat. Grease a 9x13-inch baking dish and add the hot pasta to the dish. Over the top sprinkle 6 cups of freshly shredded cheese. Pour the thickened cream sauce over the hot pasta and cheese and let it sit until the cheese melts. Stir everything together. Melt 2 tablespoons butter over medium heat. Pour over the mac and cheese. Bake in a preheated 325-degree oven for 12-15 minutes.

"Fashion, Friends & the Fund"

The tenth annual, "Fashion, Friends & the Fund" will be held September 18, from 1-3 pm at Anjulina's Catering & Banquet Hall, 2270 W. Hayes Avenue in Fremont. The doors will open at 12:30 pm for the viewing of merchandise and the bidding of numerous silent auction and lucky lady items.

Returning this year is the "Purse-Plus" themed silent auction that will include designer purses and totes. Additional purses, accessories and special items will be available through the very popular "Lucky Lady" drawings. Celebrity waiters will be ready to assist guests with seating and drinks, and Joe Liszak, CEO at Community Health Services, will serve once again as the master of ceremonies. The "Balloon Bonanza", a popular attraction last year, will feature helium balloons filled with surprises. In honor of the 10th anniversary event, a live auction will offer 4 tickets to Walt Disney World theme park in Florida. Also new this year is a wine cork pull that will include prizes of wine, wine toppers, and more. As in the past, a guest speaker will relate a personal journey of cancer. Alison Lauer, Fremont, will be the guest speaker this year.

The cost for this event is \$25.00 per guest or tables of eight may be reserved for \$160.00. Proceeds will benefit the Sandusky County Cancer Care Fund.

This year's sponsors include: Ruby Sponsors (\$1,000 or more) Beck Suppliers/Friendship Food Stores, The Bellevue Hospital, Crown Battery, Fremont Federal Credit Union and Progressive Iron and Metal, Inc.; Sapphire Sponsors (\$500 or more) Firelands Regional Medical Center and Style Crest, Inc.; Emerald Sponsors: (\$250 or more) Eye Centers of NW Ohio, Freeman Company, Grund Drug Company, ProMedica Memorial Hospital and Sprouse Insurance. Numerous other businesses, individuals and organizations have donated items for the silent auction and other fund-raisers.

The Sandusky County Cancer Care Fund was started in August, 2007 by the United Way of Sandusky County. For every \$1 donated to the fund, approximately \$.98 is made available to cancer patients in Sandusky County to assist with cancer-related costs. Most patients seek assistance with transportation, medical bills, prescriptions, wigs and other basic needs, such as food supplements.

Reservations are needed by September 5 by calling the United Way office at 419 334 8938. Credit cards can be accepted the day of the event for purchases over \$50.

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Mad River and NKP Railroad Museum



By Kelsey Nevius

Between stocking up for the upcoming school year and battling till the very end to cram all the summer fun in while you still can, the end of summer is slowly creeping up on us. This year will be my junior year at the University of Findlay, and I both look forward to the year and dread the homework and testing that comes with it. This will also be going on my second year of writing for Lifestyles 2000, something that newly graduated high school me could barely imagine. As I begin my third year of college, I wanted to perhaps inform everyone of an event you might not realize is in full swing: the newly made Bellevue Rail Fest is a great place to enjoy a slice of

history and have a bit of fun before the summer ends.

The first thing that I think is great about the festival is that it's centered around the Mad River and NKP Railroad Museum. This is one of the biggest rail museums in Ohio and earliest railroads to run through Ohio, and knowing my love of museums, I think taking part in any of Ohio's history should be a treasured and memorable experience. The museum, which was opened in 1976, is home to many memorable railroad spots as the reporting mark for what was called the Nickel Plate Road and ran through New York, Pennsylvania, Ohio, Indiana, Illinois and Missouri. Bellevue also housed the largest roundhouse in the system, the headquarters for the general superintendent, and many more things during this era. The museum

itself houses not only history, but artifacts like uniforms, lanterns, and timetables. During the festival, the museum and all of it's history is open to the public, and that's not the Rail Fest's only draw. The festival runs for a full 24 hours, crammed with train and railroad based events. Train watching and riding is featured at



the Kemper Rail Park, which is the second largest classification yard in the U.S. Train watching is a given during any time period- trains heading to and from Chicago, Fort Wayne, or Toledo zip by on the rails, totaling over 100 train passings per day. Photographers especially will love this event- whether day or night, lighting will be spot on to catch coveted shots of your favorite locomotive. The event even closed some of State Route 4 so train viewers can watch trains come and go from the overpass.

Though there is a small admission price of \$7 for adults and \$4 for children, you'll have a fun event to take part in all day if you so choose. This end of summer event is truly a double feature- you get your pick of pursuing the museum with extended hours and the view of trains making their way by. Both are a wonderful edition to Bellevue and Ohio, and will be a great memory for any train lover or family visit. Since this event is yearly, take some time out of your summer next year to see the museum or watch the trains rumble by.



The Humane Society of Sandusky County Spaghetti Dinner



Sunday, October 2, 2016
11:30am-1:30pm

American Legion, Buckland Avenue, Fremont

Door: Adults \$10, kids 10 & under \$5, kids under age 5 are free

Pre sale: Adults \$9 & Kids \$4

Dine in or carryout

Spaghetti, salad, bread, drink & desserts!

Ticket locations: HSSC animal shelter, Jenesis Salon

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Helen Marketti's Music Corner *Dan Moyer*



It isn't often you run across someone who portrays one of the most famous men in rock legend history. Dan Moyer often plays "John Lennon" at special events and venues throughout the year.

What is so special about The Beatles, the late John Lennon and music from the 60s generation? Dan took some time recently to share his thoughts regarding these questions and more.

"Obviously The Beatles were the number one band I was interested in as early as I could remember," said Dan. "I also enjoy listening to The Beach Boys, The Monkees and basically all of the "Baby Boomer" generation of music."



Dan played "John Lennon" for several years in a Beatles tribute band called, Back Beat.

"The neat thing about having played in Back Beat is that I was able to meet several of my music idols. We were sometimes on the same bill as them or you would run into them since you're playing at different venues," he said. "When I was in Back Beat, we did shows for George Harrison's sister, Louise. We also used to have the band ELO come to our shows!" (laughs)

The music of the 60s is still as fresh as it was in it's beginning. The messages of the songs are still relevant today. First generation fans remember the songs and each generation that follows. "The music of that era is timeless," said Dan. "There are 15-year-olds out there who enjoy the music as much as we do. Paul McCartney continues to sell out stadiums all over the world. The Rolling Stones still tour. I think that says it all."

What is it about John Lennon that would encourage someone to portray him on stage? "Actually, performing as John Lennon was something I have always wanted to do. I was always focused and determined to be part of a Beatles tribute band where I could play John. That was my goal."

Dan mentioned that John's voice is in his vocal pitch, which helps to make the

portrayal more accurate and natural. Fans are often unforgiving with slip ups and mistakes so Dan works hard to make sure he is spot on with John Lennon's personality type which works itself into the show as much as the music. Overall, Dan has portrayed John Lennon for over 25 years!

"When you meet people after the show you listen to many great stories about how The Beatles music touched their lives. You hear everything from fans who first saw them on The Ed Sullivan Show to sharing what was their first Beatle album," explains Dan. "It helps to bring back memories for people which I enjoy."

Dan still plays "John Lennon" as part of a band called, "Legends of Rock" with a gentleman named Walt Sanders who portrays "Elvis".

There are a few different shows within one show. "I will play John Lennon and sing the early hits of The Beatles such as what you would see on The Ed Sullivan Show then Walt takes the stage as "Elvis and does his set. Walt has performed with Elvis's original back up singers," said Dan. "We do duets together and sing, "Imagine". If we have a third set, we sing many 50s, Doo Wop and 60s music combined during our shows."

While it seems Dan is mostly in John Lennon mode, he does solo shows as himself for Veteran organizations. "I do solo shows, too. I sing 50s and 60s songs that they remember. I have a special place in my heart for our Veterans."

For more information on "Legends of Rock",
www.onenightwithyou.net

In Your Own Backyard

The Fremont Ross Lady Giants Volleyball team would like to invite the community to our 7th Annual Hitting to Heal "Kids Helping Kids" charity volleyball game Monday, September 26th. The Lady Giants will be taking on the Lady Flyers of Lake High School with games beginning at 6 pm.. 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. The Fremont Ross Lady Giants and the Lake Lady Flyers 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 the JV & Varsity games, T-shirt sales, 50/50 and a Themed Basket Raffle. T-shirts will be sold in advance starting September 12th in the Fremont Ross High School office and Athletic office. Wear the t-shirt to the game on September 26th and get in for free! Please join us and help these "Kids Helping Kids" help the community!

Ladies, you are invited to a luncheon and program with the Fremont Area Women's Connection at Anjulina's Catering, 2270 W. Hayes Ave., Sept. 13, Luncheon 11 am-12:30 pm, Cost \$12 inclusive.

Our Feature will be Jan Guthrie, Golden Threads, speaking about their FREE service for seniors, including info on health insurance, prescriptions and billing. The Speaker will be Mary Haddad, Adrian, MI. telling of Survival and Success in her search for significance. For reservation: luncheon and free child care, please call by Sept. 8, or email Carrol at fawcluncheon@gmail.com.

Hayes Memorial United Methodist church garage sale is Saturday, Sept. 17, 9am-3pm, 1441 Fangboner Road in Fremont.

SEPT 17 - Free Community Carnival in Lindsey at corner of Lynn and Maple

Streets, 2 to 6 pm. Food and fun with lots of games and prizes, bingo and a Magic Show. Sponsored by Trinity United Methodist Church. Consider donating a canned good for Washington School backpack program.

Village of Lindsey Farmers Market is held the second Saturday of each month through October, from 9 am to Noon, in the village park on Main Street. Open to vendors who wish to sell baked goods, crafts, produce, plants, etc. Fee is only \$5.00 for unlimited space. For information, call 419-665-2045.

Our Lady of the Pines Events: Centering Prayer: Sept.6, 7-8pm: The focus of Centering Prayer is simply to rest in God's presence and consent to God's action within. 1250 Tiffin St. Fremont, www.pines-treat.org

Changing Season: Sept.13, 9am-3pm. Just as we experience the changes in nature each season, we also experience the changes in the seasons of our own lives. Spend the day exploring your own season and the many ways God is present to you through it all.

Stations of Mercy "Bears Wrongs Patiently": Sept. 20, 7-8pm. Join us as we celebrate this Jubilee Year of Mercy, free will donations to St. Vincent DePaul.

Going Deeper with God through SoulCollage®: Friday, Sept. 30,-Sunday, Oct. 2, by Dr. Jane Steinhauer. SoulCollage® is a creative way to experience prayer while tending the soul and listening to the Holy Spirit. Create your own "holy cards" using images, intuition and imagination and then explore ways they can lead you to a deeper contemplative prayer. Space is limited so register early!

Grand Opening of the Humane Society of Sandusky County new animal shelter at 1513 North River Road in Fremont, Sunday, Sept. 18th from 1-4pm.

Please Join Us As We Remember and Honor Our Fallen Heroes: Clyde Fair Proudly Welcomes the Ohio Flags of Honor Foundation, September 16th & 17th.

The Flags of Honor will be on display at the Clyde Fair by the Clyde Moose Hall on Maple Street. It will be open to the public from the evening of Friday September 16th till Saturday September 17th. The opening ceremony will be Friday September 16th at 6pm with posting of the Flags of Honor. Closing ceremony will be Saturday 17th at 6pm. Would you like to help us with the posting of the flags? Please be there by 5:45pm Friday night.

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Deals of the Season

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

I've just spent the last half hour looking through a facsimile of the "1902 Sears Roebuck Catalog" that cost fifty cents. You could have ordered anything from "Dr. Hood's Plain Talk and Common Sense Medical Adviser" – A 296 page book with two color prints and marbled page edges for \$1.25 or a "Big 83 cent Farm Dinner Bell" that weighed 40 lbs. and could be mounted to a post. \$19.95 would buy a 100 piece set of Havilland china. Ahh...the good old days, the good old prices and the good old hard work that went with them!

Ok, so where will you be on Wednesday Sept. 14th at 7:14 am? Perhaps you will be in my backyard, The Old Garden House at 1045 S. Bloom Road in Fremont celebrating my 30,000th sunrise with me. If you are here, (any time between 7 and 9 a.m.) I can thank you personally for the encouragement you gave me to write my memoirs in the first place and all of you for purchasing over 500 books after they were published. I could never have guessed, when I picked up my pen and started to write, how warmly my Lifestyle readers and others would receive my book, Heartbeats and Footprints...A Memoir of 30,000 Sunrises. Thank you. If you can stop by, perhaps on your way to work, I would really like to see you. We will have some "fresh from the oven" sweet rolls. Also, we plan to have some bagels and a fresh fruit bowl to share with guests along with lots of hot coffee and juices. No reservations are necessary. My phone # is 419-332-7427 in case you have questions. This is the Grand Finale of this wonderful experience for me. It will be the last chance to purchase a copy of my book. Any books left after the sunrise celebration, will be put into the trunk in the attic and saved for future great, great, and beyond, grandchildren...grandchildren that I may never know, but who can know me through my memoirs. Thanks again for sharing this once-in-a-lifetime journey with me.

The date for our Fall Pass Along Plant Day is October 9th, the 2nd Sunday in October. Bring any extra perennials or bulbs you have to share and take some that others have brought. I can put the shovel in the ground to divide and share from my gardens as well. No charge-just sharing. Time is 1pm to 3pm.

Tea at Two won't be served this month. In September we will serve a high tea, a light dinner, at 5:30pm on September 27th. We can take up to 30 reservations. Tim and Mary Myers will provide the program. They will visit from South Creek

Clydesdale with their beautiful horses. At this writing, we haven't worked out the program details, but we promise you will enjoy their visit...and the light dinner with house blend tea isn't bad either! Call 419-332-7427 for reservations.

Celebrate the Season dinner is set for Thursday, September 22nd, at 5:30pm when we will welcome the new season on the first day of fall. Reservations are necessary and can be made for a single, or in twos or threes, or more. If you have an idea for a menu item, let me know when you call in your reservations.

So until our lives tough again, Love this late summertime...go swimming once again...hold a sleeping child and count your blessings knowing that LIFE IS GOOD!

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



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Out to Lunch

By Lynn Urban



Razy on the Bay

If you've ever been to Terry's Tavern in Bay View, you would be surprised to see the new look that's taken place by the new owners. It is now renamed, Rayz by the Bay. A large new deck has been added on to the front overlooking Sandusky bay and its gorgeous sunsets. The inside has been renovated with a fresh bright, industrial look, including new and larger bathrooms.

It's a casual place where the menu is simple. Starting out they have a number of appetizers to choose from, we tried the Zesty Munchers, which are tater tots infused with pepperjack cheese.

There are no dinners here, but a good selection of wraps, sandwiches, homemade pizza, salads, and chicken balls, which is their version of chicken chunks, tossed in a variety of very tasty sauces. The classic ½ lb hamburgers are made of fresh ground beef and served with homemade chips. The fresh Lake Erie perch has always been good and still is, the perch sandwich and homemade chips are just \$9.99. Along with a side of their delicious homemade slaw, it's a great meal.

We were there on a Monday and the special was a Tanks Hot Dog and awesome hand cut fries for \$3.99, or a hamburger and fries for \$6.99, not a bad deal.

The food is good and the view is great. It's a good place to stop either to or from Sandusky for a bite to eat and relax.

Check their web site for the daily in house specials.

www.rayzonthebay.com

GRAND OPENING CELEBRATION

Humane Society of Sandusky County

1315 North River Road-Fremont (next to Eagle 99)



**Come see our beautiful new facility and meet
our 180 cats and dogs who are looking for a
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Sunday, Sept. 18th from 1-4pm

Tours, Refreshments, Face Painting & More

Donations Appreciated, Dry Cat Food (ProPlan, IAMS, 9 Lives, prefer foods without dyes), Heavy Duty Dog Leashes, Paper Towels, and Dawn Dish Soap.

MONETARY DONATIONS ARE ALWAYS APPRECIATED!

Upbeat news for down times

The news has been horrific this summer in more ways than it is possible to recount. So it is time to focus on some good news, at least in the financial world.

Despite the initial fear sparked by Britain's unexpected vote to leave the European Union, so far there has not been a huge spillover into the rest of the world. Yes, Brexit has created "a wave of uncertainty amid already fragile business and consumer confidence," according to the International Monetary Fund, but so far it appears that the economy in the UK will suffer but the rest of Europe and the world are holding up. The IMF cut its forecasts for global economic growth to 3.1 percent this year and 3.4 percent next. That doesn't sound too bad, considering that the world was bracing for a much larger negative impact.

Meanwhile, here in the United States, the economy continues to grind ahead as we begin the eighth year of the recovery. Many lament that growth has

not picked up more, but when compared to other developed economies such as the European Union, Japan and the UK (even before the Brexit vote), the U.S. looks pretty good. Growth should be about 2.2 percent this year, which certainly is not blistering but is strong enough to spur gains in the labor market.

Although job creation has not been as strong this year as in the previous two, that was mostly expected. The more positive news is that layoffs are declining, the broadest measure of unemployment is falling, and wage growth is slowly strengthening. Employees are feeling confident enough about the market to quit voluntarily - in fact, U.S. workers are currently the happiest they have been in a decade, according to a report from the Conference Board.

It is also worth noting that some of the global uncertainty is actually helping consumers. Global jitters have pushed down overall interest rates, which is very good news for borrowers. Mortgage

rates remain at rock bottom, which has been a boon to first time homebuyers, who are finally able to enter the housing market. Although prices are rising nationally, in many parts of the country it is still cheaper to own than rent.

The recovery in home prices has helped more homeowners keep their homes out of foreclosure. According to RealtyTrac, U.S. properties with foreclosure filings - default notices, scheduled auctions or bank repossessions - in the first six months of 2016 were down 20 percent from the previous six months and down 11 percent from the first six months of 2015. And the trend showed strength as the quarter came to a close: June foreclosure filings were down 19 percent from a year ago to the lowest level since July 2006.

And then there's the stock market, which has come roaring back since dropping into a correction in February. Those who stuck to their asset allocation plans and did not muck around too much should be doing just fine despite

the 2016 market gyrations. In fact, the Dow Jones Industrial Average and the S&P 500 have recently touched all-time highs, as investors believe that global uncertainty will encourage the European Central Bank, the Bank of England and the Bank of Japan to keep stimulating their local economies. It should also keep the Federal Reserve on the sidelines at least until September and maybe even until December.

None of this is to say that everything is perfect or that the situation can't change, but it is just a bit of summer sunshine amid the gloomier headlines.

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

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Try to take the dog's point of view when teaching it to be house broken

Q: I purchased a puppy a couple of months ago that was 10 weeks old. I have been trying to house break her ever since. She is a Chihuahua crossed with a Dachshund and weighs 5 pounds. I must take her outside at least 15 to 20 times a day. What happened recently makes me question if she will ever get trained: I noticed she peed in her bed. What is wrong with her? Will she ever get it? - Ann Conners

A: Hold on a bit and take a look at the situation from an outsider's point of view. You have a puppy that is around 17 weeks old, weighs 5 pounds and most likely has a bladder the size of a big grape, and in a 24 hour period she will only pee or poop one time in the house. I know a lot of dog owners who would cheerfully trade places with you.

Why did she pee in her bed? She is young and lost control; that is the only reason. Animals do not think about things like we do, they just happen. The

whole reason we are able to teach dogs to use the bathroom is because dogs like to do it in the same area. It doesn't matter if it is outdoors in your yard or indoors on a pad.

The whole key is to be proactive and watch the dog so it does not have the opportunity to go to the bathroom where you do not want it to. If the dog never gets the opportunity to do this, then it will never think it as an option. Scolding the dog when it does make a mistake does not do any good.

There are some dogs that figure out where to go faster than others and some dogs, such as larger ones with bigger bladders, have more self-control than others. Some dogs also have better spatial awareness skills and have a better grasp of where the preferred elimination area is at all times.

It is hard for a small dog to figure out that you have to go to the back door to get to the area to use the bathroom, but

just about all dogs do figure it out in time if you start at a young enough age. Do your best to look at the situation from the dog's point of view.

Q: I got a male guinea pig named Horatio and I want to know if I can teach him to come when I call him like my dog does? He is 18 weeks old now and seems to be very smart but when I say his name he does not seem to pay attention to it. - Susan Smith

A: Guinea pigs are actually a lot smarter than we give them credit for, but since they have so many enemies, it takes a while for them to relax and let their guard down. He likely does not see very well, so if you are far away from him while you call his name, then it might be hard for him to respond.

It would be better for you to sit on the floor with him about two feet away with a piece of lettuce tied to a string. Say his name in a clear and loud voice so that it sounds different from the way you usu-


ally talk and then toss the lettuce to him. As he reaches for it just slowly tug it toward you so he has to follow it, all the while saying his name.

When he can do this from only two feet away then move him four feet away and then until he is following the lettuce to you from across the room. Then try it while you are sitting down on the floor just calling his name holding the lettuce in your hand - most likely he will get the idea and soon every time he hears his name he will look up.

(Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at petxperts2@aol.com; please include your name, city and state.)

Christopher Liebold

For Sandusky County Commissioner



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term risks, people usually need to take an anticoagulant for about three to six months.

If your DVT developed without any apparent explanation, then your risk of developing another blood clot may be high enough to require long-term anticoagulant treatment. You may also need long-term anticoagulation if you had another DVT form at some point after the first one resolved. Rarely, presence of certain hereditary or acquired blood conditions may warrant continued anticoagulants.

A vena cava filter can have an impact on your anticoagulant treatment, too. This small, metal device is placed into a large vein that returns blood from your legs to your heart - the vena cava. If a DVT forms, breaks off and travels through your bloodstream, the filter catches it before it reaches your heart, preventing a pulmonary embolism.

It is possible that having a vena cava filter in place may lower your risk of another pulmonary embolism enough that you can stop taking warfarin. But that's not always the case. Some people need both an anticoagulant and a vena cava filter to effectively prevent a pulmonary embolism.

In some cases, lifestyle changes such as exercising regularly, quitting smoking and getting to a healthy weight may reduce the risk of another DVT. But there are no specific dietary recommendations associated with a lower DVT risk.

If you feel strongly that you would like to stop taking warfarin, talk to your doctor. If you still need some anticoagulant, you may be able to switch to aspirin or another medication to prevent blood clots, such as newer blood thinners like rivaroxaban or apixaban. Other treatment alternatives or close, ongoing follow-up care may be options, as well, depending on your medical history and your individual wishes regarding treatment. - Rajiv Pruthi, MBBS, Hematology, Mayo Clinic, Rochester, Minn.

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

It's What's Left Over AFTER the Fracture Heals?

By, Dr. Paul Silcox

The following is a true story of a local woman, but the name has been abbreviated to conceal identity. Two and a half years ago, 67 year old R. S. fell and fractured her left upper arm just below her shoulder joint. A local orthopedic surgeon did an excellent job of repair and stabilizing the shoulder and she underwent months of rehabilitation therapy. Two years after the surgery, she still experienced a lot of pain, significant limitation of motion and also had developed numbness and tingling in the right hand.

Her husband stopped in the office one day to ask about acupuncture for pain relief. He was concerned for her, the pain level she was experiencing.

Shortly after, R came into the office and it was discovered that she still had about a 50% reduced range of motion due to scar tissue, but there was also a remaining fear factor of reinjuring the previously fractured shoulder.

I began with acupuncture and cupping. Similar to what we have been seeing during some of the athletes during the Summer Olympics. Shortly after beginning, spinal adjustments were added to limber up the neck, and improve motion there. Within a couple weeks, R began to see some decrease in pain. Within a month, she was seeing an improvement in her range of motion.

I gave R instructions of consciously using her left arm more in a fashion that she hadn't used it since before the fall. I told her to do things such as reaching up into the cupboard at shoulder level, then she was able to get up to eye level, and eventually she could reach up to the top of her head. She was able to resume fixing her hair with ease, getting dressed easier and opening doors.

Some of the early sessions of cupping were moderately painful, but she said it was nothing painful like the therapy was after the surgery.

After a few months overall, R was dismissed as having achieved a higher level of function, greater range of motion, less pain, and encouraged to continue with increased use of her left arm. R, her husband, and I, were all very please with her results!

Classifieds

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Thurs - Fri 5:30 - 10pm
Others by Appt.

Birthday Parties • Meetings
Corporate Events • Rentals
Team Building Events

Chris Earnhart/ Owner **See us on Facebook**

SEPTEMBER 2016

Events



The Bellevue Hospital

1400 West Main Street

Bellevue, Ohio 44811

www.bellevuehospital.com

419.483.4040 - Bellevue

419.547.0074 - Clyde

419.639.2065 - Fremont,
Green Springs, Republic

419.483.0400 - T.D.D.



COMMUNITY HEALTH PROGRAMS

Cholesterol & Blood Pressure Checks			Ext. 6610
Sept. 7	9:30 am - 11:00 am	BP (free), Cholesterol (\$10)	The Medicine Shoppe, Bellevue
Sept. 13	9:00 am - 11:00 am	BP (free), Cholesterol (\$10)	Bassett's Market, Bellevue
Sept. 20	9:00 am - 11:00 am	BP (free), Cholesterol (\$10)	Hogue's IGA, Bellevue
Sept. 21	9:00 am - 11:00 am	BP (free), Cholesterol (\$10)	Miller's SuperValue, Clyde
Sept. 22	10:30 am - 11:30 am	BP (free), Cholesterol (\$10)	Senior Center, Clyde
Sept. 26	8:00 am - 10:00 am	BP (free), Cholesterol (\$10)	Rec Center, Bellevue
Sept. 27	Noon - 1:00 pm	BP (free), Cholesterol (\$10)	Senior Center, Bellevue
Sept. 12	Morning Health Break		Ext. 6610
	8:00 am - 11:00 am. Free Blood Pressure checks Glucose (fasting test, free); A1C Screening (\$10)		Conference Rooms A&B
Sept. 13	Yoga Fitness Classes	\$20/six classes	Ext. 4303
	5:30 pm - 6:30 pm. Tuesdays & Wednesdays		K of C Hall, Bellevue
Sept. 14	Drown's Garden Market	Free	Ext. 4387
	9:00 am - 2:00 pm. Open to public; seasonal veggies, fruit.		TBH South Entrance
Sept. 15	Mature Audience Luncheon	\$3	Ext. 4899
	11:30 am - 1:00 pm. Snavelly's Sugar Shack		BSA, 205 Maple St., Bellevue
Sept. 17	Lamaze Prepared Childbirth	\$30	Ext. 3067
& Sept. 24	8:30 am - 12:30 pm. Two Saturday sessions		Conference Rooms A&B
Sept. 25	Tobacco Cessation Classes	Free	Ext. 4244
	2:30 pm - 4:30 pm. Seven weeks; free nicotine replacement		Conference Rooms A&B
Sept. 28	Red Cross Bloodmobile		800.733.2767
	9:30 am - 3:30 pm. Open to the public. Call to schedule appt.		Conference Rooms A&B

SUPPORT GROUPS

Sept. 6	M.O.M.S.	Free	Ext. 4363
	10:30 am - 11:30 am. Breastfeeding Support		2nd Floor Conference Room
Sept. 13	Diabetes	Free	Ext. 4303
	12:30 pm - 1:30 pm. Diabetic Technology & Tools, Denise Bullion, RN, CDE		East Conference Room
Sept. 13	Cardiac	Free	Ext. 4303
	4:00 pm - 5:00 pm. Cardiac Testing - What & Why, Dan Kramer, RN		Conference Rooms A&B