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Vol. 18 Issue 9

September 2017

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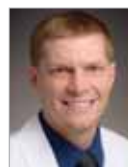
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& Clyde, Denny's, Frisch's, The Garrison, Bassett's,
Kroger's and Clyde Drug Mart*

Like us on



Out to Lunch

By Lynn Urban



ElRoys Italian Deli and Market

I think it's wonderful what Tom Kerns is doing for downtown Fremont. First the Garrison, and now ElRoys Italian Deli and Market, which is connected to his future Italian Restaurant. Not to mention the beautiful flowers on the corners of Front and State Streets. It's bringing life and excitement back downtown, the way it should be.

ElRoys is named after his Tom's father, who was a hardworking man that instilled his business and work ethic in Tom. ElRoys has an excellent and helpful staff, there to help you with many suggestions for your lunch or dinner choices.

The New York style deli features a wood fired open oven that makes awesome Italian Pizza's. The 8" sells for \$7.99 and the 14" for \$9.99. There are three specialty pizzas to choose from. I ordered the meatball pizza, made with crushed San Marzano Tomatoes, house made meatballs, roasted garlic, Mozzarella, and ricotta, on a crispy crust.



As with most deli's, the refrigerated case is stocked with meats, cheeses, and an assortment of fresh made salads sold by the pound. Soups that are made fresh daily can be added for \$1.99. The specialty sandwiches are stacked with meats, cheeses, and other goodies, and are priced at \$8.99 and \$9.99, but big enough to share. There is also a daily sandwich and soup special for \$5.00.

ElRoys also has a large selection of Italian grocery items, like pasta, sauces, oils, wine, olives, and many more items.

When you are done getting your fill of wonderful Italian food, you can't leave without swinging by the bakery case filled with delectable desserts. Either the cheesecakes, Italian Cream cakes or Cannoli's will be calling your name. Enjoy!

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Lifestyles 2000

PUBLISHER/EDITOR

Joanne McDowell

SALES

Joanne McDowell

419-334-3602

Email: lifestyles2000@sbcglobal.net

DISTRIBUTION

Pete McDowell

GRAPHIC DESIGN

Tammy Calhoun

Email: trcalhoun@me.com

Advertising/General Information

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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.

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

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

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Welcome to our September issue! Once again our calendar of events is packed full of exciting things to do; there are also some enticing recipes for you to enjoy.



Last month I asked for donations for the animal shelter dog run, you came through and now the project is on the books and hopefully will be done this month. Thank you so much.

Enjoy our newest issue and have a fabulous month!

Joanne



There were 169 entries for August, again some of you forgot your address, please be sure it is included as we need it to send your prize. The correct answer was Bethesda Care Center but since everyone put Steelers Vs. Browns that is the answer we took! Thanks for entering.

Find Pete Winners

Winners are: Shirley Swaisgood, Helena; Sara Roach, Marvin Boyd, Clara Rinebold, Dawn Stiger, Denise Klask, Carol Watson, Lori Misner, Clyde; Maryle Greene, John Artino, Bellevue; Jackie Mayfield, Sandy Bennison, Leann Matt, Anthony Heater, Gary Nossaman, Chris Hill, Brenda Butzier, Fremont; Steve Tooman, Oak Harbor; Nancy Wright, Vickery; Myles Miller, Green Springs.

Celebrating 18 Years winners of Miller Boat Line tickets or a pass to African Safari are: Jeannie Kimmet, Paula Renfro, Clyde; Elaine Franks, Bob Wells, Joanne Kovalesski, Fremont; Karen Worrell, Bellevue and Karen Perry, Vickery.

Thanks for playing, this is our last month for this contest.

Find Pete Prizes

Prizes are from Dairy Queen, Fastraxx and Jenesis Salon in Fremont. The Calico Cat and Legends in Clyde, Smokey's in Republic and Old Fort Market in Old Fort. 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.

My Mother's Recipes

By Joanne McDowell

I met the most delightful lady at the nail salon, Becky Wise. Every month we always have the same appointment time and enjoy talking during our time at the Perfect Ten. Last month she promised me her homemade donuts when we saw each other again, and sure enough she came through! She brought me a dozen in a bag and I shared them with the staff. They were so delicious I thought I should share this with all of you, after all fall is the time for cider and donuts. Since they are baked they can't have many calories...or so we can believe. Enjoy!

Homemade Baked Sugar Donuts

Ingredients:

1/4 cup vegetable oil

1/2 cup buttermilk

2 eggs

3/4 cup sugar

1/2 tsp. salt

1 tsp. baking powder

1/2 tsp. vanilla

1 cup flour

Instructions:

Preheat oven to 350. Spray donut pan with non stick spray. Mix all ingredients together but flour. Stir in flour and continue to mix until

smooth. Fill donut pans 3/4 full. Bake for 15 minutes. Remove from oven and let cool for 5 minutes. Remove from pan and dip each donut in a sandwich bag filled with a 1/4 cup of sugar. Recipe makes one dozen 3 inch donuts.

This second recipe was given to me by Kandy who works at the front desk at the animal shelter. She always has a smiling face! Kandy said this recipe is always a hit when she fixes it and her husband loves it.

Philly Cheese Steak Sloppy Joes

1 lb. hamburger or ground chuck

1 T. butter

8 oz. chopped mushrooms

1 small onion

1 sm. green pepper

1 cup beef broth mixed with 1 T. cornstarch

2 T. catsup

1 T. Worcestershire

Brown burger, remove from pan. Cook veggies in butter till crisp in same pan. Return meat, add rest of ingredients, cook 5-7 minutes. Enjoy!

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Helen Marketti's Music Corner



Harvey Kubernik

Author, Harvey Kubernik talks about his latest book, 1967, A Complete Rock Music History of the Summer of Love (Sterling, 2017).



2017 marks the 50th anniversary for the Summer of Love. What does that mean? In 1967, the youth of the time, or the counterculture as it was called, chose to identify with their own generation, rejecting the tradi-

tional roles of their parents, rebelling, protesting, attending be-ins, love-ins, expressing freedom, making their mark on life and in the history books. Harvey Kubernik provides readers with a rock history lesson in his latest book that sheds light on a new understanding of ALL that the Summer of Love embodied. Naturally, we gravitate towards the flower children, hippies and our first thoughts venture to Janis Joplin, Jefferson Airplane and The Grateful Dead. Those talented names barely scratch the surface. There are more participants during this turbulent time of change than most may realize.

"James Cushing once said to me, 'It's not nostalgia if it's new history'. I believe I am sharing new history and not reliving the same 60s mentality," said Harvey. "Motown and Stax Records was a big part of the 60s and the Summer of Love but they are barely mentioned in the history of that time nor mentioned at all. They are minimized. Ed Sullivan is rarely mentioned for this time period, yet many of the bands during that era appeared on his show."

Harvey has written 12 books, numerous articles and currently writes a column in Record Collector Magazine. His published works are known for their depth of the subject matter and his individual slant for interviewing. "As a teenager growing up in Los Angeles I was reading the LA Free Press. Later I started reading Rolling Stone and alternative weeklies. From 1969 to 1971, I attended West LA Junior College. I worked at the school library for 18 months. I was part of the first class to attend that college. It was like a high school with ashtrays," he remembers. "I graduated from college in 1973 and was still figuring out what I wanted to do with my life."

"In 1972 at San Diego State which later became San Diego State University, I was instrumental in developing an accredited rock music studies course under Dr. James Wheeler. It might have been one of the first of its kind. I would recommend Jim Morrison's poetry book, various record

albums and so forth. Once the class got off the ground, I started receiving promotional albums from record companies and invited to see some shows at places such as The Whiskey A Go Go. Thankfully, I was turning 21 years old. My first real interview was with Brian Auger (jazz/rock keyboardist) which was published in the Los Angeles Free Press. Grelun Landon from RCA Records understood my passion for music history. He knew I was serious about documenting. He set me up with interviews. I have no aversion to interviewing musicians of any genre."

This remarkable new book with stunning images, quotes from the musicians who lived the era and Harvey's passion for documenting and sharing information is a must for every music enthusiast. "I am always interested in the process and the information. It's a hard gig because some of these people have done hundreds of interviews over the past 20 to 40 years. I have interviewed many of them over my career. It's easy to run into the trap of delving into what is already familiar territory. I have to work harder to come up with questions and arenas to navigate the expedition together. Every page can knock you on your head. I feel the text, sidebars and quotes are magnetic. I am not going to create a book that reads like a fanzine. I took the narrative into an entirely different dimension. I still have the enthusiasm of a researcher," he explains.

What have we learned from classic rock artists? "They are now in their 70s. The goal objective is to do your craft for half of a century. That is what is important. You need to honor and respect the people who have put 50 plus years into their music. These older groups still need to be heard," said Harvey. "People were very quick to dismiss the music of the 60s and 70s when New Wave and Punk Rock showed up. I never left the original people behind but it's important to embrace the new voices, too."

Harvey faithfully watched the television show, UPBEAT broadcast from Cleveland. "I lived in LA and looked forward to watching UPBEAT," he said. "It was a time when television ushered in new artists. I watched UPBEAT every week. I loved it. I remember Don Webster was the host. During the Summer of Love, UPBEAT was still giving us Gene Pitney and Otis Redding. It is obvious what the Rock and Roll Hall of Fame means to the people of Cleveland beyond being a tourist destination."

Harvey shares some lasting thoughts about the Summer of Love and his recent book, "First of all, it's an income stream. I am not going to hide that reality. It was a job for me to write the book but once you have that job you then work hard to influence other people. If I can turn one person on to



check out Surrealistic Pillow by Jefferson Airplane or interest them in checking out the first album of Big Brother and The Holding Company then those are some of the significant reasons for my book. I am reminding or more importantly introducing talents, recordings and events to new people. For the older audience, it's an opportunity for them to reinvestigate and recharge from

what they heard as teenagers. The impact of 1967 continues."

1967, A Complete Rock Music History of the Summer of Love is available in most bookstores and Amazon.

Harvey's blog: www.otherworldcottageindustries.com



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All Month – “Presidential Pop Culture, The Art of Influencing Perception” Rutherford B. Hayes Presidential Library . Exhibit is open from 9 a.m. - 5 p.m., Monday – Sat., and noon - 5 p.m. Sunday, the exhibit will be on display thru October 8.

All Month –Exhibit of “Quilt National”, Rutherford B. Hayes Presidential Library. See an array of art quilts made for Quilt National, a biennial juried competition dedicated to the promotion of the contemporary art quilt. It focuses on visual presentation of innovative trends in quilting and promotes quilt-making as an art form. On display through Oct. 15, for more info, call 419-332-2081, www.rbhayes.org.

1– Fremont Federal Credit Union Car Show & Cruise In, Downtown Fremont. 4 pm-10 pm. Rain or Shine. 3 pm Registration, and Free Dash plaques for the first 100 registered. 50/50 raffle, prizes and trophies, music and food. Event 4 of 4.

1 - 4 – SCRAP Labor Day 2017 Show, White Star Park, Gibsonburg, 8 am - dark. Admission: \$3 p/p – kids are free. Step back in time as the Sandusky County Restorers of Antique Power (S.C.R.A.P) hosts the Antique Tractor and Engine Show. There are displays of antique tractors, engines, cars, trucks, motorcycles and farm equipment. Come and see the demonstrations of shingle making, rock crushing, blacksmithing, rope making, corn shredding, catsup making, homemade ice cream, basket weaving, quilting, and more. Live entertainment, great food and a large flea market. There is a Consignment Auction on Monday, beginning at 9:37 a.m. For more information, call S.C.R.A.P. at 419-307-4265 or: www.S-C-R-A-P-Inc.org.

2- Gibsonburg Farmers Market, at Log Yard, 9 a.m. to noon. FREE.

2- Mad River & NKP Railroad Museum 12th Annual Car/Truck Show, 253 Southwest St.

Bellevue, 9 am - 3 pm. Every year, make, model of car and truck are WELCOME! Registration \$10. Registration includes entry into the Museum! Best of Show Car and Truck, Best of Show Modern 1990-2017 and Primer Class! Long Distance Award and 25 Luck of the Draw Trophies! Dash Plaques for first 150 Registered/Participant Voting. 50/50 - door prizes - raffles - Ladies Walking Cruise (419)-483-2222 or madriv-er@onebellevue.com

5-MOMS Breastfeeding Support Group, Bellevue Hospital 2nd Floor Conference Room, 10:30-11:30 a.m. All new mothers and their babies are welcome. Discussion includes topics such as feeding/nursing issues and sleep habits. Free and open to the public. 419-483-4040, EXT. 4363.

8- Dungeon Descent: An Adventure into the Paranormal, Sandusky County Historic Jail, 622 Croghan Street, Fremont, 8 p.m. Explore the age-old mystery of what lies beyond the grave in this nighttime paranormal investigation adventure. Cost: \$25. Register by calling 419-332-4470 or by purchasing tickets at: www.sanduskycounty.org.

9-Lindsey Farmers Market, Village of Lindsey Park, corner of Main and Ash Streets, Lindsey, 9 a.m.-noon, every second Saturday, FREE.

9-Free Genealogy Websites, Rutherford B. Hayes Presidential Library, 9:30 -11:30 a.m. Head Librarian Becky Hill teaches attendees the basics of how to utilize the free genealogical websites in their family history research. Register by calling Hill at 419-332-2081 or emailing her at: bhill@rbhayes.org. Cost is \$10 and can be paid the day of the class.

9 – Second Saturdays R 4 Kids, Rutherford B. Hayes Presidential Library. Second Saturdays R 4 Kids is a monthly educa-

tional series for kids ages 1-12. There will be a scavenger hunt available from 9 a.m.- 5 p.m. in the museum. Participants can stop by any time during those hours to do the scavenger hunt and can also tour the museum. Cost/ \$1 for kids and \$7.50 for adults. Reservations: Dustin McLochlin at 419-332-2081, ext. 230, or emailing him at dmclochlin@rbhayes.org.

9-Household Hazardous Waste Collection, Sandusky County Fairgrounds, North Parking Lot at 712 North Street, Fremont, 9a.m.- noon. For information on accepted materials, contact the Management District office at 419-334-7222.

10-Fashion, Friends & the Fund, Anjulina’s Catering & Banquet Hall, 2270 Hayes Ave., Fremont. Doors open at 12:30 p.m. The event runs from 1-3:30 pm. Join us for a stylish event to benefit the Sandusky County Cancer Care Fund. You’ll enjoy delicious hors d’oeuvres, cash wine bar, auction items featuring designer bags, raffles, an inspirational message from a cancer survivor, “celebrity” waiters. Reservations are required. \$25 per guest or reserve a table of 8 for \$160.

11– Morning Health Break, Bellevue Hospital Conference Rooms A&B, 8-11 a.m. Educational literature, a light breakfast and a registered nurse available to answer questions about health. Free Glucose (fasting) & BP, Lipid Panel (fasting) \$15. 419-483-4040, EXT. 6610.

11– Gibsonburg Public Safety Service Memorial Service, Williams Park, Gibsonburg. Join us in Williams Park as Gibsonburg remembers 9/11 at the Public Safety Service Memorial that was constructed with the antenna of the North Tower of the World Trade Center which fell 16 years ago in America’s Worst Terrorist Attack. Free and open to the public. www.gibsonburgohio.org.

12– Community Health Screenings, Free BP and Fasting Glucose Checks, Bassett’s Market, Bellevue, 9-11 a.m. Free BP and Fasting Glucose Checks.

12- Diabetic Support Group, Bellevue Hospital East Conference Room, 1400 West Main Street, 12:30- 1:30 p.m. Free and open to the public. Topics vary by month.

13-Drown’s Garden Market, Bellevue Hospital South Entrance, 9-2 p.m. Drown’s brings fresh produce to the hospital as part of the hospital’s efforts to support a healthy lifestyle. It is open to the public and offers a wide variety of seasonal fruits and vegetables. Cash, check or credit cards are accepted.

15-17– Clyde Fair - The 31st Annual Clyde Fair, games, concessions, and free entertainment. 5K run and Parade Saturday; Bingo Saturday and Sunday; 26th Annual go-kart race on city streets, children’s tractor pull, and Car Show on Sunday. Festival Hours: Friday: 5PM – Midnight; Saturday: Noon-Midnight; Sunday: Noon - 7 PM.

16-Fremont Pigeon Club Show and Shop, Sandusky County Fairgrounds, 8 a.m. Free.

16– Downtown Fremont Farmers Market FREE, 9-1.

16-Appliance Recycling Sandusky County Fairgrounds, North Parking Lot, 712 North Street, 9– noon. This is for any appliance or household object made primarily of steel including grills, mowers, microwaves, etc. No televisions, computers, plastic fans or vacuum cleaners, etc. allowed. Refrigerators with food inside will not be accepted. Units containing Freon will be accepted at no charge.

17 - Humane Society Spaghetti Dinner Fundraiser, Simply Soups, Salads & Sweets,

Calendar of Events, cont’d on 7

Free Balance Screenings

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500 E. State St. Fremont, 11 am - 1 pm, carry-out only. Pre-sale \$9, Door \$10. Spaghetti, bread, salad, & dessert. Tickets available at the shelter, 1315 N. River Road.

19- Community Health Screenings, Free BP and Fasting Glucose Checks, Hogue's IGA, 855 Kilbourne Street, Bellevue, 9-11 a.m. Free BP and Fasting Glucose Checks.

20- Community Health Screenings, Free BP and Fasting Glucose Checks, Miller's SuperValu, 505 West Maple Street, Clyde, 9-11 a.m. Free BP and Fasting Glucose Checks.

21- Sandusky County Historic Jail Tour, 622 Croghan Street, Fremont, 5:30 p.m. & 6:30 p.m. Ever wonder what early jail life was like? This tour answers all of your questions! significance of this rare and historic structure. Cost: \$3. Tickets available at the door or at the Sandusky County Visitors Bureau, 712 North St.. www.sanduskycounty.org.

22-24, 29, 30- Fremont Community Theatre - "Calendar Girls", 1551 Dickinson Street, Fremont, 7:30 p.m. on Thursday, Friday and Saturday and 2 p.m. on Sunday. Rated PG-13. Cost: \$15 for Adults, Seniors/Military \$12., Children 12th grade and under just \$5. www.fremontcommunity-theatre.org.

23- Woodville's Farmers Market, Main Street, 9 to noon. FREE.

23- Humane Society First Birthday Party from 1-3pm. Entry with a donation of canned or dry cat food, paper towels, Dawn, monetary, (please no dog food or treats as we currently have no need). Face painting, Sunshine Farms petting zoo, treats, tours and more! Location: 1315 N. River Road in Fremont. Watch our FB page.

23 - Oct. 5- Scarecrow Contest, Bellevue. Located at businesses throughout Bellevue, see the highly imaginative and artistically designed scarecrows that sprout up inside

and outside of stores in downtown businesses and around town. Vote for your favorite! www.shopbellevueohio.com.

24- Verandah Concert, North Coast Big Band, Rutherford B. Hayes Presidential Library. Old-fashioned ice cream social 6:30 p.m.; concert begins at 7 p.m. North Coast Big Band will perform on the verandah of the Hayes Home.

25- Community Health Screenings, Free BP and Fasting Glucose Checks, Bellevue Recreation Center, 110 Cherry Boulevard, Bellevue, 8-10, Free BP and Fasting Glucose Checks.

26- Community Health Screenings, Free BP and Fasting Glucose Checks, Bellevue Senior Center, 690 Flat Rock Road, Bellevue, Noon-1 p.m. Free BP and Fasting Glucose Checks.

27- Red Cross Bloodmobile, Bellevue Hospital Conference Rooms A&B, 9:30 a.m.- 3:30 p.m. Open to the public. To donate, you need to weight between 110 - 350 pounds, be at least 17 years old and be in general good health. To schedule call 1-800-Red-Cross, or visit: www.redcrossblood.org and enter sponsor code BELLEVUEHOSP.

28- Community Health Screenings, Free BP and Fasting Glucose Checks, Clyde Senior Center, 131 South Main Street, Clyde, 10:30 - 11:30 a.m. Free BP and Fasting Glucose Checks.

30- TV & Electronics Recycling, Sandusky County Fairgrounds, North Parking Lot, 9 - noon. Television Prices: TV's 24" or less - \$2., TV's 25" & larger - \$3. All console units - no projection TV's (limit 2 per household) - \$5. Computer equipment, CD players, copy machines, electronic game systems, fax machines, VCR's, stereos, etc. are allowed. Electronics & flat panel TV's will be accepted at NO CHARGE.

"Grate" Treats & Eats

By: Chris Timko-Grate

Oh my here comes our cooler beautiful fall months! The leaves on the trees have started turning colors and we can now turn our air conditioners off and open our windows! I have wonderful memories of helping my dad and brother rake up all of the leaves that would fall every September and October in our yard. Back then we could burn the leaves and I will never forget the smell! Today I still love that smell and that is probably why I really enjoy an outdoor fire ring.

We are also taking advantage of our local farm markets, the local festivals, and any other kind of sale we can find, because here in another month or so it will start cooling down, we will lose the leaves and colors and we will have to start thinking about winter and the holidays. Anyway we still have great weather ahead and lots of good fall vegetables available so I have two recipes for you that use Zucchini for one and tomatoes for the other. Enjoy!

*Zucchini Bread

4 cups flour

1 teaspoon salt

1 teaspoon baking soda

½ teaspoon baking powder

2 teaspoons cinnamon

½ teaspoon nutmeg

¼ teaspoon cloves

3 eggs, beaten

1 cup vegetable oil

2 cups packed brown sugar

3 teaspoons vanilla extract

3 cups grated zucchini (leave skin on)

1 cup chopped pecans

Mix flour, salt, baking soda, baking powder and spices in a bowl with a fork. Stir mixture of eggs, oil, brown sugar, vanilla and zucchini into dry ingredients just until moistened. Fold in pecans. Spoon into two nonstick 5x9 inch loaf pans. Bake at 350 degrees for 1 hour, or until tooth pick comes out dry, do not over bake.

*Fried Tomatoes - What I like about these is that they are batter dipped instead of breaded!

4 medium tomatoes, half ripe

½ cup all-purpose flour

2 ½ teaspoons salt

2 ½ teaspoons sugar

¼ teaspoon pepper

¾ cup evaporated milk

Oil for frying

Wash tomatoes, but do not peel. Cut into ¾ inch slices. Place on paper towels to drain. Combine flour, salt, sugar and pepper. Dust tomatoes in flour mixture on both sides. Add evaporated milk to remaining flour mixture to make a thick batter. Dip floured tomatoes in batter. Fry in hot oil ½ inch deep until golden brown on both sides. Makes 6 servings. Quote of the Month: The world was my oyster, but I used the wrong fork! Oscar Wilde

Any questions, comments, and your recipes contact me at christimkograteroadrunner.com

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Notes From the Photo Blind



Robin Arnold



Gena Husman

It was the kind of evening when everything just came together. After several hot days, the early evening temperature cooled down to somewhere in the 70s with just enough of a light north-east breeze to keep the mosquitoes at bay. The setting sun cast a golden light over the landscape, and fluffy white clouds floated in a brilliant blue sky. We sat crunched together in Robin's photo blind on the edge of the pond, watching and waiting

and hoping to catch a glimpse—and if we were lucky, a few photos—of the green heron we had spotted earlier in the day. An added bonus would be if the belted kingfisher that was now out scoping the pond for its next meal flew in and landed on the branch right in front of the blind while eating a fish.

The blind reeked of arthritis pain cream and cooked rice—Robin's shoulder and neck were bothering her, as it still does now when she tries to do too much. She was also wearing a heated rice bag over her shoulder to help alleviate the pain so there wasn't a lot of room to begin with for the two of us, our camp chairs, a couple of sketch books, and a camera on a tripod. After much rearranging, we were at least able to sit quietly without blocking each other's view. While we were waiting for the "main event," a kingbird flew into the trees across the pond from us. Bonus prize! About a half hour later, our discomfort and our patience were rewarded **BIG TIME!** Although she didn't get her green heron photo—it perched on a log across the pond just out of camera range—the belted kingfisher did land on a branch just outside the blind long enough for her to get her first ever kingfisher shot! It didn't matter that she (it was a female) wasn't eating a fish.

One of the most productive spots—in number and diversity—was once again in the blind,

this time on the edge of the marsh. We'd moved the blind from the pond's edge to the dike after we

no longer saw the green heron at the pond and the kingfisher became harder to spot. Robin had "scared up" about 40 wood ducks from the marsh one morning and wanted to see what kind of duck photos she could get. That afternoon, she went on ahead to set up her camera and the chairs; I'd be out soon after.

The view was spectacular—after about seven years of low activity, our marsh was maturing and coming to life! Ducks flew in and out, some of them swam and skimmed green plants off the surface of the water, while others preened and dozed on a mudflat in the middle. Just before I joined her in the blind, Robin saw twenty (plus) wood ducks out in the marsh in front of her. Although we only saw about ten ducks at any given time, Robin said there were at least 40-50 ducks along the far side of the marsh out of sight behind the cattails. Shorebirds flew in and joined the ducks on the mudflat. We suspect that some of them were starting their fall migration back south. They're usually the first to go.

To say that afternoon was productive would be an understatement. We tallied 20 wood ducks, 2 great white egrets, 1 blue heron, 1 green heron, 1 solitary sandpiper, 1 indigo bunting, 1 killdeer, 1 lesser yellow legs, 1 bald eagle (flying over), 1 red-tailed hawk (also flying over), 1 cardinal, 1 goldfinch, 1 catbird, 1 wren, 1 muskrat, 1 snapping turtle, and a few monarchs. There was no partridge in a pear tree, though. It's amazing what you can see and hear if you just sit and wait—in the right spots!

Wishing you all a safe and happy Labor Day!



ARIES (Mar 21-Apr. 19): Don't make things more difficult than they need to be. There's no need to tire yourself out trying to swim when floating with the current will get you where you need to go. It won't take much effort to gain momentum.

TAURUS (Apr. 20-May 20): You can get farther with honey than with vinegar. A soft, tender approach may be what it takes to get a loved one to open up about their troubles. Don't let rust set in; find constructive ways to utilize free moments.

GEMINI (May 21-June 20): Do unto others as you would have them do unto you. It may be possible to take complete advantage of a situation but others may not appreciate it. Find a solution in which everyone involved benefits.

CANCER (June 21-July 22): Cooperation is key. Finding someone who shares your enthusiasm and passion for a project will make the task that much easier. Making a minor sacrifice could create goodwill and help ease a stalemate.

LEO (July 23-Aug. 22): Pace yourself. Take your time when tackling tough jobs as chipping away at the task a little bit at a time could preserve your stamina. Being in too much of a hurry to get things done leaves the door open for silly mistakes.

VIRGO (Aug. 23-Sept. 22): Tag along for the ride. Pay attention when others offer advice and follow their lead when they take you into new and unexplored territory. Allow someone else to do the driving and you may gain valuable knowledge.

LIBRA (Sept. 23-Oct. 22.): Rise to the occasion. Approach the tasks on your checklist with enthusiasm and your slate will be wiped clean before you know it. Don't be apprehensive if a loved one tries something different to get your attention.

SCORPIO (Oct. 23-Nov. 21): Don't let dog days get you down. Plan a poolside barbeque with friends or take in an air conditioned movie to beat the summer heat. Ask for advice when faced with decisions regarding business and finances.

SAGITTARIUS (Nov. 22-Dec. 21): Accentuate the positive. You'll never progress if you focus on the negatives of an issue. Put your energy into what you know will work. Keep in mind that others are monitoring your performance.

CAPRICORN (Dec. 22-Jan. 19): Don't beat around the bush. Being hesitant or over thinking could work against you, so just follow your gut instinct and go for it. Maintain an open mind about a romance and you could be pleasantly surprised.

AQUARIUS (Jan. 20-Feb. 18): Follow your whims. Do what feels right or pleasing to you even if it may not be practical. A friend or loved one may provide encouragement if you your imagination run wild and conjure an artistic creation.

PISCES (Feb. 19-Mar. 20): Winning isn't everything, remember that the most important thing about competition is to have fun and enjoy yourself. If it could, your body would thank you for some quality time out in the fresh air.

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Yesterday, as I was enjoying my last few days in the outside air before I head off to college during the day, I noticed a slight chill in the air. This chill is always welcome for me, as I know that as the sun beats down, fall is on its way. I usually don't get to enjoy much of fall, as I'm always busy and constantly running around, but it's nice to know that my favorite season is on its way.

However, before fall starts, I did have one last summer adventure. I tend to write about the parks and their events a lot, as they are some of my favorite places to go and favorite things to do, and they always seem to teach me something new or make me glad to live where I do. For my last summer adventure for my last summer, I went out with my best friend Tricia again to yet another parks event, and they never fail to please.



This time, we went to a "Back to the Future" presentation at the Mull Covered Bridge. This presentation was hosted by naturalist Debbie Haubert, a wonderful woman I had the privilege of completing a short documentary on. She is always incredibly kind and knowledgeable on topics across Sandusky County, so I knew it would be something informative and fun. This particular presentation was focused of course around the bridge where it was hosted, as well as the way of living people had during the time period it was built and used.

Since the bridge was built in 1851 by Henry Mull (from which the bridge takes its namesake), we learned a lot about why the bridge was built and what it was used for during the time. Since the Mull family's house and mill was so out of the way, they constructed the bridge from easier access, and it was then opened to traffic in 1962. It was listed on the National Register of Historic Places in 1974, and has since then been a treasured part of the Sandusky County Parks District.

In addition to all the information on the bridge itself, we learned that the bridge is a town lattice truss type, as the woodwork on the inside of the



bridge forms a lattice pattern to keep it stable. Debbie also brought along a ton of things from back in the time period: dresses, tools used around the house and fields, and toys children would have played. My favorite was seeing the dresses and the changes fashion had on women, from frontier women to city women. I also liked playing the games they would have played: one, called the button game, had me cover my eyes while Debbie chose someone to hold a button. I, being the chooser, simply had

to guess who was holding it. It seems easy, but actually took me a minute to guess.

I really enjoyed this presentation, as I do all of the other I go to. Debbie is extremely informative and incredibly nice, as she patiently answers any questions anyone has in the fullest of detail. I enjoy these activities so much because not only are they amazing and right in our backyard, but they are so informative and you get to learn more about the world around us.

Volunteer opportunity as CASA volunteer

Looking for a way to give back to your community? Why not volunteer to be a CASA. You can make a difference in a child's life by volunteering only a few hours of your time each month.

CASA of Seneca, Sandusky and Wyandot Counties will hold a special training session starting September 19 for anyone interested in becoming a CASA volunteer. After filling out an application and submitting to a back ground check, 30 hours of training will need to be completed.

All CASA volunteers are thoroughly trained in courtroom procedure, social services, the juvenile justice system, and understanding the specific needs of abused and neglected children. If you are looking for a volunteer opportunity and a way to give back to your community, becoming a CASA volunteer might be right for you!

Child abuse is an on going problem in our local communities and good dedicated citizens are needed to help these children. They need individuals with common sense, steadfast observation, and believe children deserve the right to be heard. There are children who need you.

To request an application or to inquire about this volunteer opportunity call CASA of Seneca, Sandusky and Wyandot Counties in Tiffin 419-448-1442, Fremont 419-355-1442, Upper Sandusky 419-209-1442.

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In Your Own Backyard

Chris Kreilick's Memorial No Brainer 5K Halloween Run/Walk. Saturday, October 21st at Conner Park, 2220 Tiffin Rd, Fremont. Registration begins at 8 a.m., Kid's Fun Run begins at 9:30 a.m., 5K begins at 10 am. Register before October 12th and you'll be guaranteed a race shirt. (\$25 5K/walk \$15 kids walk). Online registration is available at: <https://runsignup.com/Race/OH/Fremont/ChrisKreilick/NoBrainerHalloweenRunWalk>. Proceeds from the event will benefit Barb's Shining Stars relay for life team (American Cancer Society). For more info on the event please contact Stephanie Kreilick at 419-307-0927 or Jenny Wilhelm at 19-680-0332

Fall garage sale, Saturday Sept. 16, 9-3, Hayes Memorial United Methodist Church, 1441 Fangboner Rd. in Fremont.

Ladies Luncheon, Please Join Us at Anjulina's Catering, at 2270 W. Hayes Ave., Fremont, for our Field Trip – Luncheon & Program. It will be on Tuesday, Sept. 12, 11 a.m. – 1 p.m. Cost \$12 inclusive. Our Feature will be John Roush who grew up on the property where Creek Bend Farm, Lindsey, is located and will share the history and first hand details. Our Speaker will be Judy Scharfenberg, California, who will be "Rising Above Challenges with a joyful heart". For Luncheon and Free Child Care, please call by Sept. 7. Call Donna 419-680-2251 or email Carrol at fawcluncheon@gmail.com.

Lindsey Lions Fish Fry, Saturday, Sept. 16th 3-6pm in the new Lindsey Fire Station. Rain or shine; cake walk, raffle, great food. Celebrating 60 years of serving the community!

Friends of the Clyde Library is announcing it's Huge Book Sale at Clyde Public Library on Sept. 22nd & Sept 23rd from 9-5, 222 West Buckeye Street. Our selection is adult fiction, adult non-fiction, children's books, etc. Saturday is bag day, fill a bag for \$3. Bags will be provided. Membership or Friends

of the Library will be accepted at the sale, which gives members discount of \$2 off every \$10 spent.

Spaghetti Dinner, carry-out only for the Humane Society, Sunday, Sept. 17th at Simply Soups, 500 E. State St. in Fremont from 11-1. Tickets at the shelter, \$9 or \$10 at the door. Dinner includes spaghetti, salad, bread and dessert. The shelter is located at 1315 N. River Road.

St. Michael Church, Gibsonburg, is hosting their 22nd annual Chicken BBQ, Sunday, September 24, from 11 AM till sold out. The dinner will be held at St. Michael's Hall and will include 1/2's and 1/4's of barbequed chicken with sides of Amish noodles, green beans, bread, homemade apple sauce, coleslaw, pie, and beverage. Dinner prices: \$10/half, \$8/quarter. There will be a Silent Auction, Raffles, and Country Kitchen featuring homemade baked goods. Eat-in, drive thru, or walk-up carry out available.

The volunteers for Youth for Christ invite the public to donate to and shop at their garage sale on Thursday, Friday, and Saturday, September 14 – 16 in Ballville at John and Barb Fehl's, 1913 Finley Dr., Fremont from 9 a.m. to 6 p.m. except from 9 a.m. to 2 p.m. on Sunday. Proceeds will go to support the YFC ministry to teens in the Fremont area. Questions call 330-391-0714.

"First Birthday Party Celebration" at the Humane Society shelter at 1315 North River Road in Fremont on Sat., Sept. 23rd from 1-3pm. Entry is free but please bring a donation for the animals. Needed items are: Dawn, paper towels, dry and wet cat food, Pine Sol or monetary. We currently have plenty of dog toys, treats and food. There will be snacks, tours, face painting and Sunshine Farm's petting zoo.

On Sunday September 10th at 10 am, Fremont Elite Runners Club will again facilitate "Run for the

Roses 5K" run/walk. Run for the Roses 5K was traditionally a "woman's only race", hosted by FERC. It will again be open for both male and female runners --- with a "Catch us if you can boys" theme! To make things interesting and FUN, this race will have a "ladies start" of 3 minutes before the men.

At this time, we continue to seek additional sponsors to help boost our charity donation to the Sandusky County Cancer Care Fund. These monies stay in Sandusky County and can be used as a tax deduction. There is no other organization that provides this type of assistance for cancer patients residing in Sandusky County. We will gladly accept any donations to help promote this event and make it a great morning for everyone in attendance! 2016 There were over 40 donated door prizes and 2 silent auctions to raise additional funds for the Sandusky County Cancer Care Fund. Details on the Facebook Run

for the Roses 5K run/ walk page and also the Fremont Elite Runners Club website. Or contact Race Director – Pam Weller 419 585 4412.

Elmwood of Fremont to Celebrate **First Grandparent's Day** on Sunday, September 10th., from 11-3, Elmwood of Fremont celebrates Grandparent's Day. There will be craft vendors, produce, tours, door prizes build your own sundaes and more. This is a free event open to the public.

"Retirement Facts", an educational program, Tuesday, September 19th at 6:30 pm at Elmwood of Fremont. Dinner on us! To make reservations call Barb Mason at 419-332-6533.

Flu Shot Clinic: Sept. 27, Sandusky County Health Dept, 2000 Countryside Dr, Fremont, 9am-6pm. Oct. 1 St. Joseph Parish Hall 11:30am-1pm

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Balancing an Individual's Right to Justice Against the Public's Right to Know

By Timothy Braun, Sandusky County Prosecutor

What are "Sunshine Laws" in Ohio? I wish they meant we are entitled to more sunny days per year, but unfortunately, they do not. "Sunshine Laws" refer to the Ohio Public Records Act and Ohio Public Meetings Act. Their intent is to provide "openness" in government. They ensure that citizens can request records, attend public meetings, etc.

There are, however, some exceptions to these rules. These laws do not apply to case files in pending legal matters, law enforcement records of investigation and attorney trial preparation materials to protect the integrity of our criminal justice system. (They also exclude medical records to protect patient privacy.)

People can, however, request an initial police report directly from the police department it was filed in.

In the Prosecutor's Office, we sometimes get media requests for detailed information about pending cases that are being handled by our office or for protected information. For reasons listed above, we are unable to provide this. As a nation of laws, we work to resolve cases through our court system. It is not appropriate to bypass our criminal justice system and try cases through the media.

All victims and defendants deserve a fair process that happens in court. They do not deserve to have bits and pieces of things that may or may not be true put in the newspaper or on Facebook to drive sales and internet likes. Imagine if this was your life or a member of your family. Maybe it has been. Sometimes even people with good intentions say and repeat things that are wrong and hurt the very people they were trying to help.

Unfortunately, we see individuals, frustrated that they can't get case files, go ahead and run stories based on the "facts as they interpret them" or opinions. They don't want to wait for a court date or maybe they didn't go to a hearing. They still want to sell papers or advance a narrative, so they put their version out there.

Everyone IS entitled to an opinion. I would encourage you to make yours based on the facts as they become available. If you are interested, most court hearings are open to the public and court schedules are available online. Case files also become public after a case is resolved.

If you like reading or watching videos about pending cases online, just remember that what you read or watch may be about people who have more opinions than facts. Some say they are "experts", but this too might be based on their own opinion rather than training. Even if they seem convincing, please remember that they do not have access to the full case file. They do not know how good or bad a case is unless they are the attorneys assigned to it. Even then, the prosecution will argue for one side and the defense for the other.

At the end of the day, our common goal is to give both sides fair representation and determine, to the best of our ability, what really happened. It is not a perfect system, but it is the best we have and it does work most of the time.

Craft Show

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Reiki in Health Care

By Patricia Zilles

Reiki Circle, Bellevue Hospital, September 12, 6- 8 PM, Conference Room A-B.

Questions: How does Reiki fit in to Alternative Medicine?

Should Reiki Practitioners be in the hospital setting?

Will physicians refer patients to a Reiki private practice if requested?

Will insurance cover for a Reiki treatment if done in the hospital or doctor office?

These questions have been asked several times of most Reiki Practitioners but the answer is still the same. " No , Never heard of it. "

Please join us as we openly discuss the reasons that so many of you have not been able to continue with your Reiki treatments. We will explain of

all the legal documenting of your treatments, the Reiki Practitioners malpractice insurance that is mandatory in the hospital setting, as well as the time it takes for your sessions. Other important topics will be the charges of the practitioner, the signing of consent forms as well medical information and HIPPA regulations. We hope to clear up some old wives tales, and information that may have misled you about Reiki. The Reiki Circle has been a educational process in bringing awareness to our community. The Reiki Practitioners and I look forward to providing you with our services in the way it may benefit you in the best quality of health and well-being and to restore you to your most wanted health.

I hope to see you there. This will be the last meeting until Spring. Thanks to everyone for your support and attendance. If you have any questions please contact Patricia at 419-355-1283 between 10 AM - 5 PM.

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News & Notes

Wow, I can't believe that summer is over and fall is upon us. Here at Camp Fire we miss the sound of the campers. We had a great summer season. There were over a hundred campers on the grounds over the summer. It was amazing to reach that many children.

It was great to see all the people that came out to Dignity and Respect Day. We are always amazed how much fun it is to meet new people and talk to old friends. Come out and see us at ProMedica Family Fest 2017. There will be fun for the whole family. Hope to see you there.



Do you or someone you know want to learn art skills? Here at Camp Fire we will be offering art classes for 3rd grade through 12th grade. For more information give our office a call.

We will also be offering our clubs this fall. Keep an eye out for more information. We will be sending home information through all the area schools.

We would like to thank everyone who helped with the mum sale, by purchasing or volunteering your time. Camp Fire would not be able to do what we do without great people like you!

If you are looking to volunteer please consider Camp Fire!

Don't forget that the Camp Fire grounds are a great place to hold any get together, from a large wedding to a small family party. We can fit all your needs. Please give us a call at 419-332-8641 or stop in and see us.

Thank you!

The animal shelter now has the required money needed to start building the dog run area. Without those of you who responded, we couldn't have done it! Thank you so much from the Humane Society, especially from our resident dogs. Once completed I will be sure I publish a photo. Again, thank you! *Joanne McDowell*

Preserving Herbs

by Viola Purdy,

Sandusky & Ottawa County Master Gardener Volunteer

Most herbs will wilt soon after cutting, putting in a jar of water will help to revive them. They then be kept in the refrigerator for a few days.

Herbs can be preserved in vinegars or oil, then used in culinary or medicinal recipes. Using herbs in cooking adds color and disease fighting oxidants to your dishes. They add flavor without adding your intake of salt, fats or sugar.

Tips for Freezing

Herbs should be at their peak of freshness for the best result, freezing preserves the most nutrients. They can be kept for up to a year, but have the best quality if used within 3-6 months, keep freezer at 0 degrees. Frozen herbs will have textural changes after being thawed.

Freezing slows down the growth of micro-organisms that cause spoilage. It doesn't destroy them completely, but does slow them down significantly. Freeze herbs whole or cut herbs quickly and space them on a cookie sheet in a single layer, place in the freezer for 2 hours. You may also freeze herbs by chopping into small pieces and putting in ice cube trays, cover with olive oil or water and freeze. Once frozen, the herbs or cubes can be placed in a freezer bag or containers for storage. Be sure to remove excess air to avoid freezer burn. Label with name and date. When moisture is removed from herbs the micro-organisms can not grow and cause spoilage. Drying slows down the enzymes.

Tips for Drying

Before drying rinse herbs under cool running water then shake to remove excess moisture. Herbs are dry when they crumble easily between your fingers or the stems break easily. Dried herbs may be 3-4 times stronger than fresh so if substituting for fresh, be sure to adjust amounts accordingly. Rub the herbs in your

hand to check for potency, if the scent is fresh and rich they will still have flavor. Dried herbs can be kept up to 1 year for best quality. Store in airtight containers labeled with name and date, I prefer glass jars. Keep in a cool dark place to keep color and fragrance.

Oven Drying herbs is not a satisfactory method but it can be done. Due to poor air circulation and the poor quality as they will need to be left in longer. Microwaving is the fastest method for small amounts. Follow your microwave directions. Air drying is my preferred method. Cut off herbs before they go to seed, tie in bundles and secure with a rubber band as the stems will shrink. Hang indoors in an area with low humidity and good air circulation. The time it takes to fully dehydrate will vary depending on the herb. An electric dehydrator can also be used at 95-115 degrees for 1-4 hours. They will crumble when dry.

For more info visit Ohio State University Extension's WWW site "Ohioline" at <http://ohioline.ag.ohio-state.edu>

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

What a super busy summer this has been. My daughter Kay and her son Stan, from Atlanta are here for a visit. Last Sunday we hosted the Sidell/Johnson family reunion. Rollie's sister Penny Johnson and her husband, Bill, had 14 children and we had eight. Along with them and son and daughter-in-law's, nieces, nephews, cousins, grand and great grandchildren; then add to the mix, the boy and girl friends of the teenagers and you have a lot of people. I don't know how many, I only know that every spot there was on my kitchen counter, plus an eight foot table was filled with crock pots, salad bowls, casseroles, other dishes and two tables filled with pies, cakes, cookies and other desserts. Every one enjoyed the day so much we plan to do it every year—same time, same Sunday and same place. I'm so glad, I love my big family!

We would like to CELEBRATE THE SEASON with you, how about coming to the Old Garden House and join others for dinner on the first day of fall, September 22nd at 5:30 p.m?. Call for information and to make reservations for one, two or more. Ph. 419-332-7427.

The Fall Pass-along Plant Day is set for October 8th from 1 p.m. to 3 p.m. Bring extra plants or bulbs from your garden and take from mine or others who will bring from theirs to share with you. No reservations—No money needed. Just come.

Pioneer Heritage days are coming up soon for 4th grade classes. They will possibly be the first 2 weeks in October or perhaps the September dates of the 18th, 19th, 20th 21st, 25th or the 28th. These are the dates that are free on my calendar. We will check with several schools about their class schedules and the availability of buses for a field trip. When dates are set, we will send a flyer to the 4th grade teachers in all local and area schools inviting them to register into an A.M. or P.M. time slot on one of the dates.

Schools will need adult volunteer supervisors. Let me encourage you to do that if possible. Here's how it works; usually combined classes are about 45-50 students. Teachers will divide them into 4 groups. We have 4 activity stations; each with an adult instructor and class time is ½ hour in length. We ring the bell and the groups with their supervisors move on to the next activity until they have done all four stations. They will make butter using a crank glass butter churn around the dining table with me. They will taste it on crackers. We'll show them several coffee grinders and use them as well to grind coffee beans.

They will shape dough into fry bread and the specialist will take it from them and fry it over an open fire, drain it on paper towels. They can put the butter they made on it or shake it in a paper bag with sugar. She will teach them about the pioneer's use of open fire cooking. They will eat their fry bread, juice is offered. They will go to the corn field with a specialist who will show and teach them how corn grows. They each will pick an ear of corn. They will go to the Garden House where they husk it and run it through a hand turned Sheller and then they put the kernels through a hand turned grinder a few times until it looks like coarse corn meal. They will wash clothes using tow tubs and funning them through a hand turned wringer from one tub to the other. The specialist teaches them safe use of the equipment and about how hard pioneer men and women had to work to accomplish the tasks we do so easily today. The kids have so much fun and we do too!

What does the Tea at Two schedule look like you ask? The September Tea will be served on Tuesday the 26th in the evening at 5:30 p.m. Spaces remain. The presenter, Jackie Coffman will teach napkin folding. October Tea will be served at 2 p.m. on Halloween, the 21st. Kent McClary is back by popular demand to share "More Ghost Stories" with us. Reservations required, call 419-332-7427.

Until we meet again, keep a smile on your face and a song in your heart and always know 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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Fremont couple brings nature's wonder to their backyard!

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



Robert Morton

America's children need to spend more time outdoors relating to nature. Brandy and Jeremy Sprenger did just that for their two daughters, Ruby, a third grader at Hayes Elementary School, and Salem, age four. They created a wildlife-friendly space in their backyard on Birchard Avenue in Fremont. It included milkweed plants, which female Monarch butterflies lay their eggs on.



Ruby and Salem watched as female Monarchs appeared and laid eggs on the milkweed leaves. They collected the eggs and saw them hatch into caterpillars, which they fed each day in an aquarium. Both girls witnessed the caterpillars grow large until they formed into a lime-green chrysalis at the top of the cage. Then, nine days later, as the photo shows, Salem was amazed to see a beautiful Monarch butterfly emerge from its chrysalis. Ruby let it perch on her hand, then on her finger, to allow it to dry before releasing it back into their backyard butterfly garden.



Getting outdoors and getting back to nature, being a part of nature, is important for children. Brandy and Jeremy Sprenger discovered it can be done right in their own suburban backyard!

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

**Daughters of Jeremy & Brandy Sprenger*

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Dear Cathy,

We recently adopted a 2-year-old male dog from a rescue shelter. He is a Pomeranian/Fox Terrier mix and was neutered and housebroken when we got him. Five people live in our home and he has become a very loving, happy and content member of the family. The problem is, when left home alone, he barks, howls, damages shoes left on the floor, gets into the trash and sometimes poops in the house. When family members come home he is so happy he will bark and jump up and down, especially with my wife. The rescue shelter told us he was crate trained, but we are hesitant to put him in it when he is being left alone. Can you explain his behavior and offer any suggestions? - Norman Hershek, Coopersburg, PA

Dear Norman,

Your happy go-lucky dog is suffering from separation anxiety. It's sort of like a human panic attack, except people don't destroy the house and dogs do. It happens when a dog's family leaves the house and becomes anxious for his family's return. He will pant, pace, whine, bark, get into the trash, destroy things and defecate in the home, just as you describe.

There are things you can do to help him.

Because separation anxiety usually occurs within the first 30 minutes of someone leaving, give your dog something to do during that time. Fill up a Kong toy with wet food and freeze it. First, give it to your dog while you are still at home. The next day, give it to him about 10 minutes before you leave the house. (Never give it to him as you are leaving the house.) Don't make a big

deal about leaving. Just grab your keys, walk out the door, and drive around the block. Walk back into the house 10 minutes later. Say "hi," and walk past your dog. Don't gush over him or give into any enthusiastic greeting. In fact, don't greet him until he is calm. He will likely go back to his food treat, which is what we want him to do.

Add five minutes to this activity every day until you are away from home for up 60 minutes with no damage to the home. This training should reassure him that it's OK for you to be gone and keep his mind busy when you are away. If your dog needs more help during this training period, use plug-in pheromones in the home or ask a vet about anti-anxiety medications.

You mention the crate, and that is certainly an option. My dogs have all been crate-trained; it's a great management tool. But dogs who suffer from separation anxiety can also hurt themselves in a crate. So, if you decide to try the crate, test out the crate with the same training

techniques used above, so you can be sure he's not destroying the crate or hurting himself when you leave the house.

Finally, we often train our dogs to "sit" and "stay," but very few of us train our dogs to "relax." This means not calling your dog or waking him up when he is in another room - content without you. Reward him with a treat when he is relaxed, and pay him little attention when he is too enthusiastic in his greeting. It sounds counterintuitive, but it really does help reduce anxiety when you are gone.

Dear Cathy,

I have a 10-year-old Ragdoll cat. She is very sweet, but since I am a light sleeper, she keeps me up most of the night with her incessant meowing. I don't recall how long this has been going on, but I don't think she has any health issues. Do you have any insights as to why she may do this and if there is any way to put an end to it? - Lori Rosner, Williston Park, N.Y.

Dear Lori,

Felines meow at their owners for different reasons. She could be hungry (give her a little food before bed time), want attention (play with her before bedtime) or like to hear her voice (again, play with her before bedtime). If she is not spayed, she may be meowing because she is in heat.

But because of her age, it sounds like she has a health problem. Kidney and thyroid diseases can cause a cat to meow incessantly. Cats often hide illnesses until it's too late, so take her to the vet, and if she is healthy, she may just need a little extra food and play before bedtime.

(Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her @ [cathymrosenthal](https://twitter.com/cathymrosenthal).)



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Using Heat or Cold for an “Oop’s” or an “Ouch”

Dr. Paul Silcox

Most people that experience a kink in the neck or a strain of the back will try to do what they can at home, before (or instead of) seeing a doctor. These are some guidelines that may help to shorten the time it takes to get back to normal, if it can happen on its own.

Cold: If within the first few minutes up to a couple days after an injury, you can just about never go wrong with ice. Ice will provide some mild pain numbing and reduce inflammation. If you don't have a cold pack in your freezer, put a quart or gallon size freezer zip lock bag full of ice cubes (depending on the size of the area) inside another zip lock bag of the same size. (This helps to minimize leakage). Don't wrap it yet. Right before you want to apply it to the area that hurts, wring out a warm, damp towel and wrap it around the ice, and apply it quickly before the towel turns cold. That way, it will be warm at first and slowly turn cold and not shock you. If you use an ice pack from the freezer, you can still use the damp warm towel technique for it also. Leave the ice pack on the area for at least 15-20 minutes, with occasional checks to make sure that your skin is not getting too cold or possible frostbite.

Remember CABN, (cabin). It stands for Cold, Aching, Burning and Numb. These are normal sensations as it goes through the therapeutic benefit of reducing the inflammation to a point of numbness. Applying a cold pack can be performed several times a day especially in the first few days when the pain is at its worst.

Heat: A moist heating pad is best and can be used after the first 2 to 3 days of the onset of the muscular pain. Moist heat does not dry out the skin and muscles, and it tends to relax the muscles more for a longer period of time. Still, heat should only be applied for 15 minutes or so at a time.

If a dry electric heating pad is all you've got, DO NOT use moist towels with it, for obvious reasons. Also, only use it for shorter periods of time as it can tend to dry out your skin easier.

Remember, you can't go wrong with cold. And be careful with the use of heat, especially for new injuries.

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New and Old Patients Welcome

Walk In's Welcome



Humane Society of Sandusky County Upcoming Events:

Carry Out Spaghetti Dinner: Sunday,
Sept. 17th, at Simply Soup, 500 E. State
St. in Fremont. Advance tickets \$9, at the
door \$10 Dinner includes salad, bread,
spaghetti and dessert. Auction items &
50-50 tickets Tickets on sale at the shelter !

September 23rd:
First Birthday Party at the shelter!
Public is invited to join in the fun; face
painting, Sunshine Petting Farm,
tours and snacks
FREE, but we ask you bring a donation
for the animals: Needed items are dry cat
food, paper towels, monetary.

Oct. 5th: Come paint with us at
Pottery Perfection in downtown Fremont
from 6-8pm \$45 donation includes your
item, food and wine! Tickets at the shelter

SAVE THE DATE:
WHISKERS & WHINE, Sat., Nov. 5th
at Fremont Quality Inn

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Sat., September 16 • 9am-3pm
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2:00

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, Monuments and Memorials, and the
Smithsonian. 6 meals, \$625.00 p.p.
double.

Oct. 5-8th Autumn in New York City: 3
nights hotel, Tour Uptown/Downtown
Manhattan, 911 Memorial Museum,
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September 26, 2017

1:00 pm - 5:30 pm

The Fultz Medical Center for Women's Health
1005 W. McPherson Hwy., Clyde

October 20, 2017

7:00 am - 11:30 am

The Bellevue Hospital
1400 West Main Street, Bellevue

Appointments are required.

419.483.4040, Ext. 4326

*Physician order appreciated -
but not required.*

