

2000 Lifestyles

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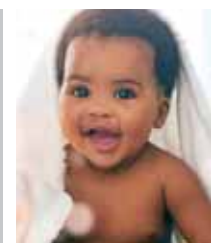
Vol. 19 Issue 9

September 2018



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Please watch our Facebook page for news and updates!

A FEW THINGS YOU SHOULD KNOW ABOUT DR. O'CONNELL

- She received her medical degree from University College Cork School of Medicine in Cork, Ireland
- She completed her residency at the University of Toledo, where she was Chief Resident
- She is from Ireland
- Her hobbies include distance running and Irish dancing



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Lifestyles 2000

September 2018
Vol. 19 • Issue 9
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Cover Photo by Robin Arnold

NEWS & NOTES:

National Back to Church Sunday, September 16	4
"Teal to Toe 5K"	4
Birchard Library Programs.....	5
Camp Fire News & Notes.....	12

ENTERTAINMENT:

In Your Own Backyard	6
Helen Marketti's Music Corner: Felix Cavaliere.....	7
Jill on Money, Jill Schlesinger	9
Out & About, Kelsey Nevius.....	10
Omarr's Astrological Forecast, Jeraldine Saunders.....	11

HEALTHY LIVING:

Mayo Clinic: Prepare for Jet Lag.....	10, 11
New Health Service Available Locally for Veterans of Sandusky County, Dr. Paul Silcox.....	15

HOME, HEARTH & GARDEN

What you think, you become, Robert Morton, M.Ed, Ed.S.....	3
"Grate" Treats & Eats, Christine Timko-Grate.....	5
Gabby Gardener, Patti Saam	6
12 Acres in Ohio: Monarch Mystery, Gena Husman/Robin Arnold ...	8
Lovage (Levisticum officinale) Viola Purdy	9
Wolfgang Puck's Kitchen	13
Pet World, Cathy M. Rosenthal	14

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Kroger's and Clyde Drug Mart*

What you think, you become

By Robert Morton, M.Ed, Ed.S



Robert Morton

We all become what we think about. What we achieve or don't achieve is directly related to our personal thoughts. If you diligently work on changing your negative thoughts to positive ones, you will eventually become a different person.

This ability for creative imagination is holed up within all of us- it's simply suppressed by passive TV viewing and by a civilization which carries out vital functions for us and bestows bounties upon us with little mental or physical perspiration required.

A study of 400 of the most prominent people in America, like Thomas Edison, Helen Keller and Eleanor Roosevelt unveiled how crucial our thoughts are in determining our fate. Three-fourths of these dignitaries utilized creative thinking to overcome personal tragedies, terrible frustrations and debilitating handicaps to achieve their victories.

Get in the habit of writing down your personal thoughts, what you'd like to achieve and contribute, your long-range goals and aspirations. Make it a private matter (It saves you from pestering your friends with them). Paint a picture of your ideal life. Then, rephrase it, not as a "wish list", but as if you're already there, describing how it feels to have your dreams actualized. This is your "first creation", existing only in your mind.

Next, use your creative imagination and apply physical perspiration to make your goals begin to materialize in the real world around you ("second creation"). Set yourself up for success by planning for frequent "wins" by breaking your long-range goals down into shorter, easily-reachable ones. These initial successes will build your confidence and self-esteem.

Record all these thoughts in writing so you may reflect on them often. Utilizing creative thoughts will dissolve your past mistakes and enable you to create your own opportunities instead of waiting for them to knock on your door...which they rarely do.

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 two books: "Finding Happiness in America" and the spy thriller "Penumbra Database"- both can be found in Kindle or paperback at Amazon.com books.

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Profiles by Alisa

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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. Press releases must be submitted as Word documents only. No PDF files please. 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 100 retail locations in Sandusky and Ottawa 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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Subscriptions are available for 12 months by first class mail for \$25. Please send name and address to:

Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Dear Readers,

Fall is almost here, we will miss summer, but not the ninety degree days.



Ms. Grace got busy at the fair and missed our deadline, we will make sure she doesn't next month. When she misses a column I get emails and phone calls from people concerned about her so I wanted you to know she is fine.

Enjoy the beautiful weather and our September issue!

God bless,
Joanne



If you are still looking, the answer was Clyde St. Mary's Bingo. Over 155 people got it right including Calvin Haar of Elmore, 93 years young! I hope I can still find him at 93...

Find Pete Winners

Winners for August are: Michelle Waterfield, Leah Herr, Joyce Wickert, Gertie Domanowski, Danielle McMurray, Marsha Cook, Leslie Stoudinger, Fremont; Jim Middleswarth, Opal Volk, Rita Osmon, Bellevue; Cheryl Seltzer, Gibsonburg; Penny Boyd, Donna Lloyd, Pam Zontini, Sean Pugh, Clyde; Alicia DeAnda, Old Fort; Eileen Foos, Helena; Bonnie Moyer, Calvin Haar, Elmore; Luana Napka, Sandusky. Sharon Steinmentz included Celebrating 19 Years in her entry so we have sent her our very last African Safari gift certificate. Enjoy!

Thanks so much for entering, as you can see we get entries from alot of local towns even after 19 years, we so appreciate your readership.

Find Pete Prizes

Prizes are from Fastraxx, Dairy Queen and Jenesis Salon in Fremont. The Calico Cat in Clyde, 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.

NATIONAL BACK TO CHURCH SUNDAY, SEPTEMBER 16

Sunday, September 16 is National Back to Church Sunday at Fremont First Presbyterian Church. Members of the church will be inviting friends, neighbors and family members to the worship service on Back to Church Sunday, September 16. They will be seeking to make those unchurched folks in our lives feel that they belong and will be delivering this message to each of them: You Belong Here. The public is also invited. No invitation is needed. There will be refreshments in the Fellowship Hall following the service.

The vision of National Back to Church Sunday is to create a movement of churches encouraging their members to invite every person in America back to church. Now in its 10th year, the goal of the 2018 National Back to Church Sunday movement is to see over 10,000 churches participating and inviting their community to give church a try! This year First Presbyterian is one of those churches.

Questions? Contact John Roush at 419-334-9504

"Teal to Toe 5K"

September is Ovarian Cancer Awareness Month; on Saturday, September 8th the first ever "Teal to Toe 5K" will be hosted by the Sandusky County Cancer Center in Conner Park in Fremont. You can choose to walk or run to celebrate a loved one who has survived gynecological cancer, or for someone you have lost due to cancer.

The fee to enter is \$25.00 and will be used for awareness programs and financial assistance. For more information visit the Teal to Toe 5K Facebook page.

Potential symptoms of ovarian cancer include: bloating, pelvic or abdominal pain, difficulty eating or feeling full quickly, ongoing fatigue and back pain. If these symptoms continue for 10 days to two weeks, see your doctor. A pap test does not detect ovarian killer, many times described as the "silent killer". Visit the website turnthetownsteal.org for more information.

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Fall Tree Fair September 15th –23rd.

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Stop out and let our staff help you pick out that perfect tree!!

*Exclusions apply see associate for details.

"Grate" Treats & Eats

By: Chris Timko-Grate

With fall here I can't help but wonder where the summer went. It seems like I'm just in my summer routine and now I have to start thinking about cooler and shorter days! We are sometime away from that really cold weather so I am going to continue to enjoy our fall colors and fall activities! I think my favorite things in the fall are its vegetables, especially the squashes, and the fall colors of the trees is my next favorite. My favorite place to see those colors is on the way to Gatlinburg, Tennessee. As we get further south the hills get more beautiful with color. Don't know yet if we will make it down this year, but time will tell.

The recipes I am sharing with you are from "The John Wayne Family Cookbook". My hubby saw it in a catalog and we sent away for it. What a good cookbook! There are lots of recipes from breakfast to desserts and stories and comments to along with them. I am going to share a Rib recipe and a side dish. Enjoy!

Old Western Spicy Honey Ribs

2 slabs (about 3 pounds) baby back ribs

Kosher or fine sea salt, to taste

Pepper to taste

1 cup honey

¼ cup soy sauce

¼ cup Dijon mustard

5 tablespoons Sriracha sauce

2 teaspoons dry ginger

2 limes, juiced

Preheat oven to 325 degrees F.

Flip the ribs bone side up and insert a dinner knife just under the white membrane that covers the meat and bones. Gently peel the membrane off. Season the ribs on all sides generously with salt and pepper.

Wrap each rack of ribs with heavy duty foil. Place on a baking sheet and bake for 2 hours 30 minutes to 3 hours long or until meat is tender.

While the ribs are cooking, combine the honey, soy sauce, mustard, Sirach, ginger, and lime juice in a sauce pan. Bring to a boil. Reduce heat and let simmer until the mixture is reduced by half, about ten minutes.

When the ribs have finished baking remove from oven, place the top rack about 8 inches from the broiler, and preheat the broiler to high.

Line 1-2 baking sheets with foil. Unwrap the ribs and place the bone side down on the baking sheets. Brush with the sauce and broil 3 minutes. Brush with more sauce

and broil for another 2-3 minutes. Brush with more sauce and broil for another 2 to 3 minutes.

Serve the ribs with any extra sauce on the side.

*If you are a big sauce eater and user double the recipe.

Zucchini Gratin

1 cup of milk

1 T tablespoon cornstarch

6 tablespoons olive oil, divided

3 medium white or yellow onions, cut in half and thinly sliced

2 teaspoons kosher or fine sea salt

1 teaspoon pepper

¼ teaspoon freshly grated nutmeg

4 medium zucchini

¼ cup sundried tomatoes packed in oil, dried and finely chopped

½ cup minced fresh basil leaves

¼ cup shredded cheese

Preheat oven to 400 degrees

Mix ¼ cup milk with the cornstarch and set aside

Heat 4 tablespoons of olive oil in a large skillet over low heat. Add the onions and salt and cook until the onions are very tender but not brown, about 20 minutes. Cut the zucchini in half lengthwise, then slice about ¼ inch thick. Add the pepper, nutmeg, zucchini, sundried tomatoes and remaining ¾ cup milk to the onions, raise the heat to medium, cover the pan and cook for 10 minutes or until the zucchini is fork tender.

Remove the cover, raise the heat to high, bring the mixture to a boil and stir in the milk starch mixture. Cook the mixture, stirring until the mixture thickens, about one minute. Remove from the heat and stir in the basil.

Combine the breadcrumbs with the cheese. Put the zucchini mixture into a 9x12 inch baking dish, top with the breadcrumb mixture and drizzle the top with the remaining 2 tablespoons of olive oil. Bake for 20 minutes or until bubbly and browned.

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

Quote for the month: It is not fair to ask of others what you are unwilling to do yourself: Eleanor Roosevelt

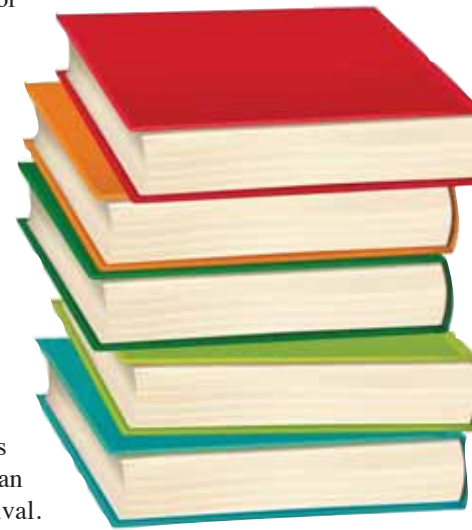
Birchard Library Programs

Birchard Public Library has a variety of programming at all four locations. All programs are free, but some require registration. For more information or to register for a program, call 419.334.7101.

All Birchard library locations will be closed on Sunday, September 2, and Monday, September 3rd for Labor Day.

Skype with Pulitzer Prize-winning Author Eric Foner. Thursday, September 27, 7:00 pm. Historian Eric Foner will answer your questions about his book, *The Fiery Trial: Abraham Lincoln and American Slavery*. This is the first in a series of programs leading up to the first ever American Presidents Film and Literary Festival. Find more info about this new Fremont festival: AmericanPresidentsFilmFestival.org.

Monarch Magic Saturday, Sept. 15, 10– 11:30 am. Grades K-6. Rene Dix will share information about raising Monarch butterflies. Crafts and a story, too. Register online at www.birchard.org or call the Youth Services desk at 419-334-7101, ext: 209.



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In Your Own Backyard

Gabby Gardener

By Patti Saam

Advice for a new Student..... by a Garden

Dear Students,

Just a few lessons learned from a life and a garden. Enjoy!

1. We don't enter a garden looking for weeds and nor should we enter life that way. Just know that there are undesirables amongst us.
2. Our gardens and lives need a good weeding once in awhile. Remember to keep the good stuff!
3. Like a garden, we thrive in the sunshine, but a little rain is needed to make us stronger.
4. Everyone is different. Everyone searches for the freakiest blossom, the one that stops us in our tracks. Be that flower!
5. Hard work pays off. Period.
6. Everything has its season and beauty fades. Embrace your youth. Now is the time to bloom and rise up and grab the bar.
7. A plant is only as good as the part you can't see....the roots. The same can be said of people. Look deep.
8. Adding additives to your soil may temporarily enhance it but isn't necessary. And not always healthy for the plants.
9. Texture is more important than color. Again, the same can be said of people.
10. Look for a flower in the shade, it often has the brightest bloom.
11. Dormant is not dead. Just needs to be revived at the right moment.
12. Learn the art of being content and you will be blessed with growth and peace amid the chaos of this thing called life.

RFD Garden Club meets the third Tuesday of the month at 7pm, usually at a member's home. We have speakers, go on field trips, open house, decorate Green Springs library and the planters in Green Springs. If you have any questions, please call Patti Saam at 419-307-7776. We would love to tell you more about our club!

Sept. 1st: Downtown Fremont Farmers Market, 9am-1pm BBQ Block Party with BBQ and Sauce Competition plus a Dessert Contest

September 6th - Clyde BPA Downtown Market 4 to 7 p.m., located at Main and Railroad Streets. Vendors, music by Jerry Marshal, activities for the children, and delicious food on site. For more information call Pat at 419 680 2356.

Village of Lindsey Farmer's Market: 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. Vendors offer shoppers a great variety of items.

The Flute Choir at Terra State Community College is looking for a few fine flutists.

We are a community based ensemble housed at Terra State with the purpose of bringing together flute players who want to play the fabulous flute repertoire for all voices of the flute. Don't have an Alto Flute? Use ours. Want to try the Bass Flute? Ours is available to you. We have all the voices, make great music and have good flute fun!! Rehearsals are 6 pm Wednesdays at Terra State. No audition necessary. For info and sign up, email Director Tamara Kagy at tkagy@terra.edu or text 419-681-0057.

Pop-up shoots for this year: Sept.1, Oct.6, and Nov.3 at the Izaak Walton League Fremont Chapter C.R. 170

from 8 a.m. to 1 p.m. Registration begins at 7:30. Cost is \$5 for 20 target presentations. For more info call Larry Perkins 419-355-8374 after 5:30.

Fremont Ross Music Alumni invites all former FRMLG members to participate in the Alumni Night band to be held Sept. 28th at the Ross homecoming game. Thurs. Sept. 27th practice is in the Ross Band room at 7pm, but not mandatory (for some of us highly recommended- lol). If you need an instrument, one may be provided if you contact calhounj@fremontschools.net. Friday rehearsal on the Ross practice field is 4- 5:30 pm, then if you wish, march with the band to perform pregame and half time shows. If you are planning on participating, please email your response to - Fromalumni@gmail.com. To purchase an alumni T-shirt contact by email at jakshorns@woh.rr.com by September 24th.

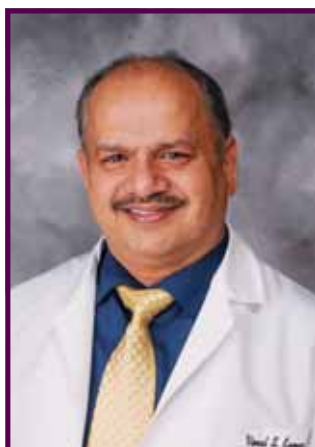
Bus Trip for veterans to Wright-Patterson Air Force Museum- hosted by the Sandusky County Veterans Service Office, along with Fremont and Clyde VFW. Friday, Oct. 12. Free for veterans(each veteran is allowed to bring one adult guest for \$20) Cash payment is required at sign up. We're offering a free lunch, 50/50 and drawings. Bus boarding is at 6:30AM in the Wal-Mart parking lot. Departure at 7, arriving back at 5:30. Sign up at: Sandusky County Veterans Service Office-2511 Countryside Drive, Suite B, 419-334-4421, Fremont VFW- 204 Birchard Ave, 419-334-2551, Clyde VFW- 847 W. Maple St.-567-855-

5301. Photo ID required. Limited seating.

Fall Craft Show. Sat., Sept. 29, 9am-3pm @ Mt Carmel UMC at the corner of CR 177 and CR 183 in Clyde. Free Admission. Crafts, Bake Sale, Lunch and Homemade Pies, Door Prizes awarded every 1/2 hour. Contact Sharon Baxter @ 4195470106 for info.

Pet Parade sponsored by Mt Carmel UMC. Sat., Sept. 22, noon-judging at 11:30 am at 113 W. Forest St. in Clyde during The Clyde Country Fair. Prizes awarded. Come vote for your favorite pet. Call 419-483-5415 to enter your pet.

Fremont Area Women's Connection is extending an invitation to the annual fundraiser for Stonecroft Ministries at the monthly luncheon at Anjulina's Catering, 2270 W. Hayes Ave., Tuesday, Sept. 11, 11-1 pm. The doors will open at 10 am for displaying and shopping for the donated items. "Goodies and More Fundraiser" always provides a great opportunity to buy baked goods and fall and holiday items along with a few items offered in a silent auction. Lori Kempton from Fairfield Twp. Ohio will be the guest speaker as she addresses that "Change Happens". Just when she thought she had everything together, her world was turned upside down. For reservations and free child care, call Donna at 419 680 2251 or email Carrol at fawcluncheon@gmail.com by Sept. 6. Any cancellations also need to be reported to Donna or Carrol.



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Helen Marketti's Music Corner

Felix Cavaliere of The Rascals



Felix Cavaliere and Gene Cornish, original members of The Rascals will be performing at The Hard Rock Rocksino in Northfield on Sunday, September 9. Ronnie Spector who was lead singer for The Ronettes will be opening the show to get everyone rockin'.

The popularity of The Rascals has spanned over fifty years. Memorable hits include Good Lovin', Groovin', People Got to Be Free, How Can I Be Sure and A Beautiful Morning.

"I started off as a classical pianist. That is what my mom wanted me to do," remembers Felix. "When I went to junior high, a classmate asked me if I had ever heard of rock and roll. Well, to be honest I had never heard of rock and roll so I had no idea what he was saying. However, so I could fit in, I told him, "yes". After that, I discovered Alan Freed and that was when rock and roll was just getting started."

"As a piano player I was really influenced by Ray Charles, Fats Domino, Jerry Lee Lewis and Little Richard. I was touched by how they played. Their music was something I had never heard in my life. I was influenced by the singers of the early days when rock was getting started. Back then, there were no voice enhancements. I heard magnificent voices that were nameless because they were part of groups like The Flamingos, The Penguins and The Heartbeats. It was an amazing epiphany for me because I was hearing such phenomenal talent," explains Felix.

"My mother was hoping I would be a pianist. She passed away at an early age. My father wanted me to be a doctor because everyone in our family was in the medical profession. I started out in pre-med at Syracuse University. You would never know!" (laughs)

He continues, "I did start a band when I was in high school. It was fun but I never thought I would be in the music business," said Felix. "The band I was in during college did a show in the Catskill Mountains at a hotel. Joey Dee and The Starlighters were also playing in the same hotel. Their hit at the time was Peppermint Twist. Anyway, they saw me playing with my band and low and behold two to three months later their organist quit so they asked me to

join their band! I was still in college. I had to get permission from my father to go to Europe with them. I took a year off from college. We had gone to Germany and before I knew it, we were on the same stage as The Beatles. They had not yet visited America."

"I remember thinking what great music they were playing. I felt like it was something I could do, too. I decided that when I returned to the United States I was going to start my own band," said Felix. "I believe that whatever it is you are meant to do that the doors will open up and you will find your way."

The reunion of Felix and Gene is a welcomed treat for Rascal fans. "For some reason The Rascals were always popular in Hawaii. We had a close relationship with the people on the island. I was there in 2017 and someone asked if we would consider doing a reunion show. When I got home I started making calls to my fellow original members," explains Felix. "My first call was to Eddie Brigati. I told him it would be a small handful of shows. We would do a few in Hawaii, Los Angeles and New York. Eddie passed on the opportunity because he was already involved in a project with Steve Van Zandt. My next call was to Gene Cornish. Gene said he would love to do some shows and thought it was a great idea. Then I called Dino Danelli who was our drummer. After thinking about it for a while, he decided to pass as well because he was focusing more on painting and being an artist. He was the one who designed our album covers. We have a band who will be touring with us. They grew up with our music so they are excited to be join-

ing Gene and me. It should be fun."

Finally, Felix shares his thoughts on why he thinks people are still interested in the music of The Rascals and other music from the 60s era.

"We have to remember back then there were not any social media avenues as there are today. There weren't any cell phones, facebook or the internet. But what we did have was the music and that is how we communicated! We knew what was going on with other bands because what they thought and felt was written



in their songs. I believe that created a bond between bands and their fan base, which is why people are still interested. It was a connection and they still feel connected."

www.felixcavaliereandgenecornishrascals.com

Craft Show
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SOMETHING DIFFERENT

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Monarch Mystery

For the past several years we've tried to help save monarch butterflies from extinction by finding and raising the caterpillars and releasing the adult butterflies. We never knew how many we'd find and raise in a season—some years we'd have to hunt to find just a few “cats” (caterpillars) over the whole property. This year, though, we thought we'd hit the jackpot early in July when we found three monarch caterpillars on a swamp milkweed plant near the pond and then four more the next day on the same plant. Over the course of a couple of days, Robin found four

Robin Arnold

Gena Husman

more cats around the property and brought them in, too. It seemed like every morning when she went out to gather milkweed leaves to feed our hungry, growing cats, she'd find another to bring in. Eleven soon became thirteen, but it was a bittersweet victory as we were to learn shortly.

As the numbers grew, we ordered a mesh butterfly house because the critter cage we had was just too small. It arrived in time for the first caterpillars to begin their metamorphosis into their chrysalises. Large and airy, with three mesh sides, mesh top and bottom, and one clear plastic viewing side, it provides plenty of room for growing cats and emerging butterflies. A zipper side door provides access inside.

Soon five chrysalises hung in a row along the top of the enclosure. We were impressed...and waited patiently for the first to “eclose”—or emerge from its chrysalis. Sure enough, about ten days later, the first butterfly emerged—healthy and beautiful. Robin gave it a day to dry its wings and released it the next morning.

After that, something went terribly wrong. We found the next butterfly flapping weakly around on the floor of the butterfly house on folded wings that it didn't

seem able to open up to dry. That had never happened to us before but with that many cats we figured it was a fluke. We became alarmed, though, when the next two butterflies were deformed, too. Also, by this time, the remaining chrysalises had turned very dark and showed no sign of activity.

We started researching diseases of monarch butterflies on the internet and discovered that the signs our butterflies were exhibiting matched the symptoms of butterflies infected with a parasite called “OE”—short for *Ophryocystis elektroscirrha* (I can't spell it without looking and I certainly can't pronounce it). It is known worldwide, and only infects milkweed butterflies. The parasite spreads through spores that are sloughed off by an adult butterfly either during mating or by a female while she's laying her eggs. Some butterflies with OE appear perfectly healthy but they can carry the spores. One female monarch lays 300 to 500 eggs—one at a time—over the course of two to five weeks, although not all the eggs hatch. The spores settle on the eggs and on the milkweed leaves and are ingested by the caterpillar which is the only stage in the butterfly development that can get OE. Although we couldn't prove it, we suspected an OE infection.

Unfortunately, there is no cure for OE, and butterflies that are deformed can't survive on their own. It is recommended by the monarch community that the infected butterflies and chrysalises be euthanized to help stop the spread of the parasite. Sadly, we lost about five butterflies to OE, a problem we'd never seen before. We did release several healthy butterflies, though.

On a lighter note, we've seen more monarch butterflies flitting around the property this year than in years past. One afternoon as we were walking around the marsh Robin saw a monarch land on a milkweed plant, and curl its abdomen under the leaf before flying on down the path. Curious, we went over and Robin lifted the leaf. There was a single, tiny white



egg on the underside. Fingers crossed it'll be a healthy baby butterfly.

Finally, on a more humorous note... we're careful what leftovers we feed to the chickens, but spaghetti—the pasta—is one of their favorite treats. I don't know if it's because it tastes good or that it's fun to eat. Apparently rabbits like it, too, because one of our six (sort of) wild rabbits suddenly appeared from under the tree in the chicken yard where it was hanging out with the chickens. The last thing I saw as I walked away was the bunny sitting in the middle of the chickens with strands of spaghetti sticking out of both sides of its mouth...who knew?

Have a safe and happy Labor Day!



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Want to be happier? Take all your vacation time

U am preparing to take a much-needed vacation and, in doing so, I am trying to figure out how to disconnect and recharge.

According to a recent study from Project: Time Off, the average time a worker took off in 2017 was 17.2 days, and more than half didn't use all of their allotted days. That's a shame. Americans taking all or most of their vacation days to travel report dramatically higher rates of happiness than those using little to none of their time for travel, the study found.

I don't really need to be convinced to take vacation, but in order to receive the restorative benefits, I need to be more mindful of what I will do while I'm away. Like many Americans of a certain age, I have fallen into the habit of constantly checking my e-mail. This is partially due to an old pattern that I established when I was in a client business.

While I no longer have clients, the media industry makes me a slave to the news cycle, which in turn keeps me tethered to email. Perhaps most importantly, I am compulsive about keeping my inbox cleared out, even when it would probably be more time efficient to simply let it pile up, even if just for a day.

I tried that approach after interviewing Tim Harford, author of "Messy: The Power of Disorder to Transform Our Lives," but fell off the wagon after a couple of weeks.

One problem with my current habit is that it also sucks me back into work, when I should be getting a break, even if just for the night. According to the latest data from the Labor Department's American Time Use Survey, Americans ages 35 to 44 are on average working 5 hours and 13 minutes each day. That may be just an average, but I am definitely logging more time working than that.

After talking to colleagues and productivity experts, here's my to-do list to better manage my time off. Feel free to shoot me a note with your tips.

Two weeks before vacation: Communicate with bosses and co-workers. I sent an email to (and then followed up with) TV and radio producers and bookers, with my vacation dates and also noted that if something big occurred (i.e. a stock market drop of more than 4 percent in a single day), they should contact me by phone, not email.

Prepare a detailed list of what needs to be ready to go. I need to pre-record a bunch of radio pieces and also have to write at least two weeks of columns before I head out of town.

One week before vacation: Develop a plan. When I first told my producer that I was not going to check email while on vacation, he scoffed and said: "You're never going to do that. Why don't you try something more realistic, like once a day?" Good idea. I'll check each morning and then, that's it!

The day before vacation: Set up a detailed out-of-office reply, alerting everyone that I will be gone and that I won't check email frequently. I also provide a contact person, who may be able to assist while I'm out.

Vacation mode: Turn off notifications and head to the beach!

(Jill Schlesinger, CFP, is a CBS News Business Analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at askjill@jillonmoney.com.)

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Lovage (Levisticum officinale)

By Viola Purdy, Sandusky and Ottawa County Master Gardener

Lovage is making a comeback. Lovage originated in the Mediterranean region. Lovage is hardy, easy to grow with minimal attention, and totally useful from the roots to the seeds.

Growing Lovage

I can personally attest to the durability of lovage. In cold climates such as ours (Zone 5b), the top growth dies back in winter and comes back in spring, each year about a foot taller than the year before until it reaches 3 or 4 feet high. Lovage is best grown by obtaining seedlings from an herb nursery or beg a root division in fall or early spring from a friend who has an established plant. Lovage likes rich, fertile soil and full sun, but it will tolerate some shade. Because it roots deeply, it doesn't require frequent watering, which makes it a good choice for dry as well as cold climates. Just be sure to give it lots of room. Its bushy form and deep green compound leaves make it an attractive foliage plant but put it in the back of your garden or against a fence so it won't overshadow shorter plants-especially in early summer when it sends up tall stalks bearing compound umbels of tiny yellow flowers.

You can harvest lovage's irregularly toothed, wedge-shaped leaflets all summer and into fall, and this will help keep the plant attractive; older leaves tend to get yellow. Blanch fresh leaves and young stems for about a minute and freeze them in ice cube trays for adding to soups and stews. You can also dig the fragrant roots in autumn for delicious teas and soups after the plant has been established outdoors for several years. Just wash them, cut them into 1/2-inch-thick pieces, and dry them. A lovage tea made in the winter from the dried roots,

seem to have the same cheering effect that the plant has in the garden. Chewing the leaves was said to sweeten the breath, and the seeds were crushed and taken for improving digestion.

Lovage has an intriguing taste somewhere between those of parsley and celery, and most people familiar with lovage today know it as a flavorful culinary herb. Lovage leaves perk up the flavor of otherwise bland foods. Add them to soups or sauces to reduce the need for salt; they will enhance the flavors of other vegetables or fish. Lovage has a special affinity for potatoes in soup or salad. One large leaflet chopped up in each serving of salad is plenty, as the flavor is quite strong. Dried lovage seeds are like caraway seeds and can also be used in bread.

Make a skin cleanser with 1 cup chopped lovage leaves, 3/4 cup white wine vinegar, and 1 1/2 cups distilled water. Steep the mixture overnight and strain.



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By Kelsey
Nevius

Since my recent revelation that I moved to Columbus a few months ago to pursue a career with the tourism industry at the Ohio Travel Association, it has been hard to schedule time to come home and have that fall at the same time an event falls, and even harder to find the time when I'm home to go to said event. Because of the two-hour commute (and because I'm still adjusting to apartment and city living) I try to stay in Columbus most of the time and come home at least once a month. Though, I have to say that I miss the country and want to be home most of the time.

While Columbus has hundreds of things to do, I prefer lax county living one hundred percent of the time. So, because I only had one opportunity to come home this month, I missed out on the events that I had originally planned on going to in the great county of Sandusky.

To make it up to you (and, hopefully, give you a road trip idea to go off of) I went to one of my favorite museums in Columbus: the Ohio History Connection. While this is quite far from Sandusky County, I hope you get to learn a little more about me and maybe one day visit. Next month it's back to business in Sandusky County!

Ohio History Connection is based on the history of Ohio, unlike most natural history museums. They vary in exhibit, but most exhibits display some aspect or historical event in Ohio or focus on Ohio natives. The first exhibit I like to start with is the geographic history of Ohio, which holds information about

Ohio's weather, geography, plant and animal life, and minerals and gems. This gives a little bit of everything before you get into the real meat of the museum.

Next are the Follow the Flag, World War I Era and Photography, and the Great Collections Experiment. Both the flag and World War exhibits focus on soldiers from Ohio, while the former displays flags and soldier movements and patterns from the Civil War and the later focused more of war memorabilia. By far my favorite exhibit is the 1950s: Building the American Dream exhibit. It is one of my favorite exhibits out of all the museums I've been to. As a Frank Sinatra and 50s music lover, I love learning about that period in time. This exhibit gives you just that, and lets you tour a vintage Lustron prefab house that dates back to the 1950s. You also learn about the threat of atomic bombs during the time period, the style of clothing, music, radio, and a lot more.

Another of my favorite parts of this museum is the Ohio Village located outside and around the corner. This recreated 19th-century inspired village lets you tour buildings like the apothecary, bicycle shop, and general store, all with 19th century actors and actresses guiding you through the town.

Though it's not in Sandusky County and you'll have to take a bit of a trip to get there, the Ohio History Connection is, in my opinion, well worth the trip and well worth the time you'll spend there. Next month I hope to attend some of the events close to home, but I thought that since my plans didn't work out this month, I'd give you a little taste of Columbus!

Prepare for jet lag before boarding the plane

DEAR MAYO CLINIC: I recently took a new job that involves frequent overseas trips. The trips usually last four or five days, and include many business meetings. I'm concerned about jet lag and how it could affect my ability to be mentally sharp. Are there ways to prevent or minimize jet lag?

ANSWER: You're wise to think about preventing jet lag before you leave home, rather than trying to deal with it once you've arrived at your destination. There are various steps you can take before you go that may ease jet lag.

Your body has an internal clock, or circadian rhythm, that signals when to stay awake and when to sleep. Jet lag happens because your body's clock is still synced to your original time zone, instead of to the time zone where you've traveled. The more time zones you cross, the more likely you are to get jet lag.

In addition to sleep problems, jet lag can cause other symptoms that could disrupt your trips. Jet lag may lead to excessive daytime sleepiness and fatigue, as well as difficulty concentrating or functioning at your usual level. It also may lead to gastrointestinal problems, such as stomach upset, diarrhea or constipation. You may get headaches, experience mood changes and generally feel unwell due to jet lag.

To help prevent jet lag, a few days before your trip, start changing your schedule to more closely match your destination. For example, if you're traveling east, which takes you to an earlier time zone, go to bed one hour earlier each

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night for a few days before you leave. If you're traveling west, which takes you to a later time zone, go to bed an hour later for several nights. Adjust your meal schedule accordingly, too. And make sure you're well-rested before you go, because starting a trip with too little sleep will make jet lag worse.

Switch to your destination schedule as soon as you leave home. Set your clocks to that new time when you get on the plane, and use it to guide your activities. If it's nighttime in your destination when you're in flight, sleep on the plane. Bring along earplugs, an eye mask and headphones to block noise and light, and make it easier to sleep. If it's daytime where you're headed, stay awake during the flight. Once you arrive, stick to the local schedule.

Dehydration may worsen jet lag symptoms. With that in mind, drink plenty of water or other beverages during your flight. Limit alcohol and caffeine, as they can dehydrate you and affect your sleep.

Exposure to bright light when you arrive at your destination can help your body adjust its circadian rhythm to your new schedule. For example, if you travel east, exposure to sunlight or other bright light in the morning can help you adapt. If you travel west, seek out light in the evening.

You need to be careful with this if you are traveling very long distances, though. If you're more than eight time zones away from home, your body could confuse the light of morning with the light of evening, or vice versa, making your sleep issues worse. If you travel more than eight time zones to the east, avoid bright light in the morning. Then, seek out as much sunlight as possible in the late afternoon. If you go west by more than eight time zones, avoid sunlight a few hours before dark.

If you reach your destination and have trouble falling asleep at the appropriate time, over-the-counter sleep aids such as Tylenol PM or Advil PM may help. Taking a relatively low dose of melatonin (0.5 milligrams) - one of the strengths available over the counter - also has been shown to be effective. Prescription sleep medications (Ambien, Lunesta, others) can be helpful as well, but because they can lead to drowsiness the next day, these should be taken only as a last resort.

Finally, if you have a particularly important meeting, where you know you need to function at a high level, consider arriving a few days ahead of time, if possible. That will give your body time to adjust and make it less likely that you'll feel the effects of jet lag when you need to be mentally sharp. - M. Rizwan Sohail, M.D., Travel Medicine, 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)mayo.edu. For more information, visit www.mayoclinic.org.)

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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Inspiring ideas will fill up your tanks. You can't make headway if you are running on empty, you may be more comfortable working behind the scenes. You may receive a whiff of true love.

TAURUS (April 20-May 20): You might enjoy the center of attention, even if it is only within the confines of your home. If you have developed good habits you can let your daily business routines run on autopilot.

GEMINI (May 21-June 20): Be the bandleader who directs your own life. Don't let the passing whims of the world around you dictate how you spend your time. Use your charm and sincerity to impress people who wield the most influence.

CANCER (June 21-July 22): You can improve your reputation and career standing by starting new projects and aligning yourself with key people. When you notice money-making opportunities, you must strike while the iron is hot.

LEO (July 23-Aug. 22): You may question whether your actions are bringing you the happiness you deserve. You may become more competitive at the workplace or more willing to tackle physically challenging projects.

VIRGO (Aug. 23-Sept. 22): Go the distance. Some of life's challenges require a mere sprint but you will really showcase your talents if you follow through on a long-term project. In the month ahead your most thoughtful words will receive attention.

LIBRA (Sept. 23-Oct. 22): In the month to come you may form ties and alli-

ances that are mutually beneficial. Your lack of adventurousness may seem dull and unexciting to some, but they know they can count on you when the chips are down.

SCORPIO (Oct. 23-Nov. 21): Your insights may be valuable especially where money is concerned. You may receive some type of secret knowledge that you can parlay into personal profit. Love can become a priority..

SAGITTARIUS (Nov. 22-Dec. 21): Strive to start something meaningful for future success. You may consider making a change on impulse but will be happier with something that you have deliberated upon and prepared for.

CAPRICORN (Dec. 22-Jan. 19): Past experiences should refine you not define you. In the month ahead, you may find ways to become more efficient so that you can meet the demands of daily life head-on. Experiment with the latest technology.

AQUARIUS (Jan. 20-Feb. 18): Improve your financial standing while the going is good. Take steps to build an emergency fund, improve your job skills or widen your networks. Tact and kindness will produce the best results.

PISCES (Feb. 19-March 20): Your aura of inner peace is soothing and attractive to others. You can buy new clothing that will enhance your appearance. Friends or co-workers might be erratic or eccentric and try your patience..

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Camp Fire News and Notes



Camp Fire

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U Fall Brings Change! Change in weather, change in colors, and here at Camp Fire Sandusky County we are embracing the many changes this season brings to our campus thanks to the support from our community! We welcome you to come out and see the many changes on September 29th during our first ever Camp Fire Flea Market! Host a vendor booth, come to shop or just tour our changes on the grounds thanks to Sandusky County Communities Foundation, Fremont Lowe's, Terra State Community College, and private donors!

Some of the changes you will see include the new playplace structure granted by Sandusky County Communities Foundation! This amazing \$6800 play structure has allowed youth to climb, imagine and play, and has added a wonderful eye catching pop of color to our grounds!

In addition to the playplace, Lowe's Home Improvement Store in Fremont, OH has helped change the look of our building! Camp Fire Sandusky County was selected to be the 2018 Lowe's Heroes program recipient! New lighting, fixtures, flooring, paint, flowers and bedding are some of the items Lowe's provided the grounds in July and August! The much needed updates

have provided a fresh look, fresh smell, and fresh perception for those entering our building, and we can't say thanks enough!

Camp Fire is honored to have been selected for Terra State Community College's 50th Anniversary Celebration; Day of Caring, to be held on September 14th. Over 130 Faculty and Staff will be on our grounds cleaning trails, removing a condemned latrine, placing new stone on the driveway and adding fresh paint to a variety of areas on campus! We are really excited to have trails to walk on again with our youth! Both the youth participating in our summer camps, their families and visitors have commented about how amazing Camp Fire facilities look, thanks to the changes!

Changes are also happening in programming! Starting this school year Camp Fire Sandusky County will be starting a Before and After School program for youth in Fremont City School, K-6th grades. The addition of the before and after school program directly aligns with our national focus, strategic plan, and the need for additional child care programming in the Fremont School District. The Thrive

Foundation has developed a Thrive based curriculum allowing youth

to find their "Spark"- Purpose and passions, set goals, have a growth mindset, reflect, and refocus. At Camp Fire we call this curriculum based development Thriveology. We incorporate Thriveology in everything we do and we look forward to a before and after school program which assists youth with studies, but also engages youth in the

Thriveology curriculum to help develop their personal drive while they are on our campus!

Teens in Action is back in full swing and they are striving to bring teen mental health awareness to Sandusky County! The teens have developed a Board of Directors and started fundraising in hopes to bring a presenter to Camp Fire in May of 2019, which will speak to parents about teenage suicide and mental health. The teens also hope to host teenagers at the same event, providing age appropriate education to the teens in attendance about mental health and companion animals! If you have any youth age 13-18 who may be interested in joining the Teens in Action program please reach out to the Camp Fire office for more details.

We are also opening our doors to adults in the first ever Camp

Encore September 8th in collaboration with Sandusky County Young Professionals Group (SCYPG)! This 21 years of age and older, overnight fundraising camp is sure to be a hit with 90's themed events throughout the night bringing the adults and alumni back to their summer camp days, and raising funding for both SCYPG and Camp Fire programming!

For more information about any of the events mentioned in this article please follow us on Facebook at Facebook.com/campfiresc, visit our website at www.campfiresc.org, call the office: 419-332-8641, or stop out to the Camp Fire office at 2100 Baker Rd to see what is going on!

A huge thanks to United Way Sandusky County for your financial support for our youth programming!

Upcoming Humane Society of Sandusky County Events

Flapjack Fundraiser for the Humane Society



Fremont Applebee's, Sat., Sept. 8th from 8-10 am
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Back-to-school blondies put a sweet spin on the end of summer vacation

As the father of four sons - two grown and graduated from university, two more still in school - I know that right around now children may be deep in the doldrums. Depending on where in the country you live, summer vacation is drawing to a close or school has already started.

Either way, desperate measures are necessary to help those children who are still at home feel active, interested and happy, or to help cheer up those who have already returned to the classroom. Baking sweet treats has always done the trick for me, going back all the way to those days when I was an unhappy schoolboy in Austria dreading the end of my own summer break.

That is why I'd like to share a recipe for a delicious baked confection everyone will enjoy: blondies with walnuts and chocolate chips. I first encountered these popular American bar cookies - along with brownies, their even better-known chocolate-flavored cousins - after I came to America back in 1973, and I fell in love with them immediately. Like rich, dense, slightly chewy little pieces of cake you can pick up and eat from your hand, they have always seemed to me even more fun, indulgent and satisfying than cookies - and I love cookies!

Not only that, but blondies are easy to make. In fact, they're even easier than most brownie recipes, since there's no need to melt chocolate first. Mixed with a stand mixer or hand-held electric mixer, the batter comes together in just minutes. After 45 minutes or so of baking, and maybe another half hour to an hour of cooling before you cut them into squares, you have a treat that will bring joy to children and parents alike.

Under parental supervision, kids can join in the fun of preparing the blondies. If you like, let them come up with different variations from the walnuts and chocolate chips

in the following recipe. I've seen blondies that contain other kinds of nuts, white chocolate or butterscotch chips, chopped pieces of toffee or other candy, raisins or chopped dried fruit of other kinds, miniature marshmallows, and even broken pieces of salted pretzel.

The fun doesn't have to end there, either. One of my favorite ways to enjoy blondies is to make them the base for sundaes. Place a square in a shallow serving bowl, and top it with a scoop of whatever ice cream you like. Then a drizzle of your favorite sweet sauce, a dollop of whipped cream and some sprinkles top it off. Set up a blondie sundae bar, and the children may - at least for a moment - be so distracted they'll forget that summer's almost over or school's already back in session.

BLONDIES WITH WALNUTS AND CHOCOLATE CHIPS

Makes 9

1 1/2 cups (375 ml) all-purpose flour, plus extra for dusting

1 1/2 teaspoons baking powder

1/2 teaspoon salt

6 ounces (185 g) unsalted butter, cut into pieces, at room temperature

1 cup (250 mL) packed light brown sugar

2 large eggs

1/2 cup (125 mL) sour cream

1 1/2 teaspoons pure vanilla extract

2/3 cup (165 mL) coarsely chopped walnuts

2/3 cup (165 mL) semisweet chocolate chips

Confectioners' sugar, for dusting, optional

Position the oven rack in the center and preheat the oven to 350 F (175 C). Evenly coat the inside of an 8-inch (20-cm) square baking pan with nonstick cooking spray; then, with a spoon, sprinkle some flour over the bottom and sides of the pan to coat

it evenly, tapping out the excess. Set the pan aside.

In a mixing bowl, sift together the flour, baking powder and salt. Set aside.

Put the butter and brown sugar in the large bowl of an electric stand mixer, or in a large mixing bowl if using a hand-held electric mixer. Beat at low speed until the sugar is incorporated; then, raise the speed to high and continue beating until fluffy, stopping as needed to scrape down the sides of the bowl and the beaters with a rubber spatula. Reduce the speed to medium and, one at a time, add the eggs.

Beat in the sour cream and vanilla until thoroughly combined. Reduce the speed to low and add the flour mixture, beating just until incorporated. Add the walnuts and chocolate chips, beating at low speed just until mixed in evenly.

With the spatula, scrape the batter into the prepared pan and level its surface. Bake in the preheated oven until the top feels firm to a quick touch and a long wooden toothpick or cake tester gently inserted into the center comes out clean, about 45 minutes. Transfer the pan to a wire rack to cool.

Line another rack with aluminum foil. When the blondies are completely cool, run a sharp knife around the inside edges of the pan. Invert the foil-lined rack over the pan and then, holding the pan and rack together, quickly but carefully invert and lift off the pan to unmold the blondies.

To leave the blondies right-side up, place a large, flat platter or plate over the blondies and flip the foiled rack. Then remove the foil. With the knife, carefully trim away the hard outside edges of the blondies; then, cut into nine equal square pieces, each



about 2 1/2 inches (6.35 cm). If not serving immediately, store in an airtight container at a cool room temperature.

If you like, decorate the blondies with a light dusting of confectioners' sugar before serving. Hold a small wire-meshed sieve over them, spoon a little confectioners' sugar into the sieve and tap the side of the sieve while moving it over the blondies.

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Slightly feral cat not adjusting well to new home

Dear Cathy,

We recently adopted a 2 1/2-year-old orange tabby cat from our local TNR rescue. He was rescued as a feral kitten and neutered at three months of age. Since then he has been at the rescue. Before we brought him home, I spent time with him over a three-week period. Although not overly friendly, I could pick him up, pet him, and play with him using cat toys.

After we brought him home, his disposition changed. He hisses and swats at us if we get too close. We have him set up in the den except for his water and food, which are in the kitchen. He stays in the den all day and only comes out at night. His appetite is fine, and he uses the litter box. He is very curious and is mesmerized by the TV. He has never been in a home before and seems afraid of us and runs into the den when he sees us.

During the first week, we could pet him occasionally. Then I accidentally touched his collar and things have gotten worse. Do you have any advice as to how long it will take to get him to trust us? We want to make this work and give him a good home. - Diane, Green Valley, AZ

Dear Diane,

If he wasn't handled and petted a lot at the rescue, he may be overwhelmed by the attention in his new home. Don't touch him or pick him up right now unless he walks right onto your lap and pushes his body into your hand. It's always best to let a cat like this come to you.

Let's help him relax though. Buy some feline pheromones plugins at your local pet store or online and plug them in the outlets in your den and around your home. Pheromones can have a calming effect on cats. Pheromones are also available in wipes, sprays, and collars, but I don't want you to touch him right now.

Next, find a great YouTube video featuring outdoor birds and let it run on the TV to entertain him. To engage him, get a wire dancer toy or some other toy that encourages his hunting behaviors - similar to how you played

with him at the rescue. Most animals won't play until they feel comfortable in their surroundings. Playing will help engage him and take his mind off his new surroundings for just long enough to begin to relax. The more you play, the more he relaxes.

It may take some time for this little guy to adjust. I can't say how much time; it could be a few weeks or a few months. But he will eventually adjust to his new home if you are patient. You sound like an amazing pet parent already, so I think he is in good hands.

Dear Cathy,

My sister and I started our own cat rescue a little over a year ago and this is our first official "kitten season," and we are struggling with the issue of bonded pairs. My question to you is, at what age do you think it would be unwise to separate a bonded pair? Right

now, we have a set of kittens that are about three months old, and another set that is about five months. Even though the five-month-old sisters are adorable and playful, we are having a hard time finding them a home together. What guidelines do you use to determine whether it would be safe to separate them? - Christine, Vice President, SOS Rescue, Inc.

Dear Christine,

Separating bonded pairs under 12 months old tends to work fine. They are still young and haven't developed solid patterns of behavior and co-dependency from living together. While kittens will always love their littermates, they can move independently to new homes and adjust quickly.

Older bonded pairs, however, don't fare quite as well. The older the bonded pair, the more difficult it is for them to

separate and the more likely they will suffer some sadness at the loss of their companion. If they are in your care, then they have already lost their family and home for some reason, so trying to keep them together is important. Sometimes that's not always possible in rescue work but do the best you can.

Tell potential adopters that animals should always have a "friend" to play with and interact with when they can't be home. It's a little guilt-provoking, but absolutely true. Animals like to be around their own kind.

(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.)



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New Health Service Available Locally for Veterans of Sandusky County

By Dr. Paul Silcox

It's not surprising that often time's retired military personnel have to receive ongoing treatment for injuries they received during their service years. That's one of the Veterans Administration's duties is to oversee that care. However, with the increasing chronic pain levels reported by veterans, the number of Rx's for opiates for pain relief has increased to alarming rates.

The Veterans Administration has been increasing its usage of acupuncture to help with the chronic pain levels in an attempt to reduce the veterans' exposure to opiates and possible addictions; because addictions within the veteran community is at alarming levels.

For years I have heard of vets that have told of having to go to Toledo, Ann Arbor, Sandusky or Cleveland for treatment related to their conditions or injuries received from service. For years I hadn't much to offer in the way of VA approved treatment for their service related injuries, until recently.

I have been practicing acupuncture for the last six years and, because of the education I have received in the last two years regarding the severity of the Opiate Crisis and epidemic in the country and locally in our community, I wanted to reach out to help veterans. But any care that is rendered to a veteran outside of the VA's hospitals or clinics has to be pre-approved and provided by a VA approved physician.

In December, 2017, I started seeking that VA approval status and in August of 2018, I finally received approval of the Veterans Administration to treat veterans with acupuncture. It's still a process in that I have to get a referral from the VA Ann Arbor office and pre-approval of the care, but I know that if the veterans respond to acupuncture as others have, I will be ecstatic to have a service to offer the local veteran community without them having to travel to the other cities.. It will be an extreme pleasure to serve those that have given so much to help keep our country free.

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