

Lifestyles 2000

Free

Vol. 20 Issue 4

April 2019

Happy Easter

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Answers patients' questions	97.5%
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Provides good care/treatment.	97.5%
Provides clear information.	97.8%
Spends enough time with patients	95.4%

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Omarr's Astrological Forecast

By Jeraldine Saunders

(Sadly this will be our last column by Ms. Saunders as she has passed away.)

ARIES (March 21-April 19): Your burgeoning energy is best used to prepare for every contingency this month. A new start is right around the corner, but you might find it difficult to shrug off problems at home or with your career for a few days.

TAURUS (April 20-May 20): You may be feeling your oats as this month unfolds. You can use your extra energy to impress your partner or to take constructive actions. Use good judgment to handle the most difficult tasks with ease.

GEMINI (May 21-June 20): Concentrate. You might spend too much time dealing with avoidable interruptions. Your high energy levels could attract admirers who may mistake warmth and simple kindness for romantic ardor.

CANCER (June 21-July 22): You may play second fiddle to someone with insatiable ambitions. Conversations and negotiations are subject to misinterpretation so get things in writing or hold off until next week.

LEO (July 23-Aug. 22): If you keep your promises your promise will be fulfilled. In the upcoming month you may have a chance to prove that you are loyal and true blue. Your best bet is to focus on joint finances and long-term fiscal security.

VIRGO (Aug. 23-Sept. 22): Work behind the scenes and stay out of the spotlight. Concentrate your energies on making those in the family circle happy.. Put effort into building a firm foundation that can stand the test of time.

LIBRA (Sept. 23-Oct. 22): In the month ahead, you may have an opportunity to prove that you are loyal to your employer, co-workers or company. Don't be distracted by an attractive acquaintance or give in to a restless desire for adventure.

SCORPIO (Oct. 23-Nov. 21): You may be energized and have great business sense when working on group projects. However, you might spend too much money on coffee and snacks and fritter away your pennies. Focus on thrift.

SAGITTARIUS (Nov. 22-Dec. 21): Too much flirting can cause some hurting. Focus on your work and don't be distracted by the potential for romantic dalliances. You might be blind to the pitfalls of an investment.

CAPRICORN (Dec. 22-Jan. 19): Things might not be what they seem. Don't be tempted by a dangling carrot. Someone could play to your greed or ambitions and trick you into doing something you shouldn't do.

AQUARIUS (Jan. 20-Feb. 18): Remain focused. Pursue career and business objectives with dogged determination and you can overcome every obstacle. Don't be distracted by sudden shifts of opinion or upsets.

PISCES (Feb. 19-March 20): A solid reputation may become even more concrete in the upcoming week. You might find that your home is the stage for numerous social interactions or that your career goals are affected by a peer review.

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Welcome Spring!

I don't know about the rest of you, but this is my favorite season, what a welcome relief after a long, cold winter. Now praying that the snow is finished and we can get onto sixty degree days.



We have some really great columns this month, but we were sad to hear that Jeradline Saunders of Omarr's Astrological Forecast has passed away. Hopefully we can find a new column to replace hers.

Enjoy!
Joanne



The correct answer for March was Sandusky County Share & Care; 192 correct entries, 127 emailed and 65 mailed, that was a great response! Thank you all for entering.

Find Pete Winners

Winners are: Lona Rios, Toledo; Jimmy Hilton, Katie Huy, Edna Scherf, Hannah Wolf, Herbert Mussehl, Becky McElfresh, Fremont; Pam Aldrich, Amanda Rutski, Gail Rini, Regina Freeman, Ron Ray, Clyde; Stephanie Fischer, Burgoon; Becky Bennett, Mandy Smith, Tiffin; Pat Manahan, Sue Felder, Deb Laub, Bellevue; Jennera Ortiz, Pat Garcia, Green Springs; Carter Payne, Vickery

Winner of the Dairy Queen cake this month is Harold Foes, Helena. Congrats to all!

This month there will be two prizes for adding: Celebrating 20 Years", the Dairy Queen Cake and a pass for 6 to African Safari Park valued at \$140.

Find Pete Prizes

Prizes are from Color Haven and Dairy Queen 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.

Remember to add "Celebrating 20 Years" to your entry to win a Dairy Queen cake or African Safari Wildlife Park tickets.

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.

Out to Lunch

By Lynn Urban



Blackberry Corners

If you've never been to Blackberry Corners, you must try it, especially if you're hungry for pizza.

It's not a fancy place, just down-to-earth, with down-to-earth friendly people. You can tell they're OSU fans by the décor, so game day is a big party day. It's also a popular place during birders' week in the spring, because it's right off Route. 2 at the corner of Route 579 and Elliston Road. It's kind of out in the middle of nowhere, but on a Saturday night it fills up fast, and maybe that's because of the pizza. The made to order pizzas are piled high with all of the different choices of toppings that they offer, but the most outrageous is crushed potato chips, and boy is that good. That extra salt and crunch makes any pizza taste better.

The 1/3 lb. Burgers are hand pressed fresh beef, and are pretty good. I had the cheeseburger with skinny fries and sweet creamy cole slaw. Other sandwiches include chick-



en breast, perch, ham & cheese, ruebens, and breaded veal. They've got the usual appetizers, but a couple of different ones on the menu are the fried green beans and the fried green tomatoes.

The dinner specials are shrimp, perch, and chicken, but like I said, people go for the pizza, along with your favorite beverage from the bar.

And you definitely want to try the homemade pie. There are at least eight to ten kinds to choose from. I took home a red raspberry and cream pie. It was oh so good!

Breakfast is served on the weekends and on Sunday a breakfast buffet from 8:00 until noon.

Hours are Friday 10am -11pm, Saturday 8am-11pm, Sunday 6 am-9pm, Closed on Tuesday

THE 5TH ANNUAL KENTUCKY DERBY GALA

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MUST BE 21 TO ENTER

The Perfect Recipe To Make Incredible Homemade Potting Soil

by Viola Purdy, Sandusky and Ottawa County Master Gardener Volunteer

Making homemade potting soil is an excellent way to save on a garden budget, but more than just the savings, it is also the perfect way to make sure your potted plants thrive all season long!

Commercial mixes can be quite expensive and, you can never be sure just how good they really are, many contain additives and fertilizers you might not want in your soil

Good quality potting soil is lightweight but filled with nutrients.

High-quality potting soil needs to consist of 3 main elements:

#1 Plenty of nutrients to support plant life for an entire growing season. Unlike annuals and perennials planted in the ground, potted plants are stuck with the soil in their container.

#2 The soil needs to be lightweight, but with good structure. Heavy soils are not able to provide good drainage or the adequate nutrients potted plants need. Ordinary garden soil can't be used.

#3 Good potting soil needs to be able to retain moisture, but drain well. The soil needs to be able to soak up enough water for plants to survive and thrive without becoming waterlogged.

If soil is too loose, water drains through the too quickly, this can leave roots thirsting for more. If the soil holds in too much moisture, it can drown roots and damage plants. Using the simple organic recipe below, you can create homemade soil that will power your plants beautifully all summer long.

The recipe below makes enough to fill one large container pot, or a few hanging baskets.

(6 Cups) Pulverized Soil

Pulverized top soil is nothing more than finely ground garden or top soil. It can usually be found in bulk or bags at most home and garden stores and usually quite inexpensive to purchase.

(6 Cups) Compost

Compost is filled with life-giving nutrients feed plants slowly. It is the perfect ingredient to help power potting soil. Extremely lightweight and absorbing, it will hold as much as 10 times its own weight in water. When mixed in with pulverized top soil in equal amounts, it creates an incredible base of soil and humus.

Perlite (2 Cups)

Perlite is volcanic glass that is heated until it pops and it is 100% organic and has a perfectly neutral PH of 7. It is a super lightweight material with open pores that hold and retain water at a massive rate. Perlite aids greatly in keeping a potting mix lightweight. All while providing for excellent drainage, and better water retention.

Worm Castings (1 Cup)

Worm castings are one of the most incredible, all-natural slow release organic fertilizers around. Just like perlite and compost, they are lightweight and absorb water, giving excellent

structure to the soil as well. They contain an incredible balance of nutrients that power plants.

(1 Cup) Spent Coffee Grounds

Coffee grounds are an excellent slow-release source of nitrogen with a rich mineral make-up for plants. Make your own potting soil this year and save big while growing big!

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Welcoming New Patients – Birth to Geriatrics

Vault Investment Partners LLC is hosting their 2nd annual FREE Community Shred Event on Friday, April 26 from 12-2:00pm at their office at 528 Third Ave in Fremont. Allshred Services will shred any outdated or confidential paperwork you wish to dispose of on-site. We cannot accept cardboard, plastic, trash or hazardous items, CDs or DVDs, magnetic items, or x-rays. Please contact Heather Stansfield at 419-355-0279 with any questions.

Trinity United Methodist, 204 N. Wayne St. in Fremont will host a Spaghetti Dinner on Sat, April 13 in the Fellowship Hall from 5:30-7 pm. The cost is \$8 for adults and \$4 for children under 10. Please call 419 332 8167 or 419 332 5032 for tickets and/or reservations. The proceeds will benefit the Trinity Youth Group and the church.

Clyde Business and Professional Expo: April 6 th at Harvest Temple, Main Street, Clyde 9 AM-1PM. Free admission, Kid Friendly, Door Prizes. Join our Clyde/Green Springs Community as we showcase our many businesses, clubs, organizations, and service groups.

Birchard Library Programs for Children:

Storytimes for 3-5 Year Olds Tues. at 9:30 am, or Wednesdays at 10:30 am
 Storytimes for Birth to 36 Months Tues. at 10:30 am or Wednesdays at 9:30 am
 Family Storytimes Tues. at 6:30 pm.
 LEGO Challenge Thursday, April 18, 4:30 – 6:00 pm
 K – 6th graders can drop in and build LEGO creations on their own or as part of a team. We provide the Legos.
 Puppy Patrol Paw-ty! Saturday, April 20, 10:00 am – noon
 Grades K-6. Join us for crafts and games featuring your favorite hero pups! Have a

paw-some time at the library! Call to register at 419-334-7101, ext: 209, or register online at www.birchard.org.

Fremont Area Women’s Connections invites you to attend, and wear your Easter hat for our parade, to the monthly luncheon at Anjulina’s Catering, 2270 W. Hayes Ave. on Tuesday, April 9, 11-1pm. The program will include Randy Brown, the director of the upcoming production of the “Little Mermaid” at Fremont Community Theatre. The guest speaker is Nevehya Latura from Dublin, Ohio who will share her story of “the search for my invisible friend”. For reservations and free child care, call Donna at 419 680 2251 or email Carrol at fawcluncheon@gmail.com by April 4. Cost is \$12 inclusive. Any cancellation also needs to be reported to Donna or Carrol.

Downtown Fremont events: April 20: Easter Bunny Visit and Shop Hop from 11am-2pm. April 20: Adult Easter Egg Hunt 6-8pm

Izaak Walton League of America Fremont Chapter, CR 170 just north of the Ohio Turnpike. Pop Up Target Shoots, first Saturday and third Sunday of every month starting April - Nov.. April 6 & 21, May 4 & 19, June 1 & 16, Saturday shoots start at 8 a.m.-1 p.m. Sunday shoots start at 1 p.m.- 6 p.m. Cost is \$5 per gun for 20 target presentations and is open to the public. Any questions contact Larry Perkins at 419-355-8374.

April 6: Mt. Carmel UMC, 4997 CR 183, Clyde. Craft Show from 9am-3pm. Crafts & Bake Sale, Lunch Stand, Homemade Pies, Door prizes every 1/2 hour. For more info or tables call Sharon at 419-547-0106.

Howard Levan, Daredevil of the Skies

Born in Allentown, Pennsylvania in 1894, Howard Levan grew up in a quiet household. His father worked for the local theater and his mother served as a laundress for nearby families. At the age of 16, Howard took a job in a hotel as an elevator operator.

Little wonder that young Levan soon left Allentown for more exciting prospects. Late in 1910, he found himself in Toledo, Ohio, selling postcards for oil magnate and local entertainment promoter Charles Strobel. Strobel owned the Toledo Mud Hens, sponsored boxing bouts, and experimented with early biplanes. It wasn’t postcards that attracted Levan, but the excitement of being around those first aviators that Strobel employed at his Strobel Airship Co.

Before long he was helping in the construction of biplanes and then learned to fly. Fellow aviators thought he was a natural. There was no doubt he was a bold and adventurous young man. Strobel soon sent him aloft in his Curtiss Jenny. Touted by Strobel as the youngest aviator in the world, Levan barnstormed at the age of 17. He flew at county fairs, festivals, and air shows throughout the country and in Hawaii and Cuba. The accompanying photo was taken at the Sandusky County Fairgrounds by professional photographer Leroy Fachman, who had studios in Port Clinton and Elmore.

Levan became something of a local hero when he returned to Allentown and thrilled spectators by flying 30



miles in 25 minutes against formidable wind currents! But in July 1911, Levan suffered serious injuries when his “Red Devil” crashed at an exhibition in Pittsburgh. In 1912, Levan, after several more dangerous crashes, parted ways with Strobel. He planned to retire, but the “flying fever” soon hit again.

Levan noted that he and other aviators were often upstaged by balloonists, who parachuted from dirigibles. He soon signed on with E. R. Hutchinson Aerial Company who made his own balloons. He provided ascensions and parachute drops for fairs and amusement parks. But on Levan’s first jump at Lawrence, Massachusetts before thousands of people, his chute failed to open. From a height of 1200 feet, he plummeted to earth. Finally, as he reached 200 feet, Levan’s parachute opened! His life was spared.

He eventually settled down in Dayton, Ohio, where he married and had a daughter. He owned an amusement park and worked as a concessionaire. Marrying a second time, Levan moved to Georgia where he lived out a long life despite his many close calls with death.



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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

Just for the record---getting married at 84 and 91 is exciting and wonderful. We are so happy and grateful to all of my readers, our friends and mostly to our families who were so welcoming of our decision to marry. We each feel like our personal family just got bigger all of a sudden and we are grateful they have blended so beautifully. When people ask, "why did you decide to get married?" we just say, "We love each other and that's what you do when you fall in love with someone-age is irrelevant." It only means that when you say "I do", following the words "do you take this woman (man) to be your lawfully wedded spouse for better or worse, in sickness and in health, for richer or for poorer, forsaking all others until death do you part," you know that your time together will likely be shorter than couples who marry at a younger age. So, that said, I always remember the advice given to me when I was just a kid by my Uncle Harry. He said, "Gracie, live like you will die tomorrow and work like you will never die". Bernie and I are blessed with good health, Christian values and a strong work ethic. So, Uncle Harry, thanks for the advice given so long ago, and we're on our way into the sunset with love in our hearts and work gloves on our hands. We will be living in my (our) home here at 1045 S. Bloom Road, Fremont. He loves to grow vegetables and will have a garden. He is excited about helping to care for our water garden as well. We have put up some butterfly resting houses. So, welcome spring---welcome Bernie and bring it on. We're good to go for as many years as the good lord allows.

Yes, we will be doing our Teas the last Tuesday of the months of March-November. The schedules were mailed out last week. If you are not on the

mailing list, call to be sent one or read my column for the information each month. April's date is the 30th at 5:30 pm when Helen Hollis, Sandusky County Park District will present "Rehoming the Chimney Swift". Future programs include; Paper Quilling-a 17th century art form; Rob Brown, Caricature Artist, will do a caricature drawing of each of us; Hand blown glass ornaments with Tim Martin, a local glass blowing artist and shop owner; Kent Mc Clary will return in October "Halloween with the Abe Lincolns". April and September are evening Teas at 5:30 pm, all others at 2:00 pm. For reservations call The Old Garden House at 419-332-7427.

We apologize that we missed "Celebrate The Season" on the First Day of Spring in March. We will be organized once again to celebrate the season with you on June 21st with a dinner served at 5:00 pm. Come celebrate with us and meet my husband, Bernie Nause. For reservations, call us at 419-332-7427.

We have set Sunday April 28th for the Pass-Along-Plant Day here at The Old Garden House. We will have shovels handy to dig perennials from my garden and we urge you to bring some from your gardens to share and to take some home with you. Seeds are also welcomed, as well. Come even if you don't have any to share-we always have plenty. No cost, just good old-fashioned plant sharing with garden friends and conversation to learn from other gardeners.

So, until next month, think spring, wash the windows, clean the garage, go visit grandpa and grandma and never doubt that LIFE IS GOOD because you will make it so.

Heartbeat Hope Medical of Fremont and Tiffin

2019 WALK/5K RUN FOR LIFE

Join us as we WALK BIG—RUN BIG at our annual Walk for Life on Saturday, May 4th at Conner Park, 2300 Tiffin Rd, Fremont. Participant registration/check-in begins at 8:15 a.m. with the event beginning at 8:45. We encourage you to create a team to make a BIG impact this year. Or go solo!

All participants who raise \$150.00 or more in donations will receive a FREE event t-shirt. Walk or run another time or place if you cannot make it the 4th! Just drop your

sponsor sheets and donations at the Fremont or Tiffin Heartbeat Hope Medical office.

For more information about creating a team, individual participation, sponsor forms, registration and making a donation please visit our website at www.friendsofheartbeat.org and look for Walk for Life under Events. Not into websites? Give us a call at 419.334.9079 or email to events@heartfre.com. We ask all participants to PLEASE pre-register. Registration is open and fundraising is in full swing!

FREMONT KIWANIS CLUB'S
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Bag Sale begins at 2 p.m.
Lunch served
"Eat your fill, pay as you will."
Proceeds to Local Charities
Call 567-201-8779 for details

Helen Marketti's Music Corner

Anson Williams



Former *Happy Days*' TV star, Anson Williams discusses his role as Potise Weber on the hit sitcom plus other projects and resources he has been working on while behind the scenes.

"I grew up in a lower middle class family. It was a normal household," remembers Anson. "I did always have feelings of wanting to entertain people even as a young kid. I have to say I wasn't really into actual acting it was more of performing and entertaining. I really liked Al Jolson when I was growing up. It was the old time entertainers that captured my attention. It wasn't until after high school that I started pushing for it. I always tell people if you feel strongly about something you keep moving forward with it. Don't let anyone tell you any different." Anson nearly missed his audition for *Happy Days*. "On that particular day there were heavy storms and my old junky car broke down on the way to the audition. There were no cell phones at that time so you had to leave your car and try to find a pay phone," he recalls. "It took two hours for the automobile club to get there. By the time it was all said and done, I was four hours late. At first, I decided not to go to the audition but there was that little voice that kept pushing me. I drove to Paramount Studios. I looked like a drowned rat. I went to Millie Gussie's office who was the head of casting at the time. I was explaining who I was and what happened to the receptionist when I heard this gruff voice coming from another office, "Is that Anson Williams? He's lucky we haven't casted the part of Potise yet!" I thought to myself, "What's a Potise?" (laughs) That's how it all started. I ended up getting the part.

He continues, "Happy Days ran for ten and a half years. We were very lucky as a cast because we all got along. It was the days before social media. You had to commit to what you were doing and work hard. It wasn't a fantasy. It was work. Gary Marshall was the creator of the show and our mentor. He reminded me of a professor. He opened us up. He let us use the opportunity to educate ourselves and that's why we are still in the business. Gary said you could use entrepreneurship for business and apply it to the entertainment industry. He encouraged me to go forward which I did. What I am doing now is because of Gary Marshall. He told us not to focus on nonsense but to spend our time furthering our education and careers."

Anson has directed over 300 programs. "To be honest, I felt very limited as an actor. I didn't think I would have a long career with acting. I had a gift of comedy but I knew I didn't have the impact to go much further," he said. "Working behind the camera and in the business gave me the feeling that I did not have any limitations. I liked it much more. I liked creating and writing whether it's for a movie



or a product. I felt I was operating on all cylinders."

He continues, "My time on *Happy Days* gave me an opportunity to bring more focus to things that are good for people's lives."

One such project of worthwhile attention is Alert Drops. This product came about from personal experience.

"Several years ago I was directing a television show. We were filming in the desert outside of LA. It was a very hot day. I was dehydrated and tired. On the way home, I just blacked out. I hadn't had any sleep so I ended up bouncing around in the desert. I almost killed myself. I was very lucky," remembers Anson. "My uncle...well actually he's my second cousin but I have called him uncle since I was a kid was Dr. Henry Heimlich (Heimlich Maneuver). He was an expert on the human body. He told me I should keep cut up lemons in my car when I know I am going to have a long day. He explained how the citric acid in the lemon hits nerve endings at the top of your tongue and it kicks in like adrenaline. It's your body waking up your body. It's similar to a doctor testing your reflexes by using a rubber mallet. This works the same way in that the citric acid makes your body react. You are alert and awake. I practiced this for years and it worked. I worked on developing a product that benefited people. I called Dr. Heimlich and explained my idea. He was supportive and thought it would help others. I thought about putting the citric acid from the lemon in a spray bottle and when you feel tired, you can spray your tongue. We created Alert Drops. They are all natural. The Alert Drops help you stay awake when you start to feel drowsy. This



is better than many of the energy drinks on the market. This product is helping many people." (Dr. Heimlich passed away two years ago at the age of 96).

Anson is working on another great project, which launched on February 14. "Everyone is feeling the crunch of the economy. We wonder how we can make our dollars stretch. I know we want what is essential to us and we usually like offers of BOGO (Buy One Get One). Therefore, what has been created is Bogolist.com. It's taking all of the best BOGO deals and making them available on one web site. It's taking 40 to 50 of the best BOGO deals of the day whether it's for a holiday or regular shopping. You can also purchase Alert Drops through this site. It's a way you can improve your life, get more for your money and put a bright spot in someone's day. It's a one stop shop." www.alertdrops.com

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Gabby Gardener

by Patti Saam

I don't know about you, but when nice weather hits, I'm outside! That means my clothes and body are getting dirty. And while I love to play in the dirt, I don't want to smell like dirt or go around with my jeans covered in soil. Everyone is into natural these days, so instead of buying laundry soap or hand soap, make them.

Laundry soap: 2 gallon clean bucket; 1/2 cup Arm & Hammer Super Washing Soda. Put soda in bucket, add just enough warm water to dissolve, add 1/2 cup Baking Soda, stir to dissolve. Fill bucket with warm water, add Dr. Bronner's Castile Soap, 3/4 of a cup. Add a few drops of your favorite essential oils such as lavender. Carefully stir everything together. Pour into smaller jars or bottles for easier storage. Pour 1/3 to 1/2 cup into your washer for each load. For extra boost, add 1/2 cup vinegar to fabric softener dispenser, per load. Contents in bottles may settle, shake as needed.

Hand Soap: 4 oz. of glycerin melted makes 3 standard muffin tin sized soaps. For every 4 oz. of glycerin melted, you will need 3T. of both herbs and citrus zest and 2 drops of essential oils. Spray tins with cooking spray, fill tins with 1/4 cup of the mixture. Set aside several hours to firm up. Place in freezer for 30 minutes to finish set up. Take out of tins and use when bathing. Play around with different herbs and oils until you find the concoction for you.

RFD Garden club meets the third Tuesday of the month at 7pm, usually in a member's home. We have speakers, go on field/day trips and more. We also have a bus trip every June, which is a lot of fun! Please call Patti Saam 419-307-7776 if you would like more info on our club. We'd love to have you!

My Mother's Recipes

By Joanne McDowell

It is getting close to our May holidays and graduations so thinking a dessert would be a nice touch. This one looks fairly easy, and don't we all love chocolate chips? Now try not to eat them before you make the cookie! Enjoy!

Chocolate Chip Skillet Cookie

Ingredients:

1 c. butter, softened
1/2 c. granulated sugar
1 c. light brown sugar, packed
2 large eggs
2 tsp. vanilla extract
2 1/2 c. flour
1 tsp. cornstarch
1 tsp. baking soda
1 3/4 c. semi sweet chocolate chips
(Ice cream and chocolate syrup optional)

Preheat oven to 325. Lightly grease oven safe skillet.

In a large bowl or stand mixer beat butter for a minute on medium speed until smooth. Add both sugars and beat on medium speed until light and fluffy. Beat in eggs and vanilla on high speed until completely combined.

In a separate bowl whisk flour, cornstarch and baking soda until combined. Slowly mix into wet ingredients until combined. Add chocolate chips and stir until evenly distributed. Spread into prepared skillet, bake 35 minutes until until browned on the edges or top. Cool for 10 minutes.

(I found this recipe in a calendar from Century 21).

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"Grate" Treats & Eats

By: Chris Timko-Grate

Hello Spring! It's nowhere but up the next couple of months as we head into summer. I am so ready for the Flea Markets, Festivals, Garage and Tag sales, really any kind of sale. I love going through most of the items other people want to get rid of, and of course I'm always ready for cookbooks and hard bound True Crime Books. The recipes this month come from one of those cook books I found at a garage sale! With the rising temperatures I am sharing two salad recipes that are refreshing for this spring and summer Enjoy!

Spinach and Strawberry Salad with Poppy Seed Dressing.

1 1/2 pounds cleaned and chilled fresh spinach, torn into pieces
 1 pint fresh strawberries, washed, hulled and halved
 1/2 sweet red onion, sliced into rings
 Poppy Seed Dressing
 1/2 cup sugar
 1/4 teaspoon paprika
 1/4 cup cider vinegar
 1/3 teaspoon Worcestershire sauce
 1/2 cup vegetable oil
 1 tablespoon poppy seeds
 Arrange salad ingredients on chilled plates or bowls
 Whirl dressing ingredients in blender, adding oil in slow stream. Blend in poppy seeds.
 Toss dressing with salad. Serves 8

Sunshine Salad Bowl

1/2 cup Oil
 1/3 cup frozen orange juice concentrate, thawed
 1/3 cup honey
 2 tablespoons vinegar
 1 1/2 teaspoons salt

1 1/2 teaspoons sugar
 1 teaspoon dry mustard
 1 teaspoon paprika
 Dash pepper
 5 cups torn salad greens
 1 11oz can mandarin oranges, drained*
 1 small onion, thinly sliced and separated into rings
 Combine first 9 ingredients in container with tightly fitted cover and shake well. Chill
 *Reserve a few orange sections and onion rings for garnish.
 Combine greens, oranges and onion rings; add dressing and toss lightly. Arrange salad ingredients on chilled plates or bowl
 Garnish and with reserved oranges and onion rings serve. Serves 6.

Any questions or comments contact me at christimkograte@roadrunner.com/ 567-201-2726
 Quote of the Month: Take your work seriously but yourself lightly. Author – CW Metcalf

Hayes Easter Egg roll brings a White House tradition to Fremont



Kids are invited to an afternoon of fun on Saturday, April 20, at the annual Hayes Easter Egg Roll, which replicates the White House Easter Egg Roll that Rutherford B. Hayes started when he was president. The event is for kids ages 3-10 and is from 2 to 3:30 p.m. on the lawn of the Hayes Home at the Rutherford B. Hayes Presidential Library & Museums at Spiegel Grove. Admission is free. Kids are asked to bring three hard-boiled, colored eggs for use in traditional egg games like those played at the White House Easter Egg Roll. Prizes in the egg games are awarded in six age categories, and each kid receives a balloon and treats. Additionally, the Easter Bunny will make an appearance. There will also be face painting, cornhole games, story time and craft activities. Kids also can bring a hard-boiled, decorated egg to enter in an egg-decorating contest.



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Budget Strategies

By Lynette Kirsch

How is your budgeting going? Have you made the changes that you need too? Have you been able to pay some bills and are actively working on others? Way to go! I know it has not been easy! Keep working your lists and keep fine tuning that budget! Keep meeting with your accountability partner and making better choices every day! Have you creatively earned some money? Lemonade stands? Still need some other ideas...Try some of these strategies:

1. Eat EVERYTHING in your cupboards before you spend even one dollar at the store. That includes that jar of pickles and ALL the tomato soup!). Your family may hate it, but your cupboards will be clean!
2. Sell all but ten items in any category-Keep only ten purses, ten pairs of shoes, ten shirts, ten pants, ten dresses, etc. Use the Facebook garage sale sites, eBay, Craig's list, etc.
3. This might be crazy, but have you considered biking, walking, sharing rides instead of car expenses?
4. Shop at Thrift Stores (Sandusky County Share and Care Center-lots of items are .25), Goodwill, garage sale sites, friends, etc.
5. Talk to your Accountability partner for other creative ideas and brainstorm with family and friends.
6. Ask for help. GL CAP has PIPP and HEAP for income eligible families. Sandusky County Share and Care Center can help if you are in disconnect on utilities or being evicted for rent.
7. Evaluate Everything! This means your internet provider, cell phone provider, cable provider, electric bill (PUCO website-apples to apples), etc. Call them and request discounts based on being a long-term customer.
8. Go through your stuff one more time. What did you miss? Check your jewelry box. DO NOT pawn items that you will want back OR use title loans. Those will get you in trouble fast!
9. Ask your friends/family for cash gifts instead of presents for birthday, anniversary, holidays, etc. Use this cash to pay for bills! Don't buy anything until your bills are caught up!
10. Spend not one dollar on anything other than your bills. That means no going out to eat, no coffee purchases, no quarters in the pop machine, etc.
11. Be committed! You can do this!
12. Next steps save some emergency money because no matter what; things happen and if you are prepared for them-you can deal with it.
13. Read all you can about finances! Don't buy the books instead go to the library. My favorite author is Dave Ramsey. He has great financial advice and was bankrupt himself and made some major changes. He has an amazing website as well.

Old ways will not open new doors

We are never too old to learn!

By Holly Hoffman

Life Scholars at Terra State Community College formerly known to many of you as "Elder College" is learning for the JOY of learning. Discover the joy of lifelong learning with other adults, age 50 and beyond, who share a common desire to learn. Life Scholars is a membership organization for active adults, regardless of their educational background. There are no tests or grades, just fun experiences!

The Life Scholars program allows those interested in taking classes to pick one or two, or become a Life Scholar member to receive discounts on classes and trips! But, this is not the only benefit of becoming a member, it also includes special event invitations, leadership opportunities on the committees, use of Terra State's library and OhioLINK lending system, and Terra State's Student Activities Center.

So, you ask what type of classes do we offer? Life Scholars offers a variety of classes in history, hobbies, art, and of course, trips. We bring new classes every semester, as well as, the return of some of our well-loved classes! Some of our popular classes this spring include topics such as "The Day the Music Died", "Ohio First Ladies", "Civil War Series", "Amazing Africa Experiences", "The Next Paranormal Agenda", "Great Short Stories of the American West", "Bird Watching", and painting classes. Life Scholars also focuses on bringing some great trip offerings throughout the year, most of which tie into classes or educational themes. This spring we have already visited a live HD transmission of the opera Carmen, and traveled to The Cleveland Art Museum. Upcoming trips for spring include the Ohio Statehouse and Traveling the Ohio Trails series.

Learning is a lifelong opportunity, and Life Scholars is always looking for new ideas for classes and instructors to bring to the course offerings. If you would like to learn more about Life Scholars, or contact us with ideas, please visit our new Facebook page at LifelongLearningTSCC or the website at terra.edu/community/kern_center/lifelong_learning.

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It's Spring and it's already "raining" puppies and kittens!

Every year the Humane Society of Sandusky County shelter takes in an average of 150 kittens and several litters of puppies. While we enjoy these beautiful babies, they bring added expense because of the vetting required before adoption. We believe every animal should be spayed and neutered to combat overpopulation. Millions of dogs and cats die yearly because there are not enough homes.

All of the puppies and kittens are: wormed, receive needed vaccinations, medications and testing, are spayed or neutered, and micro-chipped upon adoption. Additional expenses such as kitten and puppy food, flea medication, and the special care required by our staff bring the total to \$150.00 or more per puppy or kitten.

Below are photos of a few of the adorable little ones we have already rescued this year, with many more to come. Would you consider helping us with a donation?

\$50-65 will neuter a kitten or puppy

\$65-95 will spay a kitten or puppy

\$25.00 will cover vaccinations and worming

\$20.00 will feed a kitten or puppy for a month.

Any donation is a lifesaver for these precious little ones! You can call the shelter at 419-334-4517 and we will happily take your credit card donation over the phone and get you a receipt, or you can mail a check to 1315 North River Road in Fremont, 43420. There are also PayPal buttons on our website and Face Book page. All donations are tax deductible.



Mitchell Dermatology Holds Its 15th ANNUAL FREE SKIN CANCER SCREENING EVENT!

May is Melanoma/Skin Cancer Detection and Prevention Month! Did you know that skin cancer is by far the most common type of cancer? Every year, more than five million people are diagnosed with skin cancer. One in five Americans will receive a skin cancer diagnosis in their lifetime. Are You at Risk? Anyone can develop skin cancer, but some things can increase your risk: Sun exposure. Frequent or intense exposure to the sun causes cumulative damage to your skin. Fair hair and skin. People with fair skin and blonde or red hair are more vulnerable to the effects of sun exposure. Tanning beds. Ultraviolet radiation is a proven carcinogen and one of the most damaging skin exposures is the use of tanning beds. In fact, more people develop skin cancer because of tanning than develop lung cancer because of smoking. Family history. Some skin cancers – in particular, melanoma – may have a genetic component. If another family member has been diagnosed, you may be at higher risk. Age. Because skin damage is cumulative, your risk increases as you grow older.

Fortunately, most skin cancers, including melanoma, can be cured with early detection. But, according to a recent survey by the American Academy of Dermatology, most American's don't know the warning signs of melanoma and about only a third even know what melanoma is. The survey also found that less than one-third examines their skin for signs of skin cancer.

Mitchell Dermatology will hold its 15th Annual Free Skin Cancer Screenings on Saturday, May 4th from 9 a.m. to 1 p.m. at the Dorothy L. Kern Cancer Center -- 2390 Enterprise St., Fremont. Screenings take only ten minutes and can save lives. This event is for everyone and all ages are welcome. Call 419.872.HOPE (4673) for more information.



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Weight loss coupled with other therapies can help manage arthritis pain

DEAR MAYO CLINIC: Nine months ago, I lost a significant amount of weight after being told doing so should help with pain from osteoarthritis. I now have a healthy body mass index, but my joints still hurt. Why is that? What else can I do to lessen my symptoms?

ANSWER: By losing weight, you have definitely improved your overall health, and you've decreased the risk that your arthritis symptoms will worsen. Unfortunately, weight loss doesn't reverse the effects of osteoarthritis on your joints. That means weight loss alone usually isn't enough to completely eliminate pain and other symptoms caused by osteoarthritis. But, along with maintaining your weight loss, exercising regularly, taking medication and participating in physical therapy all can help you manage arthritis pain.

Osteoarthritis is sometimes called wear-and-tear arthritis because it often develops over time as the cartilage within joints breaks down. Cartilage is the hard, slick coating that cushions the ends of your bones and allows them to move freely. In time, the cartilage may wear away completely, so bone grinds directly on bone, causing pain and making it hard to move the joint. Other common symptoms of arthritis - in addition to pain and loss of flexibility - include joint stiffness, redness and swelling.

Being overweight or obese significantly raises the risk of developing osteoarthritis in the hips, knees and spine. That's because extra weight places added pressure and strain on those joints, putting the cartilage at higher risk for damage. In addition, fat tissue produces proteins that may cause harmful inflammation in and around your joints that contributes to osteoarthritis.

Losing weight decreases stress on the joints. That makes it less likely the cartilage will break down further. Weight loss also may help lessen inflammation, and that can reduce arthritis symptoms. However, weight loss can't fix the damage that's already been done to cartilage. And once cartilage begins to break down, that process cannot be reversed.

So, while weight loss is an excellent step in helping to manage arthritis symptoms, it typically needs to be coupled with other therapies to most effectively minimize the inflammation and pain caused by osteoarthritis.

Physical therapy, in particular, can be useful for easing arthritis symptoms. A physical therapist can work with you to create an exercise program that strengthens the muscles around your joints, increases your range of motion and reduces pain. Regular, gentle exercise that you do on your own, such as biking, swimming or walking, also can help. Your physical therapist can give you suggestions for the activities that will work best for your situation.

Some people find that movement therapies, such as yoga and tai chi, help ease osteoarthritis pain and increase their range of motion. These therapies involve gentle exercises and stretches combined with deep breathing. If you're interested in trying tai chi or yoga, ask your physical therapist to recommend an instructor. It's important to work with someone who understands how to provide guidance to people with arthritis, so the exercises don't harm your joints.

You also may need medication to control arthritis symptoms. Nonprescription pain relievers, such as acetaminophen and ibuprofen, usually can help ease pain. Prescription drugs, including stronger nonsteroidal anti-inflammatory medications, also can reduce inflammation.

In addition, if you smoke, quit. Smoking is related to accelerated damage of connective tissues and developing arthritis and pain from arthritis.

Talk with your health care provider about creating a treatment plan to help you deal with arthritis. With your weight loss, you've already tackled one of the more difficult parts of controlling this disease. Working with your provider, you can find ways to reduce your symptoms and control your osteoarthritis now and in the long run. - Eric Matteson, M.D., Rheumatology, 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\(AT\)SIGNmayo.edu](mailto:MayoClinicQ&A(AT)SIGNmayo.edu). For more information, visit www.mayo-clinic.org.)

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Dear Cathy,

The oldest of our two cats has the habit of standing in front of his water dish and making movements as if he were swimming while drinking his water or even when done eating. His little brother likes to paw at the area, but it's not really the swimming motion that his big brother does. These two are rescued kitten, and we can't imagine life without them. - Alexia & Dave, Hopkins, MN

Dear Alexia and Dave,

Cats often exhibit inexplicable behaviors, and this "swimming" behavior around the food and water bowls sort of falls into that category. It sounds like your cat is pawing around the water dish, and not pawing the water itself, since you said he was doing it while drinking.

But cats can and will do both.

They have scent glands on their paws and may be marking their territory around their food and water dishes. They also are fascinated with movement and like to play with their food and water, reminiscent of what they might do in the wild if they caught a small animal or insect. So, while the behavior is fairly common among cats, it sounds like your oldest cat has developed a unique way of displaying this behavior.

Dear Cathy,

Our 2-year-old female westie, Bella, is driving us nuts. Overall, she's a good dog, but she barks at passing dogs and has issues with the television. Anytime a commercial or show comes on with a dog, or there are sudden movements or violence or bright colors on the TV, she goes into a fit. She barks wildly, jumps at the TV, grabs a toy or stuffed animal and shakes it and runs back and forth.

We've tried distracting her by putting her in her pen until she's quiet. We even had a trainer come in to help. The trainer took her off the floor when she started acting out and yelled and pushed her face into the couch cushions - a little too violent for me. We've tried an air horn, water bottle, and noise and vibration collar. We can't do the shock collar at this point.

We would hate to have to send her away, but there is no peace any evening. I've attached a short video of her antics. Please advise. - Ray, Orland Park, IL

Dear Ray,

Thank you for firing the trainer. No one should ever yell, scream or push a dog around during training, ever. Good riddance to them.

As for Bella, I watched the video, and she is a very smart dog. Some dogs react to images and sounds on television, depending on their personalities. While her reactions are exaggerated, they are fairly common for terriers who are very sensitive to movement and sound. With

our larger than life flat screen televisions, it's easy to see why such an alert dog is highly triggered by the sights and sounds she hears and sees.

In the video you sent, Bella responded quickly to your request to come back into the room. Let's begin there. Every time you are in the room, ask her to come to you and sit. When she does, click with a clicker or say a reward word like "bingo," and then give her a treat. Train her with the TV off at first; then with the TV on, but muted and paused; then with it just muted. If the on-screen sound or movement triggers the behavior, pause and mute everything, and shake a can of coins, if needed, to get her attention. Then repeat the steps above. (I suggest muting commercials going forward since they are louder than regular programming anyways.)

When she responds, give her a distraction. An x-pen is not a distraction, but a time out. A distraction fully engages her mind and takes her mind off the trigger. Give her a puzzle toy to engage her brain.

Freeze some peanut butter in a Kong or let her push around a Wobbler that dispense treats. Give her the puzzle toy only when you are watching television and not during the initial training period. We don't want her getting bored.

These same recall and distraction training techniques also work for when she is barking at passing dogs. A dog can't bark at dogs or the television and come to you for a treat at the same time. It's not enough to call her to you, you have to engage her with another activity for her to move past the trigger.

(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 Laser Research in Osteoporosis

by Dr. Paul Silcox

A year ago, I submitted an article to Lifestyle entitled, "Healing at the Speed of Light", about how laser light is used for numerous pain or inflammation conditions. Conditions like, tooth sensitivity to hot and cold, cold sores, cuts, burns, and sciatica, just to name a few.

Recently I was asked whether or not the laser I use would have any benefit on osteoporosis, a condition that affects 44 million people in the U.S. Just thinking about it on general principle, I thought it would. But, before I would come out and confirm it publicly, I need to find out what the researchers are reporting.

So I first looked closer in the research material that came with the Erchonia EVRL I purchased last year. I saw the headline of the article, but was thinking it had to do with fractures. Upon closer examination of the topic and expanding it while searching the medical research, I discovered that research on this topic is going on worldwide.

In 2015, the Lasers Medical Science journal reported that the laboratory subjects were divided into nine groups, new bone formation was found when compared to the control groups and that over time, the groups that were provided a higher dose of laser had the most response to the laser stimulus with additional bone formation.

In 2017, the Photomed Laser Surgery journal reported that laser therapy stimulated cellular metabolism and subsequent bone regeneration.

And again in 2017, researchers in Iran demonstrated that osteoblasts (bone building cells) when exposed to low level laser therapy, have an increased level of activity that strengthens bone by stimulating the growth of new bone cells.

So it seems that low level laser light therapy used in the laboratory does repeatedly help in some cases of osteoporosis. There are several factors that influence the fine balance of new bone growth and old bone destruction. But if the factors necessary are present (such as nutrition, digestion and absorption of nutrients) and the bone cells are stimulated with laser light, could it be that the laser is stimulating new life into them? Only time will tell. Currently, my laser has 20 specific settings for use and one of them is for bone growth. It has been used to aid in the healing of bone in fractures and joint replacements.

It seems like much research is needed for this population of 44 million afflicted my osteoporosis, but laser may hold some new hope.

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