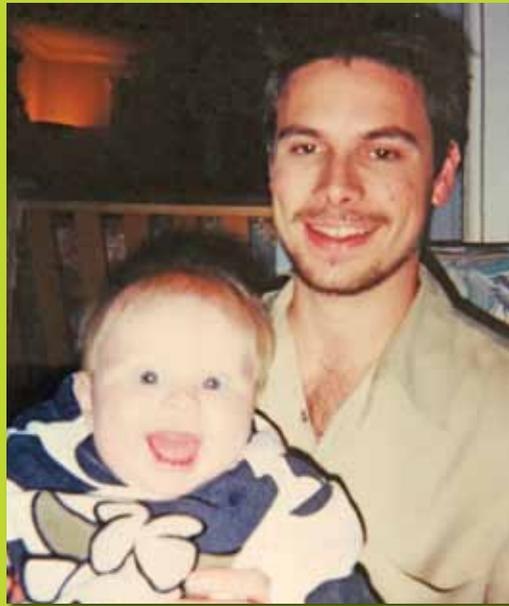


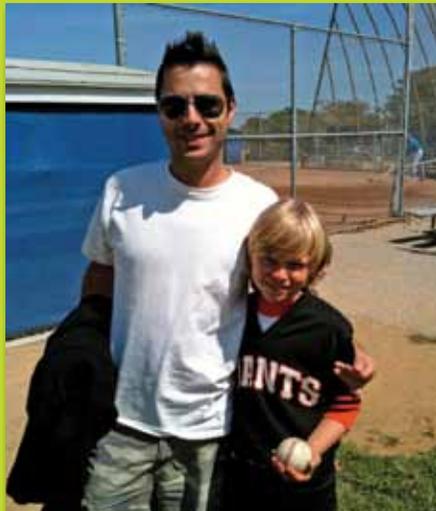
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**Vol. 20 Issue 6
June 2019**



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HAPPY FATHER'S DAY

Lifestyles 2000

June 2019
Vol. 20 • Issue 6
www.lifestyles2000.net



Campfire News and Notes

Happy Summer from Camp Fire Sandusky County! Why are we so excited about summer? Summer means Day Camps, CITs, volunteer opportunities, graduation parties and outdoor fun!



programs and fall opportunities at this event.

Need a great place for a party, family get together or a wedding? Come check out the recent changes at Misty Meadows! We can't wait to assist you in planning your special event!

For more details, volunteer opportunities, or any questions call 419-332-8641, or stop out to the Camp Fire office at 2100 Baker Rd to see what is going on!

Registration is now open for Summer Camps on our website www.camp-firesc.org! New this year we are partnering with Camp Glen to offer Residential Camp. That's right your 3rd- 7th grader can go to Camp Glen for a week of overnight fun. We are also welcoming pre-schoolers to camp this year. We are offering a pre-school camp for those youth ages 3-5, as well as safety town for those pre-schoolers entering kindergarten in the fall. Descriptions and prices of these camps can be found under the summer camps tab on our website. Scholarships are available to those in need thanks to the donations received.

Summer also means it's time for CITs. We are in need of volunteer Counselors in Training ages 13-18 who are interested in helping us make a difference in the lives of the youth attending our programs. All CIT's will be trained in First Aid/CPR, Conflict resolution and Camp Fire's Curriculum called Thriveology.

We would like to thank all of the Love your Neighbor Day volunteers for helping Camp Fire beautify the grounds May 18! The impact you provided to our youth and programs is priceless! Thank You!

Bring the family out to see us at Grove Fest on June 22nd from 10-2. We will have more information about summer

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Mark Stacier

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RSVP to JASON by June 17th at
419-217-4113

Clyde Gardens Place

700 Coulson Street
Clyde, Ohio

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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.

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

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

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Happy Father's Day!

This month our cover celebrates dads. Gracing our cover is my son Ryan Haas, a '92 graduate of Fremont Ross, who has been employed with the show Jeopardy! in LA for the past 21 years. The handsome young man is his son Kayden, who turned twenty in May. Kayden's mother is Betsy Burkett, Ross graduate '93. Local grandparents are Russ & Vicky Snyder.

Thank you dads for being there for your family. We appreciate each and every one of you!

Also a big congrats to the graduates, college and high school.

We were able to get a new Horoscope column, which should make our readers happy again.

Have a fantastic June!
Joanne



There were less entries this month, and I agree, that was a hard one! The correct answer was Pottery Perfection and 120 of you got it right.

Find Pete Winners

Winners are: Lisa Trenter, Angela Missig, Marsha Miesle, Donna Lloyd, Clyde; Chuck Schauder, Betty Sterling, Jim Bennison, Karen Heater, Andrea Rich, Michele Geyer, Pat Otermat, Herman Foes, Marsha Cook, Fremont; Ann Foes, Helena; Christin Tabbert, Port Clinton; Paul Overmyer, Lindsey; Mark Miller, Woodville; Maryle Greene, Mike Todd, Bellevue; Virginia Berlekamp, Green Springs.

"Celebrating 20 Years" winners are: Nancy Wright, Vickery, Miller Boat Line tickets; Amy Hartman & Christopher Franks of Fremont, African Safari passes for 6, and a Dairy Queen Cake for Barbara Hummel, Bellevue.

Congrats to our winners!

Find Pete Prizes

Prizes are from Color Haven, Otto-Urban Flowers, Pottery Perfection 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, Miller Boat Line tickets or African Safari Wildlife Park pass for 6.

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.

Camp Fearless: Helping Bereaved Kids Cope

When a child experiences a death or a loss, their needs are very complex. Children are often our "forgotten grievers." They grieve differently than adults, which can lead some adults to believe that the child isn't experiencing grief. In reality, nothing could be further from the truth. The question isn't if they grieve, but rather how they grieve. How children express their grief is directly impacted by the developmental stage they are in when a loss occurs.

This gap in understanding children's grief led ProMedica Hospice to offer Camp Fearless, a free 4-day camp specifically designed for bereaved children ages 6-16 and led by a team of hospice professionals and trained volunteers.

Through the utilization of fun therapeutic activities, arts and crafts and team building exercises, we'll help children express their grief and facilitate the healing process in a safe and caring environment. Campers will also develop healthy coping skills to deal with the trauma of loss.

Camp Fearless will also offer the opportunity for parents and guardians to meet individually with camp leaders to discuss individual needs of the children and family following loss. Hospice staff can provide information and connect families with additional resources to help children continue to grow and progress in their grief journey beyond the scope of the camp.

ProMedica Hospice in collaboration with Heartland Hospice, will hold Camp Fearless in Fremont at Grace Community Church, July 16 - 19. Camps meet daily from 9 a.m. - 3 p.m.

Registration is required. For more information or to register, visit promedica.org/campfearless or contact Christina at ProMedica Hospice, 419-547-6419.

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Mother's Day was especially sweet this year as I visited my son Ryan Haas, and grandson Kayden, in Hermosa Beach, California.



Our first trip was to the Museum of Tolerance, "a human rights laboratory and educational center dedicated to challenging visitors to understand the Holocaust in both historic and contemporary contexts and confront all forms of prejudice and discrimination in our world today."

Millions of European Jews were displaced from their homes and came to the United States. In June 1939, the German ocean liner St. Louis and its 937 passengers, almost all Jewish, were turned away from the port of Miami, forcing the ship to return to Europe; more than a quarter died

in the Holocaust. When I saw this exhibit I was sickened. I was more horrified when I read that other countries in Europe worked with the Germans to eradicate the Jewish population.

We listened to a guest lecturer, Martha, a ninety-three year old Hungarian, who survived Auschwitz, but lost her entire family in the camp. She only survived because she was a strong young woman and was needed in the munitions factory. Her older sister became very thin and was taken away. Her parents and brother were taken from her on arrival. She never saw them again.

Martha spoke for an hour and it was spellbinding. When Martha returned home the only valuables she found was a pair of candle sticks, the liberating Russians took them



from her. She later immigrated to Canada and then the US.

We were then given a computer chip that told the story of a child. Mine was for a little girl named Marga Frank, who grew up in Germany near the Dutch border. Her family was sent to Latvia and forced to live in a sealed-off ghetto. The seven year old lived in one room with 7 family members. In 1942 the ghetto was emptied, everyone was put into sealed transport vans and then gassed. Marga was part of 1.5 million children murdered by the Germans and their collaborators.

If you get to a city with a museum, be sure to visit, it will have a major impact on your life.

The following day we visited The Getty Villa in Malibu. J. Paul Getty wanted his visitors to experience Greek and Roman art in a setting that would bring it to life on a site that mirrors the Mediterranean coast. The villa was modeled on the Roman Villa del Papiri destroyed by Mount Vesuvius. The villa opened in 1974 and is stunning. There is an outer peristyle, herb gardens,



Roman roads, East Garden, Temple of Hercules, an Inner Peristyle and an atrium.

We visited several rooms filled with Greek and Roman art, including the beautiful sculpture of Hercules. The fountains reminded me a great deal of those I had seen in the Gardens of Tivoli just outside Rome.

I have included some photos for your enjoyment. Admission is free and it is definitely a beautiful way to spend a sunny afternoon.



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Welcoming New Patients – Birth to Geriatrics

What to do with Tulips after they Bloom

Submitted by Viola Purdy,

Sandusky and Ottawa County Master Gardener Volunteer

The tulip is one of the first blooms in the spring, showing up while everything else is still barren and boring. The bright green leaves will put forth a burst of color showing an end to winter.

To keep the tulip blooming year after year there is a few simple things you can do to help that along.

When the tulip if finished blooming, a seed head will form. While it is tempting to allow them to produce a seed head, don't do it. This will keep precious energy from going into the bulb They need this energy for blooms next year. As soon as the bloom is done, cut off the faded bloom just below the flower. Leave the stem and leaves intact. They will absorb nourishment that the roots and bulbs need.

After the leaves have faded and turned brown you may cut them off to the ground. By then they would have absorbed the sunshine they need. This will only take a week or two.

Fertilizing

Tulips can greatly benefit from some nourishment in the fall. A few inches of compost worked into the soil around the tulip will leach into the ground down to the bulb. Any well-balanced fertilizer will work if compost is not available. Don't dig too deeply as this can damage the bulb.

Gabby Gardener Lavender

By: Patti Saam

Who doesn't love the smell of lavender? Even King Tut did! When they opened his tomb the scent of lavender was present. The Greeks used it to treat headaches. The Victorians used it for everything that failed them. In World War II it was used in the hospitals as a disinfectant.

Today lavender is in everything...from flavored water to deodorant, to sleep aids to skin products. Lavender oil increases your level of antioxidants, helping to prevent stress and the scent improves your mood.

I love taking a lavender bath...just so relaxing. Here is a simple Lavender Bath Recipe: 1 cup dried lavender buds, 2 cups oatmeal, 1/2 cup baking soda. Mix all ingredients with a food processor or blender. Keep mixing until you have a smooth, fine powder. Pour into a jar with a tight lid. Use 1/2 cup in your bath. Heavenly!

RFD Garden Club meets the third Tuesday of the month at 7:00pm. Call Patti Saam at 419-307-7776 for questions. We would love to tell you more about our club!

Sit Less

By Mary Post

Have you heard the important recommendation to "SIT LESS"? Many studies report the longer you SIT the less hours you'll live. Combined with the saying "SITTING is the New CANCER!"... OUCH! We better get up and get moving!

The MayoClinic agrees! "Less sitting and more moving overall, contributes to better health. The impact of movement — even leisurely movement — can be profound. For starters, you'll burn more calories. This might lead to weight loss and increased energy. Also, physical activity helps maintain muscle tone, your ability to move and your mental well-being, especially as you age."

Perhaps you've heard it all before, but ask yourself, Are wellness FACTS sinking in enough for me to take "ACTION"?

Stop "SITTING" on the sidelines watching and wishing. The time is "NOW" to stand, move and walk! Incorporate active, healthy daily habits and become a higher version of yourself. Everyday is a new opportunity for personal growth.

"SHOW UP" as Dez Linden, 2018 Boston Marathon winner says!

ADULTS and YOUTH can unite and support many amazing causes right here, within our own Fremont, Ohio Community!

1st: Team Jenny "Annually" helps families battling medical hardships
5K Run/Walk and Kids 1/2 Mile Fun Run
Saturday, June 29th, 2019 benefits 8 year old Sydney Thomas

9 AM (Registration begins at 7:15 AM)
Fremont Community Recreation Complex, 600 St. Joseph Street, Fremont

2nd: Fremont's 41st Annual Camelback supports local charities
10K, 5K, Kids 2K and 1/4 Mile
Saturday, June 15th, 8 AM (Registration begins at 6:30 AM)
Bishop Hoffman Catholic High School, 702 Croghan Street, Fremont

Wherever and however you decide to improve your overall health, remember there is NO instant gratification. A lifestyle change requires a lifelong commitment! DAILY habits demand mindfulness, determination and patience.

The American Cancer Society recommends "adults get at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week (or a combination), preferably spread throughout the week. For kids, the recommendation is at least 60 minutes of moderate- or vigorous-intensity activity each day, with vigorous-intensity activity occurring at least 3 days each week."

Will exercise, sitting less and creating an "ACTIVE" lifestyle be hard? The answer is YES, but let's not loose sight of the finish line and even then, JUST KEEP GOING!!
As Tim Tebow says, "GET IN THE GAME"

Wishing you TRANSFORMATION SUCCESS!
HAPPY WALKING!
Mary Post (Writer Runrepeat.com)



THE BELLEVUE HOSPITAL FOUNDATION 39TH ANNUAL GOLF OUTING

Wednesday, July 24, 2019
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Registration: 8:30 a.m. Shotgun Start: 10:00 a.m.

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In Your Own Backyard

TOPS (Take Off Pounds Sensibly) Club, Inc. recognized a local TOPS group for 50 years as an active chapter. This golden anniversary is an incredible achievement. TOPS, OH, 0949, Oak Harbor meets 4pm every Wednesday at the Oak Harbor Library, 147 W. Main Street. Our chapter offers individual and group support to those who want to lose weight sensibly. New members are welcome. Contact chapter #0949 leader Jan Lajti at 419-862-2135 for more info. No charge for your first meeting

Indoor Garage/Bake Sale: During Gibsonburg Community Sales, Legion Hall, 300 S. Main St., Gibsonburg., Thurs. June 20, Friday, June 21. Sponsored by Legion Auxiliary.

Fremont Area Women's Connection's monthly luncheon, Anjulina's Catering, 2270 W. Hayes Ave., June 11, 11-1 pm. Mary Maine, the general manager of the Portage Resale Center in Port Clinton will share details on this special place. The guest speaker is Lucille VanAken from Hillsdale, Michigan, who will share her story of "from bondage to freedom". Reservations and free child care, call or text Donna at 419 680 2251 or email Carrol at fawcluncheon@gmail.com by June 6. Cost is \$12 inclusive. Any cancellation also needs to be reported to Donna or Carrol.

The June 13th Clyde market will be held at Main St. and Railroad St. park and plaza. Our theme for this market will be - DRESS YOUR PET - Day. We will be having a contest at 7 p.m. to judge the best pet dressed as a Disney character, a famous person, or a holiday theme. Trophies will be awarded to the winners. K&K Kountry, Lion's Club, Mary Kay Cosmetics, Renhill Staffing, Tupperware, Avon, Just-in-Case Jewelry, PSR Crafts, Watkins, MyGal LLC, Clyde Library with children's activities and many more vendors will be selling their special items from 4 to 8 p.m. rain or shine.

Terry Marshal will provide the music and food vendors will be available at the plaza as well as the restaurants on Main Street. Bring a lawn chair and enjoy the food, the music, the shopping and visiting with friends at the park and the store merchants on Main Street.

Eden Springs Assisted Living, 430 N. Broadway, Green Springs will host monthly Senior Lunches starting June 5th. Lunches will be twice monthly and the cost is \$4.00. RSVP required. Call 419-639-2581 ext. 7103 for dates.

Izaak Walton League of America, Fremont Chapter, CR 170, just north of the Ohio Turnpike, hosting target shoots the first Saturday and third Sunday of every month through November. Dates are June 1 & 16, July 6 & 21, August 3 & 18, Sep. 7 & 22, Oct. 5 & 20, Nov. 2 & 17. Saturday shoots start at 8 a.m. to 1 p.m. Sunday shoots start at 1 p.m. to 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.

Birchard Library Programs for Adults:

Adult Book Discussion: June 13, 7 p.m. Join the discussion of Eleanor Oliphant is Just Fine, by Gail Honeyman. Books are available at the adult reference desk.

Cut the Cord: June 10, 5:30 - 7 pm. Learn how to satisfy all your television needs via the Internet. Call 419-334-7101, ext. 216 to register.

Job Seekers: Rock Your Resume: June 4, 1-2 pm. The Ohio Department of Jobs & Family Services will show you how to create a resume that meets your job-seeking goals. Computers are not required, but feel free to bring your own laptop. There will be a limited number of library laptops available.

Third Thursday Movie Club: June 20, 1:30 pm Bradley Cooper and Lady Gaga star in "A Star is Born". Rated R. Free admission.

Crochet Connection: June 18, 6:30 pm Come one, come all. All experience levels are welcome. Bring your own hooks and yarn and drop in for an evening of crocheting fun.

Movie Classics Matinee: June 27, 1:30pm. Can this wild, ebony horse be tamed? Enjoy this classic film released in 1979. Free admission.

St. John's Lutheran Church Ice Cream Social, Tues., June 25th 5pm to 6:30pm. Air Conditioned, Parish House Auditorium, 212 Clover St., Fremont. Free Scoop of Ice Cream with Donation of Non-Perishable Food Item

FIRST DAY OF SUMMER BASH! Hosted by GLCAP at the Clyde Senior Center and Sponsored by Clyde Gardens Place and Parkview Care Center When: Friday, June 21, 10:30 am to 1:30 PM;

10:30 - 11:15 Corn Hole Tournament on the lawn and bingo inside the senior center; 11:30: Cook-out Congregate Meal - (reservations required at 419-547-8052). 11:45 TO 12:45: FREE Hot dogs and chips (provided to the public) Noon: Ice Cream Sundae Bar. Entertainment provided by "Vocal Versatility"

The Sandusky County Ohio Retired Teachers Association, SCORTA, will be gathering for their quarterly meeting on June 14, in Clyde, at Clyde United Methodist Church at 11:30 am. The business meeting will start at 11:30 and include the annual presentation of scholarships, this year to Trinity Morelock of Lakota High School and Bryson Wargo of Woodmore High School. Then lunch will be served including roast beef sandwiches, macaroni salad, strawberry dessert and much more for \$12. After lunch Dr. Rayfield of ORTA, will greet us and The Class Act Dance Studio will present a program. Members may bring nonperishable items for Liberty Center.

June 15 Downtown Fremont Farmers Market & Car Show, 9am-1pm

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DEAR MAYO CLINIC: Is it true that frequently working with cleaning products can hurt your lungs? Are there certain kinds of products that should be avoided?

ANSWER: A recent international study found that women who use cleaning products regularly, particularly those who work as professional cleaners, may have a more rapid decline in lung function over time than women who do not use those products regularly. Although the study did not examine specific products, it is a good idea to choose cleaners that have low levels of potentially toxic chemicals, or alternative products - such as white vinegar, baking soda or washing soda, whenever possible. You also should keep the area you're cleaning well-ventilated and never mix cleaning products.

Lung function in everyone slowly declines after age 35. That's because, with age, the tiny sacs in the lungs (called alveoli), where oxygen and carbon dioxide are exchanged, don't work as well as they did in youth. In addition, over time, it becomes harder for the spongy part of the lung - the parenchyma - to match areas of ventilation

with areas of blood perfusion that carry oxygen to the body's tissues. That means the amount of airflow through the lungs decreases. Also with age, the chest wall becomes less limber and the abdomen can get in the way of the ability to take deep breaths.

For most people, the gradual change in lung function doesn't become noticeable until they are in their 50s or 60s. But other factors beyond age can affect lung function, too. For example, smoking long has been recognized as contributing to early decline in lung function. Exposure to respiratory irritants, such as dust and chemical fumes, has been suspected to play a role, as well. The study results examining use of cleaners are further evidence.

As part of the research, more than 6,000 participants were studied over two decades. The researchers found that women who used spray cleaning products at least once a week showed a decline in lung function that was faster than usual. Women who worked as professional cleaners, and who were exposed to the products every

day, saw the most rapid rate of lung function decline over the course of the study. Exposure to cleaning products wasn't linked to a decline in lung function for men, but that may be because there were so few male cleaners in the study.

Although this study provides important information, the results don't mean that it's unsafe to clean your home. Keep in mind that the study participants who saw the biggest effect on their lung health were those who were exposed to industrial-strength cleaning products daily.

For the average individual cleaning around the house, a good first step would be to decrease the amount of chemicals used while cleaning. For example, wiping off surfaces with warm water and a microfiber cloth often cleans just as well as spraying the surface with a cleaning product, but no chemicals are used.

As you clean, be careful to keep your cleaning products separate. When mixed, the contents of certain cleaners can trigger dangerous chemical reactions, such as the combination of ammonia and bleach. Mixing them produces toxic fumes that,

when inhaled, cause coughing; difficulty breathing; and irritation of the throat, eyes and nose. Avoid product categories that have been reported to cause respiratory irritation, such as certain air fresheners, fabric softeners and caustic drain and oven cleaners.

You also can help ensure safety around household cleaners by storing them in their original containers, so the warning labels, safety instructions and ingredients are easy to find. Remember to always wash your hands after using cleaners, store them out of the reach of children and keep them far from food items.

If you or a member of your household accidentally ingests a cleaner or has a reaction to one of these products, seek medical care immediately. Emergency help is available through the American Association of Poison Control Centers (www.aapcc.org) help line at 1-800-222-1222 (toll-free). - Clayton Cowl, M.D., Preventive and Occupational and Aerospace Medicine, Mayo Clinic, Rochester, Minn.



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AGES 5-17 WELCOME!

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Gourd
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Succulent
Paver Art

<p>AGES 5 - 7 JUNE 10 - 14 10:00AM - 12:00PM</p> <p>Includes tie-dying, paver art, canvas painting, gourd bird houses, galaxy foam on ceramics & more!</p>	<p>AGES 8 - 10 JUNE 17 - 21 10:00AM - 1:00PM</p> <p>Includes succulents, tie-dying, paver art, canvas painting, gourd birdhouses & galaxy foam on ceramics!</p>
<p>AGES 11 - 12 JUNE 24 - 28 10:00AM - 1:00PM</p> <p>Includes string art, tie-dying, paver art, canvas painting, gourd bird houses, galaxy foam art & more!</p>	<p>AGES 13 - 17 JULY 8 - 12 10:00AM - 1:00PM</p> <p>Includes ceramics, mini wood pallet painting, string art, tie-dying, canvas painting & more!</p>

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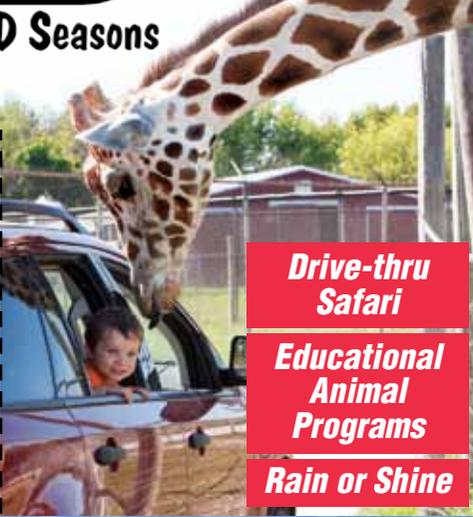


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Helen Marketti's Music Corner

The McCartney Project



It is time for some road trips as summer officially approaches. If you are a Beatles fan, Paul McCartney fan or just love music, then you will want to check out The McCartney Project. Tony Burlingame pays tribute to Paul McCartney by entertaining thousands of fans every year. Two shows are coming up in the Cleveland area. The McCartney Project will be playing on Friday, June 21 in Brunswick and Wednesday, July 5 in Berea.

Tony takes some time to discuss how the long and winding road lead him to the door where he finds himself enjoying the connections between the music and the fans. "While I was growing up I had two older brothers who influenced my taste in music. It was a range between James Taylor, Elton John, Jimi Hendrix and Iron Butterfly," he remembers. "As I got older I remember rebelling against the disco craze. I used to go in bookstores and read music magazines such as Melody Maker. The music I was into was more of the punk rock nature like Blondie, The Pretenders and The Cars. Listening to The Knack was also one of my favorites. "Get The Knack" is still one of my favorite albums. For me, this was real music whereas I felt the disco era was more processed music."

He continues, "Being interested in music is different than wanting to be in a band. The interest in music comes first. My family is musically oriented. My grandmother played the organ and could sing opera. Her father played the violin. I now have my great grandfather's violin. My great uncle played the accordion and organ. He was a touring musician and actually played for the Queen of England. My father was a singing drummer in the mid-1950s but gave it up to

start a family. My dad was influenced by Nat King Cole, Johnny Mathis and the Doo Wop groups such as The Flamingos. We had a stereo and played the AM stations all the time."

"I remember as a kid walking down East Broad Street in Columbus and I wandered into a restaurant called, The Ground Round. There was a trio playing. The name of the band was Pay Dirt. I had never seen live music until that day. It finally occurred to me that I could do that for a living. I was nine years old at the time but that memory stayed," he recalls.

"When I got older I had started a band called, Back Beat with a few friends who liked The Beatles. I played "Paul" and we wore the Beatle attire. We played some festivals and car shows. It was enough experience to see what it was like. A few years later, I received a call from The British Invasion band. I joined around 1999 and have been with them ever since in addition to doing The McCartney Project. I actually have played in several Beatles tribute bands. It is quite the industry in California where I honed my "Paul" skills a bit more and fine tuned my performances," said Tony. "I was contacted by a gentleman named John Scherer who manages a company called Music Legends Live. He asked me if I wanted to do some shows where I would just be Paul. That is how The McCartney Project started. I have been doing this since 2013."

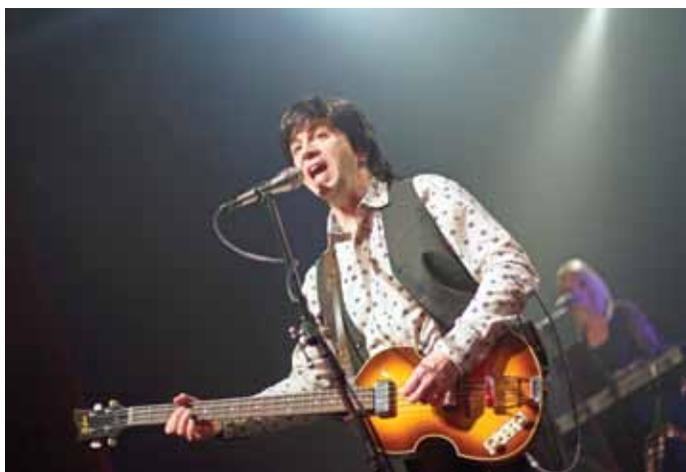
"We are still being exposed to Beatle inspired movies, projects and performances that add to their legacy and attract new generations of fans. I am always reminded every time I play of how grateful I am to be able to do this work. I pick up my guitar, drive to a show and set up my gear. I am earning a living doing what I love but I have to remember it's not even about me. I often talk to people after shows that share what a certain Beatles song has meant to them or what was going on in their life. We are



all going through something and music is the healing tool. It brings people together and as long as they enjoy it I will keep coming back."

www.TheMcCartneyProject.com

Photo Credit: Lori Taggart



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From Aug. 7th to 8th, participants in the Life Scholar Program will travel by bus to Chillicothe for the Outdoor Drama – Tecumseh! The trip will include a backstage tour, buffet, ticket to the show, and an overnight stay. Opportunities to visit the Lucy Webb Hayes Heritage Museum and Adena Gardens are, also, planned.

A recent outing in May featured tours of the Thurber House and Kelton House, an Underground Railroad stop, where a period attired guide provided fascinating history of the home. Most trips include popular cuisine, such as a visit to the Spaghetti Warehouse in Columbus.

A sampling of autumn trips on the schedule include a steamboat ride on the Muskingum and Ohio Rivers with an overnight stay at historic Lafayette Hotel in Marietta. The covered bridge trail will be followed in October and plans to tour the Veteran's Museum in Columbus are in the works for November. These trips and more will be posted in the online and print catalog available in August. View learn.terra.edu to see what's new.

Some students interested in travel through personal history can find help navigating their genealogy with a summer session taught by Lisa Hasselbach, an experienced kin hunter who offers useful tools to learn family heritage and provides individual assistance with the search, starting with how to build a family tree.

Fitness is always a priority and sessions with Barre, Yoga, Zumba, Chisel, Cardio Circuit, Sculpt and Spin and Fit for Life Body Works are continuing through the summer months with their popular instructors.

Registration for Genealogy, the Tecumseh trip and other summer fitness classes can be done by phone (866-288-3772 or 419-559-2255) or online at learn.terra.edu. Begin your journey now!

Thoughts on children

By Robert Morton

After decades of counseling children and parents, I found the only thing normal about children is that they don't act that way very often. They all need unconditional love, a love that doesn't depend upon making the honor roll or winning a football game. We should love them simply because they exist. They also need the "separate the deed from the doer" principle when being disciplined- if a teen is taking drugs, the parents can say, "I love your basic substance, but I can literally spit on your drug behavior. It won't be tolerated. So, here's what I'm going to do, out of love."

All kids begin their world loving their parents. They're both malleable and vulnerable. Great child psychologists like Haim Ginot and Piaget compared children to blank sheets of paper ready to be written on. They're like wet cement, whatever falls on them makes an impression. A tiny, green worm inching its way across the sidewalk may captivate them more than a brand-new \$600 swing set assembled in the backyard. When they leave the nest, they'll remember not the material things we gave them, but the feeling that they were cherished.

I learned that the innocence of small children is closest to some supreme divinity, for their candidness and honesty is yet to be restrained by social taboos. Years ago, I had difficulty evaluating a preschool girl for early entrance. She remained poker faced as the evaluation began, so I tried to establish rapport.

When I asked her if she had any questions, her brown eyes grew wide, and she innocently asked, "Why are you so fat, and what's that fur under your nose? My daddy's skinny and he shaves his fur off." Once I explained about overeating and that it's OK for men to grow mustaches, she became communicative and performed quite well on the evaluation, although she curiously gawked at my "fur" for an hour straight. I learned that most of the truth-telling in the world is done by children.

I disagree with the goody-goody psychologists who proclaim, from the safety of their armchairs, that children are naturally prejudice-free, that they only learn to "hate" from listening to bigoted adults. Nonsense. Tolerance is a learned trait, like riding a bike or playing the piano. As a school psychologist I observed children in their natural environment and, the truth is, when left to their own devices, they will gang up on and abuse anyone who is even slightly different from the norm. It is up to the adults to teach them tolerance.

Robert Morton has retired from his position 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" which can be found in Kindle or paperback at Amazon.com books.

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

I stopped a minute after writing the title and my name and thought to myself, "Those will be the easiest words I will write all evening".

I'm sitting on our front porch enjoying the evening's sunset's warm rays on my shoulders and also our dog, Charlie's chin resting on my feet. It's decision time at The Old Garden House and the deadline to have this column in for publication is tomorrow.

As all of you know, I have been a contributing writer for Joanne and her LIFESTYLES staff since the first issue in 1999. Her readers have become my readers and our loyal friends. Your encouragement has inspired me and warmed my heart time and time again.

That said, I need to share my plan for cutting back on activities here at The Old Garden House. As you all know, on March 1st, I married a good man. He is kind and loving. We are adjusting to married life and are loving it! Neither of us traveled a lot and we have adult children in places like Georgia, North Carolina, Pennsylvania, Washington State and many spots in between. We would like to go visit them. Bernie is retired and I need to cut back here at The Old Garden House to make time for each other and some travel time. I have been thinking about this situation for six weeks now and have finally decided to stop doing lunches, dinners, showers etc. after July 31st. This will give those already on the books before July 31st a confirmed date and those who are not yet on the calendar the push to get a date. Also, those who already have a date after July 31st can, if possible, move to an earlier date for their lunch, dinner or other activity. It gives my every year Christmas groups 6 months to relocate their dinners.

I will continue offering the Teas at Two on the last Tuesday of the month through November, as in the past. We will decide after the last one in November and before the first part of January if we will continue in 2020.

Here is our thought for this decision, Bernie is 91 and I'm 84...we both know our "feel-well" time here is limited and are wishing to do all we can while we can together. Lunches and dinners are scattered hit and miss all over each month, so travel and visits are difficult to fit on the calendar. Teas, on the other hand, are one day each month, planned well ahead and can fit easily. We seem to be the only place for miles around who does Teas. We will decide after our November Tea if we will continue and will publish it here.

We definitely will continue doing the 4th grade class visits-Spring and Fall. The students behave so well, are excited to learn and our staff welcomes the children. As the bus pulls away, they often say, "I love those kids"---My statement exactly.

Please know this was not an easy decision on my part, but as I always say "Life goes on and it will work out because we all know that "Life is Good". May I request one favor from all of you who's scheduled data is after July 31st. Please, call me so I will know that you got the message. Phone # 419-332-2427. If you don't call me, I will be in contact with you. Thank you for understanding and I hope to see you soon and will continue every month to communicate with you through this column.

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Out to Lunch

By Lynn Urban



Vine and Olive

Vine and Olive, at 4917 Milan Road in Sandusky, is not only a fantastic wine shop, but a Mediterranean market, bakery, and a deli, where you can order freshly made sandwiches and salads that can be enjoyed in their cafe along with a specialty coffee or a glass of wine. The deli also has your fresh cut meats, cheeses, and party trays to go.



Their signature fresh items include Lamb or Chicken Gyros for \$6.50, loaded Rib Eye sandwiches for \$7.95, meatball and Italian subs, and more. Both the fresh Greek Salad for \$4.95 and gyro salad for \$6.95, were a great size for a meal. To go with your salad or sandwich, order a bowl of delicious homemade soup. When you're done with your meal, choose a tempting delectable dessert from the bakery case, like baklava, terramisu, or fabulous cakes and cookies. You can sit at the bar and enjoy dessert with your coffee.

The market sells the finest gourmet sauces, pastas, olives, spreads, and many more items. Also, feel free to taste any of the many flavored infused oils and vinegars that are their specialization

On certain Saturdays of the month, they schedule special events and wine tastings. Check the website: vine-olive.com for dates. You could spend an afternoon there, and possibly a bit of cash, but it's worth it for a treat.

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Your Astrology

By Magi Helena

ARIES (March 21-April 19): If charisma was a peach, you'd have an orchard. In the month to come you may feel more attractive and appealing than usual. Your ability to stick to a commitment may be challenged by friends or family.

TAURUS (April 20-May 20): You may not realize it, but your friendly outlook and eclectic tastes can make you a trend-setter. You may be attracted to the strange and unusual, but you will have the good sense to choose wisely.

GEMINI (May 21-June 20): Your life can become better than ever. Use your creative imagination to visualize unity with loved ones and financial comfort, you could have chances to make your most wonderful dreams become reality.

CANCER (June 21-July 22): You must use trust when money is involved. Your faith can be challenged, however, if someone second-guesses or questions your reasons or motivations. Use a common-sense approach.

LEO (July 23-Aug. 22): Your heart may be filled with love and affection. If you are single you could find the person of your dreams; if you are already in a romantic union your bonds could be tightened and reinforced.

VIRGO (Aug. 23-Sept. 22): Prepare to enter into an agreement, make a promise, or get advice from someone in the know. Make your priority list, and you can check off the most important boxes. Discuss long term plans with friends.

LIBRA (Sept. 23-Oct. 22): Polish up your public persona. You should be

able to make a good impression on someone by demonstrating your loyalty and sincerity. Savvy friends can help you make better business decisions.

SCORPIO (Oct. 23-Nov. 21): Honor traditions as needed but incorporate new ideas as soon as they have proven themselves. You can use novel ideas, imagination and vision to upgrade your job or working environment.

SAGITTARIUS (Nov. 22-Dec. 21): Pair up with people who can offer mutually beneficial terms. You may enjoy a surge of confidence. Refuse to be discouraged if someone bursts your bubble, or by minor mix-ups.

CAPRICORN (Dec. 22-Jan. 19): Find time to enjoy family and friends. You don't need to worry that by neglecting work you will lose traction in the pursuit of your ambitions. This is a time to focus on love and close connections.



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AQUARIUS (Jan. 20-Feb. 18): Put all the pieces together until the picture becomes clear. Acting on an impulsive idea can work in your favor. You may be inspired to purchase something that lifts your spirits.

PISCES (Feb. 19-March 20): Make a profit by placing your trust in oth-

ers. Because you are likeable and reliable you may receive an opportunity to increase your net worth. If research proves it out, go ahead and sign.

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The Founding of the Ames Dental Laboratory

During the late 19th century, dentistry was becoming a distinct profession. Rather than serving apprenticeships, future dentists were attending actual schools where they learned from educators, chemists, and physicians. Sandusky Countian William V. B. Ames was one of those, graduating with honors in 1880 from the Ohio Dental College in Cincinnati.

It wasn't long before Dr. Ames headed for Chicago where he researched, lectured, and patented new techniques at a time when dentistry was rapidly turning from extracting to saving decaying teeth. Eliminating the decay and filling the remaining cavity posed numerous problems. Dentists needed a substance that was at once both hard (to withstand chewing) yet pliable enough to be molded.

Dentists used resin, molten metal, mercury, zinc, and gold, but each had its drawbacks. Through his research Dr. Ames developed a cement or composite that was hard, easily molded, and long lasting. Most importantly, it had no side effects for the patient. Dr. Ames lectured on numerous topics to young den-

tists and then helped found the school of dentistry at Northwestern University.

A short time later, he opened his own laboratory to produce what became known as Ames Dental Cement. His success with the new composite led to other products, including the development of gold inlays. Dentists throughout the United States used his cement and other products with great success. Eventually, dental supply houses from around the world purchased Ames Dental Products.

Dr. Ames benefitted greatly and soon became a millionaire. With his new found wealth, he purchased Briar Ridge, a dairy farm near Libertyville, Illinois, that he and his wife dearly loved. Always generous, Dr. Ames also helped friends and family gain an education.

By 1906, his laboratory had outgrown the Chicago facility. It was then that Ames' thoughts turned, once again, to Fremont and his two sisters, Jane and Nell. Still living in the family home on High Street, they helped their brother produce the composite on a small scale. Dr. Ames proposed converting the barn behind the residence into a modern

laboratory. He placed his sisters in charge. The number of employees grew and other Ames products were manufactured at the laboratory. Eventually, the company found a new site at 137 Adams St. (see nearby photo) where it existed until as late as 1965!

Dr. Ames and his wife began to look for a warmer place to spend their retirement years. South of Phoenix, they purchased land from the state of Arizona and began construction of what was described as one of the "oddest and most unique homes ever built in the west." In reality, "Ahwatukee," as it became known, was truly modern, convenient, and finely constructed. Still in existence, the house

originally featured 17 rooms, seven bathrooms, and four fireplaces. The exterior utilized both Spanish and Hopi styles of architecture. There were quarters for servants and guests. The couple moved in during Thanksgiving of 1921. But there was little time for Dr. Ames to enjoy his retirement home. In poor health, he passed away only three months later.



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Dear Cathy,

My daughter and her former boyfriend "share" their 4-year-old Havanese named Oliver. He is the sweetest, most loving dog ever. After the breakup, Oliver would spend a week with my daughter and then a week with the former boyfriend. The drop off point for Oliver is a doggie day care center. This has been going on for almost two years. During the last holiday, Oliver stayed with my daughter for two months before he went to the former boyfriend's house. When he returned, he seemed confused and took time to settle down. His toys also didn't seem familiar to him. He has since settled back into his routine. Could this sharing cause issues for Oliver? -Tom

Dear Tom,

Dogs thrive on the day-to-day routine of their lives, but they also like adventures, as long as they can depend on the people who care for them. While I see no problem in sharing households, house sharing may not be for every dog. If there is consistency, then Oliver may be fine with it.

Your daughter and former boyfriend should discuss maintaining the same routine at each household, so he will adjust more quickly. They should also pack his toys, blankets, beds, and other accoutrements, so that everything goes with him. If he is with the people he loves, maintains a similar routine in each household, and has his belongings, Oliver may thrive in this dual-household environment.

If, however, they observe Oliver getting stressed, depressed or confused by all this, then one person should maintain custody of Oliver and the other should have visitation. Just like divorced parents, they need to make decisions that are in the best interest of Oliver.

Dear Cathy,

Nancy of Bridgehampton, N.Y., had a concern over how to travel with, as one re-locates, feral cats. By forcing a feral animal to travel, one is submitting it to life-threatening stresses. Though it makes the humans feel good that they are caring for the animal, they're creating an extremely stressful life for the animal. Forcing

feral (anything) to be cooped up in some shed is absolutely not what those cats are used to. Please tell your readers not to force square pegs into round holes. - Bart

Dear Bart,

I don't advocate moving feral cats either. Relocation should be a last resort. It's always better if someone else can take over caring for them.

If someone has been taking care of feral cats, however, and knows these cats will not have a caretaker when they themselves move, and if they are willing to go to the extraordinary lengths of taking them with them, then I want to provide some suggestions on how they can do it to reduce the stress for everyone.

Feral cats are formally domesticated cats that someone abandoned on the street or are the result of their offspring. As a result, feral cats are not like wild animals who can survive on their own

but are dependent on humans for their survival. Nancy bought property and plans to only use the shed as a transitional space until they settle into their new environment.

Here are a few other letters from people who tried relocating feral cats and were successful:

Dear Cathy,

I saw the letter from Nancy, Bridgehampton, N.Y., who was looking for ways to move her feral cats with her. It's not really that hard. I have moved feral cats with me when I moved. You can feed them in large dog crates, and then close the crate while they're eating. If they're really skittish, the best thing is to trap them in a Have-a-Heart trap, and then move them into a large dog crate with a litter box. - Christine

Dear Cathy,

Please advise Nancy from Bridgehampton to not let the cats out

of crates in the hotel or car. Alley Cat Allies (alleycat.org) has loads of valuable information on feral cats. Please recommend it. - Toby

Dear Cathy,

It's refreshing to learn of people who care (for cats) rather than abandon them. They sell those small outdoor style cages to allow cats to the outside world. Maybe they could find one to accommodate the kitties, place a kitty pan in it, and make sure it's structurally sound so they could move it to the room in one piece without having to release cats. - Gail

(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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Buckland Arts Opening in June

Opening for business on Saturday, June 1st is a unique shop that will feature original arts, crafts, paintings, customized greeting cards, metal works, and much more. Buckland Arts will be operated by a co-op of women who have come together using their respective artistic gifts and talents. The two-day grand opening for the shop is Saturday, June 1 (10 -5) and Sunday, June 2 (1-5). Buckland Arts is located at 1707 Buckland Avenue.

Two Fremont natives who share a lifelong friendship - Janese Ried and Carol Binkley, came up with the idea to create Buckland Arts. Both agreed that opening the shop is something they have wanted to do for some time - like 30 years. "We just felt there are so many talented people in Fremont with no idea how to get their arts and other handmade artistry out and available to the public." The twelve ladies who make up the co-op range in age from 21 to 71 and have a passion for helping people and creating beautiful artwork.

Customers can buy handmade, unique items and learn a lot more about fine arts and handcrafts. Referring to a sign in the store, Ried emphasized the added benefit of buying personal handmade items and original artwork. Ried said in essence buyers are not just buying a household item or a gift. She said (referring to a poster displayed in the store), a shopper is "buying years of frustration and moments of pure joy. You're not buying just one thing, You are buying a piece of a heart, a piece of a soul, a small piece of someone else's life."

Following the grand opening regular shop hours will be Monday thru Friday from 10 until 6; Saturday 10 until 3, and closed on Sundays. For further info, contact Binkley at 567-201-5375 or Ried at 419-334-5885.

Bed Rest for Back Pain?

By Dr. Paul Silcox

It used to be a popular myth that if you were experiencing back pain, you should take to your bed until the pain subsides. But very few studies have shown the advantage of bed rest. In fact recent studies have revealed the harm bed rest can cause, such as:

- Decreasing the muscle strength in your lower back
- Increasing muscle stiffness
- Decreasing bone strength
- Decreasing overall physical fitness

Unless you have a truly serious condition (like disc herniation) bed rest more than a couple of days may actually stunt your recovery, and it is generally recommend that if you have an onset of pain, you should return to your normal activities as soon as possible. But if you do feel the need for rest, limit it to two days, and take two or three walks daily during the resting timeframe overall. Active rehabilitation means returning to normal or light activities and also exercising. Movement will not cause further deterioration or harm to your back muscles, and even if you experience some discomfort while performing normal duties, it does not mean you are hurting yourself. Active rehabilitation has many benefits, such as:

- Improving disc and cartilage nutrition
- Improving posture
- Increasing bone and muscle strength
- Increasing endorphins that reduce sensitivity to pain

Regular exercise (it does not have to be strenuous), is necessary for health and well-being while you battle low back pain. Exercise improves the condition of your back, your body, and how you feel about them. Knowing that you can move, that you are not impaired, and that this current condition is not long-lasting, is the first step to recovery.

Dr. Gordon Waddell probably summed up the situation the best in Spine Magazine in 1987: "There is strongly suggestive evidence that rest, particularly prolonged bed rest, may be the most harmful treatment ever devised and a potent cause of iatrogenic (physician caused) disability."

Classifieds

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