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Free

Vol. 20 Issue 3

March 2019



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Lifestyles 2000

March 2019
 Vol. 20 • Issue 3
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6th Annual Benefit Tag Sale for the Humane Society of Sandusky County

March 30th (9-3) & March 31st (Noon to 3 & 50% Off!)

Please Donate! Please Come Shop!

Ready to spring clean & declutter? Want to find a great use for some household or garage items you no longer want or need? Please consider donating them to the 2019 Benefit Tag Sale once again being put on by Fremont Yacht Club & Carol's Tag Service.

Donation Dates: March 17th (Sunday), 11 to 2, March 23rd (Saturday), 9 to Noon, March 25 – 27 (Mon. – Wed.), 4 to 6:30 each day

Sale Donations Being Sought: Any non-clothing household, garage or yard item that is in good condition and can easily be moved by one person. If you have larger items in great condition please call first to discuss your donation. Have some nice, unique, or vintage items you want to rehome? We'd love to have them! Tax receipts will be available!

Other Items Being Collected (For the Shelter): 13 gallon trash bags, Purina Naturals for cats, new toys, bleach, stamps, paper towels & dryer sheets.

Donation & Sale Location: Fremont Yacht Club, 1900 Yacht Club Drive (off of Port Clinton Road in Fremont)

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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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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

Spring is in the air! Or so I would like to believe. Welcome to our March issue, we have a surprise in store for you in Ms. Grace's column. Grace has written for us for the entire twenty years we have been around and we are so very happy for her news.



Enjoy the month and especially if you are Irish, St. Pat's Day. (I personally am 11% Irish per Ancestry.)

Happy Spring!

Joanne



The correct ad was Westview for the February contest. There were 158 entries, only a few were incorrect.

Find Pete Winners

Winners are: Karen Cook, Deb Howey, Kylee Cleveland, Rita Myers, Connie Hetrick, Kent Williams, Joyce Wickert, Fremont; Marsha Clapp, Lance Laughlin, Lorie Misner, Jonie Beebe, Tammy Taylor, Clyde; Joel Bickhart, Timber Volk, Bellevue; Krystin Berry, Oak Harbor; Eugena Wellington, Kansas; Virginia Berlekamp, Ken Stanley, Green Springs; Hunter Haar, Elmore; Greg Miller, Bettsville.

Linda Shetzer, Clyde, wins the Dairy Queen cake for February. Congrats to everyone.

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!

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.

NEW HOPE VINEYARD CHURCH JOINS TIM TEBOW'S 5th YEAR "NIGHT TO SHINE" ANNIVERSARY

Ever heard of "WOW Angel Wings?" This small group's mission is "Loving God and Making his Love Grow." On Friday, February 8th, their vision exploded beyond belief when Tim Tebow sponsored their special "NIGHT TO SHINE" Prom.



For the past five years The Pontifex Building or New Hope Vineyard Church held a "Special Prom" event, only on a much smaller scale. Terra State Community College held New Hope Vineyard Church's 6th Prom sponsored by The Tim Tebow Foundation. Approximately 200 special needs individuals, ages 14 and older, experienced a truly magical evening.

While it took many hands and hearts working together to pull off this amazing event, New Hope Vineyard Pastor Tony Buxsel said "it was worth every second seeing the hundreds and hundreds of smiles." It didn't feel like work, because people poured out "passion and love." Over 400 community volunteers stepped up to train and devote their time, attention and unconditional love.

Nikki Shetzer Lee, Special Education Teacher at Clyde-Green Springs Schools said "Last night was a BLAST!!! My family and I attended the Night To Shine prom.....WHAT AN AMAZING EVENT! Limo rides, hair & make up, shoe shine, karaoke, dinner, The Together Band, everyone was the king and queen of this prom! I was able to dance with some of my former students! I even was my cousin Tyler Wagner's buddy for the night! Hats off to the numerous people who organized this event and Tim Tebow Foundation!"



Ken Dummer said "It was our pleasure to photograph a Prom Photo to each person who came to the Night to Shine Prom. Many of the kids probably would never be able to experience a thing like a Prom. Just to see the excitement as they came up to get a photo taken was absolute joy. Thanks to all the sponsors, and organizers who spent a lot of time and money to make this segment of our community special. We enjoyed the greatness of tonight!!"

Night to Shine is truly "an unforgettable prom night experience, centered on God's love." On one night, 655 churches across all 50 states and in 24 countries from around the world came together to host Night to Shine for approximately 100,000 honored guests through the support of 200,000 volunteers!" Night to Shine 2019 was hosted by 655 churches across all 50 states and in 24 countries."

Wake up "WOW Angel Wings" because "2019 Night to Shine Prom" was not a dream! Your little group is well on its way to "Loving God and Making his Love Grow!" If I had to describe the evening in one word, I would definitely say it was a "BLESSING!" Tim Tebow sums it up best by stating "I truly believe that the world is coming together through night to shine to celebrate the love that God has for us."

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A brave CIA hero who fought the "shadow wars"

by Robert Morton

I met Antonio J. Mendez at an Association of Former Intelligence Officer's luncheon in Cleveland. I'll never forget him...a true American hero. That's why I had to see the movie "ARGO" starring Ben Affleck who portrayed Mendez.

He gave us a lengthy account (declassified info only!) of his adventure in the 1979 joint CIA-Canadian secret operation where he exfiltrated six American diplomatic personnel out of revolutionary Iran after creating a fictional Hollywood movie project. Mendez was a CIA disguise master who used a sci-fi movie plot to free the American hostages in Tehran. The movie "ARGO" accurately depicts how he created a screenplay, printed business cards, and rented staff to occupy the nonexistent "Studio Six" in order to exfiltrate them successfully.

I took copious amounts of notes as Tony gave details of the CIA operation at the small, semi-secret luncheon. Afterwards, he offered me advice on writing my spy thriller series and told me to make it fun and to "enjoy the shadow wars."

He is a true American hero who risked his life to save the six American diplomatic personnel. The planning and execution of "Operation ARGO" involved the Canadian embassy hiding them until Mendez and his fake "Studio Six Hollywood" movie team arrived and exfiltrated them out. Mendez spent weeks of sleepless nights deciding what type of "cover" they would use and ultimately decided on a Hollywood movie project because most in the Middle East perceived Hollywood movie directors to be a bit nuts but are intrigued by them. That's why Mendez decided to use the "Hollywood director/producer" role as his personal, deep cover.

Tony and his CIA team performed the secret operation perfectly while constantly working under the risk of instant death. To prepare and plan for the mission, he flew to Canada dozens of times and visited Hollywood studios with his Canadian CSIS entourage, as depicted in the movie. They set up a shop in Hollywood with secretaries, etc., in case the Iranians grew suspicious and sent their spies here in the US to check it out.

Although the "ARGO" movie suggested he was the only CIA officer involved in the mission and that he single-handedly organized and executed the plan, Tony said there were two CIA officers with forgery and exfiltration skills involved. Also, the six diplomats never went to the market to "scout a location"- they spent the entire 79 days inside the homes of the Canadian embassy staff. The dramatic moment with the airline ticket confusion at the counter and the guards calling "Studio Six" to verify the identities of the six never happened. The Canadian's purchased the tickets and there were no problems at checkpoints or at the airline counter. CIA officers at Langley intentionally scheduled an early flight when they knew airline officials would be sleepy

and the Revolutionary Guards would still be in bed. Lastly, Tony told us that the Iranian's did work to reconstruct shredded documents but did not identify one of the Americans at the last moment.

Tony remained emotionless as he recounted all that happened; perhaps, the years numbed his feelings. One thing is for sure, if he was caught the Revolutionary Guards would have murdered him on the spot...and that's not Hollywood fiction.

I talked to Tony's son several weeks ago and learned he was in the final stages of Parkinson's Disease. He just passed away. RIP, my friend, and thanks for your bravery and service to our country.

Robert Morton has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He authored two books: "Finding Happiness in America" and the spy thriller "Penumbra Database"- both can be found in Kindle or paperback at Amazon.com books.



Robert Morton

Gabby Gardener

By Patti Saam-RFD Garden Club

ALL THOSE SEED CATALOGS! I'm in the "MOOD"... Oh, not THAT mood, too bad, honey! No, I'm in the mood for Spring to get here! Seems like every other day I'm getting a new seed catalog in the mail. I love some of their names; Pepper Joe's, John Scheepers and Van Engelen, just to name a few.

There's the decision to make, if I'm going to plant seeds or bulbs or live plants. And all the varieties! Just for tulips, there are 3,000 registered varieties. I'm going to need a bigger yard. Want to plant peppers? You will find that there are over 50,000 varieties of them. Better see if I can borrow some space in my neighbor's garden.

Thinking of going for a new tree? Good luck deciding.... there are over 60,000 different species. Wow! Who knew? But if you just want to add a little to your garden, Burgess or Gurney's are great seed companies. The plants are guaranteed so you have nothing to lose. I know I will be placing an order....after all, I'm in the mood!

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!



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Helen Marketti's Music Corner

HALO Live at the Mohawk Studios Part Two



In last month's issue, Shawn Daley shared his dream for finding a church to house a recording studio that was equipped with overnight accommodations for musicians. His business partner, John Davenport shared in his vision and together they obtained a church that was for sale on Wayne Street in Sandusky. Musicians are traveling far and wide to record at HALO Studios. There are also other special projects in the works that Shawn hopes will continue to grow.

"John used to run a bed and breakfast. He brought his own creativity to the table and offered his own spin on my ideas. Everything came together. I don't really believe in fate," said Shawn. "If something is meant to happen it will find its way. You make it happen. I set the bar higher than I should which makes me an overachiever."



As with many cities and towns, Sandusky is changing and growing. "I think the leadership here is amazing. I sat down with the leadership of Sandusky and told them my plan. They were actually excited and encouraged me to make it work. One of the city commissioners told me to "make it weird". I am a weird person (laughs) so that works out perfectly. Who would have ever thought about buying a church and turning it into a recording studio?"

HALO is an appropriate name for a church studio. "My business partner, John came up with the name HALO since we are working in a church. HALO stands for Harmony And Lyrics Ohio," said Shawn. "We can do banquets and wedding receptions. We have a full kitchen in the basement. It is called The Midtown Supper Club. We have started special projects as of January 7. We have started a culinary arts program for underserved youth in Sandusky. There are four chefs from the local area who have volunteered to teach children (ages 8 to 16) how to prepare a meal, be a hostess, waiting tables, making change and so forth. We also have a dance group that rehearses here because they do not have anywhere else to go right now. The third tier to this is called Sandbox Records which is a 16-week program open to young teens. They will participate in creating a song the first month. The second month is going to be rehearsal and production. The third month is going to be spent recording. The fourth month is going to be distribution. They are going to get their music out there on iTunes, Spotify and Pandora. They are going to learn how

to market their work. In addition to all of this I am in three full time bands with all of them due for new album releases over the next few months and I work a full time job!"

The vision for HALO Studios is one in which will continue to create and expand. There are many wonderful programs happening underneath the roof of this former church. Shawn feels the energy as well as he looks into an optimistic future. "I am hoping these programs continue to grow and develop beyond where we are. For HALO and Mohawk Studios, we are going to keep moving forward and establishing ourselves. We want to be known throughout the Great Lakes region and on the



Eastern side of the United States. I would love to be known nationally as "the place" to go. Musicians that come here are from all over Ohio, Michigan and Indiana. I am working on a sound track right now for a movie that's being filmed in Las Vegas. PBS has been here to do a story about an album. We want to keep this going."

www.HaloLive.us

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

My announcement in this month's column will inspire all kinds of responses from my readers. They will range from---"Oh, for goodness sake"---"No kidding"---"She's too old for that"---"That's great"---"Way to go, Ms. Grace" to "Doesn't surprise me!"

Bernie Nause, a man I've known for years asked me to marry him and I said "yes".

His family and our family have known each for a long time as we lived less than a mile apart. Our 8 children and their 7 used to play together. When they were old enough they would ask us, their parents, for permission to call each other and arrange to start from their homes at a certain time and walk the railroad tracks toward each other. (a seldom used side track) When they met they would go to his home or come to ours, as previously planned, to play. We, the parents were busy with child care at home and/or working away from

home, so we did not interact much with each other. Fast forward many years later. I'm 84 and he's a very young 91, our spouses have both passed away, we have gone to the same church forever. As you know, people at all churches tend to claim a pew and sit in it each Sunday. As it happened, we sat across the aisle from each other. About a year ago we started talking as we walked out of church and went our separate ways. Then one Sunday morning he said, "Grace, may I take you to breakfast this morning?" I responded "yes, I would like that, thank you." After a few weeks, it was not, "may I take you..." but "where would you like to have breakfast this morning?" Then it was "Why don't I just pick you up, I go by the end of your road. And, you know I'm going to ask you to breakfast. There's no point in driving two cars." I agreed.

The rest of the story is history.

We will be married on March 1st at Sacred Heart Church, We will be living in my (our) home. He is a garden-man. Yeah! We are both happy to have found each other and to share our sunset years together.

Now, here's where you, my readers and friends come into this story. We would like you to come to our home, The Old Garden House, at 1045 South Bloom Rd. (near the Heinz Plant and Streaker Tractor Sales) in Fremont. Come visit, share a piece of wedding cake with us and perhaps meet us for the first time at an Open-house on Sunday, March 10th from 1-4p.m. Please, no gifts, we already have two households to blend. Your presence would mean a lot to us and would be the best gift you could ever give us.

I'm working on a new plan for my business. I will have it all thought out by next month's issue of Lifestyles. But, please know that everything already on

the 2019 calendar or any other things you wish to schedule on it for 2019 are all a "Yes, we can do it." I'm thinking about a plan for 2020. We will let you know next month on that.

On March 1st, "LIFE IS GOOD" took on a whole new meaning for us...we look forward to celebrating with you at the open house on March 10th. I want to say Thanks to all my readers for your kind remark when we meet and your warm friendly smiles. Trust me, you put the meaning in the words, LIFE IS GOOD for me.

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

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Big Decisions Required-Getting your finances in order

Lynette Kirsch

Last month, you made your four sheets on your financial situation and a month has passed. So, have you met with your Accountability Partner? Have you made some changes? Have you really sold everything that you can? Have you skipped going out to eat this month? So, what do you do if no matter what you tried-you just cannot pay all your bills? What if you cannot get a second job? Then what...? So big decisions are required.

- Can you move back "home"?
- Can you have a roommate move in?
- Can you sell something that you really, really do not want too?
- Can you babysit, mow grass, run errands, clean homes, etc. to help?
- Can you craft or make something at home to sell?

Remember, I said, Can you? I know probably no one wants to move back home or sell a car that they love. Is the stress of the debt worth the struggle of the thing? Reflect on all and every option, except for illegal, immoral or just wrong options. Are you a good cook? Are you a good party planner? God gives each of us talents and we just need to uncover them. Things that feel like mountains can be tamed; one single step forward at a time. You got this! It is always easy for someone else to say this, Do the hard work!

Change Nothing and Nothing Changes

Meet with that accountability partner and figure out what else you need to do. Remember, you can work a second job for a period of time. I know it will be hard and I know that you don't want to do it because your children come first and you will miss out on time with them, however, you will be a better parent with your finances under control.

I know that you may not want to give up cable or the internet. I promise it will not kill you and it may even make you better. There is always another plan that you can sign up for later.

Can you move into a smaller place? I know you don't want too, but can you?

Look at every option, feel the pain associated with it and then make a decision to NEVER be in the same place again.

Keep meeting with your accountability partner. Write your goals on a big note and post it on your bathroom mirror and on your fridge. Maybe in your car too! Wherever you tend to make bad decisions. You can do this! It won't be easy but you can!

"Grate" Treats & Eats

By: Chris Timko-Grate

The month of March brings us signs of Spring, warmer weather, longer days that lift our spirits and put us in better moods. Of course I can remember lots of Springs when we had snow in the middle of April, but lets all hope that won't happen this year and instead we can start that warm up without any bad weather. We also start daylight savings time on March 10th, then a week later we celebrate St Patrick's Day, then the first day of Spring on the 20th!

I am ready for all those days and the corn beef and cabbage on St Paddy's Day! If you don't want to fool with the whole, meal have a reuben. I will probably fix the corn beef and cabbage because I eat reubens any time of the year.

The recipes I am sharing this month are easy to make. One for a fruit, and the other for a lettuce or mixed greens salad. Enjoy them both.

*Oahu Spice Dressing

- ¼ cup lemon juice
- ¼ cup fruit juice or pineapple juice
- ½ cup salad oil
- 1/tsp brown sugar
- 1/ tsp paprika
- ¼ teaspoon salt
- ¼ teaspoon celery seed

Mix all ingredients; shake thoroughly, pour over fruit salad.

*Pink Cameo Salad Dressing

- 1 cup salad dressing
- 1/3 cup French dressing
- 2tblsp sugar
- 2 tblsp vinegar
- 2 tblsp water
- ½ tsp red hot sauce
- ¼ tsp garlic salt

Combine all ingredients in 1 qt mixing bowl. Mix well for 2 to 4 minutes. Let stand at room temperature for 30 minutes. Refrigerate

Quote for The month: And in the end, it is not the years in your life that count. It's the life in your years. Abraham Lincoln

In Your Own Backyard

Mt. Carmel UMC, 4997 CR 183, Clyde, will host a Bean & Cornbread Supper on Saturday, March 23rd, 5pm-7pm, Donation ONLY, Carry-out available. Beans & Ham, Potatoes, Cole Slaw or Applesauce, Cornbread & Delicious Homemade Pies.

Birchard Public Library has a variety of programming at all four locations. All programs are free, but some require registration.

Remembering Fremont's Past with Ken Dummerger: Join us for a photographic journey through Fremont's past presented by Ken Dummerger on March 26, from 2-4 p.m. Be prepared to share your memories of Fremont in the 1900's. Storytimes for 3-5 Year Olds Tuesdays at 9:30 am, or Wednesdays at 10:30 am. Storytimes for Birth to 36 Months Tuesdays at 10:30 am or Wednesdays at 9:30 am. Family Storytimes Tuesdays at 6:30 pm

Fremont Area Women's Connection extends an invitation, and to wear green if you wish, to the monthly luncheon at Anjulina's Catering, 2270 W. Hayes Ave. on Tues., March 12, 11-1 pm. The "Put a Spring in Your Step" program will include Debbie Gallagher, a certified fitness instructor at Terra State Community College. Guest speaker, Lauren Nowlen from Caro, Michigan will share her life story "along came the big bad wolf".

For reservations and free child care, please call Donna at 419 680 2251 or email Carrol at fawcluncheon@gmail.com by March 7. Cost is \$12 inclusive. Any cancellation also needs to be reported to Donna or Carrol.

Own Backyard, cont'd on 9



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Oak Harbor Glass Factory

On a recent visit to the splendid Oak Harbor Library Local History and Museum Center, I admired the display of glassware. The more I looked, the more I recognized pieces that resembled several of those in my cupboard. I remembered that my pieces were supposedly Heisey Glassware, but none bore the distinctive "H" within a diamond. I recalled that one of my late aunts had worked at the Oak Harbor Glass Factory. After discussions with John Liske who is knowledgeable about "all things Oak Harbor," I learned that indeed a glass factory had once existed on Houghton St. north of town. Mr. Liske showed me the notes he had acquired from Connie Bahs who researched the history of the factory and interviewed several of the former employees. Her work is published in the "History of Ottawa County, Ohio and Its Families."



Originally known as the "Brilliant Cut Glass Company," it began operations in 1919 with Jacob Neipp as president and John H. Fisher, a glass cutter formerly of Libbey Glass, as manager. The following year, the "Liberty Cut Glass Company" of Egg Harbor, New Jersey purchased the plant, retaining Fisher as its manager. Within the year, Fisher became the president and owner of what was then named the "Oak Harbor Glass Factory."

No glass was blown or molded at the factory. Blanks were shipped from Cambridge and the Heisey factory in Newark, Ohio as well as Egg Harbor. The "Oak Harbor Glass Factory" employed 30 to 40 women as etchers. Their wage was 30 cents per day. Skilled etchers from Libbey Glass taught the women the proper technique of hydrofluoric acid etching. They practiced on broken or imperfect pieces known as "chards." Sometimes samples were given to the women, who then created their own designs. Variations also occurred as each woman worked to perfect her technique. Other "chards" were tossed out the window onto a heap behind the factory. Villagers often salvaged some of these less than perfect pieces.

Women worked in lots of a dozen pieces, using a grinding wheel to apply a single design to each piece. Once completed, they etched a second design (leaf, stem, or bud), on each of the same blanks until the entire design was complete. There were at least eleven designs. Some were known as dahlia, aster, forget-me-not, daisy, grape, poppy, vesta, and mystic

The women wore heavy aprons to prevent burns from the lime water sprayed onto the grinding wheels to keep them from overheating. They etched a myriad of pieces: glasses (a dozen sold for \$1.50) plates, compotes, cordials, sherbets, sugar and creamer sets, cake plates, candlesticks, syrup containers, vases, and candy dishes. Even lamps, and mirrors were etched. Not all were crystal clear. There were blue, green, pink and even rare amber pieces.

Ms. Bahs states that the "Oak Harbor Glass Factory" sold "vast quantities of the finished product to Kresge's and Woolworth's." The Lion Store, Hudson's, and Crowley's were just a few of the department stores that carried Oak Harbor glassware. Locally, grocery stores gave them away as premiums.

On a cold night in February 1928, fire destroyed the factory. Crossed electrical wires were believed to have been the cause. Fisher estimated the loss at \$40,000. The company continued in business above the Oak Harbor fire station and then in 1929 moved to the north end of Arch Street in Fremont. A victim of the depression, the Oak Harbor Glass Factory went out of business the following year. Stop in at the Oak Harbor Library. You too may find that you have some Oak Harbor Glassware!

Fremont Tree and Beautification Commission members meet the first Tuesday of the month at 6 PM at the Fremont Rec Center. We're always looking for new members- you don't have to have a green thumb. Come check us out! We are also having a Mother's Day sale on engraved pavers placed in Walsh Park. Regularly priced at \$65, they will be only \$55. This would make a wonderful gift for that special someone! Call Rick at 419 307 8924 for details.

Fremont Community Theatre will be offering what is "best described as "Several Horton Foote characters in search of an exit from a Sam Shepard play" by Playbill. The action of this "Texas tragicomedy" whirls around one disastrous Memorial Day weekend at the Beckle cabin in the Texas hill country. Reserve your tickets at 419-332-0695. Box office will open 30 minutes before the show and show dates are March 8, 9, 10, 15, 16, and 17, Friday and Saturday shows are at 7:30pm, Sunday matinees are at 2pm. Ticket prices are: \$15 for adults, \$12 for Military & Seniors (60+), \$5 for Students and Children (12th Grade & under)

Terra Community College Festival for the Arts, April 1st - 7th. Join us for a community showcase highlighting the work of Terra students and local artists and writers. Community members are invited to participate by submitting visual artwork and creative writing. Visual art, including photography, painting, sculpture and more, will be on display April 1st-7th at Terra Community College, Building D. On April 4th, we will have a poetry reading and musical performance at 7 p.m. in Terra's Recital Hall, room D-122. If you are interested in participating, please contact Adam Hoss at ahoss01@terra.edu. We are accepting submissions until March 15th.

Izaak Walton League of America Fremont Chapter County Road 170 just north of the Ohio Turnpike. Take S.R. 53 north turn left on C.R. 99 just past the Days Inn. They will be the first Saturday and third Sunday of every month starting in April thru November. April dates are 6 & 21. . 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. We are currently shooting pop ups indoors on Monday nights at 6 p.m. those dates are as follows: March 4 & 18. Check out our calendar, Fremont chapter Izaak Walton.

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● Facebook.com/campfiresc
● In person at the Camp Fire office

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Ticket contact info: Camp Fire 419-332-8541 Campfiresc.org/inwonderly@campfiresc.org



Dear Cathy,

My feline was rescued from the streets when she was four-weeks-old. I fostered and adopted her. Since that time, she has become very attached to me. She is very affectionate, but only to me. I feel bad that she hisses and hits my friends when they come to visit. She will allow them to stroke her for a minute, but only after they give her a dish of treats. After that, she returns to her usual ungrateful and nasty self. Can you tell me why she acts this way, and is there anything I can do to make her more sociable? My cat is now 6 years old. - Grace

Dear Grace,

It's not about making her more social but understanding that she doesn't really want your friends to pet her. Dogs often walk away when they have had enough of us humans; cats expect humans to be the one to walk away, and when we don't, they smack us.

Cats often react because of sensory overload, which means you need to train

your friends to know her boundaries. Don't let them offer her treats to coax her over to them. Tell them they can only pet her if she comes to them on her own, and they can only stroke her three times or for 10 seconds, depending on whatever is well below her tolerance level for touch. Afterward, they can offer her a treat, and then they should leave her alone. If your friends respect her boundaries, she will eventually become more social around them.

You also can increase her sense of well-being by placing plug-in feline pheromones around the house.

(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@pet-pundit.com. Please include your name, city, and state. You can follow her @cathymrosenthal.)

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ARIES (Mar 21-Apr. 19): Impose your will. There is nothing that you can't achieve if you simply set your mind to it. Roll up your sleeves and tackle tough assignments with determination but avoid starting anything new.

TAURUS (Apr. 20-May 20): Just tag along for the ride. Someone may insist on being the star of the show, but it might be your timely advice that makes all the difference. Your personal agenda may be temporarily put on hold this month.

GEMINI (May 21-June 20): Follow someone else's lead. Unconventional thinkers may show you a whole new way of solving tough problems. Surround yourself with movers and shakers and their know-how may rub off.

CANCER (June 21-July 22): Strive for perfection. Take criticisms to heart as you should never be so content that you stop trying to improve your performance. Have confidence that you will succeed and it will be so.

LEO (July 23-Aug. 22): Small steps add up to big progress. Saving a few pennies here or there can eventually yield a surplus or whittling away at a tough task a little bit at a time can make it easier. Talk things over with your partner.

VIRGO (Aug. 23-Sept. 22): Those who refuse to bend may break. Avoid being too rigid with your demands as it may be difficult to make progress without compromise. Make sure you are looking at reality instead of what you want to see.

LIBRA (Sept. 23-Oct. 22.): Start from scratch. It may be necessary to employ sweeping changes over the next few days to clear out an annoying obstacle. Make sure that everyone involved is on board with your decisions.

SCORPIO (Oct. 23-Nov. 21): Stay focused on your objectives. You hold all the cards in negotiations, but little will be gained unless you are completely sure of what you want. Take time to mull over your options.

SAGITTARIUS (Nov. 22-Dec. 21): Ambition may come at a cost. You can have it your way but take care that your methods don't rub someone the wrong way. Find creative solutions that are beneficial to everyone involved.

CAPRICORN (Dec. 22-Jan. 19): Clear the air. Make an extra effort to explain your intentions or goals as being too vague may only create unnecessary confusion. Don't assume that close friends or loved ones know what you're thinking.

AQUARIUS (Jan. 20-Feb. 18): If something is broken, fix it. Don't hesitate to make changes if you are dissatisfied with how a situation is progressing as your intuitions serve you well. New friends may figure into your future plans.

PISCES (Feb. 19-Mar. 20): Clear your responsibilities and clear your mind. Checking those nagging chores off your to-do list will allow you to focus on what you really want to do. Friends will be glad to do favors or support you.



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My Goal: Grateful, Happy Patients

by Dr. Paul Silcox

You know, every once in a while it's good for a person, or business to take into account where they are, where they've come from, and make some plans for the future as to where they're headed. Usually, people and businesses consider those things at the beginning of the year.

But with my business, it's a little different. I am definitely in the "Twilight" of my career. I have been working on patients' spines and framework for 41 years. It's hard to imagine that many years have gone by since I took a pledge to always do what's best for a patient I'm working on. Whether it was in Fremont, Michigan, or Louisiana; or one of my missions trips to Africa, Ecuador, Nicaragua or Haiti. Give the best you have to offer to stimulate the healing powers within the patient and let the Lord do the work! That's the key.

When I sit back and think about Silcox Acupuncture & Chiropractic, I think of the purpose that it started with. It's Mission Statement. I call it the *raison d'être*. It's reason for being.

I feel a quote, by Thomas Edison in 1902, that hits it on the head. "The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, (why? Because structure affects function!) In diet, (why? First we eat way too much and secondly, most is processed so much it's nutritionally void!) and in the cause and prevention of disease." There you have it. Eating less. Eating better quality. Drinking lots of water. Managing stress and keeping kinks of the spine and body framework worked out. They are critical for SO many people.

But yes, I do realize that some people do need more severe intervention for stabilization in hopes that changes can be made to get them back on track so the inherent healing powers of the body can take over!

So today, in Sandusky County, Silcox Acupuncture & Chiropractic is striving to give excellent treatment; In the least time, with the least financial outlay. By using; Acupuncture, Nutrition, Detoxification &/or Chiropractic methods. By doing so, it will be overflowing with; Grateful, Happy, Referring patients. I hope you can experience that healing God Power within your body to restore you back to wholeness!

Out to Lunch

By Lynn Urban



Susie's Skillet

If there ever was a truly "hometown" restaurant, it has to be Susie's Skillet in the center of the town of Walbridge. This is where everyone goes for good homecooked diner food.



The soups are homemade, the pies are homemade, and the corned beef is slow roasted. The corned beef is so popular that it's an option for a breakfast meat. I'm so glad I chose it with my french toast, for it was succulent and very tender. It also makes an excellent rubeen sandwich.

I believe the restaurant is most popular for breakfast, as it opens at 5:00 a.m. serving large omelets, fresh homefries, sausage gravy and biscuits, pancakes, and more, all at reasonable prices.

There is a large lunch and dinner menu with many tempting selections. The cod and the onion rings are both battered in house with a light and fluffy batter. The homemade cole slaw that was served with the fish was good and creamy. Sandwich choices are; burgers, breaded veal, gyro's, roast beef, and homemade chicken salad, to name a few.

On the dinner menu you can choose pork chops, grilled chicken, roast beef, and ham starting at \$9.99, which includes potato, vegetable, soup or salad, and rolls. Of course for dessert, I had to try the pie. I took home the best cherry crunch pie that I think I've ever had. This quaint hometown restaurant is definitely a good place to stop for any meal. It's just off 280 at the Walbridge exit. They are open every day from 5 a.m. until 9 p.m., Sundays 7 a.m. until 2 p.m.

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BUS TOURS

Tours: June 22-July 3 Canadian Rockies, Glacier Natl. Park and Mt. Rushmore, New York City Jun 14-17, Chicago weekend July 27-28, Outer Banks Sep 9-14, Nashville Oct 18-21. Visit Bluelakes.com for more info or call Denny Otte at 800-282-4287 ext 1402

NOTICE

Phase 35 Emergency Food and Shelter Program Funding Request: Sandusky County has been awarded \$7,847 in federal funds through the State Set-Aside (SSA) process under Phase 35 of the program. Congress has appropriated \$120,000,000 to supplement and expand emergency food and shelter programs. The local Board in Sandusky County is responsible for recommending agencies to receive these funds. Under the terms of the grant, local agencies chosen to receive funds must 1. Be private voluntary non-profits or units of government 2. be eligible to receive funds with no past funding issues 3. have an accounting system 4. practice non-discrimination 5. have demonstrated the capability to deliver emergency food and/or shelter 6. have a private voluntary board 7. be willing to submit necessary paperwork through EFSP's system. Qualifying agencies are urged to apply at Sandusky County Share and Care for an application. The deadline for requesting an application is March 15th and all applications must be received by March 29th in the office at Sandusky County Share and Care, 129 Bidwell Ave, Fremont. Questions. please call 419-334-2832 or email Lkirsch5@hotmail.com.

Humane Society of Sandusky County Annual Meeting, March 20th at 6pm at 1315 N. River Road, Fremont.

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The Bellevue Hospital Recognizes Our Medical Staff



Eudora Brown Almond of Georgia is credited with starting the first Doctor's Day Observance on March 30, 1933. The date marks the anniversary of the first use of general anesthesia in surgery. The first National Doctor's Day was celebrated in 1991.

Representing the Medical Staff of The Bellevue Hospital are Medical Staff Officers for 2019. Pictured from left to right are:
Douglas Hoy, M.D., Chairman, Credentials Committee;
Nathan Samsa, D.O., Vice-President; Corey Fazio, D.O., President;
and Steven Zieber, M.D., Secretary-Treasurer.
Not pictured: Karen La Salle, M.D., Member-at-Large.

In observance of National Doctor's Day, the Family of The Bellevue Hospital would like to congratulate and thank all of the members of the hospital's active, courtesy, affiliate and honorary medical staff for all they do for their patients, our hospital, and the communities they serve.

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Samuel Agubosim, M.D.
Gregory Knapinski, M.D.
Robert Kuzel, M.D.

Cardiology

Mark Burket, M.D.
Ehab Eltahawy, M.D.
Blair Grubb, M.D.
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Samer Khouri, M.D.
Daniel Kosinski, M.D.
Anil Mathew, M.D.
George Moukarbel, M.D.
Laura Murphy, M.D.
Mujeeb Sheikh, M.D.
Robert Steele, M.D.

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Edward Hemeyer, M.D.
Douglas Hoy, M.D.
Kim Knight, M.D.
Marc Naderer, M.D.
Samuel Ross, M.D.

Gastroenterology

Martin Beerman, M.D.
David Hykes, D.O.

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Michael Grillis, D.O.
Philip Hutchison, D.O.
Michael Nill, M.D.

Internal Medicine

Benjamin Ball, D.O.
Charles Valone, D.O.

Neurological Surgery

Azedine Medhkour, M.D.

Neurology

Steven Benedict, M.D.
Nicole Danner, D.O.

Obstetrics & Gynecology

Corey Fazio, D.O.
Andrea Frye Moore, M.D.
Gregory Karasik, M.D.

Oncology

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James Fanning, M.D.
Brian Murphy, M.D.

Ophthalmology

Jonathan Zahler, D.O.

Optometry

Mark Motley, O.D.
Mark Pifer, O.D.

Orthopedic Surgery

James Huddleston, D.O.
George Stepanic, Jr., D.O.

Otolaryngology

Paul Biedenbach, D.O.
Benjamin Murcek, D.O.
Hilary Timmis, Jr., M.D.

Pain Management

Vimal Kumar, M.D.

Pathology

Yilan Chang, M.D., Ph.D.
Robert Crabtree, M.D.
Ana-Tereza Kabira, M.D.
Zejin Liu, M.D., Ph.D.
Martin Rabinowitz, M.D.
Hang Zhou, M.D.

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Nasser Moiduddin, M.D.
Dingding Xiong, M.D.

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Karen La Salle, M.D.
Wendy Millis, M.D.
Glen Trippe, M.D.
Paul Wnek, M.D.

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Coleman Clougherty, DPM
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Peter Highlander, DPM
Chris Pensiero, DPM

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Nathan Samsa, D.O.
Mohammad Taleb, M.D.
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Saju Rajan, M.D.

Radiology

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Steven Zieber, M.D.

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Matthew Morrow, M.D.

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Robert Rice, M.D.
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Patrick Waters, M.D.

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Jihad Abbas, M.D.
Munier Nazzal, M.D.

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