

Lifestyles

Free

Vol. 20 Issue 5

May 2019



Happy

Day

Mother's



40
MILLION

Americans Suffer from Anxiety

Help is Closer Than You Think

Sometimes you need someone to talk to – a professional who can help you to work through life’s challenges. And you’re not alone. While almost 20% of American adults suffer from anxiety disorders, 25% of children between the ages of 13 and 18 years old have some kind of anxiety disorder.

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**May is Mental Health Month
#4Mind#4Body**



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- Digestive issues
- Lack of sleep
- Impaired immune system
- Chronic pain conditions
- Difficulties with school, work, or socializing
- A loss of interest in sex
- Substance abuse disorders

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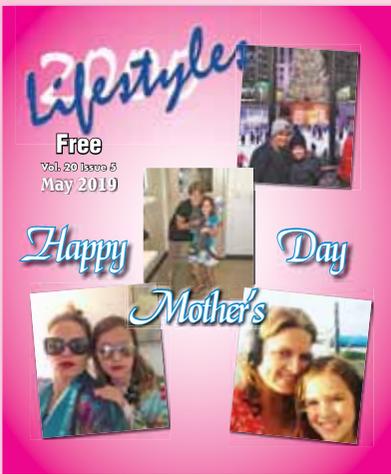
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Clydescope Community Grant Fund Press Release

By Bill Brown, Clydescope Director

The Clydescope Economic Development Corporation is a private/public organization that works in conjunction with the City of Clyde to stimulate growth and development of retail, commercial, industrial, education, agriculture, professional, financial and civic interests in the Clyde area.

Clydescope has developed the Clyde Community Grant Fund (CCGF) for the sole purpose of providing new and existing business the capital to grow, expand jobs and development. Funds come primarily thru Clydescope's annual fundraising golf outing along with interest from other investments.

The grant funds could be used for equipment, building or infrastructure improvements. Such things as contracted services, supplies for the project, and capital improvements.

The grants could be awarded in part as to the: · need or benefit to the community · community services provided · jobs created · promotion of the community

A good example would be an existing building in the downtown area where the brick fascia is deteriorating and falling apart. It could be presumed that after restoration it would not only benefit and promote the community, but also other business owners in the immediate area making the entire downtown more desirable.

On March 21st, at the annual combined Clydescope/Business and Professional Association Luncheon, the first two grants were awarded. A grant of \$1,500.00 each was awarded to This and That Too as well as Pam and Al's Diner. "We are very excited about this program and are looking forward to helping many more businesses in the future."

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

May-my very favorite month of the year! No more wintry weather, instead we celebrate Mother's Day, graduations and family birthdays; pool openings, BBQ's and planting gardens and flowers, what could be better?



Happy Mother's Day to all of our moms, and God bless our veterans as we celebrate Memorial Day on May 31st.

The cover this month celebrates Mother's Day with my daughter and grand daughter who live in New York.

Joanne



"Find Pete" entries totaled 172 this month! "Pete" was hiding in the Kiwanis ad, but most of you did get it right. Please remember to include your address, you cannot win if we don't have an address.

Find Pete Winners

Winners of the "Celebrating 20 Years" contest are Payton Shively of Fremont and Amanda Rutski of Clyde.

Other winners are Jerry Lagrou, Gary Ashton, Andrea Zieber, Angela Young, Shirley Faist, Joyce Wickert, Nancy Bousquet, Steve Billow, Edith Food, Lesley Wadsworth, Jim Fleckner, Fremont; Jean Haubert, Kansas; Berta Seymour, Oak Harbor; Denise Klask, Dave Matter, Kelly Vranish, Clyde; Elizabeth Hammer, Helena; Gail Veith, Bellevue.

Find Pete Prizes

Prizes are from Color Haven, Otto-Urban Flowers and Dairy Queen in Fremont. The Calico Cat in Clyde, and Old Fort Market in Old Fort. If you wish a specific prize, please list in your entry. Remember to add "Celebrating 20 Years" to your entry to win a Dairy Queen cake or African Safari Wildlife Park 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.

Campfire News and Notes



Camp Fire

Light the fire within

A United Way Member Agency

It's Camp Season-are you ready? Camp Fire is excited to have kids back outside swimming, singing, raising the flag, doing art project and experiencing the great outdoors. Registration is now open for Summer Camps for kids in grades K-6. And this year we have some new and exciting Camps for Pre-schooler's including Safety Town and a two day mini Traditional Camp, as well as a one week residential camp option for youth in 3rd-6th grade! Descriptions of these camps can be found under the summer camps tab on our website. Scholarships are available to those in need, thanks to donors in our community and a grant from United Way of Sandusky County.

We are also excited to welcome our Teen Volunteers, known better as our Counselors in Training (CIT's). We are in need of volunteer CIT's ages 13-18 who are interested in helping us make a difference in the lives of the youth attending our programs. Training will be held June 5, 6, and 7th which includes lunch and CPR/First Aid training. You can register your teen at www.campfiresc.org.

Camp Fire would like to thank those who came out and Supported Uncork the Fun March 22nd! Camp Fire raised a record amount of money this year and it's all thanks to our community supporters!

Need a break from your kids? We have an amazing FREE opportunity thanks to a grant from Mental Health Recovery Board and Family and Children First Council, Camp Fire is Hosting Parent's Night Out May 11th and June 8th from 5-8pm for FREE. Parent's get a break and Children ages K-6 get to come to Camp and experience fun activities with dinner included. Pre-registration is required and available under our Spring Programs tab on our website.

Camp Fire has been awarded two grants to start a recycling program at Camp. We and can't say thanks enough to Fremont Walmart and OSS Solid Waste District which will allow Camp Fire to purchase recycling/trash bins around camp. This addition to Camp will help youth understand the impor-

tance of the teachings OSS provides our youth yearly!

Need a great place for a party, family get together or a wedding? Come check out the recent changes at Misty Meadows. 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!

Drive-thru Chicken BBQ 4 U



Liberty Center of Sandusky County

Fund Raiser for the Homeless

11 a.m. to 1 p.m.
Friday, May 17

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Better Later is Best Than Never: Jim Kenzie



few he's supported or spearheaded, many of them with his band, "Mess With Emily."

Hailing from Allen Park Michigan, Jim says, "I started 'noodling' in '73 after my Mom, Rose, bought me a used electric guitar for \$29." He was only 13 and he'd penned over a dozen songs by twenty. He rattles off Elvis Costello, Joe Jackson, Springsteen, Seger and Rundgren as inspirations. He focused on education when unable to gather resources to record his creations; attending MSU and Henry Ford CC. He studied engineering/producing; got hands-on experience and mentoring from Monroe, Mi based studio owner, Jerry Genevich and Motown master engineer, Bob Dennis. While learning the biz, he was in management. "I traveled the country opening stores for an appliance chain. I got to Toledo, it was close enough to home, got married, had kids, started my own business." Jim opened Zeta Recording Studio in Holland, Ohio in '89 and has since moved operations to Swanton.

Years passed, he'd pull out those songs from time to time and work on them. He did this first in '97. He had access to a \$40,000 piano, available as a rental for a jazz project he was producing. "No sense letting an instrument like that not be used

for Rock & Roll. I decided to break out my songs and lay down drums, bass and piano parts." Incredible talents would flow into his life over the years. "Instead of tearing down equipment, musicians utilizing my studio just stuck around after their set and contributed to my songs...adding their own flair," quips Kenzie.

Jim deeply identifies as a family man that has been running his studio, sideline business interests and loves working out of his home. "Family is first and my kids are my greatest accomplishment." Three of his five children are credited on the CD; Zach in the concept/design and at only fifteen, Daughter Jasmin's photography, used on the cover. Oldest Son, Alex's contribution came in late 2011. Jim was diagnosed with throat cancer and was told treatment could wipe out his voice, reality set in. Out came the project; he gave oldest Son, Alex a crash course in operating the studio as he finally laid down lead vocals before surrendering to treatments.

Fast forward late September 2018; Jim's mentor of years gone by, Jerry Genevich, passed away. Jim recalls, "I took that as a sign to dust off the project and wrap it up. Coincidentally, I'd just met Tina Mae Heinze and the incomparable Josh Silas. I knew I

had to utilize their talents." This 17 track CD "WHAT'S THE RUSH?" is all Jim's lyrics, except for 'On The Beach.' One of the songs, 'Remember' was written as if he's in the future and recalling memories. "I wrote it as kind of a flashback, with the mindset that we were all still hanging out; a reminiscent piece, as homage to all my friends. The CD is a mix of country, rock and pop."

The album is available on iTunes, cdbaby.com, Spotify, play.google.com/store. Search Jim Kenzie Project.

Listen to the entire album before you buy: <https://www.youtube.com/channel/UCWsc01Wa2p-GJUHZpXtDuKA>

Kenzie is joined by John Purdy, Scott Bylow and Todd Hill to make up the band, "Mess With Emily." He speaks glowingly of his band members' talents. (messwithemily.com)

Jim teamed up with another area band this year, "Renegade Lemonade," consisting of Mike Hallock, Becca Nease & John Danielak. (FB page: facebook.com/sailinglemonade) If interested in hiring either band, contact Jim directly, text/call (419)344-7900


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Welcoming New Patients – Birth to Geriatrics

"Grate" Treats & Eats

By: Chris Timko-Grate

What a wonderful thing to have, a good friend-in my case a very good and longtime friend. I met Joan back in the early 70's when I was living in Toledo. We worked together as waitresses at a place called "Some Place Else" in Sylvania and we have stayed friends and in touch all these years. I make it into Toledo about six times a year and I always try to stop and see Joan. We will go out to lunch and get caught up with what both of us have been up to. The last time I saw her she introduced me to her neighbor, Betty, and what a delightful woman she is and also a very good cook. She had made the dessert I am sharing today and it is going to be a favorite in our house and I am sure it will also be a favorite in yours.

Enjoy and Happy Mother's Day to all the Moms!

Betty's Best Ever Bunt Cake

1 box Duncan Hines White Cake mix
1 lg box vanilla instant pudding
1 cup sour cream
4 lg eggs
½ cup Crisco oil
2 tsp. pure vanilla
Combine all above ingredients in large bowl and beat well.
In small bowl
1/3 cup sugar
1 tsp. cocoa
1 tsp. cinnamon
½ cup chopped walnuts

Grease and flour bunt cake pan or a tube pan

Put 1/3 cup cake batter in pan

Sprinkle with some sugar and nuts

Repeat cake batter then nut mixture twice more ending with sugar and nut mixture on top

Bake in a 325 degree oven for 1 hour it sure does make you house smell good!

Beautiful Salad

1 small head cauliflower
1 bunch broccoli
4 carrots, grated
2 cucumbers, sliced
12-15 radishes, cut in thirds
1 pint cherry tomatoes halved or 3 regular tomatoes cut into chunks
1 green pepper, cut into strips
10-ounce can mushrooms or ¾ cup fresh mushrooms, sliced
1 sweet onion, thinly sliced
1 6oz can black olives
1 16oz Italian salad dressing

Break cauliflower and broccoli into bite size pieces. Pour dressing all over salad ingredients. Mix well and chill. Every 12 hours stir salad. Do this for 2 days. Then serve. Improves with age. Serves 8 generously

Quote for the month: And in the end, it is not the years in your life that count. It is the life in your years. Abraham Lincoln, a very wise man!

Any questions or your favorite recipe contact me at:

christimkograte@roadrunner.com

From Day Job to Dream Job

As of April 2019, there are currently more than 700,000 podcasts available - with over 29 million episodes - and the numbers are climbing daily. With so many people competing in the space, why would anyone decide to launch a show now? According to Fremont native Briana Haas, who along with her long-time friend Josh Hyman, launched the Jobs Blow Podcast, "it's about bringing people together to support one another in a quest for something better."



The Jobs Blow Podcast, targeted for "Dreamers with Day Jobs," was born out of the duo's own personal highs, lows, and frustrations in the endless pursuit of their dream careers. Briana, an aspiring writer and marketing professional, and Josh, an actor and comedian, met while doing stand-up comedy in New York City back in 2002, and serve as the podcast's Humor Resources team. Each episode is a mix of entertainment, information and inspiration, as guests from a variety of occupations share their own inspiring and unique journeys.



To date, many of the guests have been friends of the duo, including fellow Fremonters, Caleb Damschroder, who is pursuing his dream of an acting career in the Big Apple. However, they have also been lucky enough to secure some higher-profile names like Vin Rock of the 90s Grammy-winning hip hop group, Naughty By Nature, and Cindy Gallop, ex-advertising CEO and founder of MakeLoveNotPorn. They say they are always looking for inspirational stories and encourage listeners to send suggestions through their website at www.jobsblowpodcast.com.

Need some inspiration to get through the long workday? Check out the Jobs Blow Podcast on Apple, Google, iTunes, Stitcher or Spotify. Follow the podcast on social media @jobsblowpodcast.



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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

Welcome May! We love your warm breezes, sprouting garden seeds, beautiful sunrises and sunsets. We welcome the returning birds and kids jumping rope. Most especially we treasure Mothers Day gifts and phone calls from our grown up children. It's a beautiful season-a time to remember how blessed we are to live in "the land of the free and the home of the brave."

Bernie and I are doing great---we love the warmer weather and are busy-like all of you-raking, hoeing, trimming and repairing things around The Old Garden House. The flower seeds have sprouted in the greenhouse and are about an inch tall at this writing, won't be long until it's time to transplant them into the gardens.

The May Tea is set for Tuesday the 28th. Our speaker will be Brenda Havens from the Sandusky County Convention and visitors Bureau. She will fill us in on what's ahead for summer fun in Sandusky County. Reservations can be made by calling 419-332-7427.

On June 21st at 5pm we will be celebrating The Change of Season with a dinner served here to welcome summer. Call us to make reservations for one or more.. We can accommodate 24 guests. When you call your reservations in you are welcome to offer suggestions for the menu or pie choices.

Bernie has a woodworking shop where he previously lived, about a mile away. He enjoys spending his spare time there cutting Blue Jays and Cardinals out of 3/4 inch boards. Guess who has become the official painter of these creations? Yep! Me. It's fun. I've researched about their habits and studied their colorings. The North American Wildlife, a Readers Digest publication, describes the Blue Jay as being 9 1/2 to 12 inches in size, bright blue above with some white on wings and tail. This handsome, noisy bird is known for its raucous voice and wide variety of calls, cries and screams. But, like other Jays it also has a "whisper song", a series of faint whistles and soft sweet notes. Blue Jays are omnivorous, feeding on fruits, seeds, nuts, insects, bird's eggs, mice, tree frogs, snails and even fish. In spring and fall these Jays migrate in flocks that sometimes number in the hundreds. Soon, I'll study the cardinal and paint some them. He puts the birds on 1/2" rods so they can be placed in flower beds or perched on a fence or garden gate.

May is a busy month here at The Old Garden House, a couple weddings, some 4th grade school visits, baby showers and a retirement celebration are on the books, along with the usual number of lunches and dinners for families or groups. We're looking forward to all the activity the busy summer will bring.

So until next month, put up a bird house or two, plant a garden and smile all the while because you know that these things give meaning to the words LIFE IS GOOD.

Gabby Gardner

By Cindy Frontz

My grandmothers, my mom, myself, and now my three daughters all have gardens. The apple doesn't fall far from the tree or should I say, seeds from the dirt.

My mom is 85 and each year she says she's not going to plant a garden but she can't imagine the summer without fresh veggies.

I'm surprised that my daughters have gardens. When they were young I would assign them each a row of corn to weed. When I came home from work they had all kinds of excuses as to why they hadn't weeded.

I had the pleasure of planting a garden with three of my grandchildren. I thought they would lose interest but they all enjoyed putting up the fence so the animals didn't eat any of our veggies. We laid down landscape material to cut down on weeds. They learned about fertilizer, how deep to plant seeds and how to set out purchased plants. When the seedlings emerge there will be another lesson on identifying the difference between plants and weeds.

What a great memory to be able to pass the love of gardening to the next generation, also a wonderful way to spend an afternoon with my grandchildren.

RFD Garden Club meets the third Tuesday of the month at 7PM. If you have any questions call Patti Saam at 419-307-7776. We would love to tell you more about our club.

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Helen Marketti's Music Corner

Hot Type, Cold Beer and Bad News



Former Cleveland Plain Dealer journalist, Mike Roberts discusses his recent book, *Hot Type, Cold Beer and Bad News* (Gray & Company, Publishers 2018). As a young reporter during the 60s and early 70s, Mike shares many stories of his reporting experiences that include the JFK assassination, Hough Riots, the second trial of Sam Sheppard and the tragic shootings at Kent State. He also spent a little over a year reporting from Vietnam. Mike reported the news at a turbulent time, as the 60s were a decade of unrest as the counter culture was making an impact that would change a generation. It was a primitive time for journalism that did not involve cell phones, websites or face book. Instead all a reporter had was a notepad, coins for the pay-phone and an interest to be the first one to get the story.



As a child, Mike had polio and spent a lot of time indoors resting. While his peers were outside playing Mike started becoming interested in the printed page at the tender age of five. His outlets at the time were the Cleveland Press newspaper as well as LIFE and LOOK magazines. "That was an escape for me," said Mike. "I was still too young to actually read the print but I was always fascinated by the pages. You have to remember there was no television. There was little radio. You might have a short radio program around 5:00 in the afternoon. You were limited then with what was available."

Mike was a young rookie reporter when President Kennedy was assassinated. "I was a junior reporter then," recalls Mike. "I had only been at the Plain Dealer for a few weeks. I was fielding all kinds of calls. There wasn't the technology that we have today. People would call in and ask what was going on in the news. It was such a sad mission to tell them that President Kennedy was dead. It was like telling them a family member had died."

During the 1966 Hough Riots, Mike was in the midst of the intense scene

with tempers high and violence common. "I didn't fully understand what was going on at the time. I was a young reporter and didn't really think about safety. I was getting the story. Looking back, it happened in a city that I thought had much wisdom. You didn't expect anything like this to happen. The people were living in squalor. There was lack of proper schools. The tension was high and it was dangerous," said Mike.

Hot Type, Cold Beer and Bad News is a page-turner. Anyone interested in Cleveland's history especially during the 60s will want to read this book. For a little over a year, Mike was on assignment in Vietnam. "It wasn't that hard to keep myself detached from what I had seen. I kept an open mind and often reminded myself that I was just a journalist. I talked with many people during my time in Vietnam. I had no doubt in my own mind about the war. It was a failure. It was a great disaster of our country. That was my own conclusion but you had to be unbiased to report the story."

The haunting image showing a member of the Viet Cong being executed by the South Vietnamese Chief of Police in Saigon in 1968 is one that has been seen many times in books, television and documentaries. "I did not see the exact moment," said Mike. "But I was a short distance down the street when it happened."

May 4, 1970. Mike raced to Kent State after being informed of what had just taken place. "I was angry as hell the day it happened. It was all such a tragic and incredible mistake. The college students should not have been trying to take on the National Guard who were armed. On the other hand, the National Guard were so undignified that they shot at unarmed students," he said. "Unfortunately, it was something that was bound to happen. It was the end of the 60s. Now we are in the 70s. There was finally a breaking point with the movement."

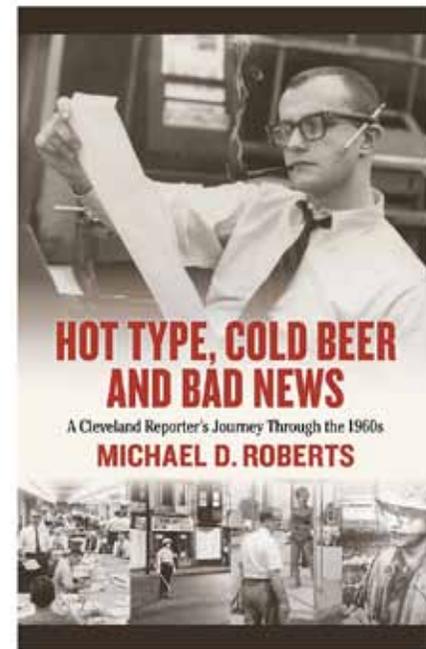
Mike and fellow journalist Joe Eszterhas cowrote a book called, *Thirteen Seconds, Confrontation at Kent State*. (1970). The book is still in print. For the book, Mike interviewed the families of the two female students who were killed. (Sandra Scheuer, Allison Krause) and Joe interviewed the families of the two

male students who were killed. (Jeffrey Miller, William Knox Schroeder)

"I had such a hard time," remembers Mike. "The families were very kind. It was difficult because they kept asking me "why?", "why did this happen?" and I didn't have an answer."

There are stories that have been burned into our memory or left a lasting impression, which is the job of a journalist. "You have to have an ego if you are going to be a journalist. There are no two ways about it," said Mike. "You always hated the guy next to you because he wanted to cover the same story. You can have a beer together after work but otherwise it was a competition. I feel I was the luckiest journalist in the world. There were never two days the same. One of the reasons why I was motivated to write this book is because I wanted to capture a moment in time in our history. It would be lost if I didn't write about the experiences. Historically, it's important."

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How to save money for Emergencies

By Lynette Kirsch

I am wondering how many of you have money set aside in a savings account. Unfortunately, your car is going to need a repair at some point, an appliance in your home is going to break or some other unexpected need will arise. It will happen! Are you prepared? So, how do you begin to save? I am a goal setter so for me, I would start with setting a goal. \$1,000 may be too big of a goal for you. Maybe, start with just \$10 out of each paycheck. Go to the bank and start a savings account-this will make it harder for you to spend the money. You will need your identification and your social security card to start one. You may even want to start one at a bank that is inconvenient for you or that you currently don't use. This will encourage you to leave the money alone and let it grow. You will however have to make regular deposits. Avoid getting a debit card for it or an ATM card-keep it very simple. Most bank accounts will require \$25 to start.

Ideas for earning extra money for your savings account...

1. Mow some lawns or pull some weeds!.
2. Remember babysitting? Lots of people are looking for good caregivers and they make GREAT \$\$.
3. Plant a garden, you can sell your excess at a little table in your front yard.
4. Go through your closet and sell those items that you no longer use. There are many garage sale sites on Facebook.
5. Go through the garage and basement-are there tools that you have not used in a long time? Sell them!
6. Like to bake? Sell cookies, pies, etc. Remember to calculate your costs and make sure you are making money.
7. Can you do oil changes? Everyone needs their oil changed, could you offer this up as a service and get paid to do it?
8. How about running errands or doing housekeeping?
9. Ever investigate blogging? You can get paid for that.
10. Farmers love help in the summer baling hay or straw or picking crops. Connect with one!
11. Pet sitting-Do you love animals? Consider offering to help when you hear friends are going on vacation.
12. Do you make cards? Paint? Have a hobby that you could sell? All of these are good ways to earn extra dollars. Remember, keep track of your expenses so that the profits are going in that savings account!

13. Garage sale-You could even organize one for your neighborhood (you do the work and keep a certain percentage for the organizing, selling and cleaning up).
14. Home based business-there are lots of good ones but also lots of bad ones! Be careful and never buy stuff upfront. That almost never works!
15. Good at makeup, hair or nails? Could you offer to do prom makeup or hair for people you know?

So now to the obvious ideas...

1. Work a second job! Yes, a second job. I know that is hard if you have children, but you only need to do it for a time. I cleaned factories while my children slept.
2. Have you been at the same company for a long time? Have you checked to see if you are making what you should? Check to make sure you are still making a rate that is appropriate in your area of expertise. Has it been awhile since you asked for a raise? It might be time to do that.
3. Is it time to look for a different job? One that pays more or is satisfying in another way.

You can do this! It is not easy, but you will feel freedom in knowing that money in a savings account will protect you from a crisis! "Empty pockets never held anyone back. Only empty heads and empty hearts can do that." --Norman Vincent Peale

Lynette Kirsch is the Executive Director of Sandusky County Share and Care. She lives locally, raised three children with her awesome husband and has a passion for teaching others to budget & live full, happy lives with contentment. She loves to travel and serve others.

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Out to Lunch

By Lynn Urban



Out to Lunch: Luckie's Barn and Grill

Luckie's Barn and Grill at 3310 Navarre Avenue, Oregon, is a very popular place for the East Siders of Toledo and folks in Oregon. The rustic and casual atmosphere makes it a fun place for friends to gather, especially on weekends. Expect to have a wait Fridays and Saturdays, because it's a popular place. If you choose, you can do lunch, the menu is the same for both lunch and dinner.

One of the favorites is the tender roast beef that is slow roasted for the stacked sandwiches, and full dinners. My suggestion is the hot and juicy French dip on toasted ciabatta bread served with a mountain of tots for \$9.50, or the roast beef, mashed potatoes and gravy for \$10.50. But that's not all that's good, the Whiskey sauced Baby Back Ribs fall off the bone, and the 1/2 lb. burgers are made from the best quality beef. Most burger combos run around \$11.00 and come with tots or fries. Their own juicy pulled pork with bbq sauce is also made right in house. The white meat chicken bombs are the bomb. With many combinations to choose from, I chose The Texarkana, which are chicken bombs topped with black beans, corn, tomato, salsa, cheese, and tortilla strips. You get a plateful for \$11.50.

For the heartier appetite, choose from a 12oz Angus Strip Steak or a juicy Chicken Breast dinner. They also claim to have the best wings on the planet, a full pound for \$10.00.

I like to go to places a couple times so I can try a few different items on the menu. I even picked up a carry out the last time when I was in Toledo. That works too. Over all, this is the place to check out for good food and a fun atmosphere. Check out the full menu out on their web site, luckiesbarnandgrill.



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**May 18th: Ink/Dye Fish Gourd
4pm/ \$40**



**May 18th: Paint Me a Story: 10am/
\$10 Reservations needed**

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In Your Own Backyard

The Alzheimer's Association is presenting a community workshop entitled **UNDERSTANDING ALZHEIMER'S AND DEMENTIA**, Tuesday, May 28th at 6 p.m. The event will be hosted by Clyde Gardens Place, 700 Coulson Street, Clyde. Snacks and Refreshments provided. Please RSVP to Jason at 419.547.7746.

May 18: Mt. Carmel UMC at 4997 CR 183, Clyde, Garage Sale from 9am-4pm, Lunch Stand, Plants, Bake Sale, browse through lots of treasures.

Izaak Walton shoots, first Saturday and third Sunday of every month through November. May 4 & 19, June 1 & 16. Saturday shoots start at 8 a.m.- 1 p.m. Sunday shoots start at 1 p.m. to 6 p.m. Cost is \$5 per gun for 20 target presentations and the public is welcome. Contact Larry Perkins at 419-355-8374 with questions.

Fremont Lions Club will host an informational dinner meeting to learn more about Lions International on May 21, 6-7:30 pm at the Fremont Eagles Club, 2570 W. State Street. Fremont Lions is part of the largest service club organization with more than 1.4 million members. Locally, Lion Luncheon meetings are held bi-monthly at Fremont Eagles.

5th Annual Bloomdale Spring Arts & Crafts Show / Car Show, Saturday, May 18th from 9-3. Benefits Cancer Patient Services. **Only handmade items 40+ crafters, Music, Food Trucks, Silent Auction..Lots of fun and raise money for a great cause!

The Tiffin Art Guild is sponsoring the 10th Tiffin Art Festival on Saturday, June 1, 9:30 am to 4 pm at Hedges-Boyer Park, 491 Coe St, Tiffin. Fine Artists & Craftspeople from northern Ohio will be displaying and selling their artwork in the park. Live musicians will perform throughout the day, there will be food available for purchase and craft activities for children.

Fremont Tree and Beautification Commission is taking nominations for their first ever Spring Blooms Lawn Judging, taking place on May 19. Call Rick at 419 307 8924, or Bev at 419 334 9981 for nominations or questions. Mother's Day and Father's Day sale on engraved pavers placed in the fountain area of Walsh Park; cost is \$55, regularly \$65, thru June. Info can be obtained at Otto and Urban Florists. We're looking for new members- we meet the first Tuesday of the month at 6pm, Feb.- Nov.. You don't have to have a green thumb! "Like" us on Facebook!

Downtown Fremont: May 5, Cinco de Mayo Festival 1-8pm. May 18, Fishing & Outdoor Festival 9am-3pm.

Downtown Spring Walk & Sidewalk Sales May 4th, 10 AM to 2 PM located on Main Street in Clyde. Come visit the merchants and vendors, activities and treats for the kids. Come and help judge the "Family Decorate a Light Post" contest sponsored by the Clyde BPA..

Trinity United Methodist Church will host a Chicken & Biscuit dinner on May 19, 11:30-1 pm in their Fellowship Hall at 204. N. Wayne Street, Fremont. The public is invited, cost is \$8 for adults and \$4 for children 10 and under. For reservations call Steve or Terri at 419 332 8167 or the church office at 419 332 5032. Walk-ins are welcome.

Fremont Area Women's Connection, monthly luncheon at Anjulina's Catering, 2270 W. Hayes Ave. on Tuesday, May 14, 11-1 pm. The "Stars and Stripes" theme will include Donna Miller who will sing and accompany herself on guitar. The guest speaker is Bev Kison from Paw Paw, Michigan, who will share her story of "how to survive the potholes of life". For reservations and free child care, please call Donna at 419 680 2251 or email Carol at fawcluncheon@gmail.com by May 9. Cost is \$12 inclusive. Any cancellation also needs to be reported to Donna or Carol.

Rummage Sale at Fremont First Presbyterian Church: Friday, May 3rd, from 9 a.m. to 4 p.m. The sale features clothing, household items, furniture, and collectibles as well as home-made soup for a donation. The \$1 bag sale is at 2 p.m. Proceeds go to local charities. Questions, call the church (419) 334-7171.

My Mother's Recipes

By Joanne McDowell

Easter Sunday we were treated to this delicious salad and I knew right then I had to share it with you. It is listed on allrecipes.com. Light and fluffy it is the perfect addition to a summer party or BBQ. Enjoy!

2 (15 ounce) cans pear halves
1 (3 ounce) package lime flavored Jell-O® mix
1 (8 ounce) package cream cheese, softened
2 tablespoons milk
1 (8 ounce) container frozen whipped topping, thawed

In a small saucepan, heat 1 cup reserved pear juice to boiling. Pour over lime gelatin in a small bowl; stir until dissolved. Set aside.

In a large bowl, beat cream cheese with milk until smooth. Blend in gelatin mixture. Chill in the refrigerator until partially thickened, about 20 to 30 minutes.

In a small bowl, mash pears until smooth. Fold pears and whipped topping into gelatin mixture. Pour into a mold. Chill until set, about 2 to 3 hours.

Dip mold in warm water for approximately 5 seconds. Invert onto a serving plate

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The King of Weeds

Submitted by Viola Purdy,
Sandusky and Ottawa County Master Gardener Volunteer

As I look outside on this blistery day in April, I look for the happy face of a dandelion, especially when mixed with the blue violets. My neighbor sprays his pristine lawn to eliminate them. Why would you want to get rid of these happy little guys? They're beautiful, and they're trying so hard to help. Every part of the plant is edible, raw or cooked.

Not only are dandelions plentiful, they're very nearly a perfect food. Dandelions are rich in potassium; magnesium; manganese; phosphorus; sodium; copper; choline; calcium; iron; lecithin; biotin; inositol; chlorophyll; fiber; and vitamins A, B1, B2, B5, B6, B9, B12, C, D, and E.

When eaten (roots to flowers/seeds), the dandelion forms a complete protein, with all 9 essential amino acids. That's a pretty good trick for a plant.

Dandelions are bitter. Harvest from a plant in a shady, well-watered location. Harvest younger greens, earlier in the year.

The root can be eaten raw but tastes better when cooked. Cooking brings out a much sweeter taste. Try them sliced and stir-fried with other veggies. They're also a fine addition to soups and stews.

The flowers make a colorful addition to salads, soups, ice creams, or just about anything else. Two of my favorite ways to eat them are sautéed in butter and as an ingredient in dandelion lemonade.

Sautéed blooms are easy. Just melt some butter and sauté away. (Alternately,

you could make a simple egg-and-flour batter and fry them. Yum!)

To make dandelion lemonade, just add about a quart of dandelion flowers to a half gallon of lemonade. Let the mixture infuse in the fridge overnight, then strain out the blossoms and enjoy.

Uses for Dandelions : Dandelion's bitter taste is likely also its best-known medicinal property. It's a bitter. Bitters are plants that encourage optimal digestion by stimulating the secretion of enzymes and digestive juices. Dandelion stimulates appetite, aids the liver in its detoxification duties,

Dandelion is also well-known as a spring tonic. It helps to flush and tone the body after enduring the rigors of winter.

The entire plant is diuretic, flushing excess water from the body and generally giving us a good cleansing. The leaf is more powerful than the root and is comparable to the drug furosemide in terms of strength. Don't take it right before bed or you'll be up all night. Trust me. I know.

Dandelion's diuretic nature may also help to explain its effectiveness in relieving arthritic complaints.

Dandelion, on the other hand, is so rich in potassium that even while it flushes out the body, it still provides a net gain in potassium.

For Skin Health: Its sap is helpful in getting rid of warts. However, this is not a quick process. The sap must be applied

several times a day for 2 to 3 weeks. Direct application of the sap can also help with moles, pimples, canker sores, and other skin blemishes.

Dandelion Coffee Recipe: Second-year roots are preferred, but good luck on guessing how old a dandelion is by looking at it. You can still use it to

make a caffeine-free coffee substitute. Slice up the root and slow-roast it in your oven until it turns dark brown and becomes brittle. This should take about 30 minutes at 350°F (175°C). Let it cool, and then grind it up to use like coffee grounds. I'm usually not a fan of coffee substitutes, but this is one I really enjoy.

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OUR FRIEND: THE PRAYING MANTIS

by Lester Wayne Daniels



Spring has arrived thus awakening new life by the millions. But before the trees blossom and the warmth sets in, have you ever seen those spongy golf ball sized objects attached to your bushes and wondered what they are? These objects are the overwintering egg cases called “oothecae” of the famous praying mantis insect. These egg nests will hatch hundreds of baby mantises or “nymphs” by Memorial Day weekend. During the morning hours, the mantis nymphs will emerge simultaneously as a cluster from under layered exit flaps located down the center of these casings. When they first appear, they are covered in protective sheaths and dangle from strands attached to their posterior. These coverings get discarded before they disperse into the neighboring foliage. Mantises, or “mantids,” have elongated bodies, can turn their heads, and are long known for the “prayer-like” posture of their large front “raptorial” legs. The front legs are equipped with dagger-like spines whose notorious stance have nothing to do with worship but is a position used before lashing out and capturing prey. Many types of insects,



including members of their own kind, are on their diverse menu. Starting out as small as mosquitoes, mantises grow up over 4 inches long by autumn and have 2 sets of wings. Nymphs resemble adults and go through approximately 7 life stages called “instars” before reaching maturity. Young mantids must shed their outer skin or “exoskeleton” by a process called “ecdysis” each time for them to grow. Females are larger and bulkier than males. In the fall, females become enlarged with eggs and use seductive pheromones to lure a suitor for mating. Males must carefully approach a receptive female or can become their next meal. Males usually escape death by positioning themselves on the female’s back away from her front legs. A week or so later, females lay their egg cases by attaching them to structures such as branches, fence posts, or weeds before she succumbs to cold weather or inevitable starvation. There are 2 species of mantises found in our area that resembling branches and have either a green or brown coloration. Both species are immigrants from other countries where one is from Asia while the other is from Europe. Their egg nests arrived as stowaways on cargo ships over a century ago and have become widespread across much of the country. The largest species is the Chinese mantis “Tenodera sinensis” who is a favorite among pet hobbyists and school children. Mantises are not poisonous and are harmless to people. But beware, if handled carelessly, they can deliver a painful pinch to your fingers. For more information, please read my book; “The Praying Mantis: A Manifestation of God Come to Earth.”

It's Time for Relay for Life-Saturday June 8th

By Amanda Branstrator

So exactly what is Relay for Life? Is it a walk? Is it a run? A fundraiser?

Actually, a little bit of all of those wrapped up into a whole lot of fun! Every year, Relay for Life of Sandusky County sets out with a fundraising goal that we attempt to meet. Teams of friends, families and local businesses make plans and have different types of fundraisers in order to help meet this goal. Fundraisers range from bake sales to quarter frenzies to bus trips and beyond! Then in June we all meet out at Connor Park at noon for a full day of fun and fundraising.



Can anyone come out to Connor Park the day of Relay?

Absolutely! You do not have to be on a team to come out and have a good time, we would love to have everyone come out to see us. We always have lots of different types of fundraising going on, most teams will be set up with tents and be fundraising. There will be a Chinese Auction in the barn with baskets made up by teams.

What else happens out at Relay?

The day starts at noon with opening ceremony where Event Leadership welcomes everyone to Relay and sponsors/donors are thanked. Our Honorary Survivor and Caregiver will speak about her/his fight against cancer. A survivor/caregiver lap will take place and then the fun will begin. Kids Power Hour is from 1-4 with crafts for kids, bounce houses 2-5 and the egg hunt is at 4:30! There will be a craft/vendor show for adults from 1-4. Teams will be fundraising at their tents. Luminarias will line the track honoring survivors, caregivers and those that have lost their fight with cancer. As dusk falls, the bags will be lit and the glow will light the track. At 9:30 pm a ceremony will take place midfield to celebrate and mourn. Closing ceremony will occur after everyone has time to walk the track and reflect.

Where can I get more information?

We would love to see you and answer any questions that you have. We are always looking for volunteers and new teams! Our website www.relayforlife.org/sandco or our Facebook page Relay For Life of Sandusky County has more information about Relay and current fundraisers. If you are interested in volunteering or starting at team please contact Brian Gibson at Brian.Gibson@cancer.org or 404-653-5830.

Come out to join us this year!!!

Discovering a Superstitious Practice

Demons, ghosts, fairies, spirits, and witches have been part of the world's history from the earliest of times. Spells, chants, charms, potions, and particular customs have been used by the superstitious to ward off evil spirits and protect them and their loved ones from demonic activities. Some used them to call up help from friendly spirits to bestow fertility or increase the family's prosperity.

At a recent event at Hayes, Sandy Riojas told about a little farmhouse located in Oak Harbor, Ohio that she and her husband own. Built in 1910, the house is now occupied by their daughter. Recently, while her husband was replacing an outside door, a child's shoe (pictured nearby) fell out. It seemed rather unusual at the time. But while sharing this occurrence with a friend, Sandy learned that sometimes people placed old shoes above doorways to bring good luck.

Upon further research, Sandy discovered there is an actual name for this practice. It is called "concealed shoes." Shoes have been found hidden away in buildings throughout Europe and around the world, including the U.S. since the 1300s. They have been found in chimneys, around doorways and windows, under floorboards, above ceilings, and in roofs. They have been discovered in country houses, homes, schools, hospitals, palaces, pubs, a Baptist church, a monastery, and even Charlie Chaplin's old movie studio! More than a thousand concealed shoes have been found in Western Europe alone!



The Northampton Museum in England has created a "concealed shoe" index, reaching nearly 2,000 entries. Here is a little of what they have learned. Most shoes were hidden at the time of construction. Generally, only one shoe is concealed. Folklorists theorize that by concealing only a single shoe, demons would not steal it. Almost all shoes discovered are worn or repaired. Perhaps people could not afford to use new shoes? Most were made of leather, but wooden clogs and rubber galoshes have been uncovered. There are more left shoes than right. Many of the shoes belonged to children – just like the one Sandy displayed.

According to a Wikipedia article, there has always been a connection between shoes and fertility. We have all heard the nursery rhyme "The Old Woman Who Lived in a Shoe" (who had so many children she didn't know what to do.) And many of us recall seeing old shoes trailing from the bumpers of newlyweds' cars. The Northampton Museum thinks that the significance of shoes rests in the fact that they are the only item that takes on the shape of the wearer. The museum also notes that a side benefit to their "concealed shoe" collection is that they have learned what common people wore hundreds of years ago.

We are never too old to learn!

By A Life Scholar at Terra State Community College

As the Spring Semester comes to an end, you still have time to join us for a history class or a day trip.

The history class is "Joseph & Mary and the 1916 Irish Easter Uprising". In 1916, a sickly poet named Joseph Mary Plunkett and the woman he loved named Grace Gifford were married in Ireland. Theirs was a doomed love. Just hours after their vows were spoken. Joseph was executed by a British firing squad. In 1985 two Irish brothers composed a heartbreaking, poignant song titled "Grace". The song tells a fictional but historically accurate account of Joseph's last hours and of his love for Grace, his comrades, and his willingness to die for his beloved Country's freedom.

We'll listen to the song and learn about this almost forgotten tragic event in Irish history known as the Easter Uprising. This is the true story of sixteen men from all walks of life, who in 1916 signed a Declaration of Independence from Great Britain and led a failed revolt. The 16 rebels, including Joseph Plunkett, were executed by firing squad for their attempt to end 700 years of English occupation of their land.

Their cause led to years of horrific violence in Ireland involving well known groups such as the Irish Republican Army (IRA), Sien Fien, and the never ending often bloody struggles between Irish Catholics and Irish Protestants. This class is being offered on Tuesday May 14th from 10:00 a.m. to 12:00 p.m.

Our last trip for the semester is "Travel the Ohio Trails". Ohio is full of different trails. Join us as we begin our journey to visit them and learn about Ohio history. On Tuesday May 14th, we will travel the creative writer trail to Columbus to visit the Thurber House to stop into the life of writer, James Thurber. While in Columbus, we will also start traveling the Paths to Freedom by visiting the Kelton House Museum & Garden, which was once a safe haven for runaway slaves.

Next month we will be previewing our Summer 2019 class schedule.

If you would like to learn more about Life Scholars or our remaining history class or trip this semester, please visit our Facebook page at LifelongLearningTSCC or the website at terra.edu/community/kern_center/lifelong_learning.

Birchard Library Programs for May

Programs for Children: Storytimes for 3-5 Year Olds Tues. at 9:30 am, or Wed. at 10:30 am

Storytimes for Birth to 36 Months Tues. at 10:30 am or Wed. at 9:30 am

Family Storytimes Tues. at 6:30 pm. There will be NO storytimes May 21, 22, 28, or 29.

LEGO Challenge Thursday, May 16, 4:30 – 6:00 pm

K – 6th graders can drop in and build LEGO creations on their own or as part of a team. We provide the Legos. Bring your imagination.

Programs for Teens: Game Night and Sundae Bar/Teen Program Tues., May 7, 4:30 – 6:30 pm

Teens in grades 6 –12 are invited to play games and enjoy a make-your-own sundae bar. Registration is required. Call 419.334.7101, ext. 209, or visit the Teen Page at www.birchard.org.

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Dear Cathy,

I have a rescued feral muted calico cat who's one of the sweetest cats I have ever known. But she is about to drive me nuts because she constantly grooms herself and has scabs and a mohawk. I have tried an expensive vet food, which she wouldn't touch. I can't afford the allergy test offered by my vet, but I can't stand to see her like this. I use Revolution, but it hasn't helped. I've even thought about sprinkling Bentyl on her food! Is there anything I can do to help? - Linda, Raleigh, NC

Dear Linda,

Your cat may be excessively grooming for a number of reasons, including itching from food or other allergies, pain, fleas and other parasites, or neurological problems.

If the spot is localized it could be pain. If it is widespread then may be the result of food allergies because that can cause a systemic body itch. It doesn't sound like

its fleas, since you're using Revolution. Don't give up on limited ingredient cat foods yet; there are many at the pet store that she might like. As for the Bentyl, it is prescribed for food allergies, so if your veterinarian recommends it, by all means, try it with your cat.

Excessive grooming, also known as psychogenic alopecia, also may result from excessive anxiety. Licking releases endorphins that soothe cats, so if they are anxious, they will lick more to feel better. The symptoms including licking, biting, chewing, hair loss, and skin wounds (as you describe). Obsessive behavioral licking, as it is called, is often diagnosed after all other things have been ruled out.

While your veterinarian can prescribe some anti-anxiety medicine, treatment generally involves stress reduction and enrichment. Introduce more play time with your cat, using a laser pointer to get her moving or puzzle toys that dispense treats. Brush your cat, if she will allow it, as she may relax from having contact

with you. I also would add a few drops of Bach's Flower Essences in her water and introduce feline pheromones into the home in the form of sprays, plug-in diffusers, wipes, or collars. These things can create a sense of calm, which can help reduce her stress.

Dear Cathy,

We have a 12-year-old chow mix and due to some health issues, she has been prescribed a few medications that come in pill form. Her sense of smell is incredible and regardless of how we try to disguise the pill, she finds it. We have hidden it in her regular dry/moist food, small meatballs, peanut butter and even small pieces of salmon. We're thinking of breaking the pills in very small pieces (we already cut the pills in half) or grinding them down, but we're concerned she won't get the full amount. - Rich, Rockville Centre, NY

Dear Rich,

Dogs are clever, aren't they? Let's try a different tact and eliminate all the subterfuge. Buy a pill popper. Put the pill in the popper, stick the popper in her mouth, push the popper gently, so the pill is released at the back of her mouth. Then hold her snout closed and blow on her snout to make her swallow. Ta-da! (I say ta-da because it will feel like a magic trick when you master the maneuver.)

It's also perfectly fine to grind up the pill or pour the contents of a capsule onto food. As long as she eats all the food, she will receive all of the medication.

(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.)

Some thoughts on raising children

By Robert Morton

Whatever your relationship is with your child, take note of these six practices that make kids feel good about themselves, learn responsibility and enable them to find genuine happiness.

1. Unconditional Love. Love children without strings attached. Confident kids know that significant adults accept them, while uncertain and fearful children feel they were never quite right in adult eyes.

2. Offer compliments, not criticism. Be quick in looking for the best in a child and be slow in pinpointing his/her flaws. However, remember that a blossoming child's self-worth can be harmed by never-ending compliments and bolstered by infrequent, but constructive criticism.

3. Listen and talk to your child often. The average American parent spends 18 minutes a day communicating with their children and most of that is nagging, scolding, grounding, reprimanding, moralizing, lecturing and preaching. Children need to know their parents are interested in what

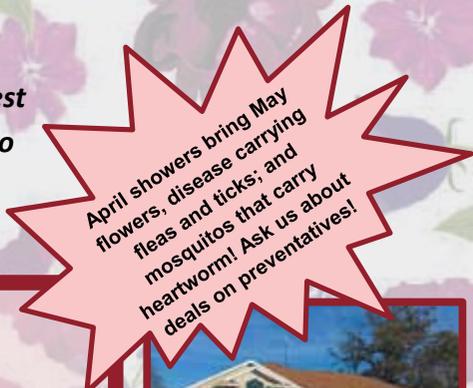


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Children, cont'd on 15

WOW, Wasn't that a Winter?

by Dr. Paul Silcox

Isn't it amazing how we look forward to spring, and summer after a winter like that? You know when you look back at the amount of snow and cold, it wasn't all THAT bad. However, when you look at the extremes, it was a doozie! When it was bad, it was bad! But when it was good, it seemed like autumn! Going from one extreme to the other; sweaters in January, then in February the temperatures hit the negative teens and in March I thought for sure that those 65 mph winds were going to rip the shutters right off the house.

Now that spring is here, both on the calendar and with temperatures to match, we're itching to get at our spring/summer TO DO list. But remember, that TO DO list pertains not only to your household and your family, look around as to where you can do good for your future, and to lend a hand to others. Have you ever started on a TO DO list and things didn't all pan out just right? I know I have. So what do you going to do? Give up? HECK NO! Think about this.....

KEEP TRYING KEEP MOVING KEEP
INSPIRING KEEP HELPING KEEP
BELIEVING KEEP DREAMING KEEP
HOPING KEEP LOVING

And Remember, YOU GOT THIS!

And for those that believe in an Omniscient Deity directing and interested in every aspect of their lives, remember these Rules:

1. He is sovereign, loving and wanting the best for you in accordance to His purpose.
2. When things go wrong and we doubt Him, See Rule #1.

What's on YOUR To Do List? Well in the words of Larry The Cable Guy, "Git 'er Done! See you in June!

Children, cont'd from 14

they're thinking, what interests them, and what is troubling them.

4. Treat them as special and unique individuals. All children carry their own developmental internal clock, one different from all others. Self-assured kids maintain importance in their parents' minds simply because they exist. Apprehensive children sense that parental admiration is gained solely through achievement credentials. Kids gain confidence and courage knowing that mom and dad are readily available is a problem should arise. Unsure children keep everything bottled up inside.

5. Discipline fairly and consistently. Children need unwavering guidelines so their lives are predictable, not erratic. Imagine the chaos if you were forced to drive on highways absent of median lines, speed limits, traffic lights and stop signs. Children navigate through life confidently when given a predictable code of conduct, but apprehensively under chaotic or permissive rules.

6. Discipline by laying down consequences that are logically connected to the misbehavior. If your teen disobeys curfew time on a weekend night, taking away TV privileges is not the answer. Instead, tell him the worry his disrespect for curfew hours caused you, then ground him for the entire next weekend. The weekend after, give him another chance with the understanding that multiple weekend groundings will occur if further violations happen.

The true meaning of discipline is teaching responsibility and that life has consequences for making bad choices.

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.

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