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October 2018



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Lifestyles 2000

October 2018
 Vol. 19 • Issue 10
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Out to Lunch

By Joanne McDowell



The Orchard

Labor Day weekend and it occurred to us that we hadn't been to The Orchard all summer, so we got with our friends, Gordon and Peggy Tod, and headed to Catawba. (The Orchard is just past the entrance to Gem Beach).

What I love about this restaurant is the varied menu, there is everything from Tuna Tartare to Crab Cakes to Clam Chowder, all favorites. We all agreed on the Wedge, one of the best around. All of the ingredients were off to the side and were so fresh, including the Bibb lettuce (\$9). There are several other salads, including a Caesar. One of the group ordered the Clam Chowder (\$7) and said it was almost as good as Legal Seafood's!. There is also Lobster Bisque (\$10).



I love the raw bar, and of course that meant one of my favorites, Tuna Tartare with avocado wasabi (\$15). I do prefer Nogoya's tartare, but this was good. You can also choose Jumbo Shrimp, Poached Crab and Oysters on the Half Shell.

I have to mention the drinks, I ordered a Cosmo, as my kids say, I am "stuck in the 90's". It was light pink and heavy on the vodka, absolutely delicious! One was enough!



For entrees we only had two, the Wagyu Burger (\$19) with fries, and the Catawba Style Lobster Roll on a toasted brioche that came paired with Old Bay chips.

Other entrees include Mahi Mahi, Filet Mignon, Perch, Salmon and Scallops.

Carrot Cake was on the dessert menu (\$8) and came with a large serving of ice cream. Not the best we have ever eaten, but not bad. There were also several pies and cheese cake to choose from.

Another nice dinner, but this is not an inexpensive restaurant, so be prepared to spend around \$100 with tip and drinks. It was well worth it and we won't wait a year to visit again, next time I am trying the Lobster Bisque and oysters. Enjoy!

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Lifestyles 2000

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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

This came in my email last month and made me feel so very blessed that I am sharing with all of you.



Been reading Lifestyles since I moved to Ohio from Illinois in the fall of 2003. My kids went to the African Wildlife Safari Park thanks to you! Learning someone has been playing Find Pete for 19 years has made me reflective. How very much I miss when my kids were kids and home with me yet.

Praying and wishing only good for you, the publication, and the whole area covered by it. Not many things that are enjoyable are free these days. Your publication is definitely something that adds extra sweetness to my life. Thank you for the time, dedication, and hard work you put into it.

Julie Wagner

Thank you Julie for your kind words. Have a great month.

Joanne

P.S. Cover photo of my grand daughter Ella dressed as Wonder Woman last Halloween.



September was very confusing because "Pete" never got removed from the August hiding place, St. Mary's bingo. The correct answer was Truscult, however, both answers were accepted. So for those who wrote and called, we figured it out once the entries started pouring in!

Find Pete Winners

Winners of the September contest are: Vicki Houdeshell, Julie Wagner, Joan Ameling, Marsha Cook, S. Geraghty, Mary Post, Jane Stout, Maureen Parman, Roy Twigg, Karen Weissinger, Fremont; Nancy Wright, Vickery; Virginia Berlekamp, Green Springs; Joanne Nailor, Bellevue; Shirley Swaisgood, Kathy Nieset, Helena; Julie Toy, Matthew Wasserman, Clyde; Lisa Hartenfeld, Sandusky; Robin Cornell, Gibsonburg.

Find Pete Prizes

Prizes are from Fastraxx, Dairy Queen and Jenesis Salon in Fremont. The Calico Cat in Clyde, and Old Fort Market in Old Fort. If you wish a specific prize, please list in your entry.

Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: lifestyles2000@sbcglobal.net, please include your name and address in the email. One entry per household. **Deadline is the 20th monthly.** Please do not send us the ad.

Gabby Gardener

By Kathie Hudson/Member of RFD Garden Club

It's always a treat to see new green growth of the plants coming alive. Inevitably it means the growth of weeds. My daughter has a very active young family and getting out without a tragedy is nearly impossible, so when she had a moment, she grabbed the weed sprayer and ran. She didn't get far when she heard the squeal from her seven month old. Daddy had his hands full with him and their two-year old and six-year old.

Placing the sprayer aside she ran to help, only to find in all the commotion that the two-year old, Mathias, had gotten out the front door. The search was quick. He proudly stood with the sprayer helping Mommy spray the plants. He was so happy when she gently took the sprayer from him and went to get the hose, hoping to wash off the spray, for he had sprayed her flowers, not the weeds! Needless to say, a trip to a greenhouse was needed to replace her beautiful flowers!

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

My Mother's Recipes

By Joanne McDowell

Apparently I have been lazy about this column but Lynn Fox from Gibsonburg woke me up with this delicious recipe, right in time for fall weather!

Zucchini Onion Pie

3 eggs
1 C. Parmesan Cheese
1/2 C. oil
1 Tbs. parsley flakes
salt & pepper to taste
3 C. sliced thin zucchini
1 C. baking mix
1 chopped onion

Mix together, place in pie dish, makes its own crust. Bake at 325 for 25 minutes till done. You can add ham chunks if desired.

(I looked up baking mix and there are many recipes to make your own. If you are a really good baker you probably already knew that!)

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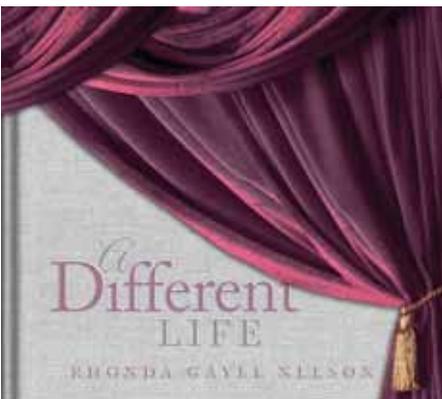
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Helen Marketti's Music Corner

Rhonda Nelson



The wife of Wayne Nelson (Little River Band) shares her thoughts on life, career and being married to a famous musician in her book, *A Different Life*.



We often see celebrities on television, in the movies or onstage. It's natural to think a celebrity must have a life that we can only dream about or their spouse must certainly have the good life and never have to work for anything. That would be a quick and unfair judgment, however. In her book, *A Different Life* (Half Nelson Press) Rhonda Nelson discusses many of life's events that all of us experience. "There is such a perception when your name is, dare I say, attached to a rock and roll star. A lot of that perception is very inaccurate. I wanted to write this book so people can see who Wayne and I really are and what our lives are like," explains Rhonda. "My book is not a difficult read. It comes from the heart. I wanted people to experience what is true. I wanted to pull the curtain back and let others know our lives are real just like anyone else. We do not live in an artificial bubble. We experi-

ence the same highs and lows of life. That was my main focus for writing the book."

"I think it's important to have your own identify. I never thought I only want to be known as the wife of so and so. Yes, that is one role I have that I take very seriously but I am also me. I have brains. I have run several businesses on my own including a restaurant and inn. I think too sometimes once women pass age fifty, we need to reinvent ourselves. Every line in my skin and every gray hair on my head are from life experience. It comes from the wisdom we learn along the way. I think we have a lot to offer and pass on to the younger generation. It's important," said Rhonda.

"Wayne and I have been together for twenty years. I am a little guarded when meeting people. I don't like to be that way but sometimes you have to be careful because you may question why someone wants to know you. Do they want to know you for YOU or because you are attached to a famous person? Not everyone you meet has sincere intentions. Being in the public eye, you have to respect yourself and the reputation of the band. The longevity of the Little River Band is reliant upon its reputation, for not only the shows and the music but also everyone's character in, with and around the band. You have to take that into consideration."

A Different Life includes many of Rhonda and Wayne's life events. Many are joyous and happy while others are tragic and full of sorrow. It is not one big long party as some may think. Rhonda shares the importance of friendships, being close with a parent, adopting pets who are special needs, favorite recipes and photos. It is all rolled into a special book that readers will enjoy and perhaps be able to identify with their own life experiences.



Rhonda loves to cook. The recipes in the book are some of her favorites. "A new project that Wayne and I are working on is called, "Sound Bite Kitchen". This combines music and food, which are the two universal languages of the world. It is something everyone can relate to and understand. Musicians from other bands come in the kitchen and we prepare a dish. Then we sit in the studio living room. The guests will sing some of their hits and Wayne will sing a song or two from the Little River Band. We are just getting

this project started and are excited," said Rhonda.

Sometimes Rhonda will travel with Wayne on tour. She has been on the road with him several times over the past twenty years. "What I love to see is the families bringing their kids to a show and over time those kids are bringing their kids! Everyone knows the words to the songs. I think Little River Band music has a way of reaching the soul and allowing people to connect. It's fun to see the multiple generations attend the shows. That is what keeps Wayne going. He turns 68 this year and it is his passion for sharing the music with people and letting them relive some awesome memories of their own."

www.rhondaraves.com
A Different Life is available through Rhonda's web site and Amazon.com
 Sound Bite Kitchen is on YouTube: <https://www.youtube.com/watch?v=qeW9Jy6JbPU>



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In Your Own Backyard

Birchard Public Library is offering a full week of events, including guest speakers, skype sessions, and a local author meet and greet during the first annual American Presidents Film and Literary Festival. Kirk Ellis, screenwriter of the popular mini-series about President John Adams, will be on hand to introduce the showing of the final episode on Oct. 6, at 3:15 pm. Episodes one through six will be screened at the library the evenings of Oct. 1, 2, 3, starting at 6pm. There will be guest speakers on presidential topics throughout the day on Sat., Oct. 6, including Dustin McLochlin rating the presidents, Tom Culbertson examining political cartoons of Abe Lincoln, Larry Michaels presenting presidential humor, and a live skype session with John Hennessey, author of the graphic novel Gettysburg. The local author meet and greet runs from 11to 4pm. All events at the library location are free. visit: AmericanPresidentsFilmFestival.org.

Birchard Public Library is having a book sale Wed., October 17, 5-8 pm. This night is for members only, but you can join that night for a small fee and still do the sale. Thurs. Oct. 18, the sale starts at 10-8 pm, Friday Oct. 19, from 10-5 pm and Sat. Oct. 20, is from 9-12:00 with Saturday being bag day. We supply the bags, you fill them for \$3. Birchard Public Library is located at 423 Croghan Street in Fremont

Prostate Cancer Support Group, Oct. 24th at 7 PM at Pro Med Memorial Hospital, There will be a guest speaker and private time of group discussion. For further information contact any of the group facilitators,, Ken Missler 419 559 1171,, Wilson Forney 419 355 8860,,Jim Piercefield 419 262 5663.

October 11th 4 to 7p.m. Clyde BPA Downtown Market. Produce and food vendors, activities for the children, treats

for children in costumes, direct sale vendors and vendors selling homemade items. Located at Main and railroad streets.

Oak Harbor Apple Festival-October 13-14: Come celebrate our 40th year. Held in downtown Oak Harbor with all activities located within a one block walking area. Enjoy the sights and sounds of the Grand Parade at 2pm, with chainsaw carving demonstrations, a cornhole tournament, bingo at the fire station and the talent show to round out the day's entertainment. Saturday night come to the beer garden which will feature a live band and a beer tent. Sunday is chuck full of fun as well, with our Classic Car Show, 5K Apple Run, 1 Mile Kid's Run, Apple Pie Eating Contest and local performers to make for a day of pure enjoyment! No admission fees for the festival and there is a \$1 shuttle from the high school parking lot. www.oakharborohio.net

VILLAGE OF LINDSEY FARMERS MARKET is held the second Saturday of each month through October, from 9 am to Noon, in the village park on Main Street. Open to vendors who wish to sell baked goods, crafts, produce, plants, etc. Fee is only \$5.00 for unlimited space.

Come on out to the Second Annual Harvest Barn Dance being held Sat., Oct. 6, from 6-10 at Historic Lyme Village, Route 4, Bellevue. This event is sponsored by The Bellevue Historical Society and Historic Lyme Village. Jerry Wittman will be calling the square dances but the evening will not be restricted to square dancing – round dancing and line dancing. Tickets are \$10 each and the proceeds benefit The Historical Society and Historic Lyme Village.

Hayes Ohio Star Quilt Guild Quilt show, Oct. 6 & 7, 10 - 3. Make & Take 1 free coaster

Quilters will be doing demonstrations and answering your questions at the Sandusky County Historical Society, Corner of Park and Birchard, Fremont.

Who is your favorite storybook character? You will be able to meet your favorite by coming out to Historic Lyme Village during Storybook Adventure, Sat. Oct. 13, from 11- 3. Other activities include a comedy play entitled Simply Cinderella, a Nursery Rhyme tour, Down on the Farm with John Deere, Charlie and the Chocolate Factory, Prince Charming Dating Game, the Little Engine That Could, train rides, with food available at the Humpty-Dumpty Café. Tickets are \$6/ adults - \$3/ children 3-2 and under 3 is free.

The "Great Hymns of Faith" Choral Festival Concert will be held this year at the Sandusky State Theater on Oct. 21st at 4 pm. With joy, we will continue to gather together to recognize that what unites us as a people is far greater than what divides us. The concert features the Festival Chorus consisting of various church choirs and singers from around the region. This concert will also feature the Firelands Symphony Chorale along with readings, reflections, and many other beautiful hymns. Tickets are already available for \$10 at <https://www.sandusky.state.com>, or at the theater door Oct. 21st.

During the month of October, Shop Bellevue Ohio will be hosting the 4th Annual Scarecrow Contest. Businesses and organizations will be entering and the public is asked to do a monetary vote for their favorite scarecrow. Check out ShopBellevueOhio.com and follow us on fb for a full list of participants and take a tour of all the entries.

2nd Annual Chris Kreilick's Memorial No Brainer 5k Halloween Run/Walk 2018 at Connor Park on Oct. 20th. Race

starts at 10am, registration fee is \$25 (includes a event T-shirt); after Oct. 10th fee is \$30. Kids fun run at 9:30am, fee \$15. Pre-registration available at <https://runsignup.com/Race/Events/OH/Fremont/ChrisKreilick1NoBrainerHalloweenRunWalk> Day of event registration begins at 8am. This event is put on by Barb's Shining Stars Relay for Life team & benefits The American Cancer Society of Sandusky County. Please sign up today to join the fun and help us make a difference in the fight against cancer!

Friends of the Clyde Public Library is having its fall book sale on Friday, Oct. 12th from 9 am - 5 pm and Sat., Oct. 13th from 9 am-3 pm. We will be having a nice selection of fiction - adult and young adult, non-fiction, magazines, CD's, DVD's, children's books. We will be offering a Clyde Public Library tote bag for \$3 when you buy 3 books on Friday and Saturday will be fill a bag for \$3. Bags will be provided.

Sandusky Twp Fire Dept. Spaghetti Dinner, Oct. 28th from 11am to 2pm. Dine in or carryout, \$8.pp.

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The Baloni Bullet and the Black Hand

On the night of March 9th, 1916, James Baloni (aka Bologna) rushed into the home of Angelo Lauria (aka Lowrey) to call the Sandusky police. He reported to Chief Weingates that his older brother Giuseppe (aka Thomas) Baloni had been shot in the neck and lay dead in the alley at Camp and North Depot. James had also suffered a gunshot wound to his thigh. Both had come from Italy and were working as section men on the Pennsylvania Railroad.

James told police that he had no idea who had shot them. But the coroner noted there were powder burns on Giuseppe's neck, indicating the murderer was at close range. He also discovered a 32 caliber revolver with 5 loaded chambers lying beside the body. Surely, there was more to the story than what James was telling the chief. In fact, James was also carrying a fully loaded revolver.

Weingates interrogated James before taking him to Providence Hospital. He also questioned Angelo Lauria.... No one was talking. The chief hoped the bullet would reveal the truth. Had the Baloni brothers fought and shot each other? Had Angelo Lauria shot both brothers? What was the motive? Was it a family argument or was it the work of the "Black Hand"?

Black Hand tactics were at work in Sicily at the turn of the century and then infiltrated Italian neighborhoods in large U.S. cities. Black Hand suspects used extortion and threats of violence to extract protection money from their intended victims. The term Black Hand evolved from the cryptic notes that bore black lettering and drawings. Now, Chief Weingates suspected the Black Hand may have come to the Sandusky area.

Eventually the bullet did reveal the truth. It was not of the same caliber as that of the Baloni brothers' revolvers. Pressuring Angelo Lauria further, he confessed that it was his brother Dominick who had murdered Giuseppe and wounded James. Dominick had fled the city on the very night of the killing.

Less than a week later Diego Lauria, cousin of Dominick and Angelo, turned up dead at the Vissenera boarding house. Two 38 slugs were extracted from his head. All eight boarding house residents were held at the police station and questioned. Chief Weingates told the "Sandusky Register" reporter that Diego had been implicated in a Black Hand murder at Marblehead a few weeks earlier.

Further investigation led Chief Weingates to suspect boarding house resident Vincenzo Denneria as the man who had killed Diego Lauria. Vincenzo was picked up while on the run in Toledo. He later confessed that he had murdered Diego because he feared Diego was out to "get him." The two had quarreled



when Diego had lured Vincenzo's cousin Mariano Dennaria to Marblehead to extort \$100 from another Italian. In a matter of three weeks, Giuseppe Baloni, Diego

Lauria, and Mariano Dennaria had all been victims of revenge. While the chief had arrested two of the murderers, Dominick Lauria still remained at large six months later. Sadly, Weingates' theory had proved correct. The Black Hand had indeed come to Sandusky.

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What's the Matter with Willie?! Monarch Magic



Robin Arnold

By Friday, September 7th, the last orioles had left. We've been feeding the left-over grape jelly from the opened jar to the sparrows just to get rid of it. Hummingbirds are still visiting the feeder, though; they usually don't leave until around the end of September. Soon we'll clean all the feeders and put them away for another year.



Gena Husman

The other morning when I opened the door to the chicken coop, I was greeted by a strange sight: Willie the rooster, who is usually up crowing before dawn was still sitting on the roost—all by himself. He stared at me

glumly and made no move to come down. Leica, our five-year-old hen—and only survivor from the original flock—was parked in a nest box and Maggie, the little blue Americana hen was also sitting in a nest box—she's broody and disagreeable nine months out of the year anyway, and I have to pick her up and set her on the ground three or four times each day. Amelia, the other little blue Americana hen—the one who had had a stroke was the only one walking around in the coop. But Willie's not as fond of her so he ignores her.

Willie looked depressed and suddenly, I knew why: his two favorite hens weren't making any move to get out of the boxes. Maggie was going into her second round of being broody, but Leica must have just started. I remembered that she'd spent most of the day before in a nest box—I just thought it was taking a while to lay her egg. Each hen thought she was chosen to be the "mother of Willie's children," although neither was actually sitting on an egg—the nest boxes were empty. Amelia was the only one lay-

ing eggs—she hadn't gone broody since her stroke two years ago.

I carefully picked up both hens who were fluffing up their feathers and growling—and set them outside the door. Willie perked up and jumped off the roost to join them. It was short-lived, however. Both hens ran cackling dementedly around the chicken yard a couple of times, stopping long enough to grab a mouthful of feed and a drink before ending up back in the nest boxes. In the end, Willie spent his morning out grazing beside the wild bunny that hangs out with the chickens, and little Amelia went in and laid an egg that both broody hens tried to pounce on...but I got it first.

We lost two beloved hens earlier in the summer to an accident and an illness. Shortly afterward, we noticed that Willie's ratty-looking head feathers suddenly "blossomed" into a beautiful headdress. Apparently, the two deceased hens delighted in pecking at the newly emerging feathers on his head, maybe thinking they were grubs. Susie always perched above him on the roost at night, giving her a clear shot at the top of his head, and we'd both seen Harriet walk over and peck him on the head while they were out grazing in the chicken yard during the day. The other three hens never bothered him. Sadly, we know now why his head was always a scraggly mess. With his head full of beautiful feathers, Willie is a very handsome, white-crested black Polish rooster...and he knows it.

If you were anywhere near Lake Erie the rainy second weekend in September, you might have witnessed the monarch butterfly magic along the lake-shore. According to the Ottawa Wildlife Refuge this was a once in a lifetime occurrence...everything came together and conditions were just right for this to happen. Unfortunately, we missed it—but we heard that thousands of butterflies were literally dripping off the trees. The next morning, we walked up the path to our marsh and found ourselves surrounded by mon-



arch butterflies flitting through the grass and shrubs, and over our heads in the bright morning sunshine. We counted 100 plus butterflies that morning. Not as spectacular, maybe, but more than we'd ever seen all at once on our property. It was good enough for us.

(We love to hear stories from other people and we welcome comments and questions. We can be reached at: muskrat55@yahoo.com (Robin) or g_husman@yahoo.com (Gena))

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Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

I need to begin my column this month with an apology to my readers, the Lifestyles' publisher and Janet, my computer transcriber.

Once in a great while, my personal and family life, my part time work at the Hayes Presidential Center, my volunteer spirit, and my business life at home-The Old Garden House-seem to jockey for space on the calendar. I am not complaining, admittedly I love it. I thank the Lord every day for the daily allotment of health and the energy He sends. However, I do apologize for missing the publication deadline last month. Thanks to all of you for your patience with me.

Something special is happening in our family—two of my grandchildren are being inducted into Huron High School Athletic Hall of Fame. Sara Sage-DeMarcus for volleyball and her brother Sam Sage for football. They both live in California and will be returning home for the ceremony and family time with all of us. I will be attending the banquet and will be having some “Just Us” time with them when they come here for lunch. Sara and husband Matt will bringing their six month old baby, Rollie, I can hardly wait. It's been quite a while since I've seen them and I have not yet met my great grandson, named in memory of his great grandfather. I guess I had better dust off that “Baby Holding” rocking chair of mine! I love it!

We will serve Tea at Two twice more during the 2018 year; Oct 21st and the Christmas tea on November 27th.

Because of weather issues, we do not hold teas in December, January or February. Teas are difficult to cancel. Reservations are made in ones, twos, threes etc., where with lunches and dinners, they are made by one person for the group. At this writing 15 spaces remain for the October Tea on the 30th and only 2 for November 27th tea. Call Ms. Grace at 419-332-7427.

These early fall rains have revived the late summer flowers. They have come alive with renewed energy and a last burst of color. The summer of 2018 was good to gardeners, travelers and sun lovers everywhere. This is an excellent time to make notes and garden plans for next year. You can transplant perennials yet this fall and get a head start on spring 2019.

Fall is in the air, trees will soon be ablaze with colors—bright orange, golden yellows, soft tans and pale greens. Fall means football, walks along leafy paths, and big piles of raked leaves for kids to run through and bury themselves under. There's apple cider to drink and pumpkins to carve. Best of all, there's the warm hands of a loved one to hold as together you watch the fading embers of a campfire and contemplate the meaning in the words, LIFE IS GOOD!

(We could never be mad at Ms. Grace, she has graced our magazine with her presence for nineteen years!)

Mitchell Dermatology Holds Its First Fall FREE SKIN CANCER SCREENING EVENT!

Did you know that skin cancer is by far the most common type of cancer? Every year, more than five million people are diagnosed with skin cancer. One in five Americans will receive a skin cancer diagnosis in their lifetime.



To identify melanoma early, know your ABCDEF's of Melanoma:

- **Asymmetry:** a mole, growth, or brown spot that is not symmetrical (irregular in shape) may be melanoma.
- **Border:** Most moles have smooth borders; melanomas typically have uneven, ragged borders.
- **Color:** Most moles are all one shade of brown; melanomas may be several different shades of brown, red or blue.
- **Diameter:** Most moles are smaller than the tip of a pencil eraser; melanomas tend to be larger.
- **Evolving:** Moles can change over time. A mole that is changing - becoming larger, changing color, developing a bump, itching or bleeding - should be seen by a dermatologist immediately.
- **Family History:** Heredity plays a major role in melanoma. Each person with a first degree relative diagnosed with melanoma has a 50% greater chance of developing the cancer.

Don't be a statistic. Get screened!

Mitchell Dermatology will hold its First Fall Free Skin Cancer Screening on Saturday, November 10th from 9:00 a.m. to 1:00 p.m. at the Dorothy L. Kern Cancer Center – 2390 Enterprise Drive, Fremont. Screenings take only ten minutes and can save lives. This event is for everyone and all ages are welcome. Call 419.872.HOPE (4673) for more information.

Mitchell Dermatology Welcomes New and Returning Patients to their Perrysburg, Fremont & Fostoria Locations

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Please Join Me and Vote "NO" on Issue 1!



Judge Robert G. Hart – Sandusky County Court of Common Pleas

On November 6th, the "Neighborhood Safety, Drug Treatment, and Rehabilitation Amendment" will be on the ballot as Issue 1. It is a proposal to drastically reduce the penalty for possession of drugs. Our Chief Justice Maureen O'Connor has called upon judges to publicly oppose it. She believes it is a disaster. I agree.

Issue 1 would reclassify all fourth and fifth degree felony drug abuse offenses as misdemeanors. These drugs include heroin, opioids, methamphetamine,

cocaine and fentanyl. A mere trace of fentanyl, enough to cover Lincoln's beard on a penny, is fatal. Possession of 19.999 grams of fentanyl, enough to kill over 10,000 people would be a misdemeanor offense.

READ THIS: Unless an offender has been convicted **THREE TIMES** for a newly classified misdemeanor in a rolling two year period a judge **CANNOT IMPOSE A JAIL SENTENCE.**

Treatment and recovery are the better part of the battle against the raging heroin epidemic. I wish all addicts would seek recovery. I also wish for world peace, but I would not propose that we dismantle our army in a blind hope to achieve it.

UNDERSTAND THIS: A drug addict has one goal...to get high again. To do this, they often steal, break into our homes and businesses, prostitute themselves, or otherwise wreak havoc in our community. The "Neighborhood Safety Amendment" does not make our neighborhoods safer!

Drug addicts will not get treatment unless they face negative consequences. This is sometimes provided by family members; more often by a judge. This proposal takes a potential jail or prison sentence off the table. Addicts will have no incentive to get treatment. I'm concerned more young people will die!

JUDGES KNOW: It is counterproductive to incarcerate an addict without first offering drug treatment. We realize our

prisons are overcrowded. Funds have been directed to local communities to make treatment available. The proposed constitutional amendment does **NOT** offer any new ideas.

Ohio does not need to be a leader in the decriminalization of drugs. Imagine who it will draw into our community. Consider the social costs, the broken lives and broken families.

Issue 1 is not a liberal/conservative issue. It should not be a partisan issue. It is an issue about common values and common sense. The "Neighborhood Safety Amendment" is anything but! Consider it...follow your better instinct...Join me and vote "NO" on Issue 1!

Judge Robert G. Hart – Sandusky County Court of Common Pleas

"Grate" Treats & Eats

By: Chris Timko-Grate

As I begin this column I am seeing the signs of fall leaving summer behind. The cooler days and nights, the color changes in the trees, the school buses up and down the roads, and all the fall vegetables in the farm markets we visit. I am sure you are all saying the same as me, "where did the summer go? Of course the weather should hold out for a good while yet and we can still enjoy more festivals, flea markets and garage sales.

I did find another cookbook last week and it is from the Toledo Hospital Auxiliary in 1991 and has 391 pages! I was sure I would find some good recipes and I found two I want to share with you. Enjoy!

Beef, Leek and Barley Soup

3 short ribs
 1/2 cup barley
 3 cloves garlic, chopped
 2 onions, chopped
 3 big leeks, washed and cut lengthwise then rough chopped
 Mushrooms, fresh, canned, or dried oriental
 Suggested vegetables, fresh or frozen: lima beans, peas, chopped tomatoes, potatoes (any of your favorite vegetables)
 8 cups beef stock
 Put short ribs in bottom of soup pot. Add the beef stock and simmer for at least 3 hours. After 2 1/2 hour skim fat

and chop meat and add back into pot along with vegetables. Simmer another 30 minutes or until everything is cooked but not mushy. Enjoy on a cold winter day!

Cheesy Cauliflower Soup

3 cups chopped raw cauliflower
 1/2 cup celery slices
 1/2 cup carrot slices
 1/4 cup chopped onion
 Water to cover
 1 tsp parsley flakes
 2 cubes chicken bouillon
 1/2 teaspoon salt and pepper
 1 1/2 cups milk or more
 2 tablespoons flour
 1/2 pound cheddar cheese, or more
 2 tablespoons
 1/2 pound cheddar cheese, cubed
 In saucepan, combine first 9 ingredients, mix and simmer covered for 15-20 minutes
 Until vegetables are tender. Add milk to flour mix well. Add to vegetables and cook until thickened. Add cheese, stir until melted.
 Variation – Use broccoli. Serves 6

Quote for the month

All I want is less to do, more time to do it, and more pay for not getting it done (author unknown!)

Ohio Senior Insurance, LLC Offers Free Medicare Plan Reviews

Each year people with a Medicare Advantage Plan or prescription drug plan can switch plans during the Medicare Open Enrollment period October 15th thru December 7th. This means Medicare recipients can look at all the options for the coming year to be effective January 1st. A few of the reasons to look at options may be:

- the plan no longer meets their needs
- their doctors and other healthcare providers may no longer be in the network
- a change in prescription costs
- or perhaps new plans are available in the area for the first time.

So where do people go to learn more about their 2019 Medicare options? There are several ways, but in order to fully understand all options, a person should consider contacting an independent licensed agent who is able to discuss all the features/benefits of all available plans in detail and to ensure that it meets the person's needs. Not all plans are the same and plans can change from year to year. Ohio Senior Insurance, LLC provides a resource of local independent licensed agents presenting over 20 different insurance companies. Our agents are available to review a person's Medicare plan options, answer any questions, and handle the enrollment, if desired, into the correct plan at no cost to them. In-home and online appointments available.

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Omarr's Astrological Forecast

By Jeraldine Saunders

ARIES (March 21-April 19): Keep your promises and people will respect your integrity. The dragon guarding the cave has gone on vacation so set your sights on achieving a worthy goal. Money may arrive unexpectedly.

TAURUS (April 20-May 20): Home might be where the heart is, but you might shine brightest in the outer world. Expect to receive enthusiastic cooperation from your peers or co-workers when engaged on an important job or project.

GEMINI (May 21-June 20): This could be a perfect time to examine your fundamental wants and needs. Learn to be more spontaneous as you interact within a group although you may need to be the soul of discretion when handling secrets.

CANCER (June 21-July 22): In the month to come you may make career choices that depend upon having a sterling reputation. You may be called upon to go the extra mile for a friend. Concentrate on making extra money to obtain your fantasy.

LEO (July 23-Aug. 22): The difference between fact and fantasy might cause a feud in the upcoming month. You may even imagine that what you have in your bank account is adequate to fulfill your dreams. Avoid minor disputes with loved ones.

VIRGO (Aug. 23-Sept. 22): All that glitters might not be gold but could be worth a second look. You will need to be in the right place at the right time to profit and reap the benefits of your inspiring ideas.

LIBRA (Sept. 23-Oct. 22): There is no business like show business. Show what you've got. You may be called upon to demonstrate your working ability or to produce hard facts and figures rather than mere wishes and dreams.

SCORPIO (Oct. 23-Nov. 21): Your judgment is a bit better than usual, especially with matters to do with home and family. You may receive kudos for a job well done or for your brilliant ideas at the work place.

SAGITTARIUS (Nov. 22-Dec. 21): Concentrate on finding common ground with others, so that you can share in beneficial trends. Draw others into your inner circle and freely share your joys, hobbies, and inspiring thoughts.

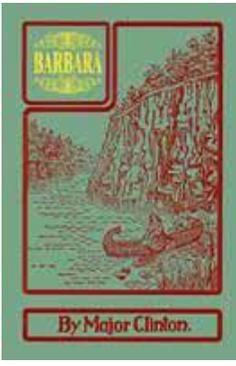
CAPRICORN (Dec. 22-Jan. 19): Your naked ambition may be obvious. Nevertheless, you will be willing to play fair and share your good fortune. This is a time when following rules can lead to positive changes and decisions.

AQUARIUS (Jan. 20-Feb. 18): In the month ahead, you might push too hard to get your own way. Gauge carefully the potential reaction from others before making impetuous changes and proposals. Friends may provide good advice.

PISCES (Feb. 19-March 20): Your business and negotiation skills will be in fine fettle as this month unfolds. But there may be more important subjects for you to consider as you contemplate better and improved conditions. Focus on the future.

Fremont's Forgotten Novel Republished

In January of 2018, Jay Gamertsfelder of Fremont, Ohio established Blue Banks Publishing, LLC in order to republish an extraordinary old novel entitled, "Barbara": A Romance of the Sandusky River Valley and a Tale of the War of 1812 and 1813. Mr. Gamertsfelder has read 300 books since becoming disabled in 2001, and "Barbara" is his all-time favorite. He wanted to republish "Barbara" so badly that he overcame six back surgeries and 12 years on Fentanyl in order to do it.



"Barbara" is set on the "Blue Banks" of the Sandusky River, near downtown Fremont; but it has scenes from Old Fort, Tiffin, Fort Jennings, Defiance, Toledo, Michigan, Kentucky, and Canada. Fictional characters like Barbara Beaumont, Lone Arrow, Lieutenant Beveridge, and Father Jacquese lead the reader through the war story while historical figures like William Henry Harrison, Tecumseh, Anthony Wayne, and George Croghan add significance to an otherwise fantastic love story. This edition of "Barbara" came off the press in June. The story was originally written and published in 1901 by Frank Culley, a soldier and newspaper man from "Lower Sandusky." "Barbara" made Mr. Culley a star in the literary world, and then the story was essentially forgotten about for over 100 years until it was discovered by Mr. Gamertsfelder several years ago.

"Barbara" is a love story, and a war story, and a uniquely American story. It is also Mr. Gamertsfelder's testament to making this world a better place through education and grit.

To experience more of "Barbara," or to order a book, visit bluebankspub.com. "Barbara" is also available locally at PostNet, 1409 East State Street, for \$13.99. Look for more publications from Blue Banks Publishing coming soon.

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Mrs. Van Houten, the lady around the block

By Robert Morton, M.Ed, Ed.S



Robert Morton

It's odd how childhood experiences shape many of our adult sensitivities. As a preschooler growing up in the quiet, tree-lined bedroom community of Rocky River, a far western suburb of Cleveland, I experienced this phenomenon.

My neighborhood was familiar and friendly. Few new people moved in or out and everyone knew everyone else. At age four, I was pretty much on my own since both my older brothers attended 3rd and 6th grades at nearby Kensington Elementary School.

One day, my mom asked me to visit an older friend of hers who lived around the block. My mom was age 36 and her older friend was probably around age 50. She told me her name was Mrs. Van Houten and she would be waiting for me with homemade chocolate chip cookies, my favorite! I made it around the block and knocked at her door in less than a minute. The year was 1951, and I discovered paradise! Her back yard had a log cabin play fort full of toys and parked alongside was a solid steel fire engine pedal car painted with a bright-red, lead-based paint and a shiny chrome steering wheel and detachable ladders.

Mrs. Van Houten sat on her back patio, sipping coffee, and watched me play. I'd take a break, sit down with her and gobble down a few more chocolate chip cookies while we played Mr. Potato Head, sticking face pieces into a real potato. Back then, the game only had the face pieces!

Suddenly, I noticed her eyes grew watery. I asked her why she was crying. She laughed, then wiped her eyes, patted my head and said, "I'm fine, Bobby. It's just that our son used to play out back here." I was only age four but knew not to pursue the matter further.

After a fun day of playing in my new-found paradise, I returned home and told my mother what happened. I had no concept of what or where Korea was or that eight armored North Korean divisions attacked across the 38th parallel and invaded the Republic of South Korea. Other than my pet hamster dying, I had no concept of death and couldn't imagine that 37,000 American army soldiers and marines were killed in driving them back north. I didn't know that Mrs. Van Houten's son was one of the fallen and that he joined the army at age 19... and never came back home.

My mother replied to me, "It's pretty hard to explain, Bobby. But, I know that it would be nice if you visit my friend now and then... I think she'd like that."

Yes, it's odd how childhood experiences affect us later in our adult lives. Even

though that experience happened 67 years ago, every time I hear of a young American soldier killed somewhere around the world, my mind flashes to their loved ones who were waiting for them to come back home. My mind wonders back to the lady I used to visit who lived around the block who

made chocolate chip cookies, Mrs. Van Houten.

Robert Morton, M.Ed., Ed.S. has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership and

Policy Studies at Bowling Green State University. He authored two books: "Finding Happiness in America" and the spy thriller "Penumbra Database"- both can be found in Kindle or paperback at Amazon.com books.

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United Way of Sandusky County



October 1, 2018

Dear United Way Supporter:

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Through our United Way funded programs, Sandusky County residents are able to gain assistance with important and even challenging issues. The United Way of Sandusky County's Community Impact Agenda focuses on supporting programs which provide services in the areas of Safety and Basic Needs, Health, and Education. With this commitment and your financial support, more than 1,000 requests for basic needs were met, emergency shelter offered to 150 families, support for 122 cancer patients provided, and more than 800 youth received educational and recreational services last year.

As a part of a program funded by the United Way of Sandusky County, I believe in the mission. So many valuable programs and lives are touched by the local funding generated through the annual campaign. I ask you today to join the United Way of Sandusky County's 2018 campaign to support your neighbors and community. Together we can reach our local goal of \$850,000.00.

Your tax deductible donation to the United Way of Sandusky County will ensure that our local programs are able to continue providing very critical services, meeting the needs of many Sandusky County residents in 2019.

Thank you for supporting our local United Way efforts!

Susan Frye
2018 United Way of Sandusky County Campaign Chair

To view a full listing of all our Funded Programs please visit www.uwsandco.org

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Woman says condo doesn't allow 'service' dogs

Dear Cathy,

I live in a condo that doesn't allow certain service dogs. I have a certificate, a vest and badge, and a doctor's letter, but the president of the condo association doesn't want to look at it. I have panic attacks, anxiety and depression. When I have my lab with me, she calms me down until I am totally calmed down. Isn't there a law that service dogs are allowed in condos? - STK

Dear STK,

Under the American Disabilities Act (ADA) and Florida law, if your dog is a service animal - an animal that has been trained to provide certain tasks for someone with a mental, physical, sensory, psychiatric or intellectual disability - then your condo must allow the dog to remain with you. A service animal must have received specialized training to respond to your particular disability.

These laws, however, do not apply to emotional support animals. An emotional support dog is not trained to provide a service, even though there is no discounting the fact that he or she is providing an enormous comfort for a stressed owner. Emotional support animals, however, are covered under the Fair Housing Act, and no training is required. You do have to provide proof, which requires a letter from a doctor or mental health care professional who has determined you need this emotional support animal for a mental health disability.

Unfortunately, emotional support animals do not have the same guarantees to be in public spaces, like restaurants and grocery stores, as service animals, but landlords are required under the FHA to make reasonable accommodations for people who need emotional support animals. The caveat: Not all properties are covered by the FHA.

If you are unsure whether your dog is a service animal or an emotional support animal or is covered under the FHA or not, consult a lawyer. Hopefully, your condo allows pets because it's clear you benefit from having a dog in your life.

Dear Cathy,

I love all the reader tips about getting a cat to cooperate with nail trimming. I have tried all those suggestions at one time or another with my cats, but to no avail with nail trimming. So now,

I take one of my guys to the vet (he was banned from the pet groomers for rude behavior). The other cat, however, sits there sweetly, docilely and readily allows the groomer to trim his nails. He even purrs throughout the process. - Melissa, Newington, CT

Dear Melissa,

If at first you don't succeed, find someone else to do it. Cats are particular about people and sometimes it just means you have to find the right person to cut their nails. I am not surprised you have two different solutions for two different cats. They have such different personalities, and a technique that works on one won't necessarily work on another.

Dear Cathy,

I cannot believe your answer to John who "inherited" his daughters 115-pound Great Dane. Substitute "dumped" for inherited and "cruel" for metal cage daily. Oh yeah, that would require critical

thinking on your part - instead of "pat" answers. Why not educate these people? Don't buy a dog you plan on leaving in a cage all the time. My heart goes out to the Great Dane living a horrible life in a cage. Probably went from a "puppy mill" breeder straight to a clueless owner and onto her clueless dad. Instead you should have asked these two morons how they would like to be left in a cage unable to do much else other than lay down or stand for most of their lives. I find both the question and your answer despicable. With contempt for your "expertise." - Susan, via email

Dear Susan,

I am sorry to disappoint you. We clearly have different approaches to education. It doesn't matter whether the dog was "dumped" or "inherited;" the man was seeking advice on how to care for his new dog.

While I didn't chastise the man (or call him names) for keeping the dog in a kennel most of the day, I did recommend he not keep his dog in a kennel anymore. I admit I could have added that kennels should be used for training and short-term management and not all day use. When it comes to educating people about animals, I have learned that if you chastise people, they tend to not listen to your advice, and the animal continues to suffer.

It's important to educate people in a way that motivates them to do the right thing, rather than shame them for doing the wrong thing. Shaming people almost always backfires.

(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](https://twitter.com/cathymrosenthal).)



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Why Do We Age? Can we slow it down?

By Dr. Paul Silcox

Have you ever looked around at people you know and thought, "Wow, they're showing their age" and then looked in the mirror and said, "Who's THAT?" as you look at yourself. Then you look on TV and see stars like Sylvester Stallone and Suzanne Somers and you find out that the secret to their youthful appearance is that they are getting injections of human growth hormone that costs anywhere from \$3000 to \$7000 a month!

I don't know about you, but I don't have the endless resources of movie or rerun residuals to support getting injections. In our youth, the major hormone responsible for our growth is human growth hormone, or HGH. It's made in the Pituitary Gland, called the "Master Gland" of the body. HGH peaks out in its production when we get to our late 20's to early 30's. That's when it begins to slowly decline for the rest of our lives.

So many of us are familiar with the signs and symptoms aging but not too many have any clue what can be done short of having a Brinks Truck to pay for the astronomically expensive HGH injections.

Many experts confirm that elevating the growth hormone levels when you are older, may bring back your levels to when you were in your 20's or 30's. And with it, benefits may include, healthier looking skin, hair and nails; increased joint mobility, decreased stored fat, better muscle tone, improved strength, memory, libido and bone density.

To deal with depleted growth hormone levels, New U Life has created SOMADERM Gel. It is the ONLY transdermal (which means NO injections) FDA registered human growth hormone (HGH) product available without a prescription.

Since the gel is applied topically, within 5-10 minutes it is absorbed thru the skin. Because it is absorbed slowly, it is recommended to be taken for 6 months before evaluating the benefits. However, I have seen numerous testimonials of people seeing positive results in 2 months or less. I'm in my 4th week of applying the gel twice a day and I do definitely see my body responding.

If you'd like to learn more about SOMADERM Gel and see if it might be good for you start "gellin" go to www.getonthegel.com to watch a 3 minute video. Then if you'd like to learn more, stop by my office, I'd love to tell you more.

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Phone 419-307-8094

728 N. Stone St., Fremont

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Dr. O’Connell is located at our CHS main office located at 2221 Hayes Avenue in Fremont.

Please watch our Facebook page for news and updates!

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

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

**Please call (419) 334-3869 to schedule
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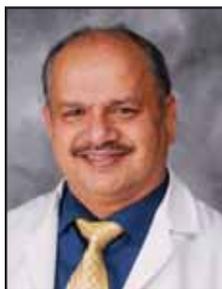


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