

2000 Lifestyles

FREE
Vol. 21 Issue 8
August 2020



Celebrating
21
1999-2020
YEARS

Lifestyles2000.net



GOOD NEWS FROM THE **CHS Dental Department!**

We're Back to Our Regular Schedule!

After a few months of providing emergency care only, CHS Dental is now back to providing all services, including preventative care and oral hygiene at our main office!

State-of-the-Art Air Purifying and Disinfecting System

As an added measure of protection for our patients and staff, CHS has installed a state-of-the-art air disinfecting and purifying system in the Dental department. This system kills bacteria, viruses, mold, mildew, and other contaminants, eliminates odors, and destroys particles as small as .001 microns. The air purifying and disinfecting system runs 24 hours a day, 7 days a week.

Welcome Dr. DeShawn Crapp and Dr. Samantha Lindsay

We are delighted to welcome two new dentists to our CHS dental staff! DeShawn Crapp, D.D.S. is a graduate of Meharry Medical College in Nashville, Tennessee, where he earned his doctorate of dental surgery. He completed a dental residency at the University of Toledo Medical Center.

Samantha Lindsay, D.D.S. is a graduate of the Ohio State University College of Dentistry where she earned her doctorate of dental surgery.

We're Hiring Dental Assistants!

If you, or someone you know is a talented dental assistant looking for an opportunity to work with a fantastic team, we'd love to talk to you! CHS is hiring dental assistants for our Fremont, Fostoria and Napoleon offices (opening fall 2020).

If you're looking for a career opportunity with great benefits, competitive salary and amazing work environment, please send your resume to hr@fremontchs.com.

Thank you for your support as we all continue to adjust to working through the challenges of COVID 19. We're doing our best to meet your dental needs and keep you and our staff safe. To schedule an appointment, call (419) 334-3869.

Follow us on Facebook and Twitter for updates!



COMMUNITY HEALTH SERVICES

WE CARE .

CHS accepts all payment sources including Medicaid, Medicare, Commercial Insurance and Self-Pay. A sliding fee schedule is available for qualifying patients based on family size and income.

www.CHSOhio.com 
www.facebook.com/CHSOhio 
[@CHS_Ohio](https://twitter.com/CHS_Ohio) 



Lifestyles 2000

August 2020
Vol. 21 • Issue 8
www.lifestyles2000.net

Celebrating
21
YEARS



LOCAL NEWS & NOTES:

Camp Fire News 3
Life Scholar, Kathleen Nalley 4
Press Releases: Library & "Jaws with Paws" updates 11

ENTERTAINMENT:

Out to Lunch, Lynn Urban. 5
The Outing of Valerie Plame, Robert Morton. 6
Astrology Forecast, Magi Helena 8
History Notebook, Nan Card. 9
In Your Own Backyard 11

HEALTHY LIVING:

Mayo Clinic: Turmeric's anti-inflammatory properties
may relieve arthritis pain 7

HOME & HEARTH:

Jill on Money, Jill Schlesinger 5
Gabby Gardener, Katie Hudson 6
Kiss-Me-Over-The-Garden-Gate, Grace Nause. 8
My Pet World, Cathy M. Rosenthal 10
93 Days, Dr. Paul Silcox 11

Many of our locations are currently closed but we are still available at: Fremont- Cookie Lady, Grund's, Root's Poultry, Kroger's, Subway, Hasselbach Meats, Bark Creek Pantry; Walgreen's, Dairy Queen; Gibsonburg Kirwen's Grocery; Oak Harbor IGA; Clyde Subway, Drug Mart, Miller's Grocery. Bellevue Goodwill and East of Chicago Pizza. Or go online to: Lifestyles2000.net

Camp Fire News and Notes

Are you in need of some summer fun for your kids!? Camp Fire has safe and healthy options to give you a break this summer! We are holding in-person and virtual summer camps and still have openings for both virtual and in-person options running through August 21st! Contact the office to learn more about our increased safety standards which meet and exceed Ohio JFS guidelines for reopening childcare programming.

We are also excited to announce the hiring of Micah Zinna, our New Program Director. Micah comes to us from years of work in both local and National Camp Fire programming. Micah has a Masters Degree in Education and is ready to grow the programs in our area! Be on the look for the increased Fall and Winter Programming being offered at Camp Fire and throughout the Sandusky County Community thanks to Micah's leadership! So include the continued development of our Fremont City School K-5 ODJFS Licensed Before- and After- School Programming! Camp Fire is accepting registration at our website now for the 2020-2021 school year.

Camp Fire is also thrilled to be collaborating with Youth Move! If you have any 6-12th graders in your life who are interested in gaining additional leadership development skills and would love to give back to their community have them contact Micah Zinna; mzinna@campfiresc.org to find out more about being a part of this program.

For more info about any of the events mentioned in this article please follow us on FB , Twitter, Tik Tok, and Instagram or visit our website at www.campfiresc.org, call the office: 419-332-8641, or stop out to the Camp Fire office at 2100 Baker Rd to see what is going on!

A huge thanks to United Way Sandusky County for your financial support for our youth programming!



Camp Fire

Light the fire within

A United Way Member Agency



WE'RE PROUD
OF OUR
ELMWOOD
HEROES!

Elmwood Communities
Senior Living & Healthcare

Fremont • Tiffin • Green Springs

Stay In Touch
on Facebook!

Lifestyles 2000

PUBLISHER/EDITOR

Joanne McDowell

SALES

Joanne McDowell

567-342-3117

email lifestyles2000@sbcglobal.net

DISTRIBUTION

Pete McDowell

GRAPHIC DESIGN

Martha Blumel, Envision Graphic Design

ADVERTISING/GENERAL INFORMATION

For advertising and general information call 567-342-3117 or

email lifestyles2000@sbcglobal.net

Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to lifestyles2000@sbcglobal.net by the 20th monthly. Sorry, we cannot return phone calls and we will do our best to print those received. Press releases must be submitted as Word documents only. No PDF files please. We cannot run fliers, please write up your event and we will include "In Your Own Backyard." Please make sure ALL info is correct before sending.

Lifestyles 2000 is a monthly publication available free of charge at over 100 retail locations in Sandusky and Ottawa counties.

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

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

Distribution of the paper does not constitute an endorsement of products, information or services. Neither the advertisers nor the publisher are responsible for omissions, misinformation, typographical errors, etc. herein contained.

Subscriptions are available for 12 months by first class mail for \$25. Please send name and address to:

Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Happy Dog Days of Summer!

Helen Markett's column is missing this month due to the death of her mother in late July. We wish Helen our deepest sympathy.



So glad you picked us up this month, we continue to try to be in as many locations as possible, and perhaps in the next few months can return to Bellevue and Memorial Hospitals. In the meantime those homebound can always find us at Lifestyles2000.net. All of our past issues over the last several years are available there.

God bless,
Joanne

Find Pete



There were 120 correct answers this month. If you said Swim Rite Pools you had it correct. Thanks for entering!

Winners of the "21 Years" contest are Cheryl Abel, Gibsonburg; Lindsay Wood, Fremont; Karen Langley, Clyde. Congrats!

Find Pete Winners:

Winners are: Scott Bowlus, Jeanette Setzler, Chloe Butzier, Jon Brough, Susie Horsley, Gary Nossaman, Fremont; Sandy Matter, Becky Balsizer, Linda Shetzer, Terri Chagnon, Clyde; Janet Raifsnider, Joel Bickhart, Bellevue; Berta Seymour, Jena Bahnsen-Wright, Rosa Hasselbach, Oak Harbor; Paula Renfro, Green Springs; Brooks Babione, Burgoon.

Find Pete Prizes:

Prizes are from: Color Haven, Otto & Urban Florist, Pottery Perfection; A's Family Restaurant; Share & Care Fremont; Old Fort Market, The Calico Cat, Clyde. If you wish a specific prize, please include in your entry.

Find Pete Contest Rules:

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

Life Scholar

With creativity and commitment from Community Education Coordinator, Holly Huffman and Terra Community College staff, the Life Scholars Program is unveiling a COVID-19 safety sensitive agenda for the Fall.

Popular travel excursions and On the Road Classes have been suspended until further notice. Their return will be announced on the continually updated Facebook page @LifelongLearningTSCC and the Terra website, Learn.Terra.edu.

Class size will be reduced and social distancing practices implemented. Instructors and students will be masked, temperatures taken, and sanitizer made available. Between classes, rooms will be sanitized. Nightly, ozone machines will address air quality.

Options for virtual classes for those who want to participate in the comfort of their own home will be available. One may call for more information at 419-559-2255 or refer to learn@terra.edu for an updated listing.

Catalogs have been sent to returning students and credits from Spring cancelled classes will be applied to Fall course selections. Please call to register to hasten adjustments rather than registering online. With reduced class size, there will be a waitlist and additional sessions will be opened. Registration is open now and some classes are already full. The catalog is available at http://terra.edu/community/kern_center/lifelong_learning. Those interested can, also, call to request a hard copy at 419-559-2255.

The Sampler, a seasonal overview of upcoming classes, will occur with a few modifications. The event will be held in two sessions at the Neeley Center on Sept. 1st from 10 a.m. to noon, or 1 p.m. to 3 p.m. Cost is \$5 with prepackaged snacks and refreshments offered. Pre-registration is required and no walk-ins will be accepted. Respect for safety protocols will be paramount. A presentation by Tim Wasserman will address "How to Set-up a Zoom Account" for those unfamiliar with this popular distance learning option.

An early opportunity beginning August 4th through September 1st is the Free Financial Planning Seminars offered in partnership with Patricia Gerber of TransAmerica and Terra State College to help navigate participants' financial lives. Weekly topics will include Budgeting for All Ages, Investment & Retirement, Long Term Care Planning, Creating Your Financial Plan, and Resume Writing and Interview Skills. This special offering was made possible by a grant received through the Terra College Foundation from the U.S. Bank Foundation. Sessions will be held at the college in the Doepker Leadership Center and will, also, be available virtually. Easy to register by calling the office or online at learn.terra.edu.

The commitment of safety has been creatively addressed for Life Scholar Members by providing options for everyone. Register now for in-person or virtual participation.



Out to Lunch

By Lynn Urban

Summer in Port Clinton is always a great time of year with all of the wonderful places to eat and drink. And the crowds, oh don't you just love the crowds? Well this year it's a little different. The restaurants are open but they may not be as crowded, you may have to wait a little longer to get in since they are not letting as many people in at a time. But don't let that stop you, the restaurants still need your business.

By now most people know Nagoya on Catawba is out and The Que Barbecue and Brew is in. It has been renovated into an open dining room and bar, with large windows overlooking the water. They still have a large area for dining on the outdoor patio, along with a patio bar with extra seating, which is really nice when you're waiting for a table.

I went on a Thursday, thinking it wouldn't be too crowded, but there was still a wait. I imagine the weekends are a lot busier.



You are given a side of peanuts covered in their rub, don't eat too many, but they are addictive!

As with many BBQ joints, the menu consists of a variety of smoked meats, such as brisket, ribs, sausage, chicken, pulled pork, and on Thursdays, smoked meatloaf. I got the meatloaf which was a good size {I got two meals out of it}. It came with two sides for \$15.00. The side dishes have a southern flair, like collard greens, sweet potatoes, mac & cheese, smoked baked beans, creamed corn, and a hearty corn bread. We also tried the baby back ribs which were nice and tender and meaty, although a 1/2 rack was \$15.00 and the sides were extra. Each table also receives a caddy of their four signature BBQ sauces.

For dessert, choose from one their homemade southern favorites, the pecan tarts, peach cobbler, or banana pudding.

The Que- something different when you're in the mood for BBQ, and what I like is that it is locally owned and not a chain. They are closed Monday and Tuesday, open at 4:00 Wednesday, Thursday, and Friday, and open at noon Saturday and Sunday.

Jill on Money

By Jill Schlesinger

Has housing bottomed?

Housing data for the month of May paints a confusing picture: Existing Home Sales were off 9.7% from April and compared with a year ago, purchases were down 26.6%, the biggest annual slide since February 2008. But New Home Sales were up 16.6% from April and were 12.7% higher from a year ago. The National Association of Realtor (NAR) Pending Home Sales Index was even more impressive, up 44.3% from April, the highest month over month increase since the series began in January 2001. However, the index was down 5.1 % from a year ago, so the news wasn't all rainbows and unicorns.

What's going on? One issue is when the reports are compiled. Existing Home Sales are counted when transactions are closed; while New Home Sales and the Pending Sales Index are based on when contracts are signed, which means those later two generally lead the former by a month or two. If we were not amid a health pandemic, then I would happily declare that the housing market likely bottomed in April. But as new cases of the virus spike in the South and West, it's too early to say that the worst is behind us.

While activity has been wobbly amid the lockdown, the pre-pandemic trend of high prices persists. You can blame the simple fact that there are not a lot of houses for sales. As of May, inventory for existing homes was down 18.8% from a year ago, the lowest level since at least the early 1990s. The lack of homes for sale has pushed up prices, with the median existing-home price at \$284,600, up 2.3 % from a year ago and the median sales price of new houses sold in May at \$317,900.

Does that mean you should put your house hunting on hold? Not necessarily. Although the economy has entered a recession, for those who have secure jobs and have run the numbers, there are compelling reasons to consider purchasing a home. The most important is that mortgage rates have dropped to all-time lows. According to Freddie Mac, a 30-year, fixed rate mortgage carries a 3.13% rate, while a 15-year is at 2.59%. Those low rates have encouraged would-be buyers to emerge from lockdown to get back in the game.

While it took more than 10 years for purchase demand to rebound to pre-recession levels after the Great Recession, Freddie Mac notes, "In this crisis, it took less than ten weeks." The quick turnaround also may have something to do with the pandemic itself, as many urban dwellers headed out of their cities, seeking space and non-elevator living of the suburbs.

Analysis by the American Enterprise Institute found that during the four weeks from mid-May to mid-June, home purchases (as measured by interest-rate mortgage application locks) in non-urban areas increased by a third more than in urban areas compared to the same period last year. Economist Joel Naroff believes "the virus may be helping as people who were on the fence about where to live may be turning to less dense locations," but he also cautions that it will be a while before it becomes clear whether these moves were temporary are part of a longer-term trend.

Finally, many would-be buyers are reluctant to pull the trigger on a purchase, before their employers decide about work from home schedules. If more companies incorporate job sharing and remote working into their businesses, many workers could potentially live in cheaper areas that provide other benefits like more space or proximity to family, without sacrificing career advancement. That type of migration would be a game-changer for the real estate market.

(Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at askjill@jillonmoney.com. Check her website at www.jillonmoney.com)



What's your advisor's sell discipline?
 Call 419-355-0279 to learn about ours.

Jerome A. Wiggins, President
 528 3rd Avenue, Fremont, OH 43420
www.vaultinvestmentpartners.com

Investment advisory services offered through Vault Investment Partners, a Registered Investment Advisor.

The Outing of Valerie Plame

By Robert Morton

Valerie Plame faced many dangers in shielding Americans from weapons of mass destruction. Unlike Hollywood depictions, not all CIA agents use State Department official cover and play the James Bond role, wearing tuxedos at gambling tables and mingling with foreign dignitaries at cocktail and dinner parties.

Plame did not enjoy the protection of diplomatic immunity. If caught by foreign intelligence, she had no protection from prosecution under that country's laws. As a NOC agent, she didn't pretend to be a "fake" diplomat. She assumed deep cover and distanced herself from the luxurious State Department life that is complete with rich foods and top-flight martinis. Instead, she worked overseas under the CIA cover of a company called Brewster-Jennings and Associates and spied on Saudi Arabia, China, Iran, Iraq, Libya, North Korea, Pakistan, Russia and Syria.

She used a vast mosaic of lies and props to penetrate foreign organizations and to detect and prevent the proliferation of nuclear weapons from harming America. Neither friends, neighbors, family members nor her fiancé knew she worked for the CIA's enigmatic Non-Proliferation Center in Langley, Va., a cadre of analysts, technical experts and former field operatives.

In case a foreign intelligence service conducted a background check, she masqueraded as an "analyst" for a front company named Brewster-Jennings and Associates. To add credibility, the CIA listed it on her Federal Election Commission forms when she made political contributions; registered it on the Dun & Bradstreet database; named it as her employer on her IRS W-2 tax forms; and set up an office in a plush, 21-story office building in downtown Boston. Business cards, a phone number and post office box number complemented the subterfuge.

Gambling on her NOC deep cover smokescreen, Plame ventured overseas, and infiltrated groups involved in smuggling nuclear weapons and the material used to create them. She attended trade shows and business conferences and interviewed and attempted to recruit foreign scientists and developed informal networks with engineers, secretaries, salespeople and suppliers.

She, "by coincidence", bumped into honest and sleazy characters alike, whom her CIA handlers targeted. She hoodwinked, sweet-talked, bribed and recruited "assets" (spies) in order to gain information about raw materials and hardware even remotely associated with the process of building weapons-grade nuclear material that could someday wreak devastation on Americans.

But vengeful politicians outed her, and Plame's deep cover and overseas networks blew apart. Foreign intelligence services pored through passport databases and uncovered when she had set foot on their soil: her arrival dates, lodgings, dining spots, meetings attended and contacts. The lives of her acquaintances and the foreign assets she recruited were in peril.

Even today, other NOC agents find it more difficult to recruit foreign assets who fear their CIA handlers may be outed by Washington politicians. The Plame betrayal harmed America's national security and put the lives of intelligence agents and their foreign contacts at risk.

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 spy thriller novels: "PENUMBRA DATABASE" and "MISSION OF VENGEANCE"- both can be found in Kindle or paperback at Amazon.com books.

Drown's Farm Market

2562 County Road 185
Clyde, Ohio
N. of Rt. 19 / S. of Limerick Rd.

Sweet Corn • Tomatoes • Peaches
Green Beans • Zucchini • Potatoes
Cantalope • Candy Onions
Cucumbers • Apples • Peppers

Open 9-6
7 days a week

419-639-3789
419-639-3032

See us at the Farmer's Market

Cut Flowers
Succulents, Herbs
Hanging Baskets
Mums-Patio Pots
Bedding Plants

OTTO-URBAN FLOWERS

905 E. State St.-Fremont
419-332-9275



Neighbors Helping Neighbors

Sandusky County Share and Care/ Fremont Salvation Army Unit

Support our local FFA, 4H, and farm youth by
attending the Sandusky County Fair August 25-30!

Gently used clothing, glassware, crafts, books,
toys, jewelry, shoes and so much more.

Dollars spent here support families in our community.

School Uniforms .25 pants and shirts up to youth size 12
Pants \$1/Jeans \$2, Short sleeve adult shirts .25,
Long sleeve/sweaters .50, Coats \$1, Kid's clothing .25

"Follow us on Facebook-
Sandusky County Share and Care"

Tues 10-3, Thursdays 10-7, 1st & 3rd Saturday 10-3 pm

"May the God of hope fill you with all joy and peace in believing,
so that by the power of the Holy Spirit you may abound in hope."

- Romans 15:13

School Uniform
and School
Supply Giveaway
Saturday,
August 1st
10 am - 3 pm

129 Bidwell Ave.
Downtown Fremont
419-334-2832

Pirate
Treasure Hunt
Saturday,
August 1st
11 am - 1 pm

Gabby Gardener

By Kathie
Hudson

It all started with a rabbit. Oh, she was so cute as she sat there nibbling on the early spring grass. I enjoyed watching her wiggle her ears and twitch her nose when I came out to prepare my garden for the summer ahead. She was hardly afraid of me and went about her business as I went about mine.

I began planting my flowers knowing how beautiful they would become. But... Where is my newly planted Butterfly bush? Why are the leaves missing from the Shasta Daisy? I know I planted Bleeding Hearts here.

Look, another cute bunny. Oh my, make that two.. No, three. How did that rabbit get all the way over there so fast? What? Another rabbit?

Over night my geraniums were bitten down to nubs. There's that rabbit calmly eating the clover in the yard. Just as if she wasn't the one chewing on my Rose of Sharon. Is she smiling at me? This is war!

Hey you kids, chase those bunnies. Fencing doesn't look so good but they work. I dare one of you rabbits to take a bite out of that rose after I sprayed it with hot sauce or the Repels spray I bought at the store.

Yes, they still are cute but they sure look better away from my yard!

The RFD Garden meets the third Tuesday of the month at 7 pm. Call Patti Saam at 419-307-7776 for questions. We'd love to tell you more about our club.

Mayo Clinic

Turmeric's anti-inflammatory properties may relieve arthritis pain

DEAR MAYO CLINIC: My friend says that her arthritis pain improved after she started taking turmeric. Can you tell me more about this supplement?

ANSWER: Although turmeric is a common spice in many home pantries, many people are not familiar with its purported health effects. Relieving arthritis pain is one of many such purported health effects.

Turmeric, a plant related to ginger, is grown in many Asian countries, as well as other tropical areas. It's a major ingredient in curry powders - common in many Indian and Asian dishes - and is used as a coloring for foods, fabrics and cosmetics. The underground portions of the plant can be dried and made into capsules, tablets, extracts, powders or teas. Or they may be made into a paste to apply to the skin.

Turmeric's main active component - curcumin - is what gives the spice its yellow color. Curcumin has anti-inflammatory properties, making it a potential treatment for a number of health conditions, including reduced pain and increased ease of movement in people with osteoarthritis. One study found that taking turmeric extract three times daily was comparable to taking a 1,200-milligram dose of ibuprofen daily. However, more research is necessary to confirm these effects.

Other research suggests that curcumin may reduce cholesterol and triglyceride levels. In addition, it may lessen some of the symptoms of rheumatoid arthritis, such as joint swelling and morning stiffness. Other areas of investigation include curcumin's effect on Crohn's disease, certain cancers, depression, diabetes, joint pain and irritable bowel syndrome.

When taken by mouth or applied to the skin, turmeric - and the curcumin it contains - appears to be generally safe when limited to less than 8 grams a day. That said, different amounts often are recommended depending on the health condition being addressed, and higher doses have been used for limited periods of time. High doses or long-term use may cause gastrointestinal upset for some people. Ask your health care provider about taking turmeric if you have gallbladder disease, as it may worsen the condition. You also should talk to your health care provider about turmeric if you take an anti-clotting medication or chemotherapy, as the supplement may interact with your medication. (Adapted from Mayo Clinic Health Letter)

- Katherine Zeratsky, R.D.N., *Endocrinology/Nutrition, Mayo Clinic, Rochester, Minn.*

(*Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to MayoClinicQ&A@mayo.edu. For more information, visit www.mayoclinic.org.)*



Bethesda Care Center
600 North Brush Street
Fremont, OH 43420
www.bethesdacare.org
Phone: 419-334-9521

Bethesda Care Center is a Volunteer of America senior living and care community providing short-term rehabilitation, long-term care, memory support and respite care in a warm, nurturing environment.

Find us on Facebook at Bethesda Care Center



Get Ready for a WILD Time!

Celebrating 50 WILD Seasons

1/20

\$3.00 OFF
Adult Ticket (7 years+)

\$2.00 OFF
Children's Ticket (3-6 years)

\$66.95 CARLOAD
(up to 6 people)

Provide e-mail address to redeem this coupon

Valid for up to 6 people with coupon. May not be used in combination with any other offer.

Drive-thru Safari
Educational Animal Programs
Rain or Shine

267 S. LIGHTNER RD
PORT CLINTON
OH 43452
17 MILES W. EST
FROM CEDAR POINT!
1-800-521-2660

AFRICANSAFARIWILDLIFEPARK.COM

North Branch Nursery, Inc.

Pemberville, OH 419-287-4679

www.NorthBranchNursery.com





Redeem this coupon for \$10 off purchases of \$50 or more.
Excludes Gift certificates, services and landscape.
Expires: 12/23/2020.
Limit one per visit. Cashier use code: Lifestyles

3359 Kesson Rd., Pemberville, OH Visit our Website for current hours



Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): Work to understand and strengthen any weak areas in a key relationship. You may feel pulled in multiple directions; be clear and direct about upholding your commitments.

TAURUS (April 20-May 20): There is no time like the present. You may have been dreaming of having a special item, or had your heart set on owning the latest gadget, and there it is. Don't hesitate to go ahead with inspired purchases.

GEMINI (May 21-June 20): You can easily navigate the nuances of the social scene. You can make a good impression on others during the next few days, which may offset any lack of expertise with business or finances.

CANCER (June 21-July 22): Make headway while you have time and energy. This is the best period to make key decisions and put your plans into action. You will find that partners may be optimistic and eager to be cooperative.

LEO (July 23-Aug. 22): Be authentic. You will always prevail when you under-promise and over-deliver. Your intuition and generous instincts might be right on the mark right now, but later they may be more difficult to access.

VIRGO (Aug. 23-Sept. 22): Your enthusiasm makes you a daring contender. You may put your best foot forward whether you are playing tennis or working on a creative idea. Get all your ducks in a row quickly.

LIBRA (Sept. 23-Oct. 22): Don't hold back when you're in a beneficial situation. People are likely to see you in your best possible light, giving you a chance to make your fondest dreams come true.

SCORPIO (Oct. 23-Nov. 21): Sharing mutual sympathies can create a symphony of hearts. Someone's presence may prove uplifting. Avoid being pinned down to a promise, and don't put significant plans into motion.

SAGITTARIUS (Nov. 22-Dec. 21): You may feel you don't have a care in the world, but you will still need to be mindful of real-world necessities. Get your thoughts and your important belongings organized.

CAPRICORN (Dec. 22-Jan. 19): During the month to come, someone may trigger your passion either emotionally or intellectually. You might be filled with energy, so focus it and trust that everything will turn out well in the end.

AQUARIUS (Jan. 20-Feb. 18): Some wild ideas might work out better than anticipated. Focus on your finances while you are inspired to make a good showing. Pressure on the job may increase late in the month.

PISCES (Feb. 19-March 20): Focus on being healthy and wise. The part about being wealthy should take care of itself. The month to come may contain some genuine opportunities for intelligent purchases or to make a splash in the business world.



Kiss-Me-Over-The-Garden-Gate

By Grace Nause

Have you ever seen a Weeping Weigelia Tree? There isn't such a thing unless you do what I did and then presto, cha-ching, you've got one!

Quite a few years ago our daughter Angie and her family rented an old farm house with a big yard filled with many old overgrown bushes, trees and flower beds. I stopped by one Saturday and found Angie and her sons who were busy trimming a huge Weigelia bush. Adam, then sixteen, was working on the big branches closest to the ground. "Grandma, should I just pull this one out, it's loose?", he asked. With that, he gave a mighty yank and out it came, roots and all. He tossed it on the trim pile. I said, "Wait!" Then I stood it up with the roots on the ground and said, "Look, a Weeping Weigelia Tree. I've got just the spot for this." "It's all yours, mom", Angie said. I took it home, dug a big hole and planted it. I drove a stake in the ground to support it until it became adjusted to its upright position. Here we are many growing seasons later and it looks much more like a bush than a tree. It is just beautiful! It was loaded with pink blooms a couple of weeks ago and its branches cascade almost to the ground. It's six feet tall and I keep it trimmed to about that height. See, you really can teach an old branch new tricks!

They say that, "Age is an issue of mind over – if you don't mind, it doesn't matter." I recently came to the realization that I really don't mind and that it truly doesn't matter. In fact, I never have thought much about age, mine or anyone else's, other than the milestones when a person could vote, collect Social Security or Medicare, it just didn't matter. That's why, in a recent phone conversation with a friend I said, "Well, when I get old....," then I stopped in the middle of the sentence and said, "Wait a minute, I am old!" We both laughed and she said, "Grace, you may get old but you will never BE old; not with your positive attitude and zest for living." (Always did like that friend of mine.) When we finished our conversation, I walked to the mirror to check and sure enough, there they were.... wrinkles, crows' feet and laugh lines, plain as day! How did I not notice them before? As I thought about all those laugh lines, I smiled, remembering all the joy they represent. I asked myself, would I want to do without them? No way! The worry lines and wrinkles represent sleepless nights with sick children, ears straining to hear the car in the driveway at curfew, sharing joy or agony with a son or daughter after their big game, the good and not so good grade cards, their dating years, the times they break our hearts and the times they make us so proud. These thoughts make the wrinkles take on a whole new meaning. With the Lord's blessings, I intend to never be old regardless of what the calendar says. **Just for the record, I will be 86 on the 27th of July.** So, smile while you think about all the ways that LIFE IS GOOD!

Ms. Grace



LOOP-LOC
POOL COVERS
No Compromises... No Excuses!

**IN CASE YOU WERE WONDERING
WHO MAKES THE STRONGEST SWIMMING POOL COVER...
This Elephant Is Standing On The Answer: LOOP-LOC!**

It takes an extraordinary cover to support the massive weight of an African elephant... but this LOOP-LOC does it with ease! And strength is only one of the reasons to choose LOOP-LOC. Consider the fact that LOOP-LOC's extruded-polypropylene mesh lets rain drain right through, so no dangerous standing water can ever form on top. And that each LOOP-LOC is computer-designed for a perfect fit. And that your LOOP-LOC goes on and off so easily, opening and closing your pool becomes an easy one-person job! Just don't forget that it has to say LOOP-LOC on the cover to be a genuine LOOP-LOC!

Swim Rite Pools

**2218 W. State St., Fremont
419-332-4441 • 1-800-303-4469
Mon-Fri. 9-6, Sat 9-3**



**Swim Rite –
Not Wrong**

History Notebook

By Nan Card

Emma Foote's Days at the White House

It is estimated that First Lady Melania Trump has a social secretary and as many as 12 assistants. During the Hayes administration, it was not customary to hire a staff to assist the First Lady. Without grown daughters, Lucy Hayes invited nieces, cousins, and daughters of friends to stay at the White House to help with social events and secretarial duties. One of these was Miss Emma Foote of Cincinnati, who Lucy had known since her husband's years as Ohio's governor.

Emma was the daughter of Jane Foote who had come from New York to Champaign County and then Cincinnati. A widow, Jane and daughter Emma, lived in the Carlisle House, owned by her brother-in-law George Carlisle, a wealthy Cincinnati banker.

When Hayes became president, Lucy immediately asked Emma to join them in Washington. Of course, Emma was thrilled. Her letters to the Carlises give a glimpse of life at the Hayes White House. She not only assisted Lucy for more than a year, but also traveled with the Hayes family, attended social events and state dinners, including the first – given for the Grand Dukes Alexis and Constantine of Russia.



She wrote that it was raining "dreadfully" in Washington that night, but everyone attended and gathered in the Blue Room before dinner. Emma wrote, "Mrs. Hayes looked like a queen" as she took her place between the Russian dukes. Emma commented it "was the grandest sight I would ever expect to see as I looked up and down the table."

She and Minnie Monroe attended the theater accompanied by General Sherman. Emma enjoyed elegant luncheons given by Kate Chase Sprague. She shopped in New York for Lucy, delivered flowers to disabled veterans, wrote letters, and accompanied Lucy to charity events. Emma traveled with the family to New York

and throughout New England. Lucy gave her a "special room" at the Soldiers' Home where the Hayes family stayed during the hot summer months.

Although not wealthy, Emma had received an excellent education. She was deeply interested in politics and appreciative of the opportunity to know some of the nation's most prominent men and women. Her nearly year-long stay led many to believe she was part of the Hayes family.

But indeed, Emma was not a relative! In the spring of 1878, Webb, the Hayes' second son and secretary to his father, proposed to Emma. Sadly, Emma wasn't interested. It was then that she knew it was time to leave.

She joined her cousins in New Jersey. Later she met Colonel George Glenn. In the winter of 1880, Lucy and Rutherford attended Emma's wedding at the Carlisle House. From then on Emma led a vastly different life. As an Army officer's wife, it was a harsh existence at primitive forts on the western frontier and in Arizona. Always cheerful and blessed with a buoyant personality, Emma viewed every experience as an adventure. When Colonel Glenn died from malaria contracted in Cuba during the Spanish American War, Emma returned to Cincinnati where she lived out the final days of a full and exciting life.

SCHOOL BUS

OLD FORT COUNTRY MARKET

8080 Main St., Old Fort
419-992-4666

Mon-Fri 7:30am-7pm
Sat 8am-5pm
Sun 10am-4pm

Welcome back school students and staff!
We have your snacks, cold drinks and shredded sandwiches everyday after school!

Watch us on Facebook every Monday morning for "Hey, what's for lunch?"

CALICO CAT
Antiques & Collectibles
Collection of Old & New Items

Children's Books • Furniture • Toys • Kitchenware
• Primitive • Linens • New Items Weekly

GOOD LUCK CLYDE FLIERS
AUTUMN & BACK-TO-SCHOOL ITEMS ARE COMING!
Come See Calico Cat - Always Changing!

115 S. Main St., Clyde
Serving Clyde for 13 years in Clyde's old Dime Store
419-547-2701 • Open Tue, Wed 10-3; Thurs, Fri noon-5

Strong and Effective Pain Management



Vimal Kumar, M.D.
Board Certified in Pain Management/Anesthesiology



Erica Clinker, CNP
Certified Nurse Practitioner

Now Accepting New Patients

Specialized in treatment for:

- Arthritis pain in neck & lower back
- Complex Regional Pain Syndrome (CRPS)
- Persistent pain after neck & back surgery
- Work-related injuries
- Muscle spasms
- Neck pain
- Headaches
- Shingles
- Sciatica
- Nerve damage

A physician referral is required.

For an appointment call:
419.484.5903



1400 West Main Street • Bldg.1, Suite C • Bellevue, OH 44811 • bellevuehospital.com

Changes in the home can mean changes in behavior

Dear Cathy,

I have three cats. Two cats, a male and female, are 18 months old, one cat is a male who is 6 months old. They are all fixed. The older male cat started pooping in an upstairs unfinished room in my house about two months ago. There were some changes at the time. The male cat couldn't go outside because his flea treatment was on back-order and we had just gotten the male kitten.

The male cat is now able to go outside. All the cats get along fine, but the two males don't play with each other.

I have tried to put the older male cat in time-out when he poops upstairs and keep him in a room with the litter box all night. I have sprayed cat repellent in the room, but he continues to do this. It happens in the morning mainly. There are two litter boxes that get cleaned every morning and night. I'm not sure what to do to get this behavior to stop.

- Stacey, Bellevue, Ohio

Dear Stacey,

Whenever there is a change in the home, there can be a change in behavior. In fact, change is what drives most litter box problems. Most likely the new kitten is the motivation for your male cat's inappropriate elimination.

Plug in pheromones around the home for the next 60 days. This will help calm all the cats and reduce any stress the male cat may be feeling over the new kitten.

Close the unfinished bedroom to keep your male cat from entering. Be sure when you do that you also add one more litter box someplace else in the home. Ideally, the rule is one more litter box than number of cats, but at least one more box should help. Cats are territorial, even if they are fixed, and don't like to share.

Nix the time-out for the cat. He doesn't understand this at all, and it won't improve his behavior.

Keep sifting the litter boxes, twice daily, and add a litter box additive to each box to help attract the male cat back to one of them.

It may take another month for everything to return to normal. Given time, the two male cats may eventually become good friends, too.

Dear Cathy,

Please don't think that because a dog has changed behavior in your presence, he isn't predatory anymore. I have cried for the last three days. I feel so guilty. My foster dog and my own large pit bull/lab mix that I have had for two years killed my beautiful 10-year-old cat. My Shih Tzu was terrified and hiding under the bed. My 12-year-old daughter is devastated.

I had separated the foster dog and she didn't seem predatory in my presence anymore, but she broke out of the crate. The foster dog and my own dog had scratches on their faces. I rehomed the foster dog. I loved my pit bull mix. We went to the park and beach daily. But he is headed to the shelter. My Shih Tzu is still traumatized and no longer plays like he used to.

Please tell your readers to be careful with predatory dogs.

- Dolores Wood, Tampa, Florida

Dear Dolores,

What a heartbreaking story. I can't imagine anything more devastating than to have one animal in the house kill another animal in the house.

Some prey drives are mild and involve the puppy or dog chasing the cat and giving up when the cat is out of reach. That behavior can be addressed through training and management, which involves keeping the animals separated in rooms or crates or by using baby gates when you're not home.

If a prey drive is severe though, it can be difficult to manage. Training, counterconditioning and medication often can't correct an overly aggressive prey drive. It requires constant supervision, and you can never safely leave the dog alone with other animals or kids, ever.

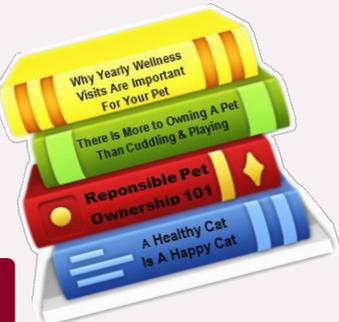
You did the right thing by putting the foster dog in a crate. When you left, you had the realistic expectation that he would still be in the crate when you returned home. There was no way for you to know he would break out. I don't think your other dog was prey-driven. He likely just got caught up in the encounter when it happened. I understand your grief and the guilt you feel over the death of your cat. Sadly, the trauma of this event may linger in your heart. I hope with time you will forgive yourself.

(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.)

(c) 2020 DISTRIBUTED BY TRIBUNE CONTENT AGENCY, LLC.



It is our desire to provide the highest quality medical and surgical care to our patients and offer the best possible service to our clients.



<ul style="list-style-type: none"> ◆ Complete Wellness Exams & Vaccines ◆ Full Range of Soft Tissue & Orthopedic Procedures Including Knee & Fracture Plating In a Full Surgical Suite ◆ Comprehensive Diagnostics ◆ Computerized Records With Telemedicine Capabilities ◆ In-room waiting & Checkout ◆ Heartworm, Flea & Tick Prevention 	<ul style="list-style-type: none"> ◆ Digital Radiology From Dentistry To Full Body ◆ Dental Procedures Including : Cleaning, Extractions, Polishing, Digital Imaging & Fluoride Treatments ◆ Private Comfort Room ◆ Class IV Therapy Laser & Ultrasound Options ◆ In-house Laboratory & Pharmacy ◆ Private Boarding Suites With Glass Doors & Lounging Cots
---	---

Visit us on line at westviewvethospital.com to meet our Veterinarians & Staff, take a look around, or link to our on-line store.

**Monday - Thursday 8am-6pm, Friday 8am-5pm, Saturday 8am-Noon, Closed Sundays
24 Hour Emergency Service Available 419-332-5871**

Pets need "Back to School" supplies too!
Make sure you are well stocked on your pets' flea, tick & heartworm preventatives before the start of the busy school year!

As I picked up my legal pad to start writing this article, I turned the page to a new sheet of paper and ironically, at the top of the page was a sticker that said "I Love Voting" that I received after a recent vote. So with that apropos beginning, and the election coming up on November 3rd, 93 days from August 1st, that is where my focus is going to be on this article and maybe a few more.

In 1976, I participated in my first presidential election. I remember being in Chiropractic College in Atlanta, Georgia, the year when Jimmy Carter was elected. Before I left Atlanta, I actually visited Plains, Georgia, while Jimmy Carter was president. (It's a lot smaller than Green Springs) When the political analysts later commented on Carter's presidency, he was regarded as below average in comparison to his contemporaries.

However, now, at 95 years old, when he was asked about the incident and aftermath of the death of George Floyd, he was deeply pained by the racial injustice and expressed support for the peaceful protests, saying that "silence can be as deadly as violence." However, President Carter with his moderately liberal and Democratic viewpoint went on to condemn the demonstrations that have taken a violent turn.

As I sit and watch the events at the end of the day on the FOX news channel, I am appalled at what I see. I can only think that there is an "evil spirit" stirring the pot of hatred & promoting the dismantling of the USA as we have lived it from our youth to the present.

For years, we have heard of the "silent majority" and its conservative views. I believe in 2016, the silent majority voiced their opinion that they wanted a change in the status quo of "same ole, same ole" of the political structure in Washington, DC.

And because the current administration is not as "politically correct" as the career politicians, and not as cow-towing to their every whim, they have done every stinking thing they could think of to get rid of him. But he's still here. And he's not afraid to tell them where the bear does his business in the forest!

One of the things that frighten me the most is the momentum shift to the left in the last two months that has occurred since the murder of George Floyd. Momentum of the ultra liberals, ultra socialistic, ultra Marxist, extremist views that are being pushed in a frenzied state of guerilla warfare justified in the name of George Floyd. What happened to George Floyd is inexcusable and those responsible should be punished severely.

But with the rioters and protesters punishing the rest of America and the whole institution of the police departments of America, that is NOT the answer. And we have seen in many regions of the US what happens when the police are defunded, disbanded, or in essence, emasculated; utter chaos, destruction, upheaval, injury and increased deaths result.

Come Nov 3, 2020, the "silent majority" MUST get out and become the VOCAL majority and let our opinions be known.

In the late 1700's as the United States was just getting started, Edmund Burke, a member of the British House of Commons, made several quotes that were noteworthy, but at this present time, I feel this one is the most appropriate as we prepare for the upcoming elections, "the only thing necessary for the triumph of evil is for good men (and women) to do nothing".

There is so much at stake here. Please do your due diligence. Study the issues. Study the candidates and by all means, make sure your registered and be sure to VOTE! The future of your children and grandchildren are in the balance. More next month...

IN YOUR OWN BACKYARD

Saturday, August 1st: 10-3 School Uniform & School Supply Giveaway at Sandusky County Share and Care, 129 Bidwell Ave. Downtown Fremont. Students must be with parents. Two sets of uniforms will be given with demonstrated need. Students may also pick out school supplies that they need. Pirate Treasure Hunt in conjunction with Birchard Library will take place from 11-1. Pick up your loot bag and treasure map from Share and Care first then hunt for treasure on library grounds. Bring back your map and loot in exchange for prizes.

August 1: Farmers Market & All Together Fremont Event 9am-1pm.

August 11: 11-1 pm Ladies are cordially invited to attend **Fremont Area Women's Connection Monthly Luncheon** at Anjulina's Catering, 2270 W. Hayes Ave. The program will include Tanya Phillips from The Juice Garden on Oak Harbor Rd. and guest speaker, Sherry Gray. Sherry is from New Carlisle, Indiana and will share her story of "surviving the winds of life and still laughing".

Cost of the luncheon is \$14.00 and reservations are needed by August 6 by calling or texting Donna at 419 680 2251 or emailing Carrol at fawcluncheon@gmail.com. Any cancellation needs to be reported the same way. We are complying with CoVid-19 standards. Fremont Area Women's Connection has been in Fremont for 49 years and is affiliated with Stonecroft Ministries.

August 15: Farmers Market & Things That Go Event 9am-1pm

Elvis Tribute Artist, Walt Sanders, Sat., Sept 19th at the Fremont Eagles. Doors open at 5 pm, light dinner available; show from 7-9 pm. Cost: \$25 per person, cash bar available. Contact Carol at 419-680-5331 or email: carolmshortstuff@aol.com

Press Release

"Jaws With Paws Enforcing Laws" Dinner and Live Demonstration

Due to the onset of the COVID-19 virus pandemic, the planned dinner and live demonstration of K9 units from Sandusky County was postponed from May to July. However, due to the on-going issues of public health and safety, the organizing committee is announcing that the program will be postponed until May 14, 2021.

Several local businesses and individuals have already become generous sponsors for this program and with their permission, those funds will be held in trust until next spring's event and those organizations will be shown as sponsors at that time. All businesses and individuals who provided gift certificates or prizes for the auctions will be contacted and have those items returned to them with the hope they will continue to support the program next spring.

All tickets holders will be reimbursed for their tickets or at their request, funds held until next spring with new tickets being issued to them. Please direct any questions, inquiries or donations to: Brian Woods 419-355-3421.

Birchard Library Update

All four locations of the Birchard Public Library are open with restrictions for the convenience and safety of customers. Curbside services are offered for anyone who prefers not to enter the library building. Special hours for library users at higher risk are Thursday mornings from 9-10 at the Fremont location, and Tuesday mornings from 9-10 at Gibsonburg, Green Springs, and Woodville. All library staff wear masks and masks are strongly encouraged for all library users. We regret that meeting rooms are not available at this time. Anyone under age 16 must be accompanied by an adult during the library visit, and library visits are limited to one hour. A full list of re-opening restrictions is posted at www.birchard.org. Visit our website at www.birchard.org or [facebook.com/birchardpubliclibrary/](https://www.facebook.com/birchardpubliclibrary/) to find a full list of virtual programs and events for all ages.

**SILCOX
ACUPUNCTURE
& CHIROPRACTIC**

Dr. Paul Silcox

728 N. Stone St., Suite E,
Fremont, OH 43420
Phone 419-307-8094

www.drilsilcox.com • psilcoxdc@sbcglobal.net

Compassionate Memory Care The Commons of Providence

 **CHI Living Communities**

Home is here.™

homeishere.org | 419.624.1171



Pinnacle Hearing

8153 Main St, Old Fort
419-939-3186



- Diagnostic Hearing Evaluations
- Digital Hearing Aids and Service
- Cerumen (Wax) Removal
- Financing is Available

Classifieds

SERVICES

Dust Free Cleaning: Get ready for fall! Cleaning and sanitizing, will wear a mask if preferred. References, insured, four hour minimum, \$18 per hour. Call 419-603-6667.

Donna's Sewing: Alterations, Pants \$6, dresses, curtains, tailoring, zippers. Now making cloth masks for \$3. Located at 922 Carbon St, Fremont. Call 419-332-1654.

Retiring

AFTER 32 YEARS OF SERVICE

Join us in wishing

Michael K. Winthrop

CEO of The Bellevue Hospital

a very happy retirement!



*Thank you for your leadership,
commitment and inspiration to
The Bellevue Hospital Family and
to the communities you served.*

