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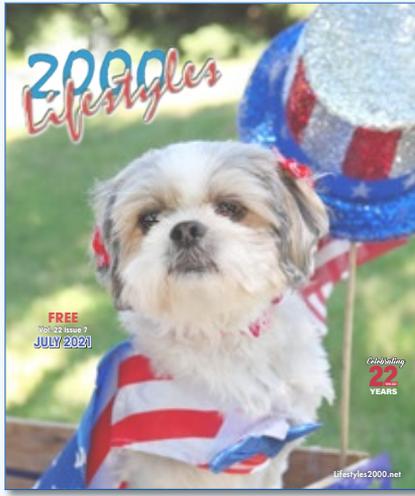
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Lifestyles 2000

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AMERICA'S TEST KITCHEN

Berry Snack Cake

This pretty, simple snack cake is a perfect way to use fresh summer produce! It's also great for after school (or even for breakfast, if you're in need of a special morning treat). The blueberries and raspberries add bright color and fresh flavor. You can substitute frozen berries for fresh if you like. Just thaw them before using!

Berry Snack Cake - Serves 12

- Vegetable oil spray
- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 8 tablespoons unsalted butter, cut into 8 pieces and softened
- 2/3 cup packed light brown sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/3 cup whole milk
- 3/4 cup blueberries
- 3/4 cup raspberries



1. Adjust the oven rack to the middle position and heat oven to 350 degrees. Spray the inside bottom and sides of an 8 inch square metal baking pan with vegetable oil spray. Line the bottom of the baking pan with an 8-inch square piece of parchment paper.
2. In a medium bowl, whisk together flour, baking powder and salt. In the bowl of a stand mixer fitted with the paddle attachment (or a large bowl if using a handheld mixer), combine softened butter and sugar. Beat on medium-high speed until the mixture is light and fluffy, 3 to 4 minutes.
3. Use a rubber spatula to scrape down the sides of the bowl. Add eggs and vanilla. Beat on medium speed until combined, about 30 seconds.
4. Carefully add half of the flour mixture. Mix on low speed until combined, about 30 seconds. With the mixer running, slowly pour in milk and mix until combined, about 30 seconds. Add the remaining flour mixture. Mix on low speed until well combined, about 30 seconds.
5. Use a rubber spatula to scrape down the sides of the bowl and stir in any remaining dry flour (the batter will be very thick). Add blueberries and raspberries and gently stir until just combined. Scrape the batter into the parchment-lined baking pan and smooth the top.
6. Bake until the cake is golden brown, and a toothpick inserted in the center comes out clean, 30 to 35 minutes.
7. Transfer baking pan to a cooling rack and let the cake cool completely in the pan, about 2 hours. Remove the cake from the baking pan and discard the parchment. Cut the cake into pieces and serve.



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Lifestyles 2000

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Lifestyles 2000
30 Ponds Side Drive
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Publisher's Letter

Happy 4th of July!

I love celebrating our country's birthday each year, we are so very blessed to live in one of the very best places on earth.



As you read in last month's issue, Ms. Grace's columns may be few and far between. Some months I will run an old column of hers, just so we can all smile at the wisdom and love she has given us over the past twenty-two years. Please keep her and her family in your prayers.

Enjoy July!

Joanne

Find Pete



Find Pete Winners:

Over \$500 in prizes this month!

Apparently we really stumped you in June as there were only 100 correct entries. The answer was Community Health Services on page two (inside the front cover)!

Congrats to: Bob Wells of Fremont, Mike Nusbaum, Brooks Babione of Burgoon, won the Miller Boat Line tickets; Clara Rinebold, Clyde and Susan Eberhard, Bellevue, won the African Safari passes.

Winners are: Betty Sanchez, Deb Fleckner, Jill Warner, Steve Billow, Debby Howey, Judy Abel, Karen Perry, Bonnie Wickert, Marsha Cook, Fremont; Ruth Hansen-Ryan, Bellevue; Brenda Wagner, Mike Reineck, Gibsonburg; Joe Kokai, Dave Matter, Stephanie Bauer, Heidi Clevinger, Sara Roach, Clyde; Barbara Kerbel, Woodville; Lisa Kelly, Helena; Susan Lawrence, Burgoon.

Find Pete Prizes:

Add "Celebrating 22 Years" to your entry and be eligible to win African Safari passes or Miller Boat Line tickets. You do not have to find "Pete" to enter. You may state a preference.

Other prizes are from: Otto & Urban Florist, Lillie Beans; A's Family Restaurant; Share & Care, Fremont; Old Fort Market. 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.

Adults with ADHD Need Acceptance

By Robert Morton

A father whose son had been diagnosed with ADHD told me that many of his son's symptoms resembled his own. We talked for a long while. He related that, ever since he could remember, he acted in an impulsive and restless manner, and was so distractible that he could not focus long enough to read a short magazine or newspaper article.

He wanted to know if he was an adult with ADHD and if his child inherited it from him. I relayed to him that an abnormally high proportion of the five million adults with ADHD have similar-diagnosed children. Twin studies reveal a strong, genetic role. Since 30-50% percent of children with ADHD maintain the condition into adulthood, I suggested he obtain a diagnosis to see if these manifestations had complicated his life since childhood.

It is tricky to diagnose between true and mistaken ADHD in adults since other possible causes of the restlessness and impulsivity must be ruled out, such as an anxiety or mood disorder. The best option for adults wanting to find out if they have ADHD is to meticulously inspect their life history, including developmental milestones obtained by your personal accounts and by recollections from your parents, siblings, and relatives. A while back, Dr. Scott Greenaway, a licensed psychologist with the Atlanta Center for Cognitive Therapy (ACCT), stated that although no two people with ADHD have the exact same cluster of symptoms, difficulties with attention, impulsivity, disorganization, or hyperactivity characterize the disorder.

If sufficient evidence indicates your above-mentioned ADHD behaviors have occurred in various aspects of your life (home, school, neighborhood, and family get-togethers) since childhood, starting at or before age seven (origin of ADHD in adulthood never happens), your chances for proper diagnosis and treatment will increase greatly.

Many intelligent and capable adults truly fit the ADHD profile. Their impulsive, distractible, and restless manners make it fatiguing for them to perform certain tasks which others do with ease: finishing magazine articles, holding chats with people without regrettably saying the wrong thing at the wrong time, finishing detailed tasks, receiving job recognition and promotions, making good grades in school, and, not surprisingly, maintaining an adequate self-esteem are a few examples.

Interestingly, the father related to me how he was laughed at in school and avoided not only by many in the community, but by his blood relations as well. He told me how a few people accepted him and the world of difference that it made in his life.

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.

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Out to Lunch

By Lynn Urban

When the West State Street Bar and Grill opened up a few years ago, I wondered how the food would be, but was a little leary of trying it out, although I saw that it had a new menu and daily specials. But then my dad's buddy, Jerry, said his card club had gone there, and that I should do a review because it was pretty good. So a few nights ago I decided to try it. The owners of Pioneer Mill in Tiffin also own this location, and the head chef goes back and forth between places. He was there the night we went and very attentive to the customers. You can tell he's very connected and proud of both places.

The restaurant is considered a sports bar with the usual TVs throughout.

The food consists of mainly sandwiches, salads, wings and chicken chunks.

The variety of sauces are homemade, as well as many of the items on the menu, such as the onion rings, and cole slaw. The sauerkraut balls are made with local Kraut and smoked brisket and are bigger than a golf ball. They were recommended by someone else who picks them up regularly. The seasoned pork rinds are made to order and are still crackling when they come to your table, and the monstrella wedges are hand breaded with homemade marinara sauce.



We went on a Thursday night which was taco night; you get 3 overly stuffed beef tacos, chips and salsa for \$8.50.

For lunch I picked up a grilled chicken sandwich that was so big it hung over both sides of the bun, and was deliciously seasoned.

They haven't forgotten the vegetarian either. They've got a portabello mushroom burger and portabello fries, and they always have daily homemade specials.

I'd like to see people give this place a chance. The chef did a remarkable presentation of our food the night we were there. You could tell he's trying to make it a little more upscale than typical bar food, and at reasonable prices!

Jill on Money

By Jill Schlesinger

Credit where credit is due

The government response to the pandemic recession has allowed Americans to stay afloat, and in some cases, to save. Additionally, borrowers were able to take advantage of low interest rates to refinance mortgages, and consolidate and lower interest rates on auto and credit card balances. With the federal student loan program in forbearance until September 30, many of the 1.7 million with education debt have been focusing on paying down other debt. But as the economy opens up and more people return to work, there is likely to be an increase in Americans' appetite to return to their borrowing ways. Lest you think this is going to be a screed about the perils of doing so, read on!

While debt run amok can be dangerous, using credit to your advantage is a smart way to manage your personal life. In fact, the idea of making purchases "on credit" goes back to as early as the 19th century. It took a while for credit to catch on: according to government data, in 1970, just 16% of U.S. families reported having at least one general purpose credit card. By 1983, that percentage soared to 43%, by 1989, it was at 56%, and today, it's an astonishing 79%.

For the 21% who do not have a credit card, the issue may not be a lack of desire to borrow, but an inability to qualify. A 2019 Bureau of Consumer Financial Protection report found that more than one in five US adults don't have the all-important credit score, which helps financial institutions determine whether to lend, either because they have not established enough credit or the credit that they have established is too old or stale to be reliable.

That may be about to change. To help those who are financially responsible, but have been shut out of the credit system, some of the nation's major banks have come together as part of a government-backed plan to cast a wider net to help more people establish credit records and take advantage of still low interest rates. In tandem with the Office of the Comptroller of the Currency - a bureau within the U.S. Department of the Treasury, banks like JP Morgan Chase and Wells Fargo are offering credit cards to individuals without credit cards, using bank account data and other data to determine whether or not a person is eligible for a credit card.

Perhaps this is the moment when you think: "Wait, isn't this how we got into trouble in the financial crisis of 2008 and the Great Recession of 2009?" While some of the excesses of that era are still with us, shunning credit is not the answer. While it may seem counterintuitive, it is important to establish a credit record, because chances are, you will need to borrow money at some point in the future, maybe for a car or to buy a home. Those who have solid credit histories and demonstrate that they can pay their bills on time, usually end up with higher credit scores and as a result, will often get the cheapest interest rates when they borrow.

Of course, before you sign on the dotted line for any loan or credit card agreement, you should know the payment rules, the fees, and interest rates that you will incur, especially if your financial life turns south. Remember, the most important factor in any credit score is paying your bills on time -- do not be late! The best way to manage this is to establish automatic payments through your bank.

One more warning. As Americans rev up their engines to spend - 44% of adults say they are willing to take on debt for discretionary purchases in the second half of 2021, according to creditcards.com -- I would be remiss if I didn't channel my inner buzzkill and remind you that credit card interest rates average almost 16%. That's a pretty expensive way to finance your post-pandemic splurge!

(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).



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History Notebook

By Nan Card

Lucy's Compassion Touched the Lives of Many

Lucy Webb Hayes' compassion and kindness extended well beyond her family, friends, and the communities in which she lived. Becoming first lady broadened her horizons even further. Now her concerns were for veterans, the impoverished, and the chronically ill around Washington, D. C. She also became well aware of the challenges Indians confined to reservations faced. Her concerns drew her to Hampton Normal and Industrial School located at Hampton, Virginia. Created in 1868, by the Freedmen's Bureau, it was managed by General Samuel Armstrong, a son of missionaries and commander of African American regiments during the Civil War. Hampton was devoted to the education of the children of freed slaves.

But Armstrong was given a new challenge when President Hayes released the Plains warriors from Fort Marion in St. Augustine, Florida. Under the care of Colonel Richard Pratt, the Native Americans could choose to return to the plains or remain in the east for education at the old cavalry barracks in Carlisle, Pennsylvania. But until it was repaired, Pratt asked Armstrong to house the Native Americans at Hampton. Armstrong immediately agreed and made plans to build a structure at Hampton to house his new students.

Like most Americans, the president, first lady, and his administration believed that through education in the English language, the trades, patriotism, Christianity and citizenship, the native peoples would soon find their place in mainstream American society. Today, this attitude is clearly seen as paternalistic and destructive of their culture, but in 1878, it was an extraordinarily enlightened Indian policy. Their teacher at the newly built Wigwam (which still exists today on campus) was none other than Booker T. Washington. He was Hampton's most successful graduate who returned to take a teaching position before creating the Tuskegee Institute.

The arrival of the Native Americans from Fort Marion created publicity across the nation. President Hayes became the first prominent individual to support Hampton's efforts. During Lucy's frequent visits to Hampton, Armstrong showed her photographs, ledger art, and pottery designed by the Native American students. It was his way of demonstrating to Lucy that these dispossessed children could succeed in American society. Lucy's influence attracted wealthy individuals and reformers. A new wave of funding from Christian reformers helped shore up the school's finances. President Garfield, Grant, and Secretary of War Robert Lincoln visited and advocated Indian education so strongly that the federal government paid \$16,000 for 100 students to attend Hampton the next year. While the Native American program never matched that for African American students, the federal funding attracted nearly double the number of private contributions.

Many of the Fort Marion Indians joined Pratt when the Carlisle Barracks was completed, but some remained at Hampton. Among them was Bears Heart, a Cheyenne warrior who Lucy knew well. Nearby is one of the pottery pieces created by him and given to Lucy. Bears Heart traveled with Armstrong to reservations and encouraged children to gain skills and education at the school. Eventually, between the years 1877 to 1923, nearly 1400 students came to Hampton from 62 different tribal groups.



Tales of Zooming Cat and Dog Tails

By Kathy VanWey

Like many of us, I have learned to Zoom for meetings and doc appointments. It's practical and a cost-saver in time and money. And the fun begins when the computer etiquette goes out the window because the pets have decided to join in.

Max, our old, black lab, has a sixth sense for when I have a Zoom scheduled. He appears exactly two minutes before it's due to start for a trip outside. Normally he has to be coaxed. I've said, "Get off the porch," so many times I'm going to have it engraved on the box with his remains. When I should be on the computer, he's taking his sweet time investigating all twenty of his favorite spots in the yard. Yes, I'm late for the meetings.

Occasionally, R2, the athletic orange cat and mini tyrant, needs to get into the act. For him, he's been well-behaved, allowing the electronic guest a three-second glimpse. He must have gotten bored because he hadn't made an appearance in a long time.

That is until the hubby and I had a business meeting with two gentlemen that we wanted to make a good, first impression. Naturally, the initial electronic connection went wonky with the owner calling to give us instructions while the "kid trainee," intensely watched everything that was to follow. Maybe because it was male voices instead of female, or because the hubby was involved, but Max waddles in with a big smile. I swear after the pandemic he's thinking, *Finally! Company!*

The owner says, "I hear a dog panting."

Hubby, "Yes, you do." He turns to me, "Get him out of here."

Me, "No. He's not hurting anything."

The owner understood. He's on his third black lab.

The mini tyrant appeared out of nowhere. Walking in front of the camera, he crawls up my shoulders and camps out around my neck like the statue of Jesus carrying the lamb. No, the cat has NEVER done this before. Next, he strolls in front of the screen to cuddle with the hubby, rubbing his entire back and tail under his nose. He's NEVER done that before either. Somehow the owner is keeping a poker-face while I'm guessing the "kid-trainee" is biting the insides of his cheeks to keep from laughing. We made an impression all right, but I'm not sure what kind. It was good enough that we're going to do business together. At least they know we love our fur babies.



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Helen Marketti's Music Corner



By Helen R.
Marketti



Randy Rhoads

Randy Rhoads, often referred to as a "Guitar-God" had been a member of the band, Quiet Riot and later toured with Ozzy Osbourne. His guitar work in the songs, Mr. Crowley and Crazy Train with Osbourne serves as rock anthems when revisiting Randy's work and guitar talent. Tragically, Randy passed away in a plane crash at the age of 25 in 1982.

On October 30, 2021, Randy Rhoads will be posthumously inducted into the Rock & Roll Hall of Fame with the Musical Excellence Award. The inductions this year will be held in Cleveland, Ohio. His brother Kelle and sister Kathy will be accepting the award on Randy's behalf. Their mother, Delores Rhoads started the Musonia School of Music in 1948 in the Los Angeles area.

Kelle and Kathy recently gave a heart felt interview, discussing their brother and his lasting legacy. The interview follows in a Q and A format.

Please share a little about your home life while growing up:

Kathy: We definitely grew up in a music household. Our mom (Dolores Rhoads) would ask us what instrument we wanted to play. It was a given that we had to choose an instrument.

Kelle: I had told my mom that I wanted to play the bass drum and she said I had to play the entire drum set. I thought all I had to do was just play the bass drum because that seemed easy enough. (laughs) But then I did learn how to play the entire drum set.

Kathy: Kelle was a phenomenal drummer.

Kelle: Many people didn't want me to become a singer. They wanted me to stick with drums and Randy felt that way, too.

Kathy: Randy and I both played acoustic guitar. He quickly moved on to electric. Randy was around 15 years old when his guitar teacher told my mom that he couldn't teach Randy anymore because he had learned everything and surpassed the instructor. At first my mom thought it was a joke!

Kelle: Yes, the instructor told our mom that Randy had actually been teaching HIM the past month and he could no longer keep up with Randy!

Did the three of you ever have a band of your own?

Kelle: Randy and I had our own band for a while called, Violet Fox. We put on shows for our friends.

Kathy: Prior to that we played together in a band with others at Musonia School of Music. It was dance band music. We did that every Friday after our lessons. When we became teenagers, we wanted to do more of rock music so that's when they started Violet Fox. I did play now and then with them, mostly the cowbell. (laughs)

Your mom started the Musonia School of Music. Where did the name of the school originate?

Kathy: From what I understand, Musonia came from a combination of the word "music" of course and then pairing it with the word "sonic". She made the name up herself!



Kelle: Our mom started the school in 1948. She was 28 years old. The school is still going strong. I still teach there. All of us taught there. We usually start accepting students at age six and older.

Please share insights to Randy's personality:



Kelle: Randy was a great person. He was extraordinary. He was generous to a fault. He was the life of the party. The party started when Randy arrived.

Kathy: Randy was very humble and kind. He was actually shy and quiet but when he stepped onto the stage, he was a beast. He had such a persona that was absolutely mesmerizing onstage. He wasn't a perfect angel. He had a bit of devious side and liked to play practical jokes on his friends when he was younger. Overall, he was a gentle soul and a sweetheart.

Did Randy have any hobbies?

Kelle: He loved trains! He collected miniature trains. He would buy the scenery for the trains to be displayed. That's how he would relax and unwind.

Kathy: When Randy was on the road, he would buy these miniature trains. They were the size of a walnut! He would also buy the display villages that went with the trains. He would meticulously put everything together and build the sets. That was his release from the road and touring.

In many photos of Randy, there is a black and white polka dot look to his guitar or his clothes. What is the back story?

Kelle: Randy was a big fan of Mick Ronson (guitar player for David Bowie). Mick had some polka dotted knee pads that Randy liked. He said he was going to copy that look and do it even better. So that's when the look came about with the polka dotted guitar and clothes. Randy invented that look himself.

What other projects are in the works?



Kathy: Right now, I am working with the staff at the Rock & Roll Hall of Fame regarding a display of Randy's personal items. My husband and I own a winery in Burbank and in the past, we have done two runs of Randy Rhoads Wine and the money raised is put into the Randy Rhoads Trust to perpetuate his name. We are talking about doing something to mark the 40th year of his passing and for the Rock Hall Inductions. Fans of Randy's

can follow my Instagram page (@dargmama) where I share never before seen photos and tell family stories. It's how I keep Randy's memory alive.

Kelle: I give tours at the Musonia School of Music and still teach there. We are so happy that Randy is being recognized. It's been long overdue.

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Berry Picking with Grandkids – How Fun!

I told Lucas, who is 7, Aubrey, who is 5, and Libby, who is almost 3, that we had strawberries to pick one day. They were so excited! I may be exaggerating, but I think Libby lasted five minutes. She found a couple that didn't even make the old colander we were using. She promptly put them in her mouth. I asked her if they were good and she gave me a thumbs up and went to play in the kiddie pool. So, I lost one helper.

Now Aubrey will pick, but only if they are on the edge of the patch. She doesn't really like rooting for them, and she doesn't just put the berry in the container, she has to examine each one. She even talks to them. Lucas tends to be a little bossy, so she soon leaves and joins Libby. Now I'm left

with Lucas. He tells me he's a pro, been picking for years. He gets so excited when he finds a big one! Then it's on to find an even bigger one! I told him we were using some of the strawberries for jam. He said that was okay because he loves ice cream with jam on top. He told me it takes twenty strawberries to make jam. I'm glad he told me, I guess I've been doing it wrong all these years. Then he said it was probably sixty-two. I have a feeling we will pick just the right amount today.

Patti Saam, President of RFD Garden Club. We meet on the 3rd Tuesday of the month, 7pm, usually at a members house. Please call 419-307-7776 if you're interested in joining our club. We would love to have you!

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ARIES (March 21-April 19): Using charm and easygoing ways can make the going easier. Your career ambitions could take second place behind your hopes and dreams for your family. Focus on making your loved ones feel special.

TAURUS (April 20-May 20): With positive thinking you can be an inspiration to others. Your network of contacts should be there to support you whenever the going gets tough. Well-researched information can help you reach your goals.

GEMINI (May 21-June 20): You'll likely prove to be a wily adversary when challenged to a battle of wits. Don't offer someone assurances that encourage their wishful thinking. Focus on building a nest egg.

CANCER (June 21-July 22): Friends and well-wishers will probably be happy to lend a hand so you can work toward making dreams come true. A chance to greatly improve your circumstances might arrive early in the month.

LEO (July 23-Aug. 22): Make your mark without ruffling anybody's feathers. Avoid personality conflicts by waiting for someone to approach you rather than making the first move. Be philosophical and tolerant of other viewpoints.

VIRGO (Aug. 23-Sept. 22): Get by with a little help from your friends. If you stick to the facts, you should fit in with any group that gathers to discuss mutual interests. Use sound business tactics for the greatest financial success.

LIBRA (Sept. 23-Oct. 22): In the upcoming month you might make your working conditions more comfortable and earn a few gold stars from the boss. You probably have a sense of how things ought to be and can effectively improve your surroundings.

SCORPIO (Oct. 23-Nov. 21): As the month unfolds, you may be blessed with unexpected support that helps you achieve your career goals. If you demonstrate your affection and give loved ones the benefit of the doubt, you can grow closer.

SAGITTARIUS (Nov. 22-Dec. 21): In the month to come, your vision of how things should be may be altered. You could be bombarded by unexpected changes that you should accept with good grace. By accepting something new, you may improve the outcome.

CAPRICORN (Dec. 22-Jan. 19): The results will likely be in direct proportion to the effort you put forth. Co-workers and clients should respect you when you offer practical solutions. Your partner or a loved one can offer the best advice.

AQUARIUS (Jan. 20-Feb. 18): Persistence and a strong work ethic will bring abundance faster than betting on lucky numbers. When it comes to handling your money, you may experience more than your usual share of good luck through intelligent planning.

PISCES (Feb. 19-March 20): It's never too late to be your best. Embrace an opportunity that arrives, as it can lead to a higher level of contentment. Romantic meetings can sustain your highest expectations.

Press Release

FSO PRESENTS AN INDEPENDENCE DAY POPS CELEBRATION AT JACKSON STREET PIER

For their inaugural performance at the newly renovated Jackson Street Pier, The Firelands Symphony Orchestra (FSO) presents "An Independence Day Pops Celebration" on Sunday, July 4 at 7pm. The program features patriotic classics, showtunes, family sing-alongs - plus a prime view of fireworks following the concert.

The concert is free and open to the public due to generous funding from the Albert G. and Olive H. Schlink Foundation. Freewill donations will also be accepted at the event.

"An Independence Day Pops Celebration" offers a wide range of musical selections from every genre that are sure to delight all attendees. The program offers everything from patriotic classics like Star Spangled Banner, Stars and Stripes, and Over There to musical presentations from West Side Story, Ice Castles, and George and Ira Gershwin. Rounding out the program are family sing-alongs and even more familiar favorites from Lee Greenwood, Frank Sinatra, and Louis Armstrong.

Audience members are encouraged to bring their own blanket or chair to enjoy the concert. Tents will also be available for audience seating if needed. Free parking is available at many downtown lots, including the Jackson Street lot on the corner of Jackson Street and Market Street. Drop off is available at the pier for disabled persons.

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SATURDAY JULY 17

OPEN TO ALL SANDUSKY COUNTY RESIDENTS!

County Memorial Park across from the Sandusky County Courthouse

Bring a folding chair and chat with local Veterans as well as listen to the band!

Visit the new refurbished Sandusky County Veterans Memorial Park

Terra State Community College Brass Band playing live!

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Veterans Memorial Rededication

FREE HAMBURGERS / HOT DOGS FROM NOON TILL GONE

Mr G's Snowball Paradise available

"WHAT STARTED AS A DREAM HAS TURNED INTO A REALITY"



When a dog resource guards, a behaviorist can help

We have had our beloved Morkie (Maltese/Yorkie), Mimi, since she was 4 months old. She is the smartest dog we have ever had.

Mimi was mostly my responsibility until she was 8 months old. My husband was not feeling well, and since Mimi was so small and it was winter, my husband carried her around in the pocket of his robe. They became extremely attached. During this time, she witnessed our 13-year-old dog growling at me when I approached my husband in the evening to watch TV.

She is now 8 years old. A few years ago, Mimi started the same bad behavior. The only solution that our dog trainer has come up with is that Mimi can no longer sit with my husband at night if I am still awake. Both my husband and Mimi do not like it, but after a few weeks, she seemed to get it, and the behavior mostly stopped. But when my husband lets her back up in the recliner, the behavior returns.

I know she is "guarding" him, but she knows I live here and take care of and love her too. The behavior is even worse when I have to go in and wake my husband up from sleeping. She has growled, jumped off the bed and nipped me. This behavior happens every morning. Any suggestions? -- Janice, Tinley Park, Illinois

Dear Janice,

Resource guarding is a behavior by which dogs protect their valuables like toys, food and sometimes people. When the behavior involves resource guarding owners against other owners, then it's time for a trainer, animal behaviorist or veterinary behaviorist (a veterinarian who specializes in animal behavior) to help.

The dog trainer gave you good advice that Mimi shouldn't be allowed to "guard" your husband all evening. While your husband may be flattered by this, he is the one who needs to set new expectations for acceptable behavior. That means Mimi doesn't get to sit in his lap or by his side and she should definitely not be allowed to sleep in bed with him if she growls at you. The minute she growls at you, he should tell her "no" in a firm voice and show his displeasure by putting her on the floor and ignoring her.

We also need to change what Mimi thinks of you. Step into the doorway when he and Mimi are in the recliner and begin tossing high-value treats like pieces of cheese or chicken. Keep showering her with treats and talking nicely to her as you enter the room. If she growls at you, your husband needs to immediately say "no" and put her on the ground. These sessions should only last a few minutes at a time.

While the steps to stopping this behavior are basically the same, the timing of your actions is what is so critical. The moment she growls, your husband must respond. If a behaviorist observes the interaction, they can tweak your responses and timing much more quickly and you will be on the way to a more harmonious household.

(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.

Life Scholars is excited to announce a special trip on Tuesday, August 17th from 10:00 a.m. – 12:30 p.m. as local historian Mike Gilbert takes participants on a local Fremont history tour. Traveling back in time from the 1780's to present, Mike will retrace the many Native American trails, cemeteries and historical locations that tell this heritage. He will reveal the spot where Tecumseh came to unify the tribes before the War of 1812. Members will learn about the fascinating people and their contributions to Sandusky County, along with the spies, traitors, and murderers who hold a connection to this area. This special event will likely fill up fast. Early registration is encouraged. Cost is \$30 for nonmembers/\$25 for Life Scholar members.

While Life Scholars is taking a short break from classes over the summer, fall planning is in full swing. The Fall Sampler will be held on Wednesday, September 1st from 9:00 a.m. – 11:30 a.m. at the Neeley Center. This event will provide an overview of the upcoming fall classes by the instructors.

The Fall Catalog will be available online at terra.edu and printed copies will be available within the next month. Printed copies can be accessed by calling Life Scholars at 419-559-2255 or emailing learn@terra.edu. Life Scholar staff and volunteers will, also, be available at many local farm markets to answer questions and share upcoming highlights.

New to the program schedule this year is a never stop learning fundraising event, Flavors of Fall, to be held Thursday, October 21 from 5:30 p.m. – 10:00 p.m. at the Neeley Conference and Hospitality Center at Terra State Community College. Activities of the evening will include cooking demonstrations, farm to table dinner, silent auction, wine pull, dancing and a cash bar. Cost is \$50 per person/\$80 per couple. Funds raised will support the Life Scholar Program. RSVP no later than October 10, 2021 to hoffman01@terra.edu or call 419-559-2166.



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WHAT'S THE BIG DEAL ABOUT PEMF?

By Dr. Paul
Silcox

Over the last few months I've mentioned it in LIFESTYLES, but I have also been seeing articles about Pulsed Electro-Magnetic Field therapy showing up in various publications and even sports interviews. As a matter of fact, if you asked Phil Mikelson, it's a really big deal because BEMER PEMF therapy is one of several therapies he used that helped him win the PGA Championship in May of this year, and at fifty he becomes the oldest player to win a major golf championship.

Years of research have shown that PEMF therapy helps improve athletic performance. It also reduces inflammation, either acute or chronic, by increasing blood flow bringing in oxygen and nutrients that get out the carbon dioxide and cellular waste.

Scientific research has shown that when sick or damaged cells get put into a pulsed electro-magnetic field the function of those cells is improved by over 100%.

Painful joints and muscles are commonly associated with multiple factors. Poor circulation, injuries, overuse, or at the opposite end of the spectrum, underuse, are all factors that can impede circulation and cause painful factors, and oftentimes, increase inflammation. This process can cause the red blood cells to become sticky, slow the flow of blood through the vessels and impair the exchange of oxygen and nutrients making healing much slower than normal.

Scientific research has shown that when cells in the blood are in a state of increased toxicity due to various causes, the outer membrane of the cell becomes more rigid making it more difficult to get the carbon dioxide and toxins out, and the oxygen and nutrients in, this often tends to extend the period of toxicity and inflammation.

But when those cells are placed in an environment of the BEMER PEMF field, the cell membranes begin to soften, which allows the toxic substances out, and enhance healing by letting the oxygen and nutrients in.

It's just another modern day twist of the old saying, "Out with the bad, in with the good!"

Call Dr. Silcox for more information, see ad on this page.

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IN YOUR OWN BACKYARD

Downtown Fremont will be hosting its second of three Fremont Federal Credit Union Car Shows for the season on Saturday, July 4th from 5 p.m. to 8 p.m. on the streets of downtown. Croghan Colonial Bank Farmers Market and Crown Battery Upcycle, Repurpose & Reuse Event on Saturday, July 18th from 9 a.m. to 1 p.m. Attendance to both events and registration for the car show are free and both are rain or shine affairs.

All ladies are welcome to attend the Fremont Area Women's Connection on July 13, 11-1 pm at the new location. "Gifts From Around the World" is the theme for the luncheon to be held at Crystal Arbors Catering at 1800 E. State Street in Fremont (next to Big Lots). The program will include a feature from the Alabaster Jar Collective store in downtown Fremont. The guest speaker is Mary Haddad from Adrian Michigan who will share her story of "Survival and Success". The cost is \$140 and reservations are needed by July 8 by phone or text to Donna at 419 680 2251 or by email to Carrol at fawcluncheon@gmail.com. Any necessary reservations must be reported the same way.

July 17th, Bellevue Historical Society, 108 N. West St., will be holding their annual Sunflower Sale from 9 -1 or sold out. Flowers by the stem or a prearranged vase of beauty sunflowers with greenery, more details @ BellevueHistoricalSociety.com or follow on FB.

First Annual Fremont Food Truck Festival, July 17th in the parking lots of St. Joseph Church on Croghan Street. The event is from 3-8 pm and will feature food trucks from across Ohio, activities for kids, games for adults, drinks from the 818 and live music.

Classifieds

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Scottie's Handyman: No job too big or too small! \$20 per hour. Contact Scott at 419-307-6733.

Donna's Sewing: Alterations, \$6 pants, dresses, wedding dresses, curtains, zippers, tailoring. 922 Carbon St, Fremont. 419-332-1654.

Dust Free Cleaning: Get out and enjoy the weather, we will take care of the cleaning and sanitizing. References, insured, 4 hour minimum, \$20 per hour. Call 419-603-6667.

For Sale: Dealers, 3 book racks and over a 1,000 hard and soft cover romance books. Asking \$400 or best offer. Call after 4pm, 419-547-7820.

Have you ever dreamed of visiting exotic locales but figured it was too expensive? Traveling can be expensive, but doesn't have to be. I just returned from an 11-day African safari for less than \$4,000! I toured Kenya and Tanzania -- and that price included meals, transportation, accommodations, fees, and more!

If an amazing, life changing adventure is what you're after, please join me, Dawn Stiger, on July 15th @ 6:30pm at the Buckeye Cafe across from the Clyde Library on W. Buckeye St. I will be hosting a presentation, sharing what I experienced, and explaining how anyone can take the trip of a lifetime -- even on a budget.

RSVP to drstiger57@classicjourneysafrica.com or text 440-949-9573 as seating is limited.

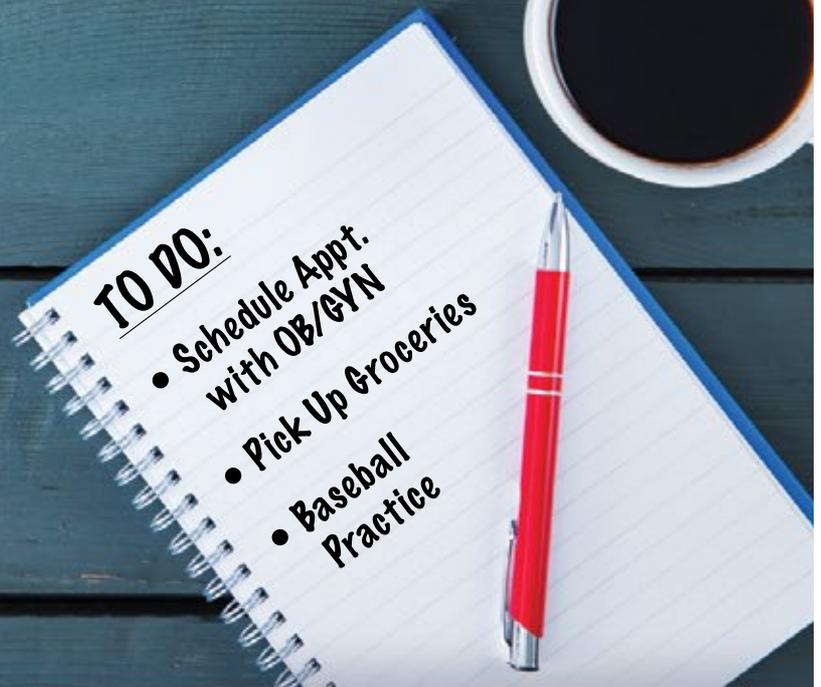
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