

2000les Lifestyles

FREE
Vol. 23 Issue 5
MAY 2022

Celebrating
23
1999-2022
YEARS

*Happy
Mother's
Day!*

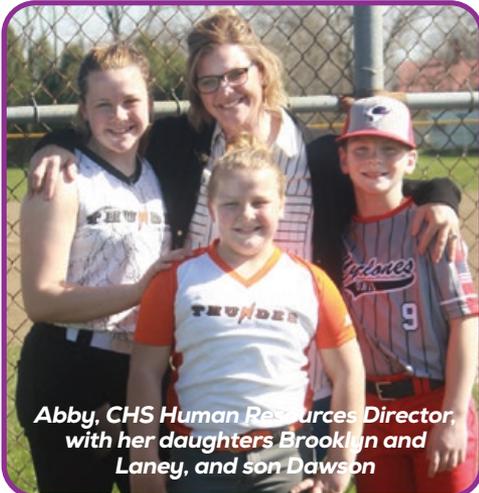
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Nelda, CHS Dental Department Manager, with daughters Jennifer, Nicole and Karie



Maley, CHS Nurse, with daughter Lillian and son Wesley



Abby, CHS Human Resources Director, with her daughters Brooklyn and Laney, and son Dawson

FOR

- Big hugs & snuggling
- Long nights
- Bedtime stories
- Holiday memories
- Birthday parties
- Warm cookies
- Silly games
- Help with homework
- Making everything better
- Your confidence in us
- Your understanding
- Your wisdom
- Sacrifices
- Words to encourage
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- Constant support
- Unconditional love

Happy Mother's Day to Moms Everywhere!



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Lifestyles 2000

May 2022
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NEWS & NOTES

Join an Investment Club, Dan Laity 8

Life Scholar, Kathleen Nalley 9

ENTERTAINMENT

Out to Lunch: The Club, Lynn Urban 5

Helen Marketti's Music Corner, Helen Marketti 7

Astrology Forecast, Magi Helena 9

In Your Own Backyard 1 1

HEALTHY LIVING

Mayo Clinic 5

An Addict has Options, Dr. Paul Silcox 11

HOME & HEARTH

Enlightment at Sorrowful Mother Shrine, Denise Baldetti 3

Mother's Day, Kathy Van Wey 4

America's Test Kitchen: Rice Noodle Bowls 5

How Can We Close the Gender Gap in Reading?,
Robert Morton 6

Gabby Gardener, Patty Saam 8

My Pet World, Cathy Rosenthal 10

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Enlightenment at Sorrowful Mother Shrine

By Denise L. Baldetti

Mid-April arrived with a flurry of cold, wet snow! If you were feeling the doldrums at that time, today erase those blustery memories. There is hope, peace and beauty just around a country corner!

Situated on 120 acres of forested grounds and paved walkways in Bellevue, Ohio is a very special jewel known as Sorrowful Mother Shrine. It is one of the oldest places of pilgrimage dedicated to the Blessed Mother in the United States. If you are looking for peacefulness, inspiration, enlightenment or quiet solitude, you will find it here.

In 1850, a missionary priest known as Father Francis Brunner built a small red brick chapel in honor of the Sorrowful Mother on the site. Safely guided by Mother Mary, he and other priests from Germany and Switzerland came to the United States. Father Brunner wanted to minister to newly arrived German Catholic settlers in northwest Ohio. Very quickly the small chapel became a place for people to meditate and "stand still and feel the presence of God."

Twenty years later, a larger chapel was built. After a fire in 1912 destroyed it, a new chapel was built in 1913 and remains the heart of the Shrine today. This chapel features paintings of the Seven Sorrows of Mary and a statue of the Sorrowful Mother holding the Body of her Son. Another chapel, the Pieta Outdoor Chapel, is used to celebrate Mass during the Spring, Summer and Fall months.

Winding among the tall, colorful trees are paved walkways leading to 41 different grottos and religious sculptures. Each grotto is dedicated to a saint, a mystery of Christ's life or the Blessed Virgin's life. Nestled along the walkways are numerous stations of the Cross, along with favorite places for prayer and meditation. If one is quiet and still, wildlife such as turkeys, deer, squirrels, rabbits and birds can be spotted on the grounds.

This holy, historic shrine is truly a place of beauty, reflection and enlightenment where God and nature touch. Pilgrims from larger Ohio cities and smaller towns, as well as Detroit, Pittsburgh, Windsor, Canada and other Midwestern locations come to visit this landmark. Through intercession of the Sorrowful Mother, they seek physical healings, spiritual guidance, help and comfort. Maci Hay, a Norwalk high school senior describes the Shrine as "an absolutely beautiful place . . . a place where you can go to meet Christ surrounded by the beauty of nature." A walk along wooded pathways is certain to refresh one's body, mind and soul.

The Sorrowful Mother Shrine grounds are open each day until sundown. A gift shop is open seven days a week from 11:30 a.m. to 4:30 p.m. The Shrine is located at 4106 State Route 269, Bellevue, Ohio. For Mass schedules, view the website at sorrowfulmothershrine.org. For further information, contact staff at 419-483-3435.



Various Grottos and statues at the Shrine.



Lifestyles 2000

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

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

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

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Happy Mother's Day!

Hard to believe that May 1999 was our very first issue, and we are still here, thanks to all of you readers and advertisers.

Check out "Find Pete" for extra prizes over the summer to celebrate another year.

So happy and blessed we made it through covid to celebrate our 23rd Anniversary!

God bless,
Joanne



Find Pete



Find Pete Winners:

There were 156 correct entries, the correct answer was Medication Management Clinic.

Winners are: Cassie Molyet, Eugene Hasselbach, Rozella Foos, Rose McKnight, Debby Rader, Savannah Johnson, Sandi Kille, Shelly Riehl, Toni Beebe, Steve Kotch, Fremont; Shelly Bedford, Gibsonburg; Breanne Grimm, Amherst; Lynda Wilbert, Donna Lloyd, Hattie Hamons, Mary Gener, Clyde; Daisy Miller, Green Springs; Gina Miller, Oak Harbor; Susan Decker, Bellevue.

Winners of the African Safari gift certificates are: Robert south, Gibsonburg; Susan Eberhard, Bellevue; Elaine Franks, Fremont.

Find Pete Prizes:

Twenty entries are chosen monthly for the following prizes: \$5 gift certificates for Old Fort Market, Lillie Beans, Otto & Urban, Share & Care and A's Family Restaurant. You may specify a prize.

Starting this month we will again be giving away Miller Boat Line tickets and African Safari passes for six people. If you want to be added in the second contest, please add Celebrating 23 Years to your entry, you may specify either prize.

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. Twenty prizes given monthly. One entry per household. **Deadline is the 20th monthly.** Please do not send the ad.

MOTHER'S DAY

By Kathy VanWey

We always tried to make Mother's Day special for our moms by hosting a brunch or a dinner with all the fixings along with gifts bought on a budget. As the years rolled by our family grew but unfortunately the budget didn't seem to grow with it.

One particular year after the bills were paid, Mother's Day was quickly approaching, and we were broke - down to our last dollar broke. We happen to stop at a plaster craft store. Plaster craft is like pottery, the item is painted but it doesn't go into a kiln.

On the counter were little heart pins and the price was right, two for a dollar. I think the angels of art were guiding the outcome. The red paint seemed to take on a lustrous pearl sheen. My hand held steady as I dipped the brush into white paint writing: "I G'ma," on one and "I Nana," on the other.

At first, they were a little disappointed, but their minds turned back to their own lean times, and they graciously received the gift. I knew they appreciated the thought. Sometimes they even wore them which was thoughtful.

Decades later it was time to go through their belongings, my mom in '92 and his mom in '07. Both still held the little, hand-painted hearts in their jewelry boxes.

Moms, we miss you dearly and love you with all our hearts. Happy Mother's Day!

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Mother's Day May 8th

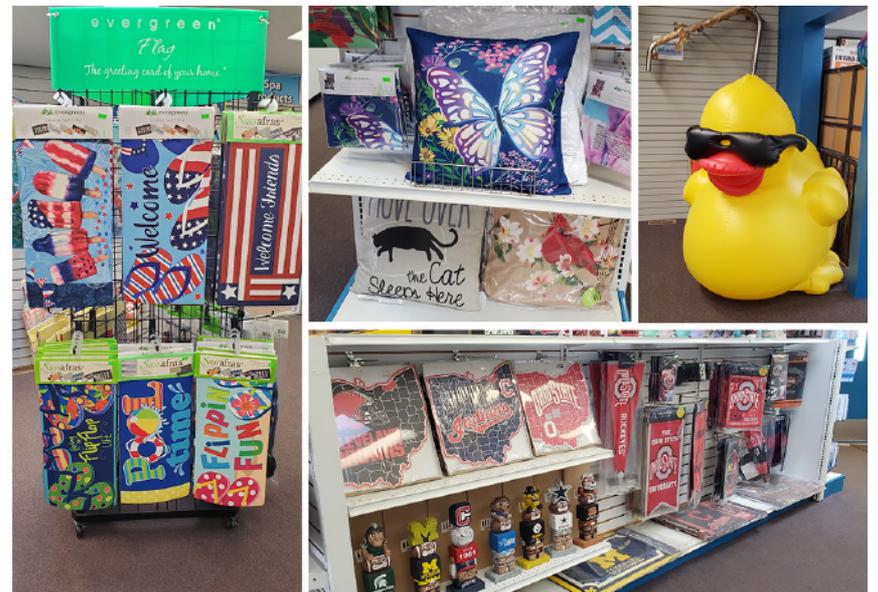
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Out to Lunch

By Lynn Urban

When Sortino's, a well known Sandusky icon, moved out of their historical building, a new restaurant moved in. It's called The Club. This restaurant has all the same features and décor as Sortino's, and a new menu with just as tempting dishes. The large outdoor lighted deck and patio will be perfect for warm weather dining. Inside, the cellar is a cozy place serving complimentary appetizers while waiting for dinner on Thursday, Friday, and Saturday nights. You may also use it for hosting a private party or shower.

They have some wonderful Italian dishes as well as delicious prime steaks.

To start with, the bruschetta was amazing, with seasoned tomatoes, basil, capers, feta cheese and a balsamic glaze on toasted Italian bread.

Other appetizers include clams, stuffed mushrooms, stuffed peppers, meatballs, and shrimp.

The entree I ordered was the Veal Parmesan with rigatoni and Italian marinara sauce.



It was pretty close to my dad's family recipe that everyone loves. That was served with a house Italian salad topped with salami, and a homemade celery seed dressing. Other entrees include, salmon, steaks, chops, pasta dishes, burgers, and their famous fresh Lake Erie perch. The perch is served with homemade cole slaw and double fried French fries. Also on the menu are flat bread pizzas and sandwiches.

Most dinners go anywhere from \$14.00 to the tomahawk steak at \$39.00, including sides. The bar serves plenty of signature cocktails, and domestic and craft beers on tap. I did take home a piece of Tiramisu for dessert and so glad I did. I can't wait to go back this summer and enjoy dinner on the patio.

Mayo Clinic

Abdelrahman Aly, M.D., Mayo Foundation for Medical Education and Research, Mayo Clinic

DEAR MAYO CLINIC: Each year at my physical, my health care professional tells me what my blood pressure, cholesterol and heart rate numbers are during the appointment. What do those numbers mean for my overall health?

ANSWER: Knowing and understanding key health numbers -- blood pressure, cholesterol and heart rate, along with your family history -- allow you and your health care team to determine your risk for developing heart disease, stroke and peripheral artery disease. It is important to review this information every few months, or at least annually.

But what are these key heart health numbers?

First is blood pressure. This is a measure of how hard your blood pushes against your arteries as it moves through your body. High blood pressure occurs when the force of your blood against the walls of your blood vessels is consistently too high.

Your blood pressure reading will fall into one of these four categories:

- Normal: Blood pressure readings of less than 120/80 millimeters of mercury, or mmHg.
- Elevated: Readings consistently ranging from 120 to 129 systolic and less than 80 mmHg diastolic.
- Hypertension stage 1: Readings ranging from 130 to 139 systolic or 80 to 89 mmHg diastolic.
- Hypertension stage 2: Readings consistently ranging at 140/90 mmHg or higher.

High blood pressure is harmful because it makes the heart work harder and less efficiently. You can have high blood pressure for years without experiencing any symptoms. Fortunately, high blood pressure easily can be detected. And once you know you have high blood pressure, you can work with your health care professional to control it.

The second important number you should know is your cholesterol. This waxy substance is found in all your cells and travels throughout your body in your blood. Cholesterol comes from two sources: your liver and the foods you consume.

Cholesterol can join with other substances to form a thick, hard deposit on the inside of your arteries, making arteries less flexible. Sometimes these deposits can break suddenly and form a blockage that causes a heart attack or stroke.

When you have high cholesterol, you have too much low-density lipoprotein cholesterol, often called LDL or "bad cholesterol," and not enough high-density lipoprotein cholesterol, or HDL or "good cholesterol." There are no symptoms for high cholesterol.

- Normal or healthy levels of cholesterol differ, depending on your age and sex:
- People 19 and younger. LDL cholesterol is less than 110 milligrams and HDL is more than 45 milligrams.
- Men 20 and older. LDL cholesterol is less than 100 milligrams and HDL is more than 40 milligrams.
- Women 20 and older. LDL cholesterol is less than 100 milligrams and HDL is more than 50 milligrams.

Your health care professional may recommend more frequent testing if initial results were abnormal, if you have a family history of early onset heart disease, or if you have a personal history of obesity or diabetes.

The third number to understand is your heart rate or pulse.

This is the number of times your heart beats per minute. Your resting heart rate is the heart pumping the lowest amount of blood you need because you're not exercising. If you are sitting or lying down -- and you're calm, relaxed and aren't ill -- your heart rate is normally between 60 and 100 beats per minute.

- Your target heart rate is the minimum heart rate to reach the level of energy necessary to give your heart a good workout. To find your target heart rate, the first step is determining your maximum heart rate.
- Your maximum heart rate is 220 minus your age. Your target heart rate for moderate exercise is about 50% to 85% of your maximum heart rate.

Many wearable activity trackers can monitor your heart rate when you exercise and periodically throughout the day.

Finally, understanding your family's heart and overall health history is key to understanding your overall risk of heart disease.

Outlining your family health history can help you and your health care professional understand if you have an increased risk for developing certain conditions that are present in your family. If you are at risk, you may be able to take preventive measures to decrease your risk or undergo genetic testing to clarify your risk.

While you can't change your genes, you can control some aspects of your environment, such as diet, physical activity level and tobacco use. That's why it's so important to live a healthy life, regardless of your personal and family health history. -- Abdelrahman Aly, M.D., Cardiovascular Disease, Mayo Clinic Health System, Mankato, Minnesota

(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.)



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AMERICA'S TEST KITCHEN

Rice noodle bowls are simple and kid-friendly

Rice noodles are noodles ... made out of rice! They come in all sorts of shapes and sizes and are made to float in soup or soak up sauce. Some of the most common are rice vermicelli (super thin and delicate), rice sticks (straight and flat, used in this noodle bowl), and chow fun (wide, flat, and chewy). Rice noodles are especially popular in Vietnamese, Thai, and Chinese cooking. They also come together in a simple, kid-friendly dish.



Rice Noodle Bowls with Peanut Sauce-Serves 4

- 2 ounces (1/4-inch-wide) rice noodles
 - 1 1/2 cups frozen edamame
 - 1/2 cup creamy peanut butter
 - 3 tablespoons low-sodium soy sauce
 - 3 tablespoons lime juice, squeezed from 2 limes
 - 1 tablespoon honey
 - 1/4 cup hot water, plus extra for cooking noodles
 - 2 carrots, peeled and shredded (about 1 cup)
 - 1/3 cup dry-roasted peanuts, chopped
 - 8 fresh Thai basil or sweet Italian basil leaves, torn into pieces
1. Fill a large saucepan halfway with water. Bring to boil over high heat. Carefully add noodles and edamame and stir to combine. Return to boil and cook for 3 minutes.
 2. Turn off heat. Stir to separate noodles and let sit until tender, about 10 minutes.
 3. While noodles and edamame sit, in a large bowl, whisk peanut butter, soy sauce, lime juice, and honey until smooth, about 1 minute. Whisk in 1/4 cup hot water until fully combined.
 4. When the noodles and edamame are ready, drain noodles and edamame in a colander in sink. Rinse with hot water and drain well.
 5. Add noodles and edamame to the bowl with the peanut sauce. Use tongs to toss noodles and edamame until evenly coated with sauce.
 6. Divide noodles and edamame among serving bowls. Top each bowl with carrots, peanuts and basil.

How Can We Close the Gender Gap in Reading?

By Robert Morton

As a former school psychologist, I always wondered why girls outpaced boys in reading. It's a global phenomenon that exists today, and not just in the U.S. - in 65 countries, girls have significantly higher reading scores than boys.

I wondered if the language arts experiences in the schools merged better with femininity than with masculinity. I theorized that boys may view reading and writing in school as uncool, something at odds with the manly action and adventure they crave.

If this were true, we could toss out "A Christmas Carol" by Charles Dickens and Shakespeare's "Romeo and Juliet", and stock the bookshelves with Field & Stream and Sports Illustrated (not the swimsuit edition) magazines, and with books like "Hulk Hogan Goes at It with Mike Tyson" ...and the boy's reading levels should soar, right?

I don't think so, because since I retired from education seventeen years ago, girls have developed a graving for action and adventure just like boys, and their reading levels continue to remain much higher.

Many parents continue to wonder why their sons don't do as well in reading and writing as their daughters. Please, don't explain it away with the "boys will be boys" rationale. Maybe unplugging boys (and girls) from computer games and watching TV for just a half hour each night, and scheduling "reading time" would help lessen the reading gap.

Note the computer games they play and the TV programs they watch to learn what's fun and amusing to them. Then, get your sons (and daughters) a library card and have them meet the librarian. Librarians can do wonders in helping boys select books that match their interests and reading levels.

Better yet, have dad do a father/son library visitation. They can stroll through the library shelves together, sharing their interests and looking at the action-packed books on adventure, camping, fishing, hunting and sports.

Just some thoughts. In reality, I have no idea how to develop a built-in appreciation for reading in boys. Years ago, I tried to find out how by asking a third-grade boy why he suddenly got turned on to books. He replied, "Cause, Mr. Morton, books don't have any commercials." Well, there you have it.

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.



Helen Marketti's Music Corner

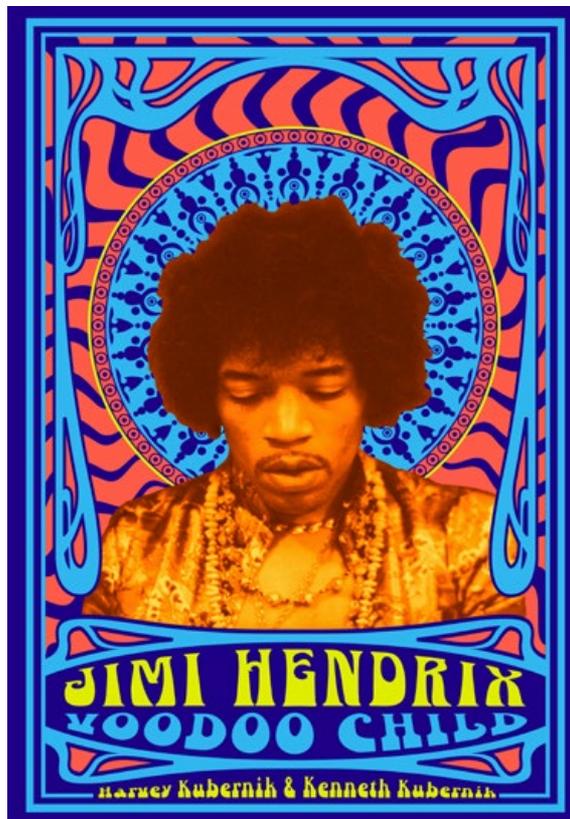


By Helen R. Marketti



An Interview with author, Harvey Kubernik

Jimi Hendrix: Voodoo Child (Sterling Publishing Co., 2021) written by brothers, Harvey and Kenneth Kubernik is a unique read as we are given an insight into Jimi Hendrix as a person rather than the rock star persona that other books usually gravitate towards. This book is a refreshing account of memories given by recording engineers, record producers, photographers, fellow musicians, friends and fans who shed new light on a young man who left the physical realm at age 27 (November 27, 1942 – September 18, 1970). We can only speculate on what other great contributions to music Jimi Hendrix would have given us; however, we can appreciate what we have been given and see an individual mature and evolve in this book while getting to know him a little better.



Deciding on a title is a critical decision for a book, the title can influence a potential reader in many ways. "I feel that the book cover alone grabs attention but any good book needs to have a driving literary narrative and bring it into the end zone. I am proud of the work my brother Kenneth and I did to bring this book together," said Harvey. "There were several titles that we tossed around. There were some initial concerns as VooDoo Child being employed as the title because it's a song title as well. Once you see the picture of Jimi on the cover, the title itself kind of erodes because you are fixated on Jimi. His image speaks for itself. We wanted to do a different Jimi Hendrix type of book. We had the luxury of having a multi-voice narrative from many individuals."

The cover photo was taken by photographer, Henry Diltz.

Images throughout the book are from personal collections as well as professional shots. Jimi seems to have everything going for him. "There are always going to be new fans and new readers who discover Jimi Hendrix and want to know more about him," said Harvey. "There are about 75 photos including images and artifacts that have never been seen before. I have organically accumulated these resources over time. People came forward and wanted to share what they had and what they remember. The writing and quotes in the book match the visuals. Naturally, people think they know a lot about Jimi Hendrix because he has been so well documented over half of a century. Once you get into the book and spend some time with it, any mind set you have about him begins to fade and you become taken in."

Harvey was there, seeing Jimi Hendrix first hand, never knowing he would one day write a book about this iconic figure. "I was 18 years old when I saw him with The Experience at the Newport Festival '69 in Northridge, California," remembers Harvey. "The moment stood still for me when he performed, Red House. It was a blues number that lasted 12 minutes. It had such a panoramic feeling. It was freedom. The entire concert was 37 minutes."

Harvey continues, "Concerts were very different in the 60s. Musicians usually played 30-to-40-minute shows and then it was basically over. Most artists were mandated to play their hits and were not encouraged to go any deeper into their music catalog. The repertoire was dictated by the radio stations who sponsored the show or concert promoters. Things were also primitive for sound systems. Who knows what Jimi could have helped create had he lived."

People dug deep into their memories, storage and archives to participate in this book. The following is an excerpt from the book, given by Carmine Appice, drummer for Vanilla Fudge. "On that '68 West Coast Tour the Vanilla Fudge did with the Jimi Hendrix Experience, I remember playing in San Diego

at Balboa Stadium on September 3, 1968 and we played to maybe a third of capacity, 7,000 to 9,000 people in a racetrack-type setting and Jimi started doing "Voodoo Child". It was echoing through all the empty seats as we were walking back to the dressing room after seeing him onstage and to hear that wah-wah pedal traveling across those empty seats – it was fantastic. That was one of my vivid memories." You can feel this experience, it gives one chills as you feel you are there absorbing the atmosphere as well.

Jimi Hendrix has been gone for over fifty years, what is it about him that still draws fans, why does he still appeal to people? "We do live in a celebrity obsessed world," said Harvey. "Jimi is always going to be the ambassador for the Fender Guitar. He had style; his wardrobe was well put together. He was photogenic and a cooperative subject when doing interviews. He appealed to all audiences, white and black. The Experience itself was integrated as a trio. Noel Redding and Mitch Mitchell were white. I think Mitch and Jimi had a telepathic relationship. His exposure was in rock magazines and FM underground radio. Your first exposure is what usually will be the demographic of your audience. His impact on fans, record collectors and other musicians just keeps on going. He was exploited greatly and walked a lot of miles for a lot of people. His influence resides in many musicians today. His music is still here. It shows up in commercials and sound tracks for TV and movies. You can't escape him. I feel this book reminds the world of what Jimi Hendrix was about. I'm still a fan and that's the key for everything."

For more information about Harvey Kubernik's other books and updates:

www.otherworldcottageindustries.com

Jimi Hendrix: Voodoo Child is available through Amazon.com and other book outlets.

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Gabby Gardener By Patty Saam

Dang Mosquitos! Ugh!

Ok, I'm out in my flower or vegetable garden and I'm getting hit on, and I don't mean in a good way! Dang mosquitos are attacking me, I need some protection.

The first idea is a homemade essential oil insect repellent spray. Using a 4oz. spray bottle, fill it with 2oz. of distilled water. Next, add 1oz. of witch hazel or vodka. Then add about 50-75 drops of essential oils.

For a mosquito repellent use citronella, lemon eucalyptus or basil, divide drops amongst the oils. Spray on your bare skin and enjoy being outside again. You can also make a mosquito repellent candle. You will need a mason quart jar, a lemon cut in half and a lime cut in half. Put 1/2 lemon and 1/2 lime in the jar, add a couple sprigs of basil, fill jar with water up to threads. Now add 50-75 drops of lemongrass oil, stir, top with a floating candle. Light candle and enjoy being outside pest free.

Hopefully this helps you to be outside now that the weather is nice!

Patti Saam, President of Green Stem Gardeners, meetings are the 3rd Tuesday of the month at 7pm. If you would like more info, please call 419-307-7776.



Join an Investment Club and Demystify Stock Investing

By Dan Laity

The Northwest Ohio Model Investment Club (NWO MIC) partnership has recently been established to help involve and educate anyone who wishes to understand how to wisely invest in the stock market. This new investing educational club welcomes visitors and new members and is set up to accommodate up to 15 members. Northwest Ohio Model Investment Club is associated with the non-profit organization BetterInvesting™ (BI). BetterInvesting™ works with such clubs to help people from all walks of life and age groups to learn how to use investing to improve their financial future.

NWO MIC meets once a month to participate in education sessions and to investigate various publicly traded stocks in order to find those that should prove to be profitable for investors. The club will build a partnership portfolio by using the regular, and fiscally modest, monthly pledges of its members to purchase equities that demonstrate competent corporate management, a strong track record of financial success and the high probability of continued growth and success.

Using software and analytical tools provided by BetterInvesting™, club members work together, as well as individually to search out and present candidate stocks to present to the club. In the process, club member sharpen their personal skills and increase their personal knowledge about purchasing stocks.

Members make a commitment to both improve their personal knowledge and help fellow members learn and grow. New members or rookie investors have a great opportunity to learn at their own pace in a low-risk environment.

The club will be using its pooled assets to build a partnership portfolio consisting of a diversified collection of stocks made up of strong and quality growth companies. Members will be taking a "long view" approach to building the portfolio.

All members are required to join BetterInvesting™ in order to take advantage of BI's extensive offering of live and archived webinars, training sessions, lessons and its highly developed suite of stock selection tools. Members are "investors" and not short term "traders."

If you are interested in testing the investment waters, this is a great opportunity to learn a lot (as much as you wish!) with very little financial risk. Members need only commit as little as \$30 per month.

For more info, please e-mail Model-club@buckeye.betterinvesting.net or visit our Facebook page at: [Facebook.com/groups/nwbuckeyechapter](https://www.facebook.com/groups/nwbuckeyechapter)



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Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): If achieving success was easy, everyone would be more successful. Other than hard work, there is probably no shortcut to meet your goals. Even if the job doesn't seem glamorous, you should reap rewards in the long run.

TAURUS (April 20-May 20): If you find yourself with the wrong crowd, get an exit strategy. Avoid being misled by surface appearances or potentially manipulative compliments. Stick with those whom you know and trust.

GEMINI (May 21-June 20): Do the math and scrutinize the books. Perhaps you made an error, but it is possible that the error works in your favor. You could be able to cash in on your efforts and find yourself in a better position.

CANCER (June 21-July 22): There is always a way to make things more palatable; utilizing a positive attitude and a few kind words can lighten a serious but needed discussion. Don't let minor annoyances get you down.

LEO (July 23-Aug. 22): Business and pleasure may not always mix, but when they do, be polite and mindful of your manners. Remain appropriately cool and professional. Shrug off the little annoyances and offer a friendly vibe.

VIRGO (Aug. 23-Sept. 22): Too much of anything can be overwhelming -- moderation serves you best. Any special indulgences for loved ones or for yourself may be fulfilling now. A casual approach just won't fit some circumstances.

LIBRA (Sept. 23-Oct. 22): Train your eye on ways to increase your net worth. Your cash flow might be affected by circumstances beyond your control. Share your dreams with a special someone to find a receptive audience.

SCORPIO (Oct. 23- Nov. 21): Don't let doubts undermine your determination to succeed. A loved one might view your concerns as irrelevant when gentle understanding would be preferred. Build up your confidence to accomplish your goals.

SAGITTARIUS (Nov. 22-Dec. 21): Remain warm and cozy watching the home fires burning. Set aside some extra time to spend with your loved ones. A home-cooked dinner with family could feel like a special event.

CAPRICORN (Dec. 22-Jan. 19): Tense circumstances require calmness and wisdom. The month ahead might present challenging situations that require special handling. Look to repair anything that isn't working properly in your life.

AQUARIUS (Jan. 20-Feb. 18): Exercise your "no." Someone may ask you to take on unfamiliar responsibilities, however, if your schedule is already full, it might not be wise to rush forward or add a new complication.

PISCES (Feb. 19-March 20): Show affection that is honest and from the heart. Keep the sparks of love burning brightly by being understanding, forgiving and generous. You may feel too kindhearted for the harshness of the world.

Life Scholar

By Kathleen Nalley

Terra's Life Scholar Program's trip schedule for May has been confirmed and there is still room in the May 24 spring outing to Mansfield, Ohio's Kingwood Center. The departure time is 9:30 a.m. from Terra State Community College. Lunch and wine tasting will be first on the agenda at The Blueberry Patch with time allotted for some shopping before arriving at Kingwood Center for two guided tours: Kingwood Hall and Grounds & Gardens. Cost is \$90 for Non-members/\$85 for Life Scholar Members. Register now by calling 419-559-2255 or online at <https://learn.terra.edu>.

August 12 & 13 will bring an overnight trip to Marietta, Ohio, for a stay at LaFayette Hotel and a boat ride along the river, shopping and a winery tour. This is one of the rescheduled events previously cancelled due to the pandemic.

The Eilene Perry Learning Table on May 9th from noon to 1pm. will bring Sara Sherick to Terra for an introduction to "Birding." Sandusky County has been a longtime destination for birders following migration patterns of many fascinating feathered friends. This casual gathering is of no cost, but registration is required.

One of the classroom series that continues to grow in popularity amongst senior students is Supreme Court Decisions. With the judicial branch of government gaining prominence in state and national news, the landmark cases and decisions of current interest have been the focus of each session. In March, the team tackled discussion of death penalty cases and the immigration-related issues that occurred during the relocation of American citizens of Japanese descent during WWII to internment camps. Unscheduled topics and questions about lifetime appointments of Supreme Court Justices and code of conference (addressing conflict of interest and a judge's decision for recusal) promoted lively discussion and legal clarification and insights.

Cathy Glassford, newly-retired Life Scholar class member shared that she "enjoyed learning about the history of the court decisions because they impact the current cases we're reading about now." After taking a few painting classes to stimulate her creativity, she challenged herself "to keep my mind active with the knowledge of the workings of the Supreme Court." She has already registered for the May 11 & 18 sessions of The **U.S. Constitution** from 2-4 p.m. This class, conducted by the same instructors, will cover the different amendments of the Constitution and how they impact us today. Seats remain available. Call or register online.



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Accepting New Patients



Achoo! Should I be worried about my cat's sneezes?

Dear Cathy,
Our cat, Ms. Annie, usually sleeps at our feet each night. But sometimes in the wee early hours, she will crawl up, get right in our face, and then shake her head and sneeze, which sprays us. Is this normal? It's almost (but not quite) akin to getting a Papal blessing. – John, Ivins, Utah

Dear John,
Normal? No. Normal for Ms. Annie? Perhaps. If she is just sneezing once in the morning and then doesn't sneeze again throughout the day, it may be related to allergies in some way. If the sneezing is more frequent, however, it could be a sign of worsening allergies or an upper respiratory infection. Sneezing also may be linked to conditions like feline herpes, feline immunodeficiency virus, and sometimes even dental problems. If Ms. Annie is sneezing more frequently or you are concerned about these morning sneezes, take her to the vet to rule out any major health issues.

As for the "Papal blessing" you receive each morning, the only way to avoid it is to remove her from the bed as soon as you feel her walking up the bed towards your head.

Dear Cathy,
We have a one-and-a-half-year-old Maltese. He's very affectionate and cute but does not like to go for walks. If you try to put the leash on him in the house, he either runs away and hides or will bare his teeth and snap. If we can get him in the car, which he likes, we can then get him to walk when he comes out of the car.

Secondly, he barks incessantly at people and dogs when we let him out in the gated courtyard. If I try to get him to come into the house by corralling him, he will snap at me and try to bite at my shoes.

Last but not least, he will "mark" his territory and pee on the tile floor once or twice a week, always in the same spot and not on the carpet. We have had three different trainers in the last year or so, without much success. We would really appreciate your advice. He is a very sweet dog who always sleeps with us at night, stays on the couch with us in the evening, and sits on the floor next to us at mealtimes. – Steve and Caroline, Las Vegas, Nevada

Dear Steve and Caroline,
Dogs have to be trained to walk on leashes. It's not something that's natural for them to do. If he will wear a leash after being in the car, go with what works and build from there. Put him in the car before every walk and put a leash on him while giving him treats. Give more treats during the walk to encourage the behavior.

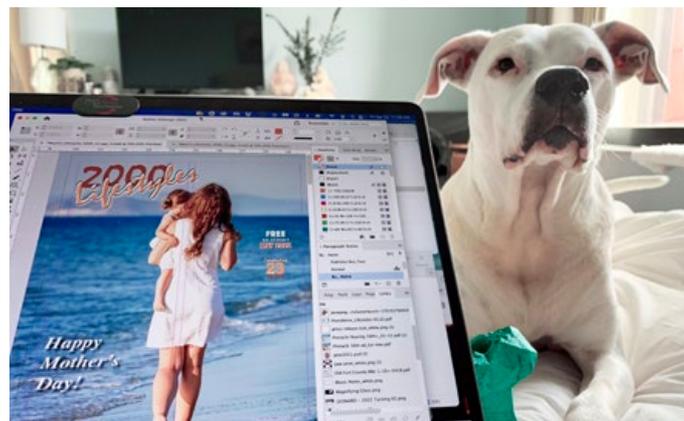
When he gets used to that, start leaving the leash around the house where he can see it. Give him treats if he looks at it and doesn't run away. Over

the next few days or weeks, move the leash closer to where he sits or sleeps (always giving treats for not running) until he can be next to it without any issues. In time, you should be able to put the leash on him in the house and take him for his walk.

As for the barking, that is always a little more difficult to halt. You can't stop a dog from barking. They are going to alert you to any and every person or dog that walks by. So, all you can do is block his views to reduce the alerts or thank your dog for alerting you and then asking your dog to "leave it," so he knows he did his job and can stand down. Please also work on his recall command so he learns to come when called because that is another way to stop the barking. Use a clicker to re-teach your dog to "sit" so he learns that a clicker marks the desired behavior, and a treat will follow. Train him when there are no distractions around, increasing the level of distractions over time. (If you have to corral him, use a broom to gently guide him so you are not getting nipped.)

Finally, if he is relieving himself on your tile floors, clean the areas with an enzymatic cleaner to remove all traces of biologicals (urine or poop). This should help remove his temptation to mark your floors. If he is still wetting the floors after this cleaning, put pee pads on the floor so you can at least communicate where you want him to pee.

(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.)



Lifestyles 2000's graphic designer had help from her grand-puppy, Jane, while laying out this month's issue.





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An Addict Has Options

By Dr. Paul
Silcox

It seems that there are numerous addiction treatment facilities that have opened within an hour of Fremont in the last 5 years. Some are outpatient and some are inpatient for their initial detoxification period. Working with counselors through the understanding of what are some of the deeper issues that led to the downward spiral of addiction and a life out of control.

For years, I didn't know anything about addiction. One of the things I have learned in the last 5 years is that it is hard for an addict to navigate on their own back to a state of sobriety and being a productive citizen. That is one of the reasons that so many treatment facilities have opened.

In addition to counseling, group therapy and a variety of therapies are used. In the last 50 years, numerous drugs have been developed to treat addiction. Some of them are labeled as narcotic. Some of them are opiate agonists. That means they are intended to block the effect of opiates on the opiate receptors in the brain. This type of therapy is labeled as MAT (Medically Assisted Treatment)

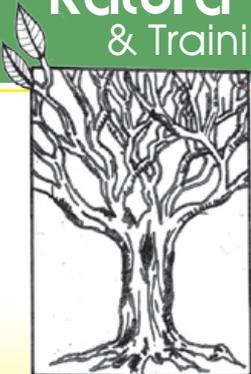
Please understand, many thousands, and probably tens of thousands of addicts have been helped using MAT. However, many addicts, and I do mean many, want to avoid MAT. Some of the reasons are that often, MAT is a therapy that has to be continued for long term, sometimes even years.

It's interesting to note, that I have been studying and practicing, and am now teaching, a protocol developed by the National Acupuncture Detoxification Association. I have seen it work up close and personal. The beauty is that it is a simple, non-verbal, usually done in a group setting.

Dr. Michael Smith, Psychiatrist that developed the NADA protocol in the 70's, stressed that the acupuncture doesn't do the work, but it helps the addict to help themselves. One of his favorite sayings was, "keep it simple"

If someone you know is struggling with addiction, let them know that Katura Recovery is a possible way to help them get their life turned around. Katura is an alternative therapy to treat addiction without using medication. The beauty of it is that we keep it simple, here in Sandusky County. It is here and now and ready to help you, help yourselves, WITHOUT MEDICATION.

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IN YOUR OWN BACKYARD

Fremont Tree and Beautification Commission is having a Mother's Day special on engraved pavers purchased for the Walsh Park Memorial Fountain. Pavers are on sale for \$55, regularly \$65, through the month of May. Forms may be found at Otto and Urban Florists, 905 E. State St., Fremont. As always, we are welcoming new members! We meet the first Tuesday of the month (February-November), at 6pm at the Fremont Rec Center.

Fremont Lions Club will meet on May 3 at noon at the Fremont Eagles Hall. The guest speaker is Laurie Young, Executive Director of the Sandusky County Communities Foundation. On May 17 the guest speaker will be Desi Hunt, a student at Terra Community College who will compete in the Miss Ohio Pageant in Mansfield in June. Students of the Month from Fremont Ross and Bishop Hoffman will also be present. A business meeting will be held on May 31 and the annual Pancake Breakfast will be held on June 12.

Vault Investment Partners is hosting our annual Free Community Shred Event on Thurs., May 5, from 9 - noon. This year, We Love to Shred will be at our office (528 3rd Ave, Fremont) to help you with your spring cleaning by shredding any outdated bank statements, bills, legal agreements, or other documents. We cannot accept cardboard, plastic, trash or hazardous items, CDs or DVDs, magnetic items, or x-rays. Please contact Heather Stansfield at 419-355-0279 for info.

Kiwanis Club of Fremont meets the first Thurs. of the month at The Back Lounge at The Strand Theater, 5-6:30 pm and the other Thursdays 11:45-1:00 at the Fremont Elks Lodge. Guests are welcome. Speakers for this month are May 5, Dana Roca will speak about the MS Society Fundraising Walk. May 12, Josh Courtney will talk about the Celery Gardens in Ballville Township. May 19, The Fremont Ross Jazz Ensemble is making a return appearance to entertain us with their music. May 26, Roger Kuns with Fremont Rotary Club will speak about the downtown amphitheater project and the development of the lodge at River Cliff Park. For more info, email sardisbirchard@yahoo.com.

Downtown Fremont: May 7 Cinco de Mayo Festival & Front Street Live Cornhole Tournament 10am-10pm.

Fremont Area Women's Connection will meet on May 10, 11-1 pm at The Victor Event Center, 2270 Hayes Ave. (formerly Anjulina's). Ladies are invited to attend the luncheon and enjoy the program "Home of the Brave"! Present will be Lee Swartz from the Fremont VFW Post 2547. Guest speaker is Laura Loveberry from Quincy, Michigan, a former Mrs. Michigan

America 2007 who will share her story "Declutter" Your Heart and Your Home. Cost of the luncheon is \$14 and reservations are needed by May 5 by calling/texting Donna at 419 680 2251 or emailing Carrol at fawcluncheon@gmail.com. Reservations as well as any necessary cancellations must be reported in the same way.

May 12th, Noon, Port Clinton - Program "What's new in the Garden?" Guests are always welcome. Please contact Helen Duquette 567 201 7825 for location, or visit us at Whispering Meadows Garden Club on Facebook.

Bellevue Historical Society Garage Sale: May 13th from 9-5, May 14th from 9-3 at the Old Sports Hut location, 938 W. Main, Bellevue. Free presentation from NASA, May 15, 2pm at the Bellevue Elementary Cafeteria, 1150 Castalia St.

Sandusky County Republican Women will host a Spring Banquet on May 22 at 1 pm at the Neeley Center. Further details will be announced in the invitation. For any questions, please call Kim Foreman, President at 419 603 1503.

Classifieds SERVICES

Bus Tours: New York City, June 3-6; Nashville, June 9-12; Cape Cod, June 19-26; Southwest US, July 13-24; New York City, August 12-15. To make a reservation go to BlueLakes.com or for more info contact Denny Otte at 800-282-4287 ext 1402.

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