

2000 Lifestyles

Free

Vol. 20 Issue 11

November 2019



**Remember Our
Veteran's on
November 11th**

MORE THAN 100 MILLION U.S. ADULTS ARE DIABETIC OR PRE-DIABETIC. ARE YOU?

Are You Sure?

SHERI'S STORY



Sheri Clouse was a runner. At age 16 she competed on her high school team. Despite the fact she was always hungry—and thirsty, she struggled to keep her weight up to a normal range. She experienced symptoms of what could be attributed to diabetes—including an episode of fainting at practice. But there was no history of diabetes on either side of her family and they attributed her symptoms to heat intolerance.

When Sheri was 18, she joined the military and continued to lose weight—a classic symptom of type one diabetes. One day during a 13 mile march, Sheri collapsed. She was airlifted to a hospital and they discovered her blood sugar was 689 (normal is 90-130). She was diagnosed with diabetes. She immediately started a treatment regimen that includes insulin, medication and diet management. She's followed that plan for 32 years.

No one expected this healthy young woman to be diabetic, but it's a classic example of why it's so important to know the symptoms and never assume that someone isn't diabetic. It hasn't been easy for Sheri. From college days to having a family, Sheri had to make adjustments in lifestyle to manage her disease and achieve her goals.

Today Sheri uses her experiences to help others, working as a Certified Family Practice Nurse Practitioner at Community Health Services. She's also a Certified Diabetic Educator—a special certification that allows her to provide her diabetic patients with advanced counseling to manage their disease.

KNOW THE SYMPTOMS

- Urinating often.
- Feeling very thirsty.
- Feeling very hungry – even though you are eating.
- Extreme fatigue.
- Blurry vision.
- Cuts/bruises that are slow to heal.
- Weight loss – even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

TALK TO YOUR MEDICAL PROVIDER

It's a good idea to get a physical every year. Even if you're not having symptoms yet, you could be at risk for diabetes. Over half of Americans are at high risk of this disease.



If you don't have medical provider, call Community Health Services (CHS) at (419) 334-3869.

CHS

COMMUNITY HEALTH SERVICES

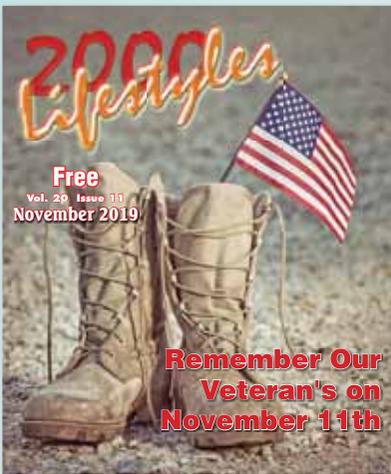
WE CARE.

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.

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Lifestyles 2000

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www.lifestyles2000.net



Camp Fire News and Notes



Camp Fire

Light the fire within

A United Way Member Agency

Doubling our youth impacted by programs, becoming a licensed Before- and After- School Provider, increasing summer scholarships and becoming a known youth leadership organization in Sandusky and surrounding counties are just some of the Things Camp Fire is Thankful for this November! This Thanks continues as we celebrate the award from Betty Janes Foundation, Sandusky County Community Foundation and private donors to secure full funding to remodel our restroom facilities bringing them into ADA Compliance by the end of this year! We also celebrate and give thanks to Walmart and OSS for the implementation of a recycling program and purchase of recycling bins throughout camp! We give thanks to the growth of new staff and programming allow Camp Fire to impact youth year round with the addition of licensed Before- and After- School Programming! We give thanks for our community for supporting us, our Board Members for driving change into the future and our growing staff for the endless dedication to our mission and vision!

This Thanksgiving we would like you to join in the celebration of Camp Fire by remembering what Camp Fire brought to your family; be it the use of our grounds for a wedding celebration, your beads and patches in our clubs, Camp Yukita, Teens in Action/Youth Move or attending our summer programs! The impact Camp Fire Sandusky County had on you, still carries on with a new generation of youth today as we celebrate the memories and look toward next year when we celebrate our 100 year charter!

These programs and memories, you give thanks to this Thanksgiving, cannot occur without the support of our community, and we would like to carry on those positive memories by asking you to consider Camp Fire Sandusky County on Giving Tuesday, December 3, 2019. Your online Paypal Donation through facebook or our website will come with match dollars up to \$7500. You have the power to impact Camp Fire Sandusky County still to this day, and we Thank You for considering us December 3rd! Your Support will allow us to impact an additional 100 youth on our 100 year celebration next year! We are looking for 100 people to give 100 to impact 100 This December 3rd!

For more information please follow us on Facebook at Facebook.com/campfiresc, 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!

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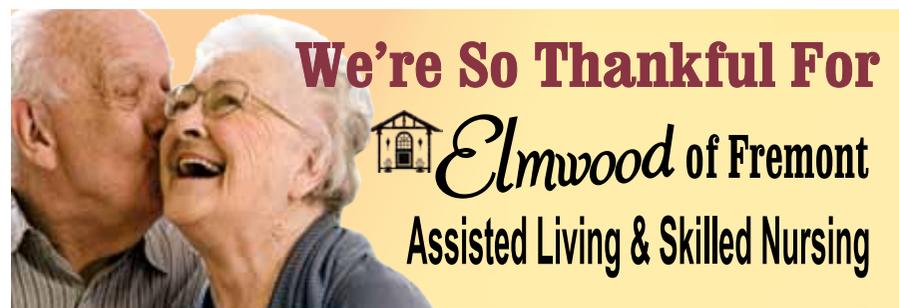
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Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to lifestyles2000@sbcglobal.net by the 20th monthly, sorry, we cannot 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.

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Every November I struggle with the cover. Do I remember the veterans, or celebrate Thanksgiving? This year the veteran's won out with the beautiful tribute on our cover. God bless all of you who served, as well as those still serving. We all owe you a debt of gratitude.



Have a happy Thanksgiving, I hope you all get to see and spend time with your precious family. With ours all so far away I doubt we will get to see anymore, so be grateful if family is near by.

God bless,
Joanne



There were over 160 entries and most were correct, the answer was Westview Veterinary Hospital. Thanks for entering.

Find Pete Winners

The winner of the Dairy Queen cake is Berta Seymour of Oak Harbor. Berta has been a reader since we began 20 years ago!

Other winners are: Janet Prescott, Bonnie Wickert, Diane Kepler, Brianne Rakes, Eli Carmona, Tyler Bowes, Deb Shearn, Kim Bower, Linda Gegorski, Fremont; Barbara Kerbil, Woodville; Clara Rinebold, Franklin Losey, Marsha Clapp, Becky Balsizer, Margaret Harkness, Lori McGrath, Deanna Miller, Clyde; Andrea Krupp, Bellevue.

Find Pete Prizes

Prizes are from Color Haven, Otto-Urban Flowers, Pottery Perfection and Dairy Queen in Fremont. The Calico Cat in Clyde, and Old Fort Market in Old Fort. If you wish a specific prize, please list in your entry.

Remember to add "Celebrating 20 Years" to your entry to win a Dairy Queen cake.

Find Pete Contest Rules

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

The Community Fortress-Immediate Entry Shelter

By Lynette Kirsch

The Community Fortress shelter has been open on Fridays and Saturdays for the past month. The shelter is located at 410 Birchard Avenue in downtown Fremont, formerly the CHS Building. The entrance for the shelter is on the Arch Street side.

The shelter's purpose is to allow the homeless of our community a safe place to sleep, get warm, shower, and have a meal. Intake hours currently are 6 pm-8 pm on Fridays/Saturdays. We are looking for volunteers and staff so that the shelter can operate seven days a week.

The shelter phone number is 419-552-1813. Those needing a place to stay show up during intake with their identification and fill out an application. If approved, they stay overnight until 7 am the following morning. If needed, they are welcome to stay again.

Shelter guests must be considerate of the neighborhood, be respectful to staff, and follow the rules of the shelter. No alcohol, drugs, weapons or bad behavior will be tolerated. Sexual Offenders may NOT stay at the shelter. Shelter guests will be given resources to help them on their journey to self-sufficiency.

The Community Fortress is a Non-Profit that is Board governed. We serve in a non-discriminatory manner and those needing a safe place to stay are welcome, this includes women, men and children.

We are selling tickets to win Ballville E-Z Shop gift certificates as a fundraiser for \$5. If you are interested in helping us sell tickets or purchase tickets, please call the shelter number above. We also have office space for rent on the main floor and first floor of our building. Renting those spaces will help us support the needs of the shelter. Financial donations are appreciated as well: The Community Fortress, PO Box 378, Fremont OH 43420.

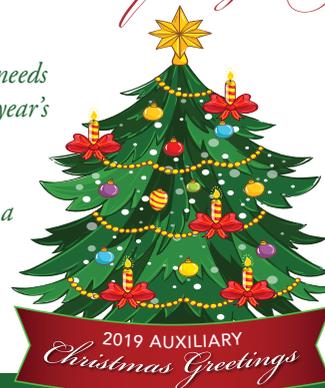
We have been blessed to serve some amazing needs already and are grateful to be able to help those temporarily with a housing need.



For 47 years, the Memorial Hospital Auxiliary has sponsored the

Christmas Greetings Project

To meet the healthcare needs of our community, this year's fundraiser will support Community Health Needs Assessment, with a focus on Cancer Care, Mental Health and Chronic Diseases.



For donors who respond by November 21, 2019 an acknowledgment will appear in a December issue of the News-Messenger and the January issue of Lifestyles recognizing your generosity.

If you are interested in helping, please complete the form and send to the address below.

Name (As you wish name to appear in the paper): _____

Donor Name: _____ Phone Number: _____

Address: _____

City: _____ State: _____ Zip: _____

Donation Amount: \$ _____

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ProMedica Memorial Hospital Foundation
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Please make checks payable to:
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Is there reason to be concerned about index funds?

Portage Inn: Elmore

I've had a little trouble this month trying to find a place to review because I've been so busy, but as I was passing through Elmore the other night we noticed a bar called the Portage Inn with a sign saying, "good food". On the way back we stopped in after we checked on Trip Advisor and saw a few good reviews. The food most mentioned was the pizza, supposedly the best around.

So I asked the waitress, what makes your pizza so good, she replied, it's the amount of toppings and cheese. It's true, its piled high with toppings and tons of cheese on a thin crispy crust. Its hard to eat more than two pieces. We ordered the BBQ chicken pizza with green peppers and bacon. It is topped with full strips of crispy bacon all the way across the whole pizza and loaded with lots of cheddar and mozzarella. The large 14 inch specialty pizza was \$20.00. They also have a large list of toasted subs, along with burgers, grilled sandwiches, hot dogs, fries, etc. typical bar food. The beer battered sweet onion rings were really good, and skinny fries were pretty good. The cheeseburger was only \$4.99, tasty but kind of dry.



It's a nice hometown bar, where everyone knows everyone, and friendly to new people coming in. They're open from 11:00 a.m. until 2:30 a.m. and serving lunch and dinner. They've got a nice web site showing the menu and pictures. The address is 355 Rice Street, the phone number is 419-862-9942.

Many investment experts have long touted index mutual funds. Their passion may be paying off. For the first time ever, U.S. index (passive) mutual funds have more money invested in them than active, stock picking funds.

The margin is slim, according to Morningstar - passive index funds had \$4.27 trillion in assets as of August 31st versus \$4.25 trillion in actively traded funds that attempt to beat the market.

Sure, this is just for the U.S. - and index funds still lag the global stock and bond markets, but investors have slowly come to understand what the late Vanguard founder John Bogle once explained: "Because of the costs of managing funds-the management fees, the operating expenses, the marketing costs, the sales loads, the hidden costs of portfolio turnover-the net return earned by the average fund must fall short of the return earned by the market itself."

Indeed, year after year, research has found that the vast majority of active mutual funds fail to beat the indexes against which they are measured. And importantly, the funds that manage to beat the index, rarely consistently do so.

But recently, there have been murmurs that index fund popularity could be dangerous. I have usually ignored these Cassandras, thinking that those

"warning" of the problems are from the actively managed world and therefore, are biased. But when someone like Dr. Michael Burry starts ringing the alarm bell, we all should listen.

Burry was one of the few investors who correctly recognized and predicted the crash of the subprime mortgage market (he was the Christian Bale character in the movie version of Michael Lewis' "The Big Short"). Burry now says that index funds have some of the same characteristics of the toxic securities that caused the world financial crisis. Yikes!

Burry believes that those of us who pour money into index funds are not attempting to discover the underlying value of the stuff inside of the index. Additionally, we may not realize that it would be very difficult to get out of the funds in a downturn, which might cause even more selling, especially in more thinly traded small stocks. The rush to the exits would be exacerbated because of the use of options in some leveraged mutual and exchange-traded index funds.

This all sounds pretty terrible, so should you abandon index funds? I don't think so. I think the active/professional manager's ability to judge value is not so hot. As Barry Ritholtz put it: "Analysts are too bullish when things are going well and too bearish when they are not."

As far as the stampede towards the exit, it might be crowded for active traders, but for the rest of us long-term investors, the big impact of index funds is having to endure more volatility, which we're already doing right now.

There is a bigger-and more dangerous problem - for long term investors: we are still attempting to time the market! According to research firm Dalbar, last year the average stock mutual fund investor endured a loss of 9.42 percent compared to an S&P 500 index that retreated only 4.38 percent. "In 2018 the average investor underperformed the S&P 500 in both good times and bad."

Those who may have seen trouble coming and sold, were not smart enough to know when to get back in.

By the way, 2018 was not an outlier. Compared with the S&P 500, through Dec. 31, 2018, average investors underperformed by 5.88 percentage points, annualized, over 30 years. In other words, the fault is not in our stars - or our index funds, but in ourselves.

(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) (c) 2019 TRIBUNE CONTENT AGENCY, LLC

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Putting your Strawberries to Bed for the Winter

By Viola Purdy

Strawberries are one of the easiest perennials to grow, but they do require a little preventive care before winter to ensure a healthy, productive crop next year. Strawberries require protection from winter's heavy frosts and freezes. Without it, they can easily freeze out.

Strawberries Planted In The Ground:

All strawberry plants need to be protected from the cold. For plants in the ground, that means applying a heavy 4 to 6" thick mulch of straw, shredded leaves, or even pine needles in late fall. Whichever you choose, choose a material that allows for air and moisture to get to the plants and roots below. If using leaves, shredding is a better option than whole leaves. Whole leaves can become soggy and thick, and smother plants out.

Strawberries should be mulched in late fall, once they have gone dormant for the season. Check near the crown of the plants, and if there is no new green growth, they are ready to be mulched.

Never mow or prune back strawberry plants in the fall! Next year's fruit already set on the plants. And cutting them back at this point eliminates next year's fruit. But it also leaves plants with little to no protection, and most likely will result in a total loss of the plants.

Cutting back or mowing off plants is an excellent idea to build vitality and strength in plants.

But it should only be performed after their last fruiting in the early summer, giving them time for regrowth before going into dormancy.

Potted Strawberry Plants:

Potted strawberry plants are a bit more susceptible to the freezing temperatures of winter than those planted in the ground. Unless you live in an arid climate with warm winter temperatures, potted strawberries need protection from freezing out.

An unheated garage, barn, or shed are all great options for giving potted strawberries protection.

Bringing them out of the direct cold is a great start, but providing a little extra cover is a good idea. This can be done easily with a few different methods. Placing pots inside a burlap sack, or wrapping them in burlap and then filling with straw will usually do the trick.

Or to place pots in a 5 gallon bucket and surround with straw or shredded leaves. If none of these options are available, you can also bury the pots in the soil outside, and cover with 6 inches of straw.

Once spring arrives, all potted plants can then be uncovered and brought back outdoors. Be sure to not allow the soil in potted plants to completely dry out over winter. The plants still require moisture to survive, even in their dormant state.

Check soil every week or so and water as needed.

A HUNGER TO KNOW OUR HERITAGE

By Kathy VanWey

When Holly Hoffman, Director of Terra State Community College's LIFELONG Learning Program, was setting up the class schedule for spring 2019, little did she know she would be helping to reunite a family.

Holly's co-worker and non-traditional Terra student, Deb Wyss, had shared that years earlier she made the decision to place her newborn son for adoption. Being alone in a new city without family or other support she states, "There was no way I could provide for him or give him any of the opportunities I wanted him to have. It was the most heart-breaking day of my life. Never a day went by that I didn't think of him - and his pictures are on the mantle with my other children."

Holly suggested that Deb sign up for Lisa Hasselbach's GENEALOGY: ADOPTION SERIES. Having been adopted herself, Lisa knows the ins-and-outs well. One of her favorite quotes is from Alex Haley, "In all of us there is a hunger, narrow-deep to know our own heritage . . . without this . . . there is a hollow yearning." She said, "I gingerly connect people with their families." She warns that another door of hurt and rejection could be slammed in their faces. Lisa's

birth mother did not want a relationship, but an aunt gave her a little history. Her birth name was "Deborah Kay." Without knowing this, her adoptive parents named her "Lisa Kay." When her Dad found out, he nicknamed her "Little Debbie." Also, Lisa was the first in her natural family to graduate high school and college.

Knowing all the risks, Deb Wyss was on a mission. For years she had dreamed of meeting her son yet feared his hatred for how she handled the situation. Last spring under Lisa's guidance, Deb left word on an adoption website run by the State of Virginia that she wanted to meet with her child. Early this September Deb received a phone call from the website's administrator. She asked if she could exchange Deb's information with her son. Eagerly Deb agreed and within two weeks mother and son met in Cleveland. Giggling she admitted that her cheeks still hurt from smiling.

Both women are grateful for adoptive parents who offered unconditional love and opportunities. Deb is especially thankful for her son's openness and receptiveness to meet and reunite with his biological family, thus bonding with his heritage.



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Tribute to a Veteran

By Kathy Van Wey

"Heroes are people who rise to the occasion and quietly slip away." Tom Brokaw

During WWII, Al VanWey had been a radio operator, waist gunner and jack-of-all-trades on a B-17, named The Baby Buggy. So, in 1990, his proud daughter, Sherry, bought him a commemorative flight on another B-17, The Nine-O-Nine. The B-17, nicknamed The Flying Fortress, became a symbol of the U.S. bombing campaigns in WWII. It was also made popular by movies such as Twelve O'Clock High and Memphis Belle.



The Nine-O-Nine had been named for the 91st Bombardment Group, 323rd Squadron plane. Assigned to combat in February 1944, she had flown 140 missions without an abort or loss of a crewman.

As Chris Woodward of USA Today said, "For any WWII enthusiast to climb aboard a vintage bomber and hear the four propellers roar to life then fly off into the wild blue yonder . . . is a breath-taking experience." No other gift had meant so much to Al.

The pilot and crew were honored to have him. They set up a lawn chair in the shade under the plane's wing and kept him hydrated. It brought back his youth and for one day he was "The Star." He had been an actual crew member and had stories to tell. Stories like he had made it through twenty-five missions alive. In one mission his pencil fell off the tiny workstation. When he leaned over a piece of flak, shrapnel from a ground fired anti-aircraft cannon, went through the sheathing, not his head. In some of these missions they did ugly things, but in others they dropped food packages over Holland.

Unfortunately, the seventy-four-year-old Nine-O-Nine went down in a fiery explosion this past October in Connecticut.

It was journalist, Tom Brokaw, who identified the qualities that the WWII generation:

"They stayed true to their values of personal responsibility, duty, honor, and faith . . . It is, I believe, the greatest generation any society has ever produced."

Our thoughts, prayers and gratitude go out to our all our military heroes, past, present, and future for their sacrifice, honor, sense of duty and personal responsibility. These heroes will remain in our hearts forever.

My Mother's Recipes

By Joanne McDowell

I apologize for last month's recipe column. I started getting phone calls a day or so after the issue came out, seems I didn't put the directions below the ingredients. So I am repeating the recipe for all of you who are still scratching your heads! I know I am. Texting recipes is not a good idea!

Apple Dumplings

- 2 cans Crescent rolls
- 2 large apples, peaches or what you choose
- 1.5 cups white sugar
- 1 tsp cinammon
- 2 sticks of butter
- 1 can of Mt. Dew

Peel, core, slice apples into 8 pieces. Roll slices into rolls starting at wide end. Melt butter in micro wave, then add sugar and cinammon. Spoon over rolled apples. Pour Mt. Dew around the apples in the pan.

Preheat oven to 350, bake 40 minutes or until browned.

This recipe came from a reader who raved about these cookies, the recipe comes from Taste of Home.

Pumpkin Spice Cookies

Ingredients:

- 1 package yellow cake mix (regular size)
- 1/2 cup quick-cooking oats
- 2 to 2-1/2 teaspoons pumpkin pie spice
- 1 can (15 ounces) solid-pack pumpkin
- 1 large egg
- 2 tablespoons canola oil

FROSTING:

- 3 cups confectioners' sugar
- 1 teaspoon grated orange zest
- 3 to 4 tablespoons orange juice

Directions:

Preheat oven to 350°. Combine cake mix, oats and pie spice. In another bowl, beat pumpkin, egg and oil; stir into dry ingredients just until moistened.

Drop by 2 tablespoonfuls onto baking sheets coated with cooking spray; flatten with the back of a spoon. Bake until edges are golden brown, 18-20 minutes. Remove to wire racks to cool.

For frosting, combine confectioners' sugar, orange zest and enough orange juice to achieve desired consistency.

Spread over cooled cookies. Yields about 2.5 dozen.

ACCEPTING NEW PATIENTS



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Board Certified
Obstetrics & Gynecology
Bellevue, OH
419.483.2494



Gregory Karasik, MD
Board Certified
Obstetrics & Gynecology
Bellevue, OH
419.483.2494



Andrea Moore, MD
Board Certified
Obstetrics & Gynecology
Clyde, OH
419.547.4285



Jodi Schwab, CNP
Certified Nurse Practitioner
Obstetrics & Gynecology
Bellevue, OH
419.483.2494



In Your Own Backyard

Veterans Recognition at The Bellevue Hospital: The Bellevue Hospital is hosting a Veterans Recognition in honor of Veterans Day. On Friday, Nov. 8 from 11- 11:30 a.m., The Bellevue High School choir will be at the hospital's 1400 W. Main Street location performing patriotic songs. Free meal vouchers for the hospital's Main Station Café will be provided to Veterans in attendance. For info, call 419.483.4040 (Bellevue); 419.547.0074 (Clyde); or 419.639.2065 (Fremont, Old Fort, Green Springs and Republic). Dial or ask for Extension 4625.

The LIFT churches of Fremont will present the 2019 Great Hymns of Faith Festival, "For All The Saints", on Sunday, Nov 3, 4p.m. at Grace Lutheran Church, 705 W. State Street. The Festival Chorus will be conducted by Michael Shirtz. Free. invite you to come and join in celebrating the spirit of unity and faith through song!

"Three Artisans" Art Glass Open House & Sale: Friday, Nov. 8 from 3-7pm and Sat., Nov. 9 from 10-4pm at First United Church of Christ at 1500 Tiffin Road in Fremont. Free Admission.

St. Paul Lutheran Church, 147 West Forest St., Clyde will host a Rummage Sale on Friday, Nov. 8 from 9 am to 5 pm and Sat. Nov. 9 from 9 am to 1 pm. Lunch and bake sale will be available.

Eden Springs Assisted Living offers local seniors a \$4 lunch meal the first and third Wednesday of every month. 430 N. Broadway, Green Springs. Reservations required, call 419-639-2581 ext. 7103.

The Toledo Symphony will present their annual holiday concert at Grace Lutheran Church, 705 W. State St., on Thursday, Dec.5, at 7:30 p.m. Tickets may be purchased at Grace Church office between the hours of 9 a.m. and 4 p.m., Monday-Friday. General admission is \$10 for adults, \$8 for seniors 65 and over, and \$5 for students 18 and under.

27th Annual Holiday Handicrafts Show: VFW Post 3343, 847 W. Maple St. in Clyde; Sat., Nov. 23rd from 9am to 3pm, Lunch is 11-3, door prizes and free admission.

3rd Annual Gala of Hope Craft & Vendor Show: Sat., Nov. 23rd from 9:30am-2:30pm at Fremont Rec Center, 600 St. Joseph St. Proceeds benefit Toys for Tots and Momma's House Community

Development Center. . Sixty plus crafters and vendors, Free admission.

Fremont Area Women's Connection will host the monthly luncheon at Anjulina's Catering, 2270 W. Hayes Ave. on Nov. 12, 11-1 pm. "Piece It All Together" is the theme with award winning quilter, Mary Arndt, who will provide a feature on quilts. The guest speaker is Trina Oates from Columbus sharing her story of "It's Not What It Looks Like". Area women are cordially invited to attend.

For reservations, please call/text Donna at 419 680 2251 or email Carrol at fawcluncheon@gmail.com by Nov.7. The cost is \$12. Any cancellation also need to be reported to Donna or Carrol.

Downtown Fremont Events: Santa in the House on Nov. 29 from 5-7pm and Nov. 30 1-3pm. Tree Lighting on Nov. 29 at 7pm at the corner of Front and State Streets by Santa's House. Nov. 30 is Small Business Saturday

A STOCK STUDY INVESTMENT CLUB: Join us to experience first-hand how an investment club works. We will show how to choose quality growth stocks, set up a diversified portfolio, study companies by reviewing Stock Study Guides, and learn how to keep records of earnings, dividends and profits. This club will operate without any real money but will illustrate club operations by demonstrating all of the tools in action. All ages welcome. Sessions will be Nov. 5, 19 and Dec. 3; 7 p.m. to 8:30 p.m. at Terra State Community College. Cost is

\$10. More info is online and on page 5 of the Terra Lifelong Learning catalog.

Veteran Appreciation Night: Sandusky County area veterans and friends are invited to gather on Veteran's Day, Monday, Nov. 11 at 7 p.m. at the Fremont VFW, 204 Birchard Avenue. All veterans present will be recognized for their service with a gift.

A showing of the movie, A Journey into History will follow. This is a remarkable account of a restored C-53 Sky-trooper named "D-Day Doll" and her trip across the US and the Atlantic to reenact the troop drop on D-Day. Tim Tarris from Clyde was instrumental in restoring the "D-Day Doll" and flying her to Europe for the reenactment. Refreshments will be served. This evening is an act of appreciation presented by the members of American Patriots Against Government Excess (AmPAGE)

Bible Instruction Meetings: Nov. 2 & 3, Rising Sun Menonite Church, 238 SR 23; Sat. and Sunday evening at 7pm; Sunday 9:30am, Gospel preaching, Accepella singing, kneeling prayer. Subjects include: The Printed Page; Godly attire, The Christian and Confession, all are welcome!

Hymn Singing: Nov. 10th, 7pm at Rising Sun Menonite Church Join us for an hour of singing with a devotional prayer. Questions? Contact Steven Horst at 330-842-4979.

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Autumn Is Calling

By Pauline Darr

Autumn is calling Barren Beauty—

but not before artistically, whimsically mixing nature's colors on her cyclic pallet. Autumn silently, boldly, brilliantly transforms with fleeting beauty orange-ing, yellowing, reddening green leaves leaving untouched evergreens while blue spruces play catch with maple leaves. Such sensational, seasonal awesomeness leaves me breathless with the ever-changing brilliance of parading colors reminding me of the need for my own less willing transformation. Yes, gentle breezes, zephyrs, and winds carefully remove each uniquely colored leaf carelessly blanketing earth. Leaves blowing, flowing, free-falling, falling, weeks of falling until trees, now naked, silhouette upraised arms.

Barren Beauty answers Autumn's call.

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Astrology Forecast

By Magi Helena

ARIES (March 21-April 19): The month ahead can offer opportunities to bring some of your dreams to fruition. Be vigilant about obeying the rules and taking care of shared duties since a partner might feel like they are stuck doing it all.

TAURUS (April 20-May 20): Your hard work won't be taken for granted. You might receive more recognition for your achievements than anticipated. Spend some quality time with a loved one and your dreams could come true.

GEMINI (May 21-June 20): Your logic will come in handy when you are at work or performing a job. You can ensure that your position is secure by being sensitive to subtle hints and gentle reminders. Your partner will offer perceptive ideas.

CANCER (June 21-July 22): Duty comes first. Get your everyday tasks completed before you head off for the art show, the soccer field or a visit with friends. The first half of the month may be ideal to arrange a consultation with a professional.

LEO (July 23-Aug. 22): You may feel invisible or that you blend in with the scenery. Just because you aren't the center of attention doesn't mean that anyone loves you less. Enjoy being part of a comfortable family unit.

VIRGO (Aug. 23-Sept. 22): Focus on owning things that will provide lasting pleasure and on relationships that withstand the test of time. Your friends will enjoy your imaginative ideas, and you may grow closer to loved ones.

LIBRA (Sept. 23-Oct. 22): Place more emphasis on compatibility than combativeness. Enjoy numerous romantic moments but don't attempt to put joint plans into motion when you sense friction may occur.

SCORPIO (Oct. 23-Nov. 21): You may have stars in your eyes but that's a good thing because this helps you look for love in all the right places. Other people may find you more attractive than usual, so make first impressions count.

SAGITTARIUS (Nov. 22-Dec. 21): Your upcoming month can be filled with helpful opportunities. Your judgement may be better than usual about financial matters, but you may also be frustrated by a situation that involves a bill.

CAPRICORN (Dec. 22-Jan. 19): Even the most dedicated, hardworking individual deserves some time off. Embrace any opportunity to relax or enjoy a little recreation in the upcoming month. Be on the lookout, as an unexpected offer might answer your prayers.

AQUARIUS (Jan. 20-Feb. 18): In the month ahead, your home can become a place where you can work on a fascinating hobby or a meeting place for friends and extended family. Your best supporters and advisors are within the family circle.

PISCES (Feb. 19-March 20): The first half of the month is a perfect time to meet a romantic partner if you hope to achieve a meeting of the minds as well as the bodies. Someone's helpful advice can put you on the right path to achieve a key goal.

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Out and About

By: Kelsey Nevius



By Kelsey Nevius

As I write (either my current work in progress or while editing my novel), I'm always looking for more techniques or things to do to improve my writing. When I graduated from college with my dual degrees, I never would have guessed that I would miss my classes. I never truly understood what those classes and workshops taught me until I didn't have the opportunity to learn more or share my work with others.

In my pursuit to find a class or workshop like those I had in college, I realized that not many places really offered what I was looking for. Very few local universities or colleges offered extracurriculars that the public could come to without an invitation.

In a stroke of luck, I had previously signed up for a newsletter of upcoming events from my writing savior: the library, in this case, the Wood County Public Library in Bowling Green. As I was looking, I stumbled upon two sets of workshops; one for poetry and another for fiction. Just as I did at first, I think many people overlook the workshops and classes that local libraries offer.

I immediately signed up for both. Even though my poetry has been published in a few places, my true heart lies with fiction. They took place in sets of three: the first being poetry the first week, the second week fiction, each taking place every week.

Each workshop talked about a different skillset in writing, and to my surprise, all of the workshops were packed. The best part wasn't that they were filled with people, but that they were multigenerational; people ranging from age 70 to 15 attended them. Having such a wide variety of people added to the discussion, and gave a greater depth of writing for an audience and getting differing opinions.

The poetry workshops focused on writing suspense, writing unpredictably, and what poetry editors are looking for within your writing. I found the writing for unpredictability to be the most interesting; the idea of "surprising" your reader by changing the tone or context of your poem is something I had never considered in my own writing before.

The fiction workshops centered around key writing tenets: plot, character development, and setting. While these may seem like basics in fiction writing, the speaker and leader of the workshops helped to bridge the gap between the beginners and the experts in the room. It was interesting to hear what point of view, voice, and topic everyone else liked to write in, and how they planned and charted their plot points to capture their story. Even with my story already written, it gave me a lot to think about and things I could further flesh out in my own story.

These workshops and classes are almost always free and should be taken advantage of. Even though these workshops were only about an hour long, they were filled with information, and people from beginner to expert could attend and learn something from it. Libraries have a wide variety of class you can attend, and I would recommend following them on Facebook or signing up for an email newsletter to get the latest on the events you may be interested in!

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By Robert Morton

Discomfort in temporomandibular joint often can be relieved with self-care

DEAR MAYO CLINIC: Does temporomandibular joint pain that's caused by grinding teeth ever go away on its own, or is treatment always required?

ANSWER: Teeth grinding or clenching can lead to discomfort around the temporomandibular joint, or TMJ. The causes of these behaviors are complex and likely triggered by multiple factors. In most cases, the pain is a result of muscle soreness - not damage to the joint itself. This pain often can be relieved with self-care. If pain continues, however, consider having the condition evaluated. You may need to take steps to reduce teeth grinding. You also may benefit from exploring other treatment options for the pain, such as prescription medication or physical therapy. If the joint becomes damaged, surgery could be necessary, but that's rare.

Your temporomandibular joints connect your jawbone to your skull. They act like sliding hinges that enable you to move your jaw up and down, and side to side, so you can talk, chew and yawn. These joints and the powerful muscles that surround them can become sore or damaged due to a number of disorders, including teeth grinding - a condition also known as bruxism.

People often unconsciously clench their teeth when they are awake, or they clench or grind their teeth together when they're asleep. Over time, teeth grinding can lead to pain in the muscles of the jaw. If teeth grinding is severe, or if it lasts for a long time, teeth grinding can cause ongoing joint pain, inflammation and degenerative changes in the joint itself.

For some people, teeth grinding fades away over time, or it may lessen to the point that it no longer causes pain or discomfort. In the meantime, you can often ease temporomandibular joint muscle pain with over-the-counter pain relievers, such as acetaminophen or ibuprofen. Applying ice or warm, moist heat to the side of your face may reduce pain too.

If these steps aren't enough to relieve the pain, or if teeth grinding or clenching gets worse, make an appointment to see your health care provider. He or she can evaluate your condition and recommend treatment.

For example, in some cases, changes in behavior, such as relaxing or reposition-

ing your mouth and jaw, may ease teeth grinding. Life stressors often are associated with daytime grinding or clenching, but it is important to separate the habit from stress. Habit reversal techniques, such as setting regular reminders or alarms to remind you to relax your jaw and separate your teeth, can be effective. Another means of habit reversal involves setting up visual cues around your home or workplace to help you remember to relax your jaw and separate your teeth. During normal function, the only time your teeth should be in contact is when you swallow.

If your health care provider suspects that nighttime teeth grinding could be associated with a sleep disorder, it may be helpful for you to consult with a sleep medicine specialist. A splint or mouth guard may help prevent damage to teeth caused by nighttime teeth grinding.

For temporomandibular joint pain that persists despite using over-the-counter pain relievers, stronger prescription pain medications and anti-inflammatories may help. Your health care provider also may recommend a muscle relaxant to ease the discomfort. In some cases, physical therapy can be useful for reducing pain by strengthening and stretching jaw muscles.

If temporomandibular joint pain still won't go away, your health care provider may recommend other approaches, such as a corticosteroid injection into the joint. If damage to the bones or disc within the joint develops due to teeth grinding, a surgical procedure may be needed to treat that damage. Surgery is uncommon, though, and typically isn't necessary since temporomandibular joint pain often can be relieved with less-invasive treatment options. - Jonathan Fillmore, D.M.D., M.D., Oral and Maxillofacial Surgery, 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(AT SIGN)mayo.edu. For more information, visit www.mayo-clinic.org.)

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Robert Morton

These days, up to 45% of youngsters, 80% of workers and almost 100% of CEOs are suffering from stress. It can make you age faster and worsen many chronic diseases, such as heart disease, stroke, high blood pressure, depression, anxiety, ulcers and Fibromyalgia. This explains why stress costs U.S. corporations \$300 billion annually in medical costs, absenteeism, and turnover (the American Institute of Stress 2007).

Even though money continues to be the leading cause of stress for Americans, it helps to keep in mind that there are two broad categories of stress: stressors that you can manage and fix... and stressors that you can't. Take care of the first one as fast as possible, because putting it off only makes it worse. Stressors that you cannot fix leaves you to ponder the fact that you can't resolve them, and you must come to terms with the reality that there are things you can only wish to go away. Then, truth raises its ugly head and you discover that the world is not a wish-granting factory.

During my counseling years, I often used the "Stress Symptom Checklist" from the Anxiety and Phobia Workbook by Edmund J. Bourne, Ph.D. It is an easy to take self-checklist, enabling you to gain an understanding of the stress level in your life. Below, check-off each item that describes a symptom you have experienced to any significant degree during the last month; then total the number of items checked:

Physical Symptoms: Headaches (migraine or tension)- Backaches-Tight muscles-Neck and shoulder pain-Jaw tension-Muscle cramps, spasms -Nervous stomach - Other pain -Nausea-Insomnia (sleeping poorly)-Fatigue, lack of energy-Cold hands/feet -Tightness or pressure in head -High blood pressure -Diarrhea -Skin condition-Allergies -Teeth grinding-Digestive upsets (cramping, bloating)-Stomach pain, ulcer -Constipation -Hypoglycemia -Appetite change -Colds-Profuse perspiration-Heart beats rapidly or pounds, even at rest -Use of alcohol, cigarettes, or recreational drugs when nervous.

Psychological Symptoms: Anxiety-Depression-Confusion or spaciness-Irrational fears-Compulsive behaviors-Forgetfulness- Feeling overloaded or overwhelmed- Hyperactivity-Mood swings-Loneliness-Problems with relationships-Dissatisfied/unhappy-Difficulty concentrating-Frequent irritability-Restlessness-Frequent boredom-Frequent worrying or obsessing-requent guilt-Temper flare-ups -Crying spells -Nightmares- Apathy-Sexual problems-Weight change-Overeating.

Here's your stress level, depending on the number of Items checked: 0 - 7 = Low Stress; 8 - 14 = Moderate Stress; 15-21 = High Stress; 22+ = Very High Stress

If you are concerned about the stress in your life, I recommend you seek professional counseling and learn stress and anxiety reduction skills. A high-stress level will eventually lead to physical problems, for a mind/body connection exists. The comedian George Burns was aware of this. He died in 1996 at age 100 and always believed that the single most important key to longevity is avoiding worry, stress and tension.

Robert Morton, M.Ed., Ed.S. has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He authored two books: "Finding Happiness in America" and the spy thriller "Penumbra Database"- both can be found in Kindle or paperback at Amazon.com books.

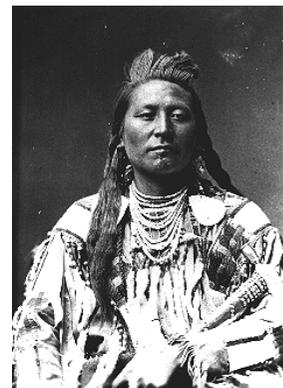
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Plenty Coups Meets the "Great Father"



During the 19th century, tribal delegations traveled to Washington, D. C. to visit the president at the White House. The purpose of these visits was to negotiate new treaties and to impress tribes with the progress of America's civilization. One of those who visited was respected warrior Plenty Coups, a representative of the Crow nation living in what is today Montana. Because Plenty Coups could speak English, the tribe knew he could help them understand the negotiations. Later, Plenty Coups told about his visit in 1880 with President Hayes.

Plenty Coups wrote, "The President said that he had sent for us to talk concerning the future of our people. He said the he wanted us to send our children to school and that they would build a house and barn for each of us. He wanted us to learn to farm. He said they were going to build a railroad through the Yellowstone Valley, but that they wanted us to make peace with the other tribes in our part of the country."

President Hayes asked Plenty Coups and his people to leave Montana and move to land in North Dakota.

"I refused because we did not wish to leave our country. When the President asked my reasons, I said that in North Dakota the mountains are low and that I wanted to live where the mountains are high and where there are many springs of fresh water ... I said that he had asked us to do many things, but that before we could give him our answer, we would like time to talk it over among ourselves."

The Crow leaders felt they were being held hostage until they agreed to a "yes-treaty." While delayed, they visited Mount Vernon, George Washington's home.

"I was one among many visitors at Mount Vernon that day, and yet there was no talking, no noise, because we were thinking of the great past and the unknown future. When people think deeply they are helped, and in the silence there I sent my thoughts to the Great White Chief in that other life. I spoke to him, and I believe he heard me. I said: "Great Chief, when you came into power the streams of your country's affairs were muddy. Your heart was strong, and you led them through the war to the peace you loved ... As you helped your people, help me now, an Absarokee chief, to lead my people to peace. I too, have a little country to save for my children."

After two months, Plenty Coups went home. The Crow compromised and sold some land to the U. S. government, but refused to let the railroad or telegraph lines come through their hunting grounds. Plenty Coups visited Washington many times. Through his diplomacy and strong leadership, Plenty Coups preserved the Crow nation's land.

Inspired by a visit to George Washington's Mount Vernon, Plenty Coups donated his home and nearly 200 acres of his personal land for future Montanans to enjoy – just as he had enjoyed Mount Vernon.

Chief Plenty Coups was selected as the sole representative of Native Americans for the dedication of the Tomb of the Unknown Soldier. He gave a short speech in his native tongue in honor of the soldier and the occasion. He placed his war-bonnet and coup stick upon the tomb. They are on display in a case there to this day.

Social Security Announces 1.6 Percent Benefit Increase for 2020

Social Security and Supplemental Security Income (SSI) benefits for nearly 69 million Americans will increase 1.6 % in 2020, the Social Security Administration announced.

The 1.6 % cost-of-living adjustment (COLA) will begin with benefits payable to more than 63 million Social Security beneficiaries in January 2020. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2019. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$137,700 from \$132,900.

Social Security and SSI beneficiaries are normally notified by mail in early December about their new benefit amount. Most people who receive Social Security payments will be able to view their COLA notice online through their my Social Security account. People may create or access their my Social Security account online at www.socialsecurity.gov/myaccount.

Information about Medicare changes for 2020, when announced, will be available at www.medicare.gov. For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2020 are announced. Final 2020 benefit amounts will be communicated to beneficiaries in December through the mailed COLA notice and my Social Security's Message Center.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola.

Video View

By Jay Bobbin

"THE LION KING": With any of the recent Disney remakes of its animated features, the hope is for an entirely different experience, as familiar as the given tale may be. As technically stunning as it is, this revision doesn't supplant the traditionally animated 1994 original as the defining telling of the story. Director Jon Favreau gets credit for using computer-generated imagery to the max in giving a more realistic sheen to the saga of Simba (now voiced in older years by Donald Glover), who tries to claim his birthright from his devious uncle Scar (Chiwetel Ejiofor). It's notable that as Simba's father Mustafa, James Earl Jones is the only member of the original voice cast to return. Beyonce surely is a major addition to the cast as Nala, but maybe the most successful recasting is that of Billy Eichner and Seth Rogen, hilarious as Timon and Pumbaa. And virtually every major cast member gets to give a new workout to the great Elton John-Tim Rice music score that includes "Can You Feel the Love Tonight," "Hakuna Matata" and "Circle of Life." *** (PG: AS, V)

COMING SOON (Upcoming releases): "THE WIZARD OF OZ" (Oct. 29) "FAST & FURIOUS PRESENTS: HOBBS & SHAW" (Nov. 5) "GOOD BOYS" (Nov. 12)

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Birchard Public Library November Programs



Kiss-Me-Over-The-Garden-Gate

By Grace Nause

Birchard Public Library has a variety of programming at all four locations. All programs are free, but some require registration. The main library is located at 423 Croghan Street, Fremont. For more info call 419.334.7101.

Programs for Teens: Art with Alcohol Ink Tuesday, Nov. 12, 5:00-6:30 pm

Grades 6-12. DIY crafts for teens with alcohol ink, including glass ornaments, vases and votive jars. Registration is required. Call 419-334-7101, ext. 209.

Program Highlight: Short on Thyme: Discuss a Short Story, Tuesday, Nov. 26, 10 am.

Too busy to read a whole book? Join the short story discussion on fourth Tuesdays at the Down Thyme on Front Street. Short story selections available ahead of time at the library or at Down Thyme. For more information, call 419-334-7101 and ask for Max.

Programs for Adults: Titanic and the Great Lakes Thursday, Nov. 7, 7- 8 pm

Discover the connections between the Great lakes and the Titanic at this program presented by the National Museum of the Great Lakes.

Thursday Movie Club Thurs., No. 14, 21st. 1:30 pm Free

Adult Book Discussion Thurs. Nov. 14, 7 p.m.

Join the discussion of A Gentlemen in Moscow, by Amor Towels. Books are available at the adult reference desk.

Programs for Children: Storytimes for 3-5 Year Olds Tuesdays at 9:30 am, or Wednesdays at 10:30 am

Storytimes for Birth to 36 Months Tuesdays at 10:30 am or Wednesdays at 9:30 am

Family Storytimes Tuesdays at 6:30 pm.

Kids Code! Saturday, Nov. 9, 10:30 am – noon

K-6th graders will learn to think like a coder with fun activities and coding practice online. Registration is required. Call 419-334-7101, ext. 209, or register online at www.birchard.org.

LEGO Challenge Thursday, Nov. 21, 4:30- 6:30 pm

Adult Coloring Monday, Nov. 18, 6:30-8:15 pm

Join us for a peaceful, relaxing evening of coloring. Many supplies available or bring your own favorites.

Crochet Connection Tuesday, Nov. 19, 6:30-8 pm. All experience levels are welcome. Bring your own hooks and yarn and drop in for an evening of crocheting fun.

Documentary Film Club Thurs. Nov. 21, 6:30- 8 pm

Adults are invited to view and discuss part 1 of a documentary film that focuses on the impact of Facebook on modern culture. Free admission and refreshments.

Welcome Fall...I enjoy the fall season so much...the colors in the trees...the crunch of leaves under my feet...the smell of pumpkin pie baking in the oven... and the crunch of an apple when you take the first bite and the juice runs down your chin. Some of us never grow up –some of us never should. I think I'm one of those!

If you haven't gone to the Fremont Community Theatre lately, you might want to give it a try. Some friends and I have had season tickets for a few years now. We have enjoyed the time together as well as the performances. They offer a nice selection of plays and some especially for children as well. We will see Dracula - The musical tonight. They will bring Frozen Jr. and A Charlie Brown Christmas to the stage in December; The Diary of Anne Frank in January; A Bench in the Sun in March and finish the season with Mamma Mia in May. We look forward to the next production. It helps the dreary winter days to go by a little faster and the spring to arrive sooner.

Bernie and I are doing great. It is as the song says..."It's so Nice To Have A Man Around The House." Charlie, our dog agrees with me as well, he gets petted a lot more. He often chooses to sit by Bernie's chair when we turn on the T.V. and settle down for the evening.

What's on The Old Garden House Calendar, you ask? Well, not as much as sometimes. We have a wedding coming up, Election day worker training for me, a couple wellness visits with my eye doctor and family physician. Then there's Tea at Two on October 29th. Our tea's speaker will be Kent McClary who will share his study of the paranormal activity around us. He hosts a radio program and discusses this subject with his audiences, as well. For our time together, he has chosen "An Evening with the Lincolns," as his topic. If you are reading this in time, we can take 6 more reservations. Ph.# 419-332-7427. Tea and mini-sandwiches and sweet treats will be served at 2:00 with the program to follow. The November Tea is the Christmas Tea. We not only are full, we are overflowing! My staff always says to me, "Ms. Grace, you did it again, didn't you!" I look guilty and say, "yes, but here's my seating plan, we can do it.!" And, somehow we always do.

Is your garden ready for the winter yet? Mine is almost ready, Fall is such a beautiful season and this year it has been outstanding. I always say "it can't get too hot for me; (I love 90 degrees in the shade) but it can get too cold in a hurry. So, Ms. Grace, get out your cold weather coat, boots, gloves, scarf and hat and get ready! Here it comes again! Like they say. "Bring it on!" We can handle it because we know that LIFE IS GOOD in any weather. Ms. Grace

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Price: \$40 in advance
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Tickets available at HSSC shelter, 1315 N. River Road, Fremont. For more info call 419-334-4517

Millennials can rise above unfair stereotypes

Q: I am a millennial and am tired of baby boomers judging me. The assumptions are that I have no work ethic and am entitled. The truth is my parents were affectionate but provided firm discipline. I am grateful, loyal and expect to pay my dues. Because baby boomers have most of the power, how do I change their expectations?

A: You'll change their expectations by doing exactly what you just told me you do. The problem you are having is you are part of a generation in which some parents were high on affection and low on discipline. Their kids, the millennials, paid the price.

As we mature, we learn the world will not reshape itself to make us feel better. We have the option to behave well despite adversities, or prejudices. If when we feel bad, we demand our environment stop making us feel upset we will get nowhere.

Baby boomers, in general, were raised with the idea that life is not fair. Millennials, in general, were raised with the idea that the world should be fair. Millennials are making effective efforts to make our world fairer. Young people deserve a lot of credit for trying to speak truth to power and bringing light to bad business practices.

However, at the end of the day you will run into systems that will eat you before they'll change. Being able to evaluate what you can influence and what you need to work around is important. A passion for a better world is fantastic! Realizing change is glacial means change involves a long timeline.

Also consider that raging is an ineffective strategy. People end up thinking your reaction is as Shakespeare said, "full of sound and fury, signifying nothing." If you want change, impulse control, diplomacy and appealing to the agenda of the system are essential tools.

Be aware that just having a solid work ethic and being loyal and grateful are not enough. You must find opportunities to be your own public relations manager. Highlight these personal qualities so your superiors see you as a high-performing individual not just a member of a generation.

We are all more than our skin color, gender, sexual orientation, spiritual orientation or generation. We each are ultimately accountable to proving who we really are.

If you really want to thrive be willing to show who you are, work for what you want and don't get sidetracked raging. Nothing really worth having is ever easy, fast or without significant hurdles.

Savoring Normandy's Hospitality

By Rick Steves

Picture this: Half-timbered towns with tall cathedral spires, thatched-roof cottages dotted among green rolling hills, fat happy cows, and drifts of gnarled apple trees. This is the beguiling Normandy coast of France.

Strategically positioned across from England, Normandy is the closest coastline to Paris. That prime location may attract urban beachgoers, but it also explains why this welcoming corner of France has seen more than its share of war.

In the ninth century, Viking Norsemen swooped in from the north and gave the region its name. A couple of hundred years later, William the Conqueror invaded England from Normandy (his 1066 victory is commemorated in a medieval tapestry - more about that later). A few hundred years after that, France's greatest cheerleader, Joan of Arc, was burned at the stake in Rouen by the English, against whom she rallied France during the Hundred Years' War.

And in 1944, Normandy was the site of a WWII battle that changed the course of history. For many Americans, Normandy begins and ends with the D-Day museums and memorials that commemorate the heroic Allied landing of June 6, 1944.

But even if the rugged Norman coast still harbors wartime bunkers and military cemeteries, it's also home to pristine beaches, enchanting fishing villages, and pleasant seaside resorts. It's such a popular getaway that Parisians call it the "21st arrondissement" - and with its delicious cuisine and idyllic nature, it's no wonder. Brits consider it close enough for a weekend outing (BBC radio comes through loud and clear here).

Little Bayeux, six miles inland, makes an ideal home base for visiting the area's sights. Even without its proximity to the D-Day beaches, it's worth a visit for its enjoyable town center, awe-inspiring cathedral (William the Conqueror was present for its consecration in 1077), and the remarkable 230-foot Bayeux Tapestry, which painstakingly details William's conquest of England, scene by scene.

For the ultimate Norman experience, though, I prefer to stay at a rural farmhouse B&B. Ancient stone houses, often owned by the same family for decades or longer, offer simple rooms outfitted with vintage furniture and linens crisp from drying on a backyard line. Breakfast eggs often come from the hens in the yard. It's the ideal way to sample everyday life firsthand (find B&B accommodations at www.gites-de-france.com).

Getting into the countryside is also the key to experiencing the local cuisine. Normandy, after all, is the earthy land of the four Cs: Calvados, Camembert, cider, and crème (cream sauces). When you see "à la Normande" on a menu here, expect your food to be bathed in cream and butter.

There's no local wine in Normandy, but this region of apple orchards is proud of its powerful Calvados apple brandy and hard apple ciders. Along green lanes lined with hedgerows, Route du Cidre signs (with a bright red apple) lead tourists to producers of hand-crafted cider and brandy. At mom-and-pop places, proprietors invite you into the kitchen for a taste and a chance to buy a bottle. Bigger outfits happily open up their musty cellars and pressing sheds, offering tastings and tours.

At restaurants here, you might be offered a *trou Normand*, a shot of Calvados served in the middle of a big meal (it's sometimes poured over apple sorbet), with the idea that it will reinvigorate your appetite to get you through the next course. You'll also find bottles of the aperitif *Pommeau*, a blend of apple juice and Calvados, as well as *poiré*, a tasty pear cider.

Those ciders and brandies are perfect for washing down the region's premier cheeses and cream sauces. What makes these dairy products so special? It's the *terroir* - the lush green pastureland brushed by the mild maritime climate. And it's the brown-and-white *Normande* cow, which produces a daily output of five gallons of milk that's super high in butterfat. (This stoic breed was nearly wiped out during the 1944 Allied invasion, but has since rebounded.)

The rich milk of the *Normande* cow is essential to the region's iconic Camembert cheese, packaged in its little wooden box. Runny and moist, the funky raw-milk Camembert available in Normandy is nothing like the rubbery pucks sold at home. Look for cheeses labeled "Camembert de Normandie AOP" to get the real thing. The French even control the designation of Normandy's thick, unpasteurized cream (AOC *crème fraîche de Normandie*).

Here's a tip: if you're going to splurge on a nice dinner in France, do it in a small Norman town, where fine dining can be a terrific value. After spending a day visiting the D-Day beaches, I look forward to the edible and drinkable hospitality that's so abundant in Normandy. Even when the food's gone and the bottle's empty, the party goes on.

(Rick Steves (www.ricksteves.com) writes *European travel guidebooks* and hosts *travel shows on public television and public radio*. Email him at rick@ricksteves.com and follow his blog on Facebook.)



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Dear Cathy,

We have a very smart 8-year-old old pit. She is healthy and has always been playful and well-trained. She was trained to do her business in one area of the back yard.

But suddenly she is skittish when we take her out and she seems to fight doing a bowel movement. Sometimes, she waits so long she can't hold it and goes before going out. Other times she will do it outside, but not where she was trained to go. At these times, she whimpers like she is hurting. She also has been scooting on the rugs like she has an itch. Her backside is red, and she won't let us put anything on it. She has been itching a lot.

We have given her Benadryl, but it doesn't help. What can we do to relieve her of this discomfort?

-Dorothy

Dear Dorothy,

The first sign a dog doesn't feel well (or is stressed) is a change in habits or behaviors. If she is whimpering, she is hurting. If she is scooting across the carpet, her backside hurts or itches. Most likely, she just needs her anal glands expressed, which can be done quickly and easily in your veterinarian's office, providing her with almost instant relief.

If her defecating problems, though, are related to diet, she may need a little more fiber. You can add a few teaspoons of canned pumpkin (not pumpkin filling; that has sugar) to her food. If it's an allergy that is causing itching and skin discomfort, your veterinarian can give her a shot that stops the itching for several months.

Take her to your veterinarian to find out for sure what's going on.

Dear Cathy,

In your columns you have suggested "relocating" an unwanted community cat instead of saying find it a new home. What did you mean? In Florida it is against the law to abandon a cat. As an advocate for animals, I'm sure you know it's not the cat's fault.

If the person is feeding the other cats but chases away this cat, no wonder the cat is aggressively trying to get food and scares the other cats away. She could leave food further away for that cat and then try to trap to see if neutered or even sickness is causing aggression.

Will you please clarify your answer so people don't think relocating means capturing the cat and dumping it somewhere else where the same thing may occur? And please remind your readers to spay and neuter their cats and keep them inside. People don't realize the dangers their cats face out there.

- Debbie

Dear Debbie,

I was surprised at the flurry of letters I received regarding my response because I would never suggest dumping or abandoning a cat. When I looked into your concern, I discovered my entire response did not run. Here is the original paragraph with the crucial missing sentences.

"When you trap the cat for his/her spay-neuter surgery, have the vet's office scan for a microchip. If the cat belongs to someone else, your problem is solved. If not, another option is to relocate the cat. Do not dump or abandon the cat. Instead, look for someone who may want a barn cat or a business who may want a shop cat to handle rodents in exchange for feeding and sheltering the feline. This re-homing may be the best way to go."

As you can see, my suggestion was related to re-homing the cat with someone. I would never suggest anyone trap a cat and dump the cat some place else. It's just as cruel as the original dumping because the feline is yet again left not knowing where to find shelter, food or water. I also suggested that

she get the cat fixed because it would likely reduce aggressive behaviors and give the cat a few weeks to adjust to the other cats in the colony.

I like your suggestion of trying to feed the cat in a separate location, but that can be challenging and draw the other cats there too. I suggested scanning for a microchip (during the neuter surgery), and one reader suggested putting up fliers and checking with animal control to see if a lost cat was reported.

Thanks for bringing this edited response to my attention. It's never acceptable to abandon a dog or cat.

(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.)
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REMEMBER TO SCHEDULE YOUR HOLIDAY APPOINTMENTS

Hindsight Doesn't Always Equal 20/20 Vision

Dr. Paul Silcox

Three years ago this month our family had the experience, like so many others, to bury our son, brother, nephew, cousin and friend due to this plague that has not only gripped our family, but has struck our society as a whole, addiction.

Over this last three years, I have been vocal and open about the pain our family's experienced that came from Joe's addiction. Trying to become more learned on the subject, and sharing information with others, thru different venues, whether it is by addressing high school assemblies, civic groups, professional associations, Chamber of Commerce meetings, or church groups. I was active in advocating for a tax levy to strengthen the Sandusky County Drug Task Force to aid their ability to intercept and confiscate as much contraband coming into our county as possible.

I've written numerous articles for publications that are aimed at helping to enlighten and awaken the general public about this real threat that still exists in our communities. One paper I wrote I've entitled, "The Swiss Cheese Generation". Just imagine a diagram of a family tree showing the members of a family for 2 or 3 generations, but with a hole in the places where a family member was lost due to addiction. It's sad because there are so many more holes showing up.

The Social Security Administration has actuarial tables that state the life expectancy for men (close to 76) and women (close to 81). A new study by Ohio University released a 10 year statistic review in July 2019. It subtracted age at the time of death, for all the people in Ohio that died due to this epidemic, from their expected life span. In summary, it reported that 1,028,005 YEARS OF LIFE HAVE BEEN LOST directly associated to unintentional overdose deaths.

When you look at Sandusky County specifically in that report, the total years of life lost comes to 4,247. That's a sobering thought that feels like a punch in the gut, especially when I consider that my son contributed at least 50 years to that number. Statistics such as these cloud the many issues in the future for this monumental problem we face in our nation. You would think that hindsight would help clear up this mess. It's obvious that a beefed up determination and vigilance are required.

Here's to another year of not letting the heartbreak of remembrance and deafening silence of his absence, overshadow the celebration of life that continues on in Joe's niece and nephew.

PUBLIC NOTICE

Phase 36 Emergency Food and Shelter Program Funding Request:

Sandusky County has been awarded \$10,500 in federal funds through the State Set-Aside (SSA) process under Phase 36 of the program. Congress has appropriated \$120,000,000 to supplement and expand emergency food and shelter programs. The local Board in Sandusky County is responsible for recommending agencies to receive these funds. Under the terms of the grant, local agencies chosen to receive funds must 1.) Be private voluntary non-profits or units of government 2.) Be eligible to receive funds with no past funding issues 3.) Have an accounting system 4.) Practice non-discrimination 5.) Have demonstrated the capability to deliver emergency food and/or shelter 6.) Have a private voluntary board 7.) Be willing to submit necessary paperwork through EFSP's system. Qualifying agencies are urged to apply. Interested agencies must contact Sandusky County Share and Care for an application. The deadline for requesting an application is November 20th and all applications must be received by 3 pm, November 21st in the office at Sandusky County Share and Care, 129 Bidwell Ave Fremont OH. Questions, please call 419-334-2832 or email Lkirsch5@hotmail.com. Those submitting applications will be required to attend a MANTORY meeting with the committee on Wed, December 11st at 8 am. This meeting will be held in the lounge at Grace Lutheran Church.

Classifieds

BUS TOURS

New York City Christmas Dec 6-9; Enjoy the Quaint Christmas Markets, the Rockefeller Center Tree and shopping along 5th Ave.. Included is Breakfast and 3 evening meals, 911 Museum, Statue of Liberty and Top of the Rock Observatory. \$695. p.p. double
New for 2020: The Canyons of the Southwest U.S. Tour Oct 5-16, 2020, \$3345.00 double, Book by Feb. 1 receive a \$150 Early discount off the final price of the trip.

FOR SALE

Delta plastic tool box for small pickup. Black Overall 60" wide., good condition \$75. 2 Carpet remnants, 11.5' x 11.5'. like new, darker neutral color. \$75 ea/\$100 both. Sealy Queen mattress and box. \$100. Dynaglow kerosene heater. 23,800 BTU. Used less than 15 hrs, like new, \$100. Stationary exercise bike, good condition \$35. Horton Supreme Crossbow - 150 lb. pull. with scope and quiver. Good condition. \$75. Call 419-307-8094

OPEN HOUSE & SALE

Three Artisans" Art Glass Open House & Sale: Friday, Nov. 8 from 3-7pm and Sat., Nov. 9 from 10-4pm at First Unitd Hurch of Christ at 1500 Tiffin Road in Fremont., just past the Ballville Bridge. Each piece of art is original and one of a kind. Free Admission and refreshments.

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