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Vol. 23 Issue 10

OCTOBER 2022

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Lifestyles 2000

October 2022
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PRESIDENT HAYES CELEBRATES 200 YEARS

President Rutherford B. Hayes will turn 200 on Tuesday, Oct. 4, and the Hayes Presidential Library & Museums is planning a year of events to celebrate.

Events will start with the birthday kickoff weekend, Friday, Sept. 30 – Sunday, Oct. 2, with more celebrations on Tuesday, Oct. 4.

On Saturday, Oct. 1 & Sunday, Oct. 2, visitors can enjoy free admission to the museum and a reduced price on tours of the Hayes Home. Tours on those days will be of the first floor of the home and last about a half hour.

A birthday-themed escape room geared toward families and kids, although all ages are welcome, will be offered Friday, Sept. 30, and Saturday, Oct. 1.

On Sunday, Oct. 2, guests can enjoy a ceremony commemorating President Hayes' birthday on the Hayes Home verandah and a wreath-laying at his tomb, followed by a birthday reception with cake behind the Hayes Home. Ice cream will be available throughout the ceremonies and reception.

Giveaways, including posters of the Hayes Home and stickers, will be handed out. The first 50 visitors on Saturday, Oct. 1, and Sunday, Oct. 2, receive a white spruce tree seedling.

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PUBLISHER/EDITOR

Joanne McDowell

SALES

Joanne McDowell

567-342-3117

email: lifestyles2000@sbcglobal.net

GRAPHIC DESIGN

Martha Blumel, Envision Graphic Design

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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

The events calendar is packed, so happy we are getting on with our lives. We have some fun columns this month, check out the barn tour Denice Baldetti has put together.



For those who have asked, Pete has never recovered and his health continues to decline. Please remember him in your prayers.

Thanks for being a reader, you are so appreciated! A special thanks to our advertisers who make Lifestyles2000 possible each month.

Joanne

Find Pete



Find Pete Winners:

There were again 150 entries, most were correct, the answer was Swim Rite Pools.

Winners are: Paula Mischler, Oak Harbor; Teresa Roth, Bob Wells, John McKnight, Dena Cuebelo, Michele Geyer, Cindy Scranton, Rita Myers, Kurt Henkel, Melvin Moyer, Fremont; Vicki Hull, Old Fort; Claudene Kuhlman, Elmore; Kathy Berger, Gibsonburg; Elaine Wonderly, Shirley Swaisgood, Helena; Denise Ruffing, Green Springs, Judy Hoffman, Tammy Taylor, Charles Hall, Marvin Boyd, Clyde.

Thanks for playing!

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.

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.

The power of a smile

by Robert Morton

My mother passed away in 2004 at the Bethesda Care Center in Fremont. I remember how the people there loved her upbeat attitude, until the very end. She became positive at an early age, for doctors said she would never live past the age of 12, due to pleurisy. She fought to prove them wrong, and I found an old diary she kept since childhood. She lived by these words which I believe helped her conquer her illness:

"A smile is a curve that can set a lot of things straight. There are no bad days- some are just better than others. I've found a little remedy to ease the life I live and make each day a happier one- it is the word 'forgive.'"

Her independence shown through when she wrote "Free enterprise gives everybody a chance to get to the top. Some depend too much on the free and not enough on the enterprise!"

Here's more: "You grow up the day you have your first laugh... at yourself. He tried to be somebody by trying to be like everybody, which made him a nobody. If you want to be happy, begin where you are, don't wait for some rapture that's future far, begin to be joyous, begin to be glad, and soon you'll forget that you were sad."

"Laugh a little, sing a little as you go on your way! Work a little, play a little- do this every day! Give a little, take a little, never mind a frown- make your smile a welcome thing, all around the town! Laugh a little, love a little, the skies are always blue, and every cloud has silver linings, but it's up to you!"

"If we learn how to give ourselves, to forgive others, and to live with thanksgiving, we need not seek happiness- it will seek us. When you start shouting, you know you have lost the argument."

The nurses at Bethesda loved her smile whenever they came in her room. She always smiled and held their hand. I can see why: "A smile cost nothing but gives much. It enriches those who receive without making poorer those who give. It takes but a moment, but the memory of it sometime lasts forever. None is so rich or mighty that he can get along without it, and none is so poor but that he can be made rich by it. A smile creates happiness in the home, fosters good will in business, and is the countersign of a friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, yet it cannot be bought, for it has no value until it is given away."

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 three spy thriller novels: "MISSION OF VENGEANCE", "PENUMBRA DATABASE", and "THE SHADOW WAR"- they can be found in Kindle or paperback at Amazon.com books.

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Out to Lunch

By Lynn Urban

When I think of Old Zims, as I suppose most folks do, I think of a place to hold a wedding reception, a special event, or even back in the day a square dance. Maybe they still square dance, I don't know, I've never been to one. I never thought of it as a restaurant, even though I've seen it on the sign as I passed it on Route 20.

I knew that they had good home cooked food at these events, and probably the



best pies around. I decided to go on a Sunday with my mom after church, because I knew she would appreciate that, and this is the only time and day it is open as a restaurant. For that one day of being open, I was surprised at the variety of meals to choose from. We had delicious meals of roast beef and mashed potatoes and gravy, and turkey and mashed potatoes and gravy, along with rolls and green beans. It was a nice change for lunch, instead of a sandwich, although there is a large selection of sandwiches on the menu. Along with single meals, they can seat a large group with their famous family style dinners. This is popular on the holidays that they are open, such as Mother's Day or Easter. They are known for their chicken dinners, a four-piece meal with two sides runs \$13.00, but a large quantity of chicken by the piece is possible to order also. They also have seafood dinners, such as shrimp, perch, and haddock. All soups and sides are homemade, like the potato salad and macaroni salad, and can be ordered by the pound to go.

They do a big carry out and catering business on all of their meals. Pies can be carried out also, a whole pie sells for \$11.00. The hours on Sunday are from 11- 2, for dine in and carry out. The address is 1375 N. C.R. 590 Lindsey, 419-665-2577. Check out their web site for a great story on their family history.

Jill on Money

By Jill Schlesinger

Time to snap out of it (and evaluate life insurance)

As we slowly emerge from the haze of summer, I've been thinking about Cher's classic line from the 1987 movie Moonstruck: "Snap out of it!" Without slapping you, it's time to address some of your not-yet-completed, New Year's money to-dos.

If you're like many, the broad category of dealing with unpleasant issues got pushed to the back burner right around Independence Day weekend. Because September is Life Insurance Awareness month, I'm pulling that simmering pot from the back to the front of the stove-and turning up the heat.

According to research conducted for the insurance industry by LIMRA, 31% of Americans say they are more likely to buy life insurance because of the pandemic and a whopping 44% of families would face financial hardship within six months if the household's primary wage earner were to die suddenly.

You might think that these two statistics would prompt urgent action, but the hurdle with life insurance is that it requires you to contemplate the worst possible of all bad things, death. Even if you scale that first hurdle, others await: aggressive insurance sales pitches; lengthy policy agreements; and complex fee structures.

Before you throw in the towel, know that the process of buying life insurance is easier than ever and it all starts with a simple question: "If I were to die now, would anyone endure financial hardship?"

If the answer is yes, you will need to purchase enough coverage to help pay for living expenses and ongoing care, as well as provide a lump sum to fund future needs like college or retirement. There are online calculators that can help you figure that out, but I like the free one that was developed by The American Institute of Certified Public Accountants' 360 Degrees of Financial Literacy web site.

Once you determine the amount, it's time to figure out the type that works for you. Most people have a specific insurance need for a defined period, which is why term life insurance is the go-to coverage.

Here's how it works: during the stated term of a policy (a certain number of years), if the insured dies, the insurance company pays the face amount to the named beneficiary. The cost is reasonable for those in good health up to about age

50. After 50, term gets more expensive, but hopefully, at that time, your insurance need will be reduced (i.e., kids will be grown and on their way) and/or your savings and investments will be sufficient to cover your needs.

To shop for term, start with your employer's benefits. Many companies offer term that is equal to a multiple of salary, with an opportunity to purchase additional coverage beyond the base amount. If that extra coverage is portable (meaning you can take it with you if you were to get another job), it is worth considering buying for you and/or your spouse. Otherwise, hop online to find competing quotes.

On the other end of the spectrum from term is permanent life insurance (whole, adjustable, and universal life policies fall under the umbrella).

Permanent coverage is more expensive because the death benefit remains in place for your entire life, which is why it's most often used for estate planning purposes or to facilitate small business buy-sell agreements.

Permanent policies also have savings or investment components. If you are getting a hard sale for permanent coverage, consult a fee-only financial adviser, who can evaluate your needs, determine the right type of policy, and refer you to a reputable agent, if the more expensive coverage is warranted.

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



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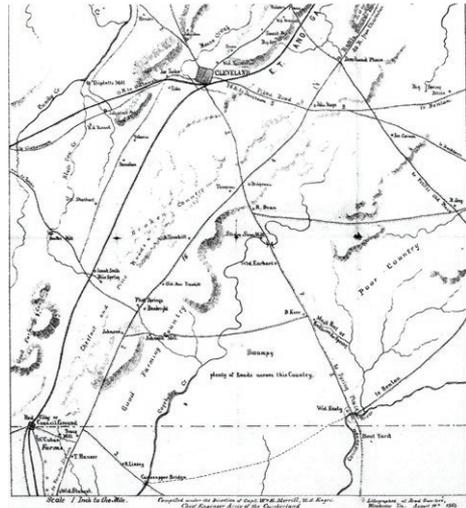
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For the Love of Maps

Recently I lost a map of the state of Florida that I purchased several years ago. It was expensive, printed on fine paper, and beautiful. It was one of my favorites because like others I own, it connected me to places that brought back fond memories. I have a drawer full of maps that I picked up over the years – mostly as a child at gas stations where they were always free. Some show streets, counties, towns, rivers, the Great Lakes, and most of all - places I could only imagine visiting.



Today, maps, like the one I bought in Florida are scarce and few are free. Why? Because nearly everyone uses GPS. We no longer need a map to find our way. The lady tells us just how to get there, but she doesn't help us visualize where we are in relation to our surroundings.

At no time in our history was this more important than in the Civil War. It was the

Union forces who were in desperate need of accurate maps as they plunged blindly into the southern states to fight the Confederacy (who had home court advantage, knowing every stream, road, and pass).

As armies have done for centuries, both Union and Confederate - lived largely off the land.

Therefore, it was essential for the Union to have detailed maps that identified crops, orchards, fording sites, parallel roads, woods, and landmarks. Without this knowledge, Union armies, made up of thousands of men and horses, could be stalled in an area without sufficient water and resources. Within days they would be starving.

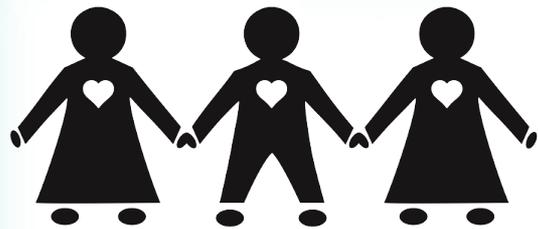
I had the good fortune to see some of the Civil War maps at the Hayes Presidential. One in particular (shown nearby), made in 1863 for General William S. Rosecrans, who deeply appreciated maps. details the area around Cleveland, Tennessee, some 30 miles from Chattanooga. Using an existing map, engineer William E. Merrill traveled the area, adding critical details, including swampy areas, "good farming country" "broken country," springs, creeks, woods, mills, bridges and even residents' names. These maps were printed on cloth and could be washed, dried and stuffed into saddlebags.

Another map, boring to the eye, was actually vital to General William T. Sherman. It shows Cobb County Georgia (Atlanta) divided into numbered lots, 6/10th of a mile on each side originally surveyed in 1840. From this Sherman was able to tell his army commander General James McPherson that his headquarters was located in a house "not far from the northwest corner of lot #273".

In contrast, General Robert E. Lee's Army of Northern Virginia marched into Gettysburg's unfamiliar and unfriendly territory. As General James Longstreet described it, Lee was like a man walking "over strange ground with his eyes shut." This was the situation Union armies faced throughout the war.

While no longer as important as they once were, maps still remain interesting documents that connect us to the wider world. They are also like time capsules that bring back memories of trips taken and roads traveled.

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HISTORIC TRAIL OF BARNNS

By Denice L. Baldetti

Perhaps you may be planning a leisurely drive this fall to view Ohio's spectacular tree colors. However, while out driving, why not double your viewing pleasure and include a barn mural trip as well! The Sandusky County Visitors Bureau has launched their Historic Barn Mural Trail across Sandusky County and they can't wait to share some special barns with you!

The Sandusky County Historic Barn Mural Driving Tour is self-guided driving tour. While cruising through breathtaking country landscapes and back country roads, travelers will view seven different barns painted with murals. Each mural depicts history from the local area. The Sandusky County Historic Barn Mural Driving Tour takes about an hour, and is less than 40 miles from start to finish.



757 Steam Engine Barn Mural, Bellevue, Ohio

The first barn on the Driving Tour was painted just before 2003 to commemorate Ohio's Bicentennial. Other barns on the tour include: Sandusky County Bicentennial Barn (2019), Astronaut Tom Hendricks Barn (2018), 911/Public Safety Service Men Barn (2017), Battle of Fort Stephenson Barn (2017) and Rutherford B. Hayes Barn (2015).

The county's historic barn murals were painted by Scott Hagan, known as the "barn artist" (www.barnartist.com). Scott began his barn painting career in 1997. He started out painting

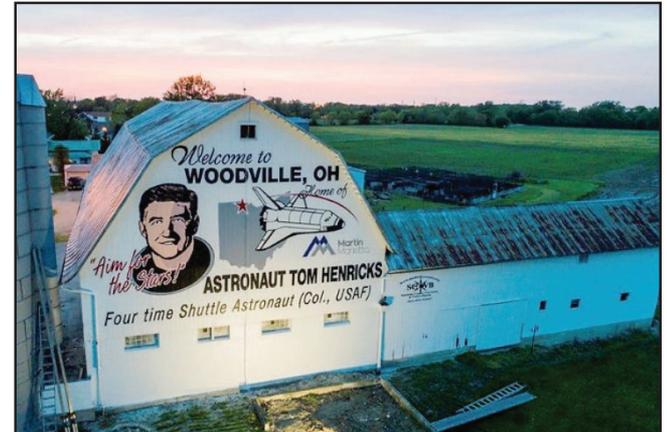
The Barn Trail starts with the most recently painted barn on the route, the red Bellevue Hospital barn mural. This mural commemorates Bellevue as an historic railroad town. Dedicated in June of 2022, the 757 Steam Engine painting depicts a 1944 historic engine that operated freight trains. The engine was retired in Bellevue, and is now on display at the Mad River & NKP Railroad Museum.

The first barn on the

barns "just for fun." He asked his dad if he could paint his barn, and the result was an Ohio State Buckeyes logo and mascot barn mural. This barn captured media attention. Soon after, his career took off with a commissioned Ohio Bicentennial five year project painting one barn in each of Ohio's 88 counties. To date, Scott has painted over 400+ barns!

When planning your barn mural driving tour, be sure to first check out the Sandusky County Convention & Visitors Bureau. At their website <https://www.sanduskycounty.org/barns>, you can download a PDF Information Sheet about the Barn Trail, complete with directions to each barn. Woodville, Gibsonburg and Bellevue each have one barn on the trail to visit, while Fremont leads the pack with four barns. Plan a day trip and meander thru some of Ohio's small-town restaurants and shopping areas, too!

For more Ohio barn lore, check out the book, "Ohio's Bicentennial Barns" by Beth Gorczyca and B. Miller. This book is filled with spectacular color photos and wonderful stories that chronicle the history of the barns and their owners.



Astronaut Tom Henricks Barn Mural, Woodville, Ohio



Rutherford B. Hayes Barn Mural, Fremont, Ohio



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Election Time

By Kathy VanWey

It's that time again – Midterm Elections. Most of the rhetoric is vicious and vitriolic. Terms like fascism and socialism are used for mudslinging. And our young people know nothing about the philosophies behind these concepts. To give them a springboard to do their own research, here is an informative quote from Dear Abby (June, 2008):

COMMUNISM: You have two cows. The government takes both cows and gives you part of the milk.

SOCIALISM: You have two cows. The government takes one and gives it to your neighbor.

FASCISM: You have two cows. The government takes both cows and sells you the milk.

NAZISM: You have two cows. The government takes both then shoots you.

BUREAUCRACY: You have two cows. The government takes both of them, shoots one, milks the other and pours the milk down the drain.

CAPTIALISM: You have two cows. You sell one and buy a bull."

Some of our great comedians possessed timeless insights into politics and politicians.

Will Rogers: "The short memories ... of voters is what keeps our politicians in office." "Americans have the best politicians money can buy."

"The country has come to feel the same when Congress is in session as when the baby gets hold of a hammer."

"The more you read and observe about politics the more you've got to admit that each party is worse than the other."

Robin Williams: "Politicians should wear Spenser Jackets like NASCAR drivers, so we know who owns them."

Bob Hope: "I like a President, who can tell jokes instead of appointing them." "I don't do a lot of political jokes, too many are getting elected."

"I have the perfect tax form for our government. Why don't they just print our money with a return address on it."

"I don't know if political candidates are running for The White House or Animal House."

George Carlin: "Political correctness is nothing more than fascism pretending to be manners." "In America anyone can be President. That's the problem." "The real reason that we can't have the Ten Commandments in a courthouse: You cannot post

'Thou shalt not steal', 'Thou shalt not commit adultery', and 'Thou shalt not lie' in a building full of lawyers, judges, and politicians. It creates a hostile work environment."

CHOOSE WISELY. THE 2024 ELECTIONS WILL BE HERE BEFORE WE KNOW IT.

A personal update: After losing our cat, D2, his brother, R2 had a couple of rough days, but is now basking in the glory of being the only fur baby.

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Life Scholar By Kathleen Nalley

The Fall 2022 Life Scholars catalog is now available to seniors wishing to expand their understanding of a variety of topics while making friends along the way. Previous enrollees should have received one in the mail while others may find catalogs within the community at various locations such as libraries, the YMCA, city recreation center, and others. The catalog is available online at Learn.Terra.edu or can be picked up at the Kern Center on the Terra Community College campus. Classes have begun, but registration is available any time before the scheduled start of class if seats are available.

Filling up fast are two classes taught by popular instructors of a popular topic: The Kennedy Family. The first, "Kennedy/Fitzgerald Dynasty," taught by Mike Gilbert on Nov. 15 will explore the individuals behind the Fitzgerald and Kennedy families and the scandals, corruption and heartache interwoven through each generation. Mike will be joined by Kent McClary in revisiting one of the most memorable days in history, November 22, 1963, the day President John F. Kennedy was assassinated in "Kennedy Assassination," which begins Nov. 22. The instructors will highlight the events, the evidence, the conspiracy theories, and the cover-ups associated with this historical tragedy.

A new course which did not make the print date for the catalog but has been greeted with enthusiasm by those who love the game is "Mahjong," starting Oct. 14. The first two sessions will focus on the interesting history of the game and the fundamentals of play. The following Fridays will be for actual play as an ongoing opportunity for those who enjoy the game and are interested in meeting others.

Larry Michaels will return to topics of religion and geography as he shows the places in Israel associated with Jesus' life and ministry in his one session course, "In the Footsteps of Jesus: His Life & Ministry." This visual presentation will allow students to see the actual places where Jesus walked and taught, helping make the history-changing events recorded in the Gospels seem more real to us living 2000 years later.

Jim Weaver, a former city council president, has been fascinated with history and genealogy in recent years and has written a book about the "The World's Greatest Marksman." He will share his research of this lesser-known Sandusky County resident at the Nov. 14th Eilene Perry Learning Table. Presentation, coffee, and cookies are free with registration for this noon program. Register for this and other offerings at 419-559-2255 or at learn.terra.edu.

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Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): Everyone sees the world differently so it's important to respect others' opinions as you would like them to respect yours. Your acceptance and tolerance could be more evident, but avoid being careless.

TAURUS (April 20-May 20): If the usual methods aren't working for you, thinking outside the box could solve the problem. Focus on being warm and upbeat especially if involved in disagreements or misunderstandings.

GEMINI (May 21-June 20): Think out your best course of action given the givens - it's unlikely that problems will simply disappear overnight. Accomplish your goals through hard work and meticulous research.

CANCER (June 21-July 22): Make promises sparingly and fulfill them unflinchingly. When people are counting on you, don't disappoint them. A special someone could be in a romantic mood so you could find excitement on your own doorstep.

LEO (July 23-Aug. 22): An indiscretion or exaggeration might cause a misunderstanding. Despite a load of work on your plate, you should have a chance to make amends. Feel free to ask for help with a work-related project.

VIRGO (Aug. 23-Sept. 22): Break through barriers. You might be more popular than usual but do not give your heart away too quickly. A discovery or insight can adjust your motivations or empower you to do better.

LIBRA (Sept. 23-Oct. 22): You may be starting to think about possibilities rather than just about problems. You may be less competitive and more willing to compromise and give loved ones the benefit of the doubt.

SCORPIO (Oct. 23-Nov. 21): Your friends may be focused on what's new while you could be more satisfied with the status quo. However, becoming more familiar with the latest drops can give you something to chat about with your tribe.

SAGITTARIUS (Nov. 22-Dec. 21): You may tend to take good luck for granted. Follow up on promises and be sure to express your appreciation if someone grants favors. Take time to research the potential consequences of crucial changes.

CAPRICORN (Dec. 22-Jan. 19): You may feel some info overload; sift through it for the most significant bits and pieces. Feel more confident by doing your homework and determining whether facts and sources are authentic.

AQUARIUS (Jan. 20-Feb. 18): If you're not in a race, you'll enjoy better results if you pace yourself and are thorough. Loved ones may have learned to rely on your efficiency and dependability, so don't let them down.

PISCES (Feb. 19-March 20): Ignorance is only bliss for a moment, until you become better informed. You may want to drift into a beautiful fantasy if you're feeling flattered by a flirtation. Instead, consider the source and be realistic.

The Little Yellow House of Hope and Healing

By Monica Jay

The historical house at 317 Birchard Avenue seems to have a bit of mystery behind it. Recent research has shown, this building has been an office space for many years. The earliest proof so far has revealed that C.R. Truesdall, M.D. "one of Fremont's most prominent physicians" was practicing medicine at this location since 1891. Further research and talking to family and community members, shows Charles Fox, who was a doctor, owned all or part of the lot since 1926, then upon his death it was transferred to his son Dr. Robert Fox in 1970. The Little Yellow House seems to have had a number of different professionals in it through the rest of the 20th century. It seems to have been vacant for the last 20-25 years, until it was sold by Dr. Alvin and Dr. Gayle Jackson.



Currently the LYH is under renovation by its new owners Martin and Monica Jay. The primary vision of the LYH is that of wellness and helping individuals live their best life. LYH will hold three beautiful offices and a gorgeous waiting room. The team consists of Monica Jay, LISW-S, Certified EMDR Therapist, Jennifer Leonard, LLC Independent Health Insurance Agent and Nichole Nitschke, LPCC.

Monica Jay, LISW-S is happy to continue her work in Fremont, working with clients who have experienced a traumatic event(s), as well as other adverse life events. Monica has more than 20 years of experience working with trauma, anxiety, depression, abuse and grief. She has a specialized approach in helping individuals break free from their past and move forward in their lives with greater functionality.

Jennifer Leonard, LLC Insurance Solutions for Seniors is an Independent Health Insurance Agent that works with Medicare Advantage, and Medicare Supplement Plans. She also works with ACA Marketplace plans for people who are under 65. Jennifer has been a staple in our community helping individuals navigate the healthcare system for over 10 years.

Nichole Nitschke, LPCC is looking forward to bringing her practice back to her hometown. Nichole provides spiritual counseling, intuitive readings, hypnotherapy, as well as meditation and mindfulness training. Nichole has 20 years of experience in helping people achieve greater emotional freedom while bringing hope, happiness and growth to their life.

You can contact Monica at 419-318-1982, Jennifer at 419-680-0937 or Nichole at 419-552-4374.

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How to keep an indoor cat happy and content

Dear Cathy,

I have an indoor cat under a year old. Can you tell me how I can and where to socialize her? I'm a 62-year-old man. It's just her and me in a studio apartment. I work nights. I'm not supposed to bring her to my job. I do not have any other pets. I don't want her to be alone without any recreation. I let her sit in the hall. She won't let me put the harness or leash on her. Otherwise, I would walk her. I took her out in a Sherpa several times and walked her around town. I have toys for her and play with her a bit. What else can I do? -- Wayne, Queens, New York

Dear Wayne,

Cats don't need to be socialized like dogs. They are generally fine being the only cat in a family, especially if their humans give them lots of attention and playtime. You don't have to take her anywhere, but walking her around town in a Sherpa carrier with its see-thru mesh sides is great if she enjoys it.

I don't recommend leaving her in the hallway of your apartment building though. You never know how passers-by might scare or mistreat her. Instead, keep her in your apartment and expand her environmental stimulation there. Get her a window hammock, which she can nap in or enjoy the view. Get a tall scratching post for her to climb and scratch on. Leave the television on a nature channel when you're at work. Buy toys -- like a laser pointer, feather dancer, or a reel-type fishing toy -- that encourage her to run and pounce. Consider buying food dishes that you can program to turn on or open automatically, which might give her something to look forward to when you are at work.

In addition, play with her three times a day for 10 minutes each time. If you do all this, she should be a very happy and content feline.

Dear Cathy,

You recently had a letter about a dog who was afraid of going into the house. It's possible there is a noise in the house that the dog can hear, but humans cannot. As you probably know, dogs can hear frequency ranges that are out of the human range.

I suggest turning off the main power circuit breaker to the home and seeing if the dogs' behavior changes. If so, turn one circuit breaker on at a time and watch the dog's reaction. It can be a problem with a piece of electronic equipment, appliance, or possibly an ultrasonic rodent repelling device, causing the dog to hear an alarming sound.

-- Joe, East Haddam, Connecticut

Dear Joe,

The circuit breaker test is a good idea. Everything is so eerily quiet when the power goes off in a house. So, it couldn't hurt to switch everything off and back on again to see how a dog reacts.

As for rodent-repelling ultrasonic devices, researchers say most dogs won't be affected by their sound. Dogs can hear the sound, they say, but their reaction would likely be more curious about where the sound is coming from than fearful of the sound itself.

However, having said that, we all know most dogs are not bothered by thunderstorms, yet some dogs totally freak out. So, it's a legitimate consideration. If a pet parent has one in the home, they can turn it off to see if the dog relaxes. If he does, the pet parent would need an alternative approach to keeping rodents out of the house.

2nd Annual Chasing Jami Memorial 5k Walk/Run on October 15th

This run is in honor of Jami Toeppe Raubenolt who lost her battle with glioblastoma in February 2021. She was an avid runner with a heart for helping. All proceeds for this race will benefit Pontifex, Inc. This year our Jami Memorial run will be a GLOW RUN on Oct. 15th. *This is a timed run.* Packet pick up will begin Saturday night starting at 6. There will be music, a silent auction, 50/50 drawing, and Jimmy G's food truck.

Adult Individual \$30, Children ages 10-17 \$15, Children under 10 Free (shirt not included but you have the option to purchase). Packet Pickup begins at 6PM, race at 8PM. The start and finish line will be located at Roger Young Park near the Front St entrance. Pre-register to guarantee a T-shirt.

To sign up go to: <https://raceroster.com/events/2022/63499/chasing-jami-memorial-run-5k> or register at Pontifex, or race day.

Ladies are cordially invited to attend the annual "Bountiful Harvest" luncheon of Fremont Area Women's Connection on Oct. 11 at Victor's Event Center, 2270 W. Hayes Ave. The doors will open at 10 am for displaying and shopping for the numerous items provided by those attending. A silent auction of a few selected larger items will also take place and proceeds will go to Stonecroft Ministries. The monthly luncheon is from 11- 1 pm but this annual event begins earlier. Guest speaker is Lesta Andersen from Anderson, Indiana. Find out why this corporate representative says "Clothes Make the Man". Cost of the luncheon is \$14 and reservations are needed by Oct. 7, call/text Donna at 419 680 2251 or email Carrol at fawcluncheon@gmail.com. Any cancellation needs to be reported the same way. Fremont Area Women's Connection has been in Fremont for over 51 years and is affiliated with Stonecroft Ministries.

Fremont Lions Club will meet on Oct. 4 at the Fremont Eagles Hall, noon-1 pm. Guest speaker is Bruce Chambers with the Drone Academy. On Oct. 18 the guest speaker is Patty Moorman, the Lions 2nd Vice District Governor from Tiro, Ohio. Students of the Month from Fremont Ross and Bishop Hoffman will also be in attendance. Fremont Lions will be present at the Oct. 15 Fremont Farmers Market in downtown to show support of the annual National White Cane Safety Day on Oct. 15, established in 1962 by authorization of the US Congress. Members will be on hand to accept donations as they raise funds for the blind. Guests are welcome to attend the meetings. For more info contact Donna Thatcher, president at 419 332 3095.

Spaghetti Dinner, Sandusky Co. Twp Fire Dept, 2205 Oak Harbor Rd., Fremont; Sunday, Oct 23rd from 11-food runs out. Cost is \$12 pp, drive-thru only.

Continued on page 11.



3032 Napoleon Road, Fremont OH
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419-332-5871

The Days of the Dead are celebrated throughout Mexico to remember and honor deceased loved ones. The celebration, October 31st through November 2nd, coincides with Halloween in the United States. One of the most ancient breed of dogs in the Americas, the Xoloitzcuintli (or xolo) are often associated with the Days of the Dead as the breed gets its name from two words in the Aztec language: Xolotl, the god of lightning & death, and itzcuintli, which means dog. The Aztecs believed that the god created the dog to guard the living & guide souls of the dead through the underworld to heaven. A perfect mascot for the Days of the Dead!

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The Republican Headquarters is open at 121 S. Fifth St. Suite B in Fremont; hours are Monday, Wed., and Thurs. 3 pm-8 pm, Tuesday, noon-8 pm, Friday, noon-6 pm and Saturday 9 am-noon. All are welcome to the Rally Day on Oct. 8 at noon to pick up yard signs and enter the drawing for a wonderful OSU/ Snack basket.

Rainbow Circle is sponsoring an Amish Cheese Sale at Trinity United Methodist Church, Fremont. Orders are being taken for a 12 oz. block of lacy baby, baby swiss, marble, colby, horseradish, bacon and hot pepper cheese for \$5 each, summer sausage for \$7.50. Call Gloria at 419 680 2526 thru Oct. 9, orders ready for pick-up at the church on Oct. 23, 11:15 am-12:30 pm. Church is located at the corner of Court and Wayne Streets. Proceeds to church.

It's that time of year again! Let's get creative and start decorating for the **Annual Halloween/Fall Decorating Contest sponsored by Fremont Tree and Beautification Commission!** Nominations of addresses/names will be accepted through Oct. 21, with judging taking place Oct. 23. You may post them on our FB page or call Rick at 419-307-8924 with nominations or questions. We also are inviting everyone to become a member of our group. We meet the first Tues. of every month, Feb.- Nov., at 6pm, at the Fremont Rec Center.

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. Programs for this month are Oct. 6, Sandusky County Candidates Forum, Oct. 13, Emily Boroff will talk about Alicia's Closet, Oct. 20, Mila Kette will give a presentation on Finding Cristina, Oct. 27, Deacon Ed will present, "What Really Goes On Inside Those Prisons." For more info, email sardisbirchard@yahoo.com.

Fremont Downtown Markets for Oct. 1st Farmers Market & The Handmade in the 419 Event 9am-1pm; 15th Farmers Market & Harvest Happenings Event 9am-1pm, Chocolate Walk 5-8pm.

Fremont Ross Marching Little Giants will present their 2022 alumni band night Friday Oct. 7 when the football team hosts Lima at Don Paul Stadium for the homecoming game. All instrument and auxiliary band alumni are invited to participate.

A "music only" rehearsal for alumni will take place from 7 to 8 p.m. Thurs., Oct. 6 in the band room at the new Ross High School building. Alumni should enter at the student entrance, then look for room 1225. On game day, alumni are asked to

arrive by 4:15 p.m. at the band rehearsal area off Fangboner Road behind the high school building. The rehearsal to learn marching instructions and do a run-through with the band takes place from 4:30- 5:30 p.m.

The parade steps off at 6:05 p.m. from the high school, follow Franklin Street to the stadium. Alumni can participate in the parade, or meet up before pregame at the stadium. Pregame show starts at 6:40 p.m., kickoff is 7 p.m., halftime show starts at 8:15 p.m. Alumni are welcome to march back to the high school with the band.

Requested attire for alumni night is purple and white; popular choices have been from the collection of Marching Little Giants season shirts and the music alumni shirts. Fremont Athletic Supply has shirt decals with the Fremont Ross Music Alumni Foundation logo.

Registration is not required; signups are welcome to help plan for music assignments and participation numbers. Please send name and musical part needed to fromalumni@gmail.com, and the Fremont Ross Music Alumni Foundation will forward that info to the band office.

Anyone who needs to borrow an instrument for alumni band is asked to contact Ross band director John Calhoun in advance at calhounj@fremontschools.net.

Updates and reminders for this event will be posted on the Fremont Ross Music Alumni Foundation Facebook and Instagram pages, account name "fromalum."

Birchard Public Library is having a FLASH MOVING BOOK SALE. There will not be a "members only" night for this sale, open to the public daily. The sale starts Saturday Oct.1 at 9:30-4:30, Sunday Oct. 2 at 1-4:30 and Mon., Oct. 3 from 9:30- 8 with Monday being bag day. Bring a bag from home and fill it for \$3, or we will provide bags.

Trinity United Methodist Church, 204 N. Wayne St., Fremont will host a Sunday Funday event on Oct. 9 at 11:30 am. A potluck will feature a "Make Your Best Soup" competition with the name of the winner to be added to the Ladle Award Plaque. The community is welcome to join us for the potluck and board games. Everyone is welcome to bring a soup or another item for the potluck. **The Annual Chicken and Biscuits lunch** is Nov. 6, 11:15-1 pm or sold out. Mark your calendar and check back next month. Call Steve for info, 419 332 8167.

Recent Past and in the Near Future

By Dr. Paul Silcox

Once Katura Recovery is fully established as a recognized 503c non-profit organization, my hope is to train others to do the NADA 5 needle protocol and have another tool in the toolbox of many addictions professionals and behavioral health specialists.

The NADA technique has been used for over 45 years and helped millions with not only addictions, but the stress and anxiety that have resulted with disasters such as 9/11 in New York City, Hurricanes Katrina and Rita, earthquakes in Nepal, and Italy, prisons in Ireland and New York state.

It began at a Bronx, NY, hospital in 1974 being overseen by Dr. Michael Smith, psychiatrist. Lincoln Hospital (named after Abraham Lincoln) as a treatment for cocaine and heroin addiction that was plaguing New York. Dr. Smith acupuncture research and started using it to treat addiction along with methadone. Through some political shenanigans, the access to methadone was taken away and the addicts continued to make progress only using the acupuncture.

In 1985, in response to so many people coming from all around the U.S. and other parts of the world, NADA was organized and grew as people were trained in the 5 point protocol, clean needle technique, and research really began to pour in from around the world.

The 1997 National Institute of Health Consensus Statement on acupuncture stated that acupuncture treatment for addiction could be part of a comprehensive management program

In 2015, The Substance Abuse and Mental Health Services Administration, a division of the U.S. Department of Health and Human Services, released TIP 45 - Detoxification & Substance Abuse Treatment. It specifically mentions the National Acupuncture Detoxification Association and the NADA 5 needle protocol and stated, "The ritualistic aspect of the practice of acupuncture as part of a comprehensive treatment program provides a stable, comfortable and consistent environment in which the client can actively participate. As a result, acupuncture enhances the clients' sense of engagement in the treatment process."

SAMHSA also mentioned other reports that patients choosing outpatient programs with acupuncture were less likely to relapse in the 6 months following discharge than were patients who had chosen residential programs without acupuncture.

As I finished a brief video focusing on Sandusky County and how Katura Recovery is fitting in, I ended it "Addiction is real, but it doesn't have to be final - Katura Recovery will help you get your life back.

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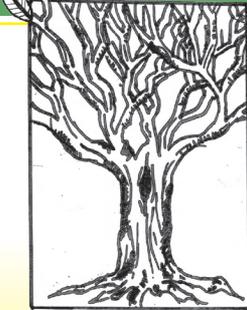
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