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**Vol. 21 Issue 9**

**SEPTEMBER 2020**



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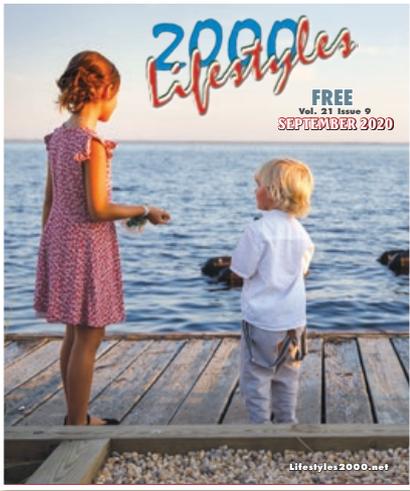


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# Lifestyles 2000

September 2020  
Vol. 21 • Issue 9

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Celebrating  
**21**  
YEARS



## NEWS & NOTES:

Camp Fire News . . . . . 3  
Life Scholar, Kathleen Nalley . . . . . 4

## ENTERTAINMENT:

Out to Lunch, Lynn Urban. . . . . 5  
Astrology Forecast, Magi Helena . . . . . 8  
Hlstory Notebook, Nan Card . . . . . 9  
In Your Own Backyard . . . . . 11

## HEALTHY LIVING:

Replace Bad Habits with Good Ones, Robert Morton. . . . . 6  
Mayo Clinic. . . . . 7

## HOME & HEARTH:

Jill on Money: Assessing Health Insurance, Jill Schlesinger . . . . 5  
Gabby Gardener, Kelly Dayringer . . . . . 6  
America's Test Kitchen: Homemade Ice Cream . . . . . 7  
Kiss-Me-Over-The-Garden-Gate, Grace Nause. . . . . 8  
My Pet World, Cathy Rosenthal . . . . . 10  
64 Days, Dr. Paul Silcox . . . . . 11

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

Front Cover: Grand daughter Ella Zak, and friend Knox, on Long Island Sound.

# Camp Fire News and Notes

It's all about making life less stressful in this stressful time! The onset of COVID-19 has prompted many changes to our daily routines, including how our children attend school. As a precaution, many schools are shifting to a hybrid or a virtual learning system. This creates additional responsibility for parents to make sure students attend online classes and engage in school work at home.

Camp Fire is here to help those youth of working and busy parents of K-6th grade students by offering a safe and Engaging Education Zone for students to come Before- or After- School, to meet the needs of hybrid out of school days, and while "attending" their virtual classes. Camp Fire staff will be available to assist students with their work and supervise them during their class times.

Want another way to ease your stress!? Camp Fire's Parents Night Out Programs which extends a low-cost to no-cost respite time to families in a safe and educational environment. These programs are offered every second Saturday of the month at our Camp Fire Main Office! Keep an eye on our Facebook Page and website for more details about this amazing program!

We would like to thank all of our donors, grantors, and United Way of Sandusky County for your continued support to help us through this pandemic! The impact you provide to our youth and programs is priceless and has allowed us to keep our doors open and programs running to impact the social-emotional development of youth!

Need a great place for a party, family get together, graduation, or a wedding? Come check out the recent changes at Misty Meadows! We can't wait to assist you in planning your special event!

For more details, volunteer opportunities, or any questions call 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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# Lifestyles 2000

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Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to [lifestyles2000@sbcglobal.net](mailto: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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## Publisher's Letter

Wow, where did that summer go? Looking forward to a beautiful fall, cooler weather, and rain!



Just a reminder, we have every issue online, which I know has helped our readers who are staying indoors. You can also look at issues for the past few years at [lifestyles2000.net](http://lifestyles2000.net).

Enjoy this beautiful month and our latest issue. Please stay safe and healthy.

Joanne

## Find Pete



### Find Pete Winners:

There were 114 entries for our August contest. The correct answer was Pinnacle Hearing. Winners are: Stephanie Caraway, Regina Freeman, Randa Miller, Eileen Shetzer, Franklin Losey, Margaret Harkness, Marsha Clapp, Clyde; Lee Swartz, Pam Rothenbuehler, Connie Schepflin, Kimberly Warren, Beckie Claypool, Elford Case, Mary Carlson, Fremont; Connie Rounds, Oak Harbor; Michelle Thrasher, Risingsun; Philip Sherick, Lorain; Karen Garner, Tiffin; Jeff Holcomb, Gibsonburg; Lisa Kelly, Ann Foss, Helena. Congrats!

(Sorry if I spelled your name incorrectly, but even with reading glasses some of them are really difficult to read!)

### Find Pete Prizes:

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

### Find Pete Contest Rules:

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

# Life Scholar

By Kathleen Nalley

The popular Lunch and Learn series offered through the Life Scholars Program will return to campus under the new name of the Eilene Perry Learning Table. Eilene's family honored her passing in March with a donation to one of her favorite activities in retirement – continuing her education.

For those students who enjoy community updates and topics while munching on snacks or boxed lunches, the initial topics in the series which is offered on the second Monday of the month are "An Update of Fremont City Schools" by Superintendent Jon Detweiler on Sept. 14th and "The Rutherford B. Hayes Presidential Library and Museums" slated for Nov. 9th.

While there is no cost for the program and snacks, a boxed lunch will be available for purchase when calling to register.

Eilene was a mother of four who pursued her degree in education by taking night classes offered at Ross High School and graduated from Bowling Green State University in 1969. She taught first grade at Otis Elementary School for most of her 25 year tenure with Fremont City Schools.

In the early 1990's, Eilene partnered with Father Bill Cunningham in the early formation of the ElderCollege program at Terra Community College. She served on the first curriculum committee to help determine course topics to be offered in the initial years. Eilene attended classes from 1993 to 2011. With a son on staff at Terra, she did not hesitate to remind Kris to clean the clutter of his office in the Kern Center when she would stop by to visit.

Eilene enjoyed history classes such as "The Dynamics of the Late Middle Ages" with Carol Repass or John Gibson's "Mega-Disasters in History." Bob Gamble's "Popcorn and a Movie" was another favorite.

This semester catalog contains many courses which focus on history starting with a "World War I" series. "Unsolved Mysteries of: The Lost Franklin Expedition, The Dyatlov Pass Incident, and Where Are the Sodder Children?" are taught by popular instructor Dan Baker. Gil Gonzalez, Photograph Curator at the Hayes Presidential Library and Museums for 39 years, will live stream his program about the "Historical Photo Collection." John Gibson will introduce personal perspectives of "Greatest Disasters in American History" while Mike Gilbert tackles topics such as "Women of Horror," "Lincoln Assassination" and honor veterans with a "Veteran's Presentation." Like Eilene, history classes remain a favorite for many.

Register by calling 419.559.2255 or emailing [Learn@Terra.edu](mailto:Learn@Terra.edu).

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# Out to Lunch

By Lynn Urban

Anyone who is familiar with Marblehead knows where the Peninsula restaurant is located. You drive right by it on the way to the Lakeside/ Marblehead area. Now it is under new ownership as J.J.s Table and Bar. (Just past Clete's on the right side of the road).

The restaurant is lead by a seasoned mixologist at the bar, and an executive chef who has studied in Mexico, primarily the Yucatan. This is where they get many of their flavorful recipes for unique dishes and exquisite drinks. The flavor is in the spices, sauces, and syrups which are all house made. Almost everything on the menu is made from scratch.

This casual restaurant has an upscale menu with some upscale prices. They are catering to the out-of-town vacationers right now, which has them very busy. Reservations are suggested since they just have evening hours, opening from 4:30pm till



9pm daily.. They are closed on Mondays. There is also plenty of outdoor seating, altho the view isn't great.

One of their popular dishes are the Taco's; chicken, shrimp, steak, walleye, and veggie. You can mix them up, 3 for \$18.00. All of them, with their unique flavors and ingredients, are excellent. As an example of something different, the guacamole was topped with blueberries, pepita's, and feta cheese, an odd combination, but went very well together.

The burgers are excellent, and made with a blend of brisket, short rib, and chuck. I had it topped off with a sweet and savory bacon jam and amish smoked cheddar, served with a mix of sweet potato and regular fries for \$16.00.

The dinners are a little pricey, from \$24.00-\$28.00, for chicken, walleye, shrimp, and sirloin. But of these meals are unique. We were also served complimentary chips, with their three homemade salsas, very good.

For a drink I tried the speciality of the month, a Margarita with fresh Catawba peaches. Dessert was a delicious piece of homemade creamy cheesecake topped with mixed berries.

I do enjoy going to new places and trying different cuisine. It's fun to share what's new and different in our area.

# Jill on Money

By Jill Schlesinger

## Assessing health insurance options amid a pandemic

For the tens of millions of Americans who have lost their jobs, there is another frightening reality to absorb: amid a global health pandemic, they no longer have health insurance. This is one of the big problems with having insurance linked to a workplace plan, but for more than 156 million Americans, or just under half of the country's total population, that's the coverage they have.

According to healthcare advocacy group Families USA, layoffs between February and May meant that 5.4 million workers lost their health insurance coverage -- "an increase nearly 40% higher than the largest previous annual increase in uninsured adults ever recorded." If you suddenly find yourself uninsured, there are three choices for coverage: COBRA, the Affordable Care Act, and Medicaid.

Let's start with COBRA (Consolidated Omnibus Budget Reconciliation Act), the federal rule that requires group health plans "to provide a temporary continuation of group health coverage that otherwise might be terminated" for employees, their spouses, former spouses, and dependent children. COBRA allows you to keep your employer's plan, usually for up to 18 months, which is the good news. However, without your employer chipping in to defray the cost of insurance, COBRA usually comes at a steep cost.

Some big firms are willing to negotiate severance packages, which can incorporate extra money for COBRA, but those types of deals are usually reserved for high paying jobs. Still, it never hurts to ask. For most, COBRA may be a good idea if there is another source of income, like a spouse or family member, who can help pay the bills.

The next option is coverage through the Affordable Care Act (ACA), which offers a special enrollment period (SEP) for those who lose their jobs. Because many people are worried about the cost of ACA, remember that if your income is between 100 to 400% of the Federal Poverty Level (FPL), you may qualify for subsidies, which can lower your monthly premium for a Marketplace plan. In 2020, the subsidy range is from \$12,490 for an individual and 25,750 for a family of four at 100 percent FPL, to \$49,960 for an individual and \$103,000 for a family of four at 400 percent FPL.

The last option is Medicaid, the joint federal and state program that, together with the Children's Health Insurance Program (CHIP), provides free or low-cost health coverage to over 72.5 million Americans. It is the single largest source of health coverage in the United States. Medicaid provides health coverage for some low-income people, families and children, pregnant women, the elderly, and people with disabilities. In some states the program covers all low-income adults below a certain income level. To see if you qualify, visit your state's Medicaid website or complete an application in the Health Insurance Marketplace.

Finally, a quick word about premiums for the upcoming year: you may have heard that some insurance companies are making money hand over fist during the pandemic, but that doesn't mean that they are going to pass along those profits to you, in the form of lower costs. A Kaiser Family Foundation analysis found proposed 2021 rates in the ACA exchanges of 10 states and the District of Columbia showed a median increase of 2.4%, though the changes are all over the map -- the range is a 12% decrease to a 31.8% increase.

Kaiser notes that the proposed premiums for ACA marketplace plans do not affect job-based coverage, but they may indicate how the pandemic is affecting premiums generally. Most industry experts believe that health insurers plan to keep any profits on hand, in case the virus creates another wave of big claims.

*(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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# Replace Bad Habits with Good Ones

By Robert Morton

Why is it so difficult to replace bad habits with good ones? Partly, I guess, because ingrained habits are embedded over time into our daily activities. We forget we have them until someone brings them up to us. Yes, nothing is stronger and stealthier than habits!

Regardless of how many bad habits you have, proceed in "baby steps" to effectively deal with them. Mark Twain said that habits cannot be flung out the window, they must be coaxed downstairs, one step at a time. Do you have so many bad habits that you do not know which one to tackle first? It is a drawn-out, difficult process, but if you work diligently on changing one bad habit at a time before moving on to the next one, you will triumph over time.

Give it a try! Find a comfy couch and relax. Think about your long-range aspirations and what you would like your ideal life to be like. Next, reflect on your present daily routine and customs, things you frequently say and talk about along with the behavioral actions you routinely take. Write these habits down with specificity. Determine which ones facilitate the attainment of your dreams and put a (+) sign by them, then decide which ones clash with your goals and aspirations and place a (-) sign before them. Keep this list readily available. You can no longer conceal (from yourself) how your current bad habits are imprisoning your future! You're now in a position to attack your bad habits cognitively, to undermine your entrenched (-) bad habits by deliberately focusing in on how your good but often under-utilized (+) habits will empower you to succeed in reaching your dreams.

The only difference between losers and winners is the differences in their habits. It takes constant effort to integrate good habits into your daily routine. You may be a slave to bad habits today, but you can become a master of good ones tomorrow.

Proceed in "baby steps" by setting short, easily reachable goals and focus on replacing one bad habit at a time. While harmful behaviors become habitual almost immediately, studies reveal that it takes around 21 days of daily practice before good habits become ingrained in us.

Isn't it strange how good habits erode swiftly and catch hold sluggishly while the opposite is true with bad ones? Fight the omnipresent temptation to say to yourself "One of these days I'll begin on what I want to accomplish." As time marches on, "one of these days" becomes "none of these days", so find a comfy couch and get busy!

*Robert Morton has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He authored two spy thriller novels: "PENUMBRA DATABASE" and "MISSION OF VENGEANCE"- both can be found in Kindle or paperback at Amazon.com books.*

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Find us on Facebook at Bethesda Care Center

## Gabby Gardener

By Kelly Dayringer

The garden was all planted in June, now it's growing, but a few plants are struggling. As an average gardener, I pondered on the problem. Am I watering enough or too much? I know the soil isn't the best. I fertilize and weed and say a prayer. That's when it hit me. God will take care of my garden. He will choose what will feed me and how much. So I weed and water and feed the plants. Soon I will eat from my garden and Thank God once again for his bounty.

Hey, Thank God for all you do! I appreciate it and so do the many gardeners of the world.

If you would like to see what our club does, give Patti Saam a call at 419-307-7776. We meet the 3rd Tuesday of every month at 7pm. Come join us!



## Panic attack isn't life-threatening, but can be a frightening experience

**DEAR MAYO CLINIC:** After going to the emergency department for what I thought was a heart attack, the doctor told me there were no issues with my heart and that my symptoms were likely from a panic attack. How can I tell the difference, and how can I prevent future panic attacks?

**ANSWER:** While having a heart attack and experiencing a panic attack can feel similar, the symptoms differ and the two conditions are managed very differently. Although not life-threatening like a heart attack, a panic attack can be a frightening experience. Panic attacks also can affect your quality of life, as it's common to develop a fear of having another panic attack.

A heart attack occurs when coronary arteries that supply the heart with blood become narrowed from the buildup of fat, cholesterol and other substances. Most heart attacks involve chest discomfort, such as an uncomfortable pressure, squeezing, fullness or pain. Other heart attack signs and symptoms include shortness of breath, cold sweats, nausea, lightheadedness and discomfort in other areas of the upper body, such as the arm, neck or jaw.

People commonly link chest pain and other symptoms to a heart attack and may fear the worst if the symptoms come on intensely or abruptly. But you may experience many of the same sensations with a panic attack. In addition to a sometimes-overwhelming feeling of anxiety or fear, a panic attack may also cause physical signs and symptoms, such as a pounding or racing heart; sweating or chills; trembling or shaking; and breathing problems. Dizziness or weakness, tingly or numb hands, chest or stomach pain and nausea also can occur.

Signs and symptoms of a panic attack often come on suddenly and peak within minutes. A panic attack may occur as a result of a frightening or stressful situation, or may even occur out of the blue. Attacks may even occur unexpectedly and repeatedly as a component of a panic disorder or along with another mental health condition.

There are a number of ways that the symptoms of a panic attack differ from those of a heart attack. For example, the sudden onset of symptoms during extreme stress is more likely to be caused by a panic attack. But onset of symptoms during physical exertion or onset with rest, such as upon waking, is more often associated with a heart attack. Sharp stabbing pain in the chest that improves over time - often within minutes - is more likely a panic attack; whereas, pain in the chest from a heart attack is often squeezing pain and pressure that worsens over time and can radiate to the arm, jaw, shoulder blades or back. Although the differences may be subtle, understanding them can help you know how best to respond when symptoms occur. This is particularly important for older adults and people with heart disease risk factors who are also prone to panic attacks.

That said, if you're ever uncertain about your symptoms, don't delay in seeking medical care, particularly if you've never experienced such symptoms. If you have a history of heart attack, seek immediate medical attention if you experience symptoms that resemble a prior heart attack.

Getting early treatment for panic attacks can help prevent them from worsening or becoming more frequent. Cognitive behavioral therapy teaches you different ways of thinking about - and reacting to - the feelings and symptoms that occur with a panic attack. Once you learn to react differently to the fear and physical sensations that occur, the panic attacks often begin to subside.

Antidepressant medications can reduce the signs and symptoms of panic attacks, and have a low risk of serious side effects. They may be used on their own or in combination with cognitive behavioral therapy or another form of therapy.

If you experience symptoms of a panic attack - particularly if they recur - talk to your health care provider. He or she can delve into your symptoms and recommend management options, as well as refer you to a psychologist or psychiatrist if needed. (adapted from Mayo Clinic Health Letter) - Craig Sawchuk, Ph.D., L.P., Psychology, 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.mayoclinic.org](http://www.mayoclinic.org).)*

## A no-churn ice cream recipe that will make you melt

If the biggest obstacle preventing you from making homemade ice cream is the need for an ice cream maker, this recipe is for you. It produces velvety, creamy, scoopable ice cream -- all by using a blender. No ice cream machine, no churning.

An ice cream maker works by churning a mixture as it freezes to keep the ice crystals small as they form and to incorporate air -- so that instead of a solid block of frozen milk, you have silky, scoopable ice cream. The key to getting the same results in your blender is whipped cream.

In addition to cream whipped to stiff peaks, this ice cream base requires just a few pantry ingredients. After landing on the perfect ratio of two cups of cream to 1 cup sweetened condensed milk and 1/4 cup whole milk. One of our favorites is this strawberry-buttermilk version, which blends in buttermilk and lemon juice and swirls in strawberry jam to make a tangy treat.

- Strawberry-Buttermilk No-Churn Ice Cream (8 to 10 - Makes about 1 quart)
- 2 cups heavy cream, chilled
- 1 cup sweetened condensed milk
- 1/2 cup buttermilk
- 1/4 cup light corn syrup
- 2 tablespoons sugar
- 1 teaspoon lemon juice
- 1/4 teaspoon table salt
- 1/3 cup strawberry jam

1. Process the cream in a blender until soft peaks form, 20 to 30 seconds. Scrape down the sides of the blender jar and continue to process until stiff peaks form, about 10 seconds longer. Using a rubber spatula, stir in condensed milk, buttermilk, corn syrup, sugar, lemon juice and salt. Process until thoroughly combined, about 20 seconds, scraping down the sides of blender jar as needed.

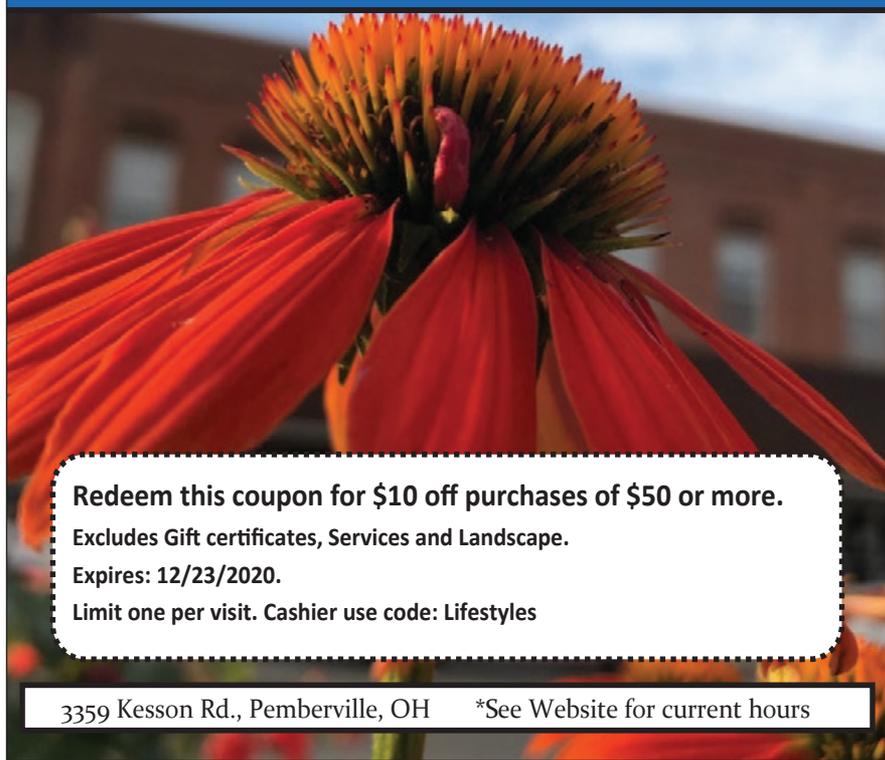
2. Pour the cream mixture into an 8.5-by-4.5-inch loaf pan. Dollop jam over the top and swirl it into the cream mixture using the tines of a fork. Press plastic wrap flush against the surface of the cream mixture. Freeze until firm, at least 6 hours. Serve.

*Note: The cream mixture freezes more quickly in a loaf pan than in a taller, narrower container. If you don't have a loaf pan, use an 8-inch square baking pan.*

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# Astrology FORECAST

By Magi Helena

**ARIES (March 21-April 19):** It may be difficult to sustain your enthusiasm if you take on too many additional responsibilities. You may be asked to lead the charge but could find that it's more work than you anticipated.

**TAURUS (April 20-May 20):** If you remain logical rather than sentimental, life's ongoing situations should be easier to handle. A small misunderstanding can evaporate quickly if you don't overreact.

**GEMINI (May 21-June 20):** Knowledge may broaden your support base. Gather facts and figures that will help you achieve your objectives. Wait until the second half of the month to buy any apparel or tasteful, pretty things for your home.

**CANCER (June 21-July 22):** Pick a lane. You may feel a need to choose one side over another to fit in with your peers. Focus on interactive projects that improve your environment, and explore inspiring and creative ideas.

**LEO (July 23-Aug. 22):** Use initiative to attain ambitions. You may be blessed with high energy levels and a fearless attitude toward challenges. It may be necessary to implement stringent organizational rules to stay on task.

**VIRGO (Aug. 23-Sept. 22):** Use your mental aptitude to quickly address issues. You might absorb information faster than a speeding bullet. Don't ignore existing obligations as you work toward achieving key goals.

**LIBRA (Sept. 23-Oct. 22):** Take a rain check on social activities and focus on pet projects at home. You or someone close may overreact to imagined slights, but things will be less emotionally charged.

**SCORPIO (Oct. 23-Nov. 21):** Remaining objective makes everything flow more smoothly. It will be easier to communicate with partners if you steer clear of emotional issues. While others indulge in frivolous fads, you might choose to spend your money wisely.

**SAGITTARIUS (Nov. 22-Dec. 21):** You may have enormous enthusiasm but could lack the experience and know-how to follow through. Be sure your budget includes savings for a rainy day that might occur.

**CAPRICORN (Dec. 22-Jan. 19):** There might be drawbacks to being ambitious. The carrot dangled in front of your nose may turn out to be an incentive that isn't worth the effort. You may have your opinions held up to scrutiny.

**AQUARIUS (Jan. 20-Feb. 18):** While a loved one or a partner takes the bull by the horns you can sit back and observe. Someone may be glad you did and your unbiased observations are needed. Focus on being a neutral party.

**PISCES (Feb. 19-March 20):** Imaginative ideas may be bubbling up in your head, enabling you to see limitless possibilities. Write them down before they pop and are lost for good. In the month ahead you may be challenged to handle finances wisely.



# Kiss-Me-Over-The-Garden-Gate

By Grace Nause

When I wrote the title of my column this month, I smiled to myself and thought maybe I should change it to "View From The Front Porch Swing", as most of my spring, summer and fall columns are written here. Today the sky is once again a beautiful blue with whispers of white fluffy clouds. A light cooling breeze gently moves the leaves on the surrounding trees. Scooter our calico cat has just jumped up to lay beside me on the porch swing cushion. She thinks she owns the place! We haven't told her that she really doesn't--- she is just the mouse eliminator and a purr-engine stress reliever for Bernie and me. She does her duty very well and so willingly - Scooter is a great cat!

It's mid-August already and soon the kids will be back in school if the Covid 19 virus will allow, and we can find a bit of "normal" in our life once again.

Bernie and I are doing great. It's been a good summer for us...family fun, summer visitors, blooming flowers, tasty vegetables from Bernie's garden, shade trees, cool breezes and always time together spent on the front porch swing.

We have saved the dates of Sat., Sept. 12th and Sun., the 13th for our Fall Pass-Along-Plant-Days here at the Old Garden House. We will do two days this year. Come between 1 and 4 p.m. on either day. Bring some-take some. If you are just beginning your perennial beds and have none to bring, come anyway and talk with experienced flower growers. Take some plants to help start your own garden. It's fun to share our flowers and our flower growing stories. There is no charge. For more information or directions to our home at 1045 Bloom Road, call us at 419-332-7427. We are located near the Heinz Plant and Streacker Tractor Sales.

I will have a shovel handy and we can dig from my garden as well. Please call with your plan to come, not necessary, but helpful to us.

We are hopeful that the Covid 19 virus will allow us to gather by September 29th when we will hold our evening Tea at 6:00 p.m. (June, July and August Teas were cancelled.) Please call your reservations in and we will hope for a "safe

to gather" order by then. We will call you if we cannot gather.

I was looking through my fall sales catalog of seeds & plants. When I do that, I always remember the good advice given to me a long time ago, "Never go grocery shopping when you are hungry. You will buy things that you do not need and not on your list." So, I will wait until spring gets here and I make my actual garden plan before I buy. Good plan...I will close my seed and plant catalog quickly before I'm tempted to ignore what I just said!

Do any of my readers have a Monge Red Lilac? The picture in the catalog is really pretty. The foliage turns an attractive bronze in the fall. They grow 10' to 12' tall and 8' to 10' wide...so says the catalog description. If you know anything about this shrub or have one, please call me at 419-332-7427. Thanks! I'll research this winter and see what I've learned about this plant and perhaps order one in the spring

See you next month. Enjoy our beautiful weather and the blessing of living in America where LIFE IS SO GOOD! Ms. Grace



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# History Notebook

By Nan Card

## A Reflection of Family Love: The Diary of Belinda McLellan

Far far from home Mary McLellan Fitch, once again, opened her mother's diary, given to her some years before her mother's death in 1873. Mary and her husband the Reverend George Fitch had left Fremont to travel to China as missionaries only a year after their marriage. Mary's mother, Belinda Elliot McLellan, a first cousin of President Hayes, had nearly destroyed the diary she had kept for 20 years, believing it to be of little value. Instead, she gave the diary to Mary, who found again and again comfort in her mother's poems, prose, and prayers.

Belinda had married Robert Bolton McLellan in Vermont. She recorded in her diary how she had come to Fremont. Belinda and her husband, suffering from depression and physically unwell, accepted the invitation of her half-brother, John R., Pease, to begin life anew in Fremont. She recorded in 1852 on that "first Thanksgiving in Ohio, we have now been here nearly five months, all the time living in brother John's family, who has made us very welcome and happy here. Still we have had the feelings of strangers in a strange land! But Fremont now begins to seem like home in many respects."

Deeply religious and continuously concerned for the Christian upbringing of her daughters, it was Fremont's Presbyterian Church and its minister, Reverend Bushnell, who helped Belinda deepen her faith. But it was John Pease, who aided his much-loved younger half-sister adapt to life in Ohio. He advised her husband in business prospects, gave Belinda a piano, money, presents, a lot and another for her daughters. His daily visits to the McLellans on his way downtown to his hardware store brought much good cheer to the household.

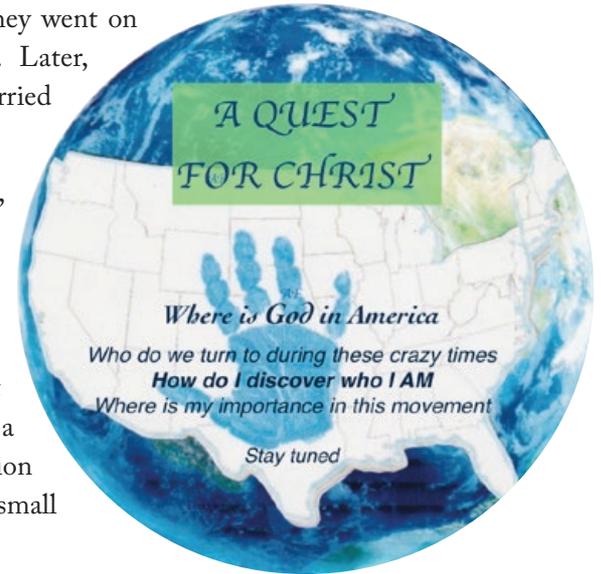


On January 3rd 1860, Belinda was at John's his bedside when he died after severe suffering from tuberculosis. She described in detail how much she loved him. His help had even made it possible for her daughters to attend the Lake Erie Female Seminary in Painesville., Ohio. And, they did not disappoint. Mary and her sister Jennie graduated at the

head of their class. They went on to serve as teachers. Later, Mary and Jennie married the Fitch brothers.

When Belinda died, Hayes wrote in his own diary that his cousin "was possessed of talents of a high order, excellent education, and a temper and disposition almost perfect. In the small

circle of her intimate friends she was dearly loved. A poet of some excellence and a superior prose writer – She was religious – her piety a reality." Mary also paid tribute to her mother with a notation in her Belinda's diary, "May Christ make me like her insomuch as she was like Him." Today. Belinda's diary is part of the Hayes Manuscript Collection.



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**Cranky cat won't use the litter box, and owner may know why**

Dear Cathy,

Our old and somewhat cranky cat has decided to not use her litter box. She uses whatever is around it but won't use the box. I changed the cat litter and am wondering if that is the problem. Any suggestions?

-Fran, Tucson, Arizona

Dear Fran,

If you changed the cat litter recently and her decision not to use the box occurred around the same time, then yes, changing the cat litter was probably the problem. You either need to change it back to the old litter or use a cat litter attractant to coax her back to the box. If changing litter, it's helpful to go slow. Start with 1/4 new litter with 3/4 old litter for a week, then 1/2 new litter and 1/2 old litter for a week, then 3/4 new litter and 1/4 old litter for a week, until you reach 100 percent new litter. Cats can accept change, but they need more time to do it.

Another thing that could be contributing to her litter box issues is your "somewhat cranky cat" could be experiencing age-related joint pain, making it difficult for her to get in and out of her litter box. If you think that might be the case, please take her to the vet for an exam. (See the letter below for a reader tip on elderly cats and litter boxes.)

Dear Cathy,

I was a pet sitter for 16 years and would like to pass on a few tips I learned from my clients. Cats seem to prefer to drink water when it is off the ground. Many of my clients left a glass or bowl of water for their cats in their sink or on the kitchen counter, instead of on the floor. I had a small dog who had a stand for her food and water, and the cats loved drinking from her bowl, so I got them their own stand.

Another tip is, if you have an elderly cat who has trouble getting into a litter box, you can use a low storage container that goes under a bed as a litter box. They aren't as high, and cats don't have trouble getting in and out of them.

-Melissa, Attleboro, Massachusetts

Dear Melissa,

Just like people, cats may develop arthritis or joint issues as they age that make getting in and out of a litter box difficult.

As for drinking water up on higher ground, it's true that cats sometimes feel safer eating and drinking on higher ground. It's the reason some people feed their cats on shelves or tall scratching trees. They like to see who is headed their way.

Dear Cathy,

I have a two-year old female Coton de Tulear. She is very social with both dogs and people and does not bark at anyone when out for her walks except for one dog. She's met him up close and once he

put his paw on her playfully, but it must have scared her or hurt a little. After that, she was scared to pass him during a walk. Now when she sees him, she barks, pulls, growls uncontrollably, regardless of whether on a walk or inside seeing him through the window. I've tried making her sit but she is quite determined to keep barking. What do I do?

-Linda, Mount Sinai, New York

Dear Linda,

If your dog has access to a window, she will likely always bark at other dogs or people outside. You can close the blinds, or you can interrupt your dog's behavior, so she doesn't continue barking. When she starts barking, shake a can of coins or use a Pet Corrector (compressed air) to get her attention, then call her to you. Ask her to sit. When she does, give her a reward word like "bingo" (always use the same reward word) and a treat. Then give her something to do, like play with a food-stuffed toy. Distraction is the best medicine for a barking dog.

As for barking at a dog during a walk, use one of the disruption techniques described above to get her attention, then, as you walk to the other side of the street, give her treats to keep her distracted. Keep walking and keep doing this until the other dog passes. Over time, she will learn she is going to get treats when she sees that dog and will start looking at you for that reward instead of barking.

*(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](mailto:cathy@petpundit.com). Please include your name, city, and state. You can follow her @cathymrosenthal.)*



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After a recent comment about my article "93 Days" in last month's issue pertaining to the upcoming Presidential Election, I was reminded of the saying by poet John Lydgate, and made famous by President Abraham Lincoln: "You can please some of the people all of the time, you can please all of the people some of the time, but you can't please all of the people all of the time."

With that being said, I understand that the things I'm about to say may not be everyone's cup of tea. But I truly do believe that there are far more people that feel the way I do, figuratively, putting pen to paper, than are speaking out.

Think about it, four years ago, it looked like the liberal party was winning and it was going to be a matter of politics as usual. But the silent majority spoke with a loud and resounding voice with the most powerful thing that they have at their disposal, their vote!

The American voters wanted a change from the same ole, same ole. And boy did we get it! The first two years of President Trump's first term, it just seemed that he couldn't get through a day without a "tweet" that had the media as a whole up in arms and it seemed that TV news channels; radio stations and newspapers despised President Trump as vile, inept and un-American. I wondered if I had cast my vote for the right candidate. I also shuddered at a few of those Tweets.

But just like the old quote that I stated above, there is another one that I think is appropriate here. "There's two sides to every coin". So I began to investigate and seek out the other side of that coin. I listened to both the mainstream networks, along with conservative talk radio, and watched a conservative news channel that were giving a different perspective about the president and the overall political atmosphere.

How long will it take for Seattle, Portland, Milwaukee, Chicago, New York and others to recover from the looting, rioting, arson? Or just plain recover emotionally? Will you be wanting to visit any of them any time soon? I know I won't. These good, mainstream American cities just don't seem to be the same.

And now with the issue of mail in voting, how it can be a fair election when so many of the larger cities and counties

have had such a difficult time updating their voter registration rolls. I hear of ballots being mailed to dead animals, deceased people, people who have moved at least a time of two since the last election and their correct address isn't known, but they are mailed a ballot anyway. There are rules and laws regarding procedures for voting and absentee voting, and they need to be followed to insure that registered voters are the ones that vote.

And along those lines, come November 3rd, we must speak loud and clear. It's time to take a stand. We must stand for something, such as getting America back on its feet again, and not letting the looters and rioters rule the streets, or we will fall for anything.

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## # IN YOUR OWN BACKYARD

**Farmers Market & Downtown Block Party will take place on Saturday, Sept. 5, from 4pm to 8pm.** Downtown Fremont Inc. will be hosting the Croghan Colonial Bank Farmers Market & The Garrison Restaurant Downtown Block Party Event in the evening on September 5, 4pm to 8pm. The Garrison Restaurant will be hosting an evening Hog Roast with sides on the street of Garrison Street. Enjoy spectacular sunset farmers market of 70+ vendors who showcase delicious produce and unique items for sale. This is a great opportunity to bring your entire family down to enjoy a night market with yummy dinner options. Stop by the Downtown Fremont Inc's tent at the Front and Garrison intersection to pick up the Bernadine Stetzel mural and Fremont's Diverse Box of Crayon's mural to have interactive activities to do with the whole family.

**Ladies are cordially invited to attend Fremont Area Women's Connection monthly luncheon on September 8, 11-1 pm at Anjulina's Catering,** 2270 W. Hayes Avenue. The program will include Joni Hasselbach from Pottery Perfection "Done Your Way" in downtown Fremont and guest speaker, Carol Duebber. Carol Duebber, a singer/song-writer from West Chester, Ohio will share her story "He Gives Me Songs".

Cost of the luncheon is \$140 and reservations are needed by Sept. 3 by calling or texting Donna at 419 680 2251 or emailing Carrol at [fawcluncheon@gmail.com](mailto:fawcluncheon@gmail.com). Any cancellation also needs to be reported in the same way. CoVid rules will apply at Anjulina's. Fremont Area Women's Connection has been in Fremont for 49 years and is affiliated with Stonecroft Ministries, established in 1938.

**Downtown Fremont Farmer's Market: Sept. 11 Auto Show 5pm-8pm, Sept. 19 Farmers Market & "Park"ing Event 9am-1pm, Sept. 25 Chocolate Walk 5pm-8pm**

**Fremont Women of the Moose Port Chop Dinner - Saturday, Sept. 12, DRIVE-THRU ONLY -** Stuffed Pork Chop, Dressing, Mashed Potatoes/Gravy, Corn and Dessert, at 5 pm to 7 pm (or till sold out), \$10.00 at the VFW, 204 Birchard Ave., Fremont.

**Cabbage Roll Dinner, Sept. 16 at the Fremont SJCC High School, DRIVE-THRU ONLY,** beginning at 5pm until sell out.

**September 22nd - Come help us celebrate Sandusky County Share and Care's 30th Anniversary** of helping people. We are a non-profit that serves our community by offering low cost items and financially assist those with demonstrated need for rent evictions, utility disconnects, prescriptions, household items and other assistance. Come celebrate 30 years of Caring for our Community! Enjoy Cake and hot dogs with us! 129 Bidwell Ave, Downtown Fremont. Open 10 am - 3 pm!

**September 25th - Chocolate Walk in Downtown Fremont.** This event requires purchasing a ticket in advance. Sandusky County Share and Care will be having a unique vintage/bridal/formal pop up shop for this event, 5 pm-8 pm. Purchase your ticket from Downtown Fremont and enjoy chocolates while traveling from business to business. Share and care is located at 129 Bidwell Ave. in Downtown Fremont.

**Bellevue Historical Society Fundraiser: Chicken Dinner Drive-Thru-Pick-Up; Sunday, Sept. 27th, 11-2,** (until sold out); \$10, 938 W. Main St., former Sport Hut. Pay online at Historical website or pay the day of the event.



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