

# 2000 Lifestyles

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Vol. 23 Issue 9

**SEPTEMBER 2022**

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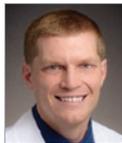
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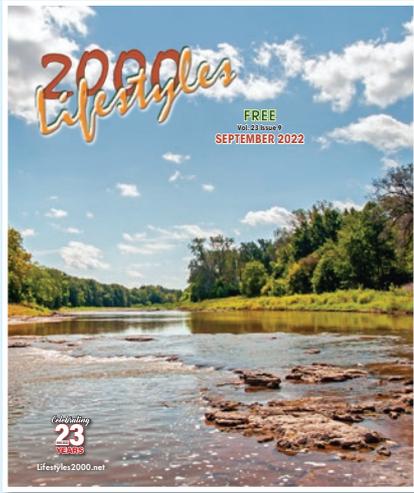
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# Lifestyles 2000

September 2022  
Vol. 23 - Issue 9  
[www.lifestyles2000.net](http://www.lifestyles2000.net)



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Cover photo by Brad Dolch, taken near Fremont's Tindall bridge.

# Meet the Boys

By Kathy Van Wey

We needed bread. One quick trip and \$250 later, I stood in the kitchen examining the store receipt. \$200 on food for hubby and me and \$50 on the freeloading grandsons.

How they came to live with us is interesting. When our son was stationed deep in the heart of Texas, he went to a humane society adoption event. A ginger and white kitten caught his eye. The attendant commented, "for \$20 more you can adopt his littermate." He named them R2 and D2.

Uncle Sam informed him he was going overseas for a year. Naturally we were called on to babysit, just for that deployment. When a six-foot kitty condo was delivered to our house, I should have known they were going to be with us longer than the deployment. That was 10-12 years ago, we've lost count. By the time we met them they were grown. Based on the body shapes, I would have named them Laurel and Hardy. Sneaky as they were they used the divide and conquer method. R2 took me and D2 the hubby. Soon hubby was telling me, "They don't want to eat anything but treats." We didn't even realize they had taken over.

Each has his own personality but like all cats, only want to give love and affection on their terms. R2, who I would have called Laurel is the skinny one and a whining complainer. On a bad day he sounds like the late Gilbert Gottfried. Unless it's nap time he keeps doesn't let me out of his sight. Only one time in all these years has he sat on my lap. He will sit next to me, behind me, in front of me, and is a constant presence in the kitchen. He can be a real pain in the tush but he's my pain in the tush.

On the other hand, Hardy, D2 is the well-fed lover boy with the tiniest little, softest, most polite meow. I only see him at mealtime. In the evening he summons hubby off the couch to lay with him on the floor for cuddles and to rub his massive white belly. (The cat's tummy, not the hubby's.)

I guess \$50 for a couple of months of treats for our four-legged, furry grand pets is a small price to pay for their love and companionship.

Twelve hours after this article was submitted we were stunned to find out that D2 had a massive tumor and neurological problems. We were with him as he peacefully crossed over the Rainbow Bridge.



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## Publisher's Letter

Dear Readers,

I was asked recently about Ms Grace and wanted to pass along that she is doing well. Her short term memory appears to be her biggest problem, but I find with age I can never remember why I am in the kitchen, maybe that is intentional! I know we all miss her columns, they were always an inspiration. Please keep her in your prayers.

Thanks for picking up the September issue, I hope you enjoy our wonderful writers.

God bless,

Joanne



## Find Pete



### Find Pete Winners:

There were 140 correct entries for August, the correct answer was Westview Vet Hospital. Congrats to our winners!

Winners are: Kelli Christeas, Green Springs; Cindi Ross, Tamie Mezinger, Louise Yeager, Linda Gegorski, Brianne Rakes, Scott Bowlus, Sylvia Burel, Becky McElfresh, Brad Claypool, Patti Saam, Tiffany Emahiser, Fremont; Kaye Dimoff, Woodville; Connie Perry, Lola Cenkus, Clyde; Rebecca Key, Port Clinton; Mike Nusbaum, Burgoon.; Rita Osmon, Bellevue.

Winner of the African Safari pass is Therese Farster, Clyde; Miller Boat Line tickets to: Michelle Failor, Kathy Heter, Susan Hoffman, Fremont

### Find Pete Prizes:

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

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

## MEGAN'S LAW - a horrid but vital reminder to parents

by Robert Morton

Megan's Law is named after seven-year-old Megan Kanka, who was raped and killed by a known child molester who had moved across the street from the family without their knowledge. It is a federal law that reaches into every county in the United States. If a person convicted of a sexually oriented offense moves into your neighborhood, he/she must register with the county sheriff's office within 7 days.

Back in 1997, I remember Sandusky County Sheriff's detective Lee Swartz sending out sixty-two letters (12 were hand delivered) to families, notifying them that a convicted sexual offender lived nearby.

Across the nation, civil libertarians raised holy hell, arguing this practice across the U.S. violates the rights of individual's who have paid their debt to society. They argued that some studies (Adamson 1996) show 90 percent of paroled child molesters are not repeat offenders.

If my math is correct, that means 10 percent are. Nationwide, one out of seven prison inmates has committed a sex crime (many against children), and in Ohio, hundreds are paroled each month. If we know that 10 percent of these parolees will revictimize children again, isn't that quite a lot of child offerings?

The majority of parents work full-time, and it seems ridiculously obvious to me that they have a civil right to know if a convicted sexual predator inhabits the neighborhood through which their latchkey kids must stroll while going to and from school.

After seven-year-old Megan was lured into a neighbor's house to see a "cute puppy," her parents agonized through the forensic evidence the detectives collected- her ripped, blood-stained clothing, her teeth marks on the sexual predator's hand that matched her dental records...you get the picture.

If Megan's Law spares only one child from a sexual molester in the entire state of Ohio, the police footwork is worth it. If only Megan's parents knew that the man who moved in across the street had two previous convictions for sexual offenses against small children...I wish Megan's parents could have read a hand delivered notice that identified who the "nice" neighbor with the cute puppy really was... while she was still alive.

*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 in Amazon.com books.*

## Gabby Gardener

By Kelly Dayringer

Gardening can be so much fun, but sometimes frustrating as well. A master gardener and I were attempting to set up a better watering system in the community garden. I had purchased pocket hoses for this project to make it easier and lighter on our hands. We positioned the sprinklers and hooked up the hoses and the first one worked, but then the second one dribbled out only a little bit of water. The third connection was a no go. So we reconfigured hoses and moved things around. The new hoses did not work out for this project, so I figured we would use them for the raised beds. Well dang if that was a no go too! Different hoses will have to be bought, and the old heavy hose will have to be dragged across the lawn to water.

I must say through all the trials and errors our gardens look fabulous! Let the water hose battle continue, the plants win no matter what!

Green Stem Gardeners meet the third Tuesday of the month. If you would like to join us call Patti Saam at 419-307-7776.





# Out to Lunch

By Lynn Urban

The Clinton House restaurant is in probably one of the oldest buildings in Port Clinton. The building dates to the late 1800's, when it was the former Clinton House hotel. Since then, it has had many occupants, but has been well preserved with its original floors and brick walls as well as the tin ceilings and the arches on both sides of the circular bar. Aside from being a popular local restaurant and hang out, a person can book the venue for a party, wedding, shower, holiday event, sporting event, etc.



Some of the specialty dishes include the fresh Lake Erie perch, perch tacos, or a potato pancake stuffer, which is house roasted turkey or grilled chicken breast stuffed between two potato pancakes topped with melted cheese.

An appetizer that I highly recommend was the homemade sausage stuffed mushrooms smothered in garlic butter. Also, for a starter try one of their homemade soups or lobster bisque. They're proud to serve homemade salad dressings and homemade sweet Cole slaw. All sandwiches are served with a side of either fresh cut fries, Cole slaw, or applesauce. The pulled pork is made from slow roasted pork shoulder and mixed with Kansas City BBQ sauce. The burgers are fresh hand pressed ground chuck. A friend ordered the black and bleu burger, with was covered in bleu cheese and topped with bacon, \$10.50 with a side included.

There's always a nightly special and the specials on the weekends are prime rib Fridays, and seafood Saturdays, with a full seasonal brunch on Sunday from 9-1, with their famous bloody Mary's. The full bar also had a large variety of martini's including a chocolate martini. Yummy. The Clinton House is open daily. Enjoy!

# Jill on Money

By Jill Schlesinger

## The 'recession' label is not as important as YOU

After the Fed raised short term interest rates by 0.75% to a range of 2.25-2.50%, Chairman Jerome Powell said that the U.S. is not currently in a recession, which he described as a "broad based decline" and then added, "that's not what we have now."

Powell noted that it's hard to square a recession with the still-solid labor market.

To underscore that point, Powell recounted stats that showed continued progress over the first six months of the year: the U.S. economy has created 2.74 million jobs, the unemployment rate remains near 50-year lows at 3.6 % and there are more than 11 million job openings.

Recessions are usually highlighted by a big slowdown in the job market, highlighted by an increase in layoffs and a rise in the unemployment rate.

A day after the announced Fed rate hike, the government released the Gross Domestic Product (GDP), which measures the total value of goods and services produced in the US. GDP is often used as a scorecard of the economy and according to the Bureau of Economic Analysis (BEA), it is "the most popular indicator of the nation's overall economic health."

The GDP reading for the second quarter found that the economy shrank at an annual pace of 0.9%, as consumers and businesses pulled back on spending amid high prices. On the heels of a negative first quarter (-1.6%), the report amplified fears of a recession.

While two consecutive negative quarters often presages a more pronounced slowdown, that is not how the U.S. defines a recession.

The National Bureau of Economic Research's (NBER) Business Cycle Dating Committee is responsible for determining the beginning and end of recessions. To do so, they analyze various data points before making the call, which usually happens after the fact.

Although you might think that economics is a science, it is subject to interpretation and "There is no fixed rule about what measures of economic activity contribute information to the process or how they are weighted in our decisions," according to NBER.

Whether or not NBER officially makes the recession call, it's becoming obvious that a slowdown from last year's growth of 5.7% (the fastest GDP since 1984) has begun - and that a lot of Americans are struggling to make ends meet amid high inflation.

Economists believe that prices have probably peaked, but the pressures that have built up will remain in the system, which means the Fed is likely to keep hiking rates at the three remaining policy meetings of 2022.

The size and timing of increases will be data dependent, though most economists believe that the benchmark lending rate will rise by another full percentage point to 3.5% by the end of the year. To put that in perspective, short-term rates were ZERO until March of this year and in November 1981, when inflation was last this high, the Fed Funds rate stood at 13.3%.

Where does this leave us on whether we are currently in a recession?

The answer may not be that important to most Americans. For workers, either you have a job that pays you enough to absorb the current high prices or you do not - and if not, you may need to find another job or part-time work to supplement your household income.

If you are already in retirement, you either have saved enough (or have sufficient income streams) to pay for the higher costs, or you are heading back into the labor force to do so. In other words, the label "recession" matters less than your current personal situation.

*(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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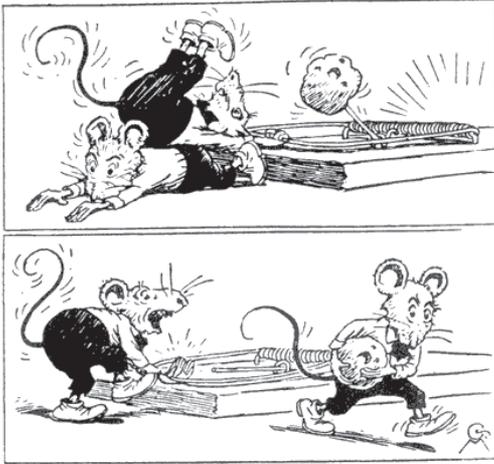
## The Inspiration for Mickey

One of America's most iconic images is that of Mickey Mouse, the beloved cartoon character that became the Disney mascot. For generations, Mickey and his adventures have symbolized fun, childhood, laughter, happiness, and joy. Little did I know that the inspiration

for Mickey began with Clifton Meek born in Fremont in 1888. Friend and Hayes volunteer Debbie Arnold explained that Clifton was the son of George and Harriet (Mourer) Meek. At the age of 17, Clifton was working for the Wheeling and Lake Erie Railroad as a telegrapher. Hoping for a better career, Meek attended Cleveland School of Art. He soon found work as a cartoonist for the Scripps-McRae Syndicate in San Francisco.

Johnny Gruelle, Meek's friend and creator of "Raggedy Ann" books,

convinced Meek to join him in Norwalk, Connecticut. Meek and his family headed east, settling in nearby Silvermine. It was here that Meek created the 4-panel strip titled "The Adventures of Johnny Mouse" as a pantomime comic. Johnny Mouse wore pants, shoes, sported large ears, and took part in all sorts of antics. Meek's "Johnny Mouse" was syndicated



from 1913 to 1915. He also created "George Grindstone" and "Nobody" for the "New York Evening Journal" and the "New York World." By the 1920s, Meek had become a freelance artist producing "funny animal" comics that appeared in "Puck," "Judge," and "Life" magazines.

Eventually, Meek grew tired of cartoons and knew it was time for a change. He wrote, "I felt like I was in a factory. I began to see Grindstone George in my dreams." Clifton bought a forge and began a successful career creating ironwork that he sold throughout the region, becoming part of the Silvermine Artists Guild.

In 1944, Meek got the surprise of his life when he read a Walt Disney interview. Walt told that between the ages of five and ten, he had lived on a Missouri farm where he learned what farm animals looked like... "It was those early childhood days that the first faint glimmering of mouse fascination dawned on Disney." Then Walt Disney is quoted as saying "there was a man named Clifton Meek who used to draw cute little mice and I grew up with those drawings.... They were different from ours, but they had cute ears."

Clifton was delighted to learn that he had ignited the spark of inspiration for Mickey. After writing Disney a note of thanks, Meek received an autograph picture signed in appreciation. In a 1950s interview, Ub Iwerks, a partner of Disney in the early days, also confirmed that Meek's mouse cartoons were their inspiration. The animated short film "Steamboat Willie," drawn exclusively by Iwerks, debuted in 1928. Mickey Mouse became an instant hit. And, as they say, "the rest is history!"

Ironically, Clifton Meek's granddaughter came to Ohio to attend Heidelberg and made Tiffin her home where she lives today.

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# Helen Marketti's Music Corner



By Helen R. Marketti



## An Interview with Loretta Swit

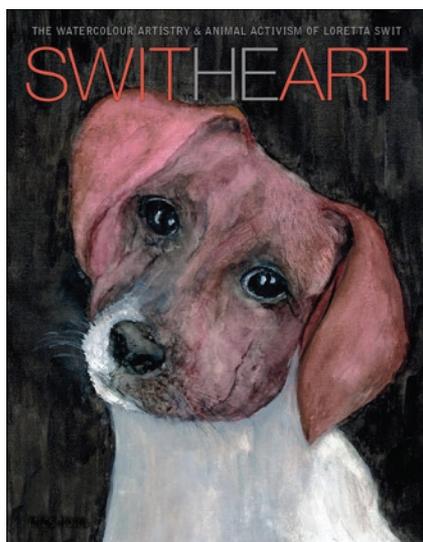
Loretta Swit has an extensive list of stage and television work that has spanned over fifty years but of course, many will recognize her as the iconic Major Margaret "Hot Lips" Houlihan from the hit television show, M\*A\*S\*H.



Millions of people around the world are long time fans of M\*A\*S\*H which was on the air for eleven years. (1972-1983) "I didn't actually read for the part," said Loretta. "It was more like a meet and greet. They had already auditioned over 200 women for the role. At the time I was working on Hawaii Five-O. My agent called and said he had made an appointment for me to see the executive producers, Gene Reynolds and Larry Gelbart. He asked me if I had seen the film, M\*A\*S\*H which I had not. He told me that it didn't matter because there is no script and they

just wanted to meet with me. I didn't feel nervous because all I was going to do was say "hello". What was working in my favor was most of the TV work I had done was on CBS and M\*A\*S\*H was going to air on CBS. I felt I had allies in my corner. I was very relaxed. They had dibs on me for the role and by that, I mean they saw me first! They provided the shooting schedule for the pilot and said they would be in touch. Meanwhile I was offered another role, to be in a movie with Olivia de Havilland! Either way I would be fortunate regardless of the outcome. My agent called Gene Reynolds and said that I was offered a movie role and that the dates conflicted with the pilot for M\*A\*S\*H. Gene said that he was literally just getting ready to call my agent because they decided they wanted me for the part!"

This is the 50th anniversary year for M\*A\*S\*H. The show is still running on the air! "I think it's incredible that the show is still being aired fifty years after it first started," said Loretta. "People were able to relate to the show. When we went off of the air in 1983, there were school kids who wrote their own stories of what they thought happened to each individual and how they lived the rest of their life. I consider it a fan-family and not just fans. People had family members who were similar to the characters on the show so many could identify."



Loretta has been involved with many projects which include a beautiful book now in its second printing, SWITHEART: The Watercolour Artistry & Animal Activism of Loretta Swit. The introduction is written by Mike Farrell and there is also a wonderful quote given my Jamie Farr. The book is a collection of artistic portraits of people's pets that Loretta has put her talented creativity to work to produce stunning images. There is a short story that accompanies each animal's portrait. Proceeds from the book sales

go to SWITHEART Animal Alliance. "I am thrilled about this project and it's growth," said Loretta. "Some of the pets chosen for the book were commissioned paintings and the owners wanted my idea or interpretation of their animal. Some of the people sent me snapshots of their pet. In some cases, I tried to put the snapshot along with my painting in the book. As an artist, it is subjective as to how you "see" the animal. Animals give us their love unconditionally,

They deserve our appreciation and respect. My charity uses the funds to help raise and train service dogs. Service dogs can give people back their security, confidence and independence."



Another delightful project is the development of a new fragrance. "I learned

that there are three kinds of perfumes which are woods, floral and exotic. My fragrance is exotic. I have a penchant for antiquities, ancient Egypt and Egyptian is where my thinking was when developing the fragrance." The perfume, SwitHeart is only available on Loretta's website.

Loretta shares some lasting thoughts about acting and appreciating each day. "It's a great thing what we do. Roles can be challenging, interesting and exciting. That is what bonds us. The roles and characters are living things. My life has been blessed and enriched. Goodness is the greatest force in the world. I believe that with all of my heart."

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# The Alabaster Jar Collective

By Denice Baldetti

# Life Scholar

By Kathleen Nalley

Nestled in the middle of South Front Street shops in historic downtown Fremont is a "Collective." Named The Alabaster Jar Collective, this boutique shop sells crafts by artisans from around the globe. The contributing crafters are unique, as they create crafts primarily as a means of earning a living wage to support their families.

Missionaries Christine and Kevin Lehr had been serving in the Dominican Republic for 3 years. Upon returning to the United States in 2020, the couple realized a major need of Dominican Republic people. The low income, impoverished peoples they had served needed a market to sell their crafts. Ideas started flowing. Soon Christine and Kevin decided to open a "Fair Trade" shop to sell items from Dominican Republic crafters.



Hand-crafted wood items from Thailand, India and Israel.

"Fair Trade" means that artisans are paid fair wages and provided a dignified wage for their work. The Alabaster Jar Collective has been open since September of 2020. This boutique shop now sells unique, handmade items from crafters all over the world. The shop exists to express worship to God, by offering products that give hope to Artisans worldwide.

Two popular items for sale are lidded woven baskets and nativities. Shoppers appreciate the lidded baskets as décor and for storage uses. Each hand-made nativity is unique, and these are very popular around the Christmas season. Another popular selling item is bracelets from Haiti. These pieces are made from clay beads. Clay is rolled into balls and the beads are fired

in a kiln. Beads are then painted and formed into bracelets. Buyers can select from a variety of encouraging word charms to add to a bracelet.

The store merchandise hosts a wide array of hidden stories. One story Christine tells of is about "Abram." Abram was a man Christine and Kevin worked with in the Dominican Republic. Abram makes wrapped, corded bracelets that display a cross which hangs from each bracelet. About 9 months ago Abram badly needed eye surgery. Christine decided to purchase a large amount of bracelets from Abram so he could earn money for his surgery. Every bracelet sale gave Abram new hope that he would be able to pay for his needed surgery. Note: Abram's surgery was successful and the bracelets were very popular!!

From pillows, blankets, bath and body products, metal signs to kitchen cooking utensils, from candles and lotions to bags and bracelets, every item offered for sale is hand-crafted. If you are looking to support projects that give people Hope for Change, Hope for a Better Future and Hope for Something New, a wonderful way to help others is to step through the doorway of The Alabaster Jar. You will be amazed at the God-given talents of crafters around the world!

**The Alabaster Jar Collective, 120 S. Front St., Fremont, OH 43420 // 419-307-0246.**

Storefront Hours: Tues. – Fri. 10 a.m. – 6 p.m.; Sat. 10 a.m. – 4 p.m. (Closed Sunday and Monday)



The Alabaster Jar storefront in Fremont, Ohio.



Owner, Christine Lehr, proudly displays a lidded woven basket from Bangladesh and a soapstone nativity from Kenya.

Terra Community College Life Scholars Fall class schedule is opening with a powerful look at the Greatest Disasters in American History. John Gibson, a former Red Cross Disaster Chair in Ottawa County, has developed a keen interest in history and the history of disasters in the world and here at home in the United States.

Early records indicate that the 1812 earthquake that shook Missouri could be felt all the way to Boston. As powerful as it was, the death toll didn't compare to the populated area of San Francisco in 1906 where some 700 deaths and many suspected to be unreported resulted from the quaking damage and resulting fires. Hurricanes of significant magnitude in Galveston, a category 4 in 1900, with 6,000 deaths and Katrina, a category 5 in 2005, with 1800 deaths, were complicated with the immense flooding resulting from the forceful winds. Gibson recognizes that climate charged disasters are on the increase and will share comparative notes about this alarming trend, bringing the past to the present in his three-week course beginning September 20th.

Reverend Ted Miller has chosen three inspirational subjects for his upcoming classes: Pope Francis: Where did he come from and where is he going? Gregory Boyle: Founder of Homeboy Industries and a book review of Caste: The Origins of Our Discontents. He begins September 28th with the South American Jesuit priest who became Pope in a time of tumult and whose appeal stretches beyond the Catholic faithful.

After chatting in a local eatery with former parishioners about Pope Francis, Father Ted was approached by a woman at a nearby table who identified herself as a Methodist Pastor. "If he ordained women, I'd become Catholic!" Pope Francis' joyful and merciful spirit inspire, while his "outside" voice, derived from his western hemisphere origin, incites some division within the ranks of his own religion. The second class subject, Gregory Boyle, introduces another Jesuit priest who has earned praise and criticism with his work with gangs of L.A. His philosophy, "The best way to stop a bullet is with a paycheck," is manifested in the establishment of the Homeboys Industry. This priest's lifelong work has outlived his many detractors and highlights the Good News

Oprah's book club pick is the final topic, a book which reviews the Indian caste system and applies it to cultural stratification seen around the world.

Register for classes by calling 419-559-2255 or online at [Learn.Terra.edu](http://Learn.Terra.edu)

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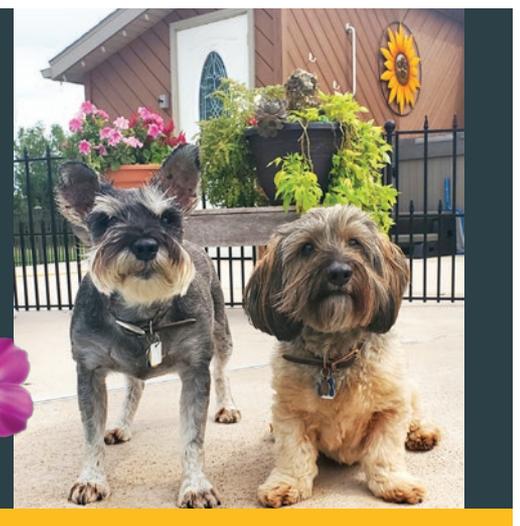
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# Astrology FORECAST

By Magi Helena

**ARIES (March 21-April 19):** Your enthusiasm is admirable. It may be tempting to initiate a new financial plan, but it is better to wait. Channel your energies into making your plans more solid and execute them later.

**TAURUS (April 20-May 20):** You can feel good but must do good, too, and stay focused. Finish what you started before you begin anything new. Wrap up loose ends and fulfill your obligations.

**GEMINI (May 21-June 20):** Learn by doing. There's no substitute for experience, although at times it can be a harsh teacher. The high standards you subscribe to can be helpful; maintain them by learning from every misstep.

**CANCER (June 21-July 22):** Anything you buy today at a discounted price may end up to be a mistake -- inferior materials aren't likely to hold up over time. Do some research and wait until later to purchase items that will endure.

**LEO (July 23- Aug. 22):** There's less stress when you follow the plan. Be patient and understanding if you receive criticism, but also learn what you can from it. A partner or loved one may test your dedication and loyalty, but tensions should subside later.

**VIRGO (Aug. 23- Sept. 22):** Play by the rules. Carefully decide if your current plan is sustainable or if it would be better to make a new start. A health or workplace problem will be resolved if you wait to address it.

**LIBRA (Sept. 23-Oct. 22):** Never take risks when the odds aren't in your favor. This is not the day to begin something new or make crucial decisions. However, you can enjoy time with a romantic partner or social activities with friends.

**SCORPIO (Oct. 23-Nov. 21):** Close the door on family problems and the past before taking on anything new. Some people in your life may not be cooperative or agreeable today but you might begin to understand why.

**SAGITTARIUS (Nov. 22-Dec. 21):** You may be faced by a choice between following your heart and going along with others. Although you could earn validation by playing to the crowd, you will sleep better if you stand by your principles.

**CAPRICORN (Dec. 22-Jan. 19):** It can be risky to put all your eggs in one basket. If you focus too heavily on material success, popularity or possessions, you may miss other opportunities. Remain open to diversity and variety.

**AQUARIUS (Jan. 20-Feb. 18):** A dedication to details can help avoid misunderstandings. Make sure you proofread all communiques before you send them off. What seems like a burden today could become a blessing later.

**PISCES (Feb. 19-March 20):** Keep the lines of communication open. Let a loved one know how much you value having them in your life, especially if they are struggling. Offer understanding when someone is temporarily out of sorts.

## What's happening to my face?

Are you one of the thousands asking, "What's happening to my face?" We know climate changes can play havoc on our skin, but we have greater threats today.

### 3 TOP CAUSES FOR RAPID AGING



**1. BLUE RAY DAMAGE** has skyrocketed since 2020 as well as the growing concerns people are expressing about their deep wrinkles, and crepe skin around their cheeks, mouth & eye area, along with their prematurely thinning skin. In the past two years many of us work, and communicate through computers, iPads, and cell phones producing this noticeable breakdown we're seeing in our clients skin. **2. INCREASED STRESS/MEDICATION/ANXIETY** people are taking more medications than ever. This plays a big roll in people's overall health, and is showing up in their skin, nails, and we are

seeing more people with massive hair loss. **3. BIOENGINEERED FOODS** Did you know that 75% of our foods are bioengineered? SCARY! While these foods are being banned from many countries because of the dangers they present to our bodies; the USA still produces them. Read your ingredients, and try to bypass these foods when you're shopping to help prevent rapid aging in our children, and young adults.

I've spent the past several years working with a team of doctors, and professionals to find solutions on how to combat these concerns. My team is always looking for the most natural approach to kick start our own bodies into reproducing new healthy cells without the use of injectables, laser, or strong chemical peels. People are spending tens of thousands of dollars to feel better about their appearance when there is a solution that costs a fraction of this amount.

**Here's the truth...** No one wants to experience this premature aging that's happening to us because of health concerns, technology, and environmental damage that we cannot control! **If you are looking for a way to erase years** from your face, neck, and chest without having to spend thousands of dollars to do it; we offer the most natural way to prompt your skin into **producing new, healthy collagen, and elastins resulting in firmer, brighter, smoother looking skin.** If you want to minimize deep lines, hyperpigmentation, age spots, shrink large pores, and bring back that glowing, and healthier appearance call **Alisa Florio at 419-680-1486** to make your appointment today for your needling consultation.

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**Dog fears house and family, but acts fine everywhere else**

Dear Cathy,

My husband and I adopted a three-month-old male dog from a rescue organization. I'm not sure of his breed. He's about 25 pounds and looks like a black lab mix. The problem is, he is afraid of our home - and us in it. He hides under the bed and behind the couch. He is afraid of many noises. I thought it was because he was a rescue and needed time.

But when we go to someone else's home, he runs into the house, plays with everyone, is silly, lays on the couch, etc. He is such a sweet puppy. When he comes back home, he is afraid again. We don't crate him. He sleeps with us sometimes, goes for walks, is friendly, and is house-trained. We don't have a fenced yard, so on the second day, we had him on a long leash in the yard. When my husband opened the patio door, he ran in still leashed and jumped around, terrified. We got rid of the leash the next day and put up a temporary fence. He goes into the yard but is still afraid of our home. Any ideas? -- Shari, Freedom, Wisconsin

Dear Shari,

It can be difficult to pinpoint what triggers a dog's fears. It's important to consider any and all possible common denominators, like: Does this behavior only happen at your home? You said yes. Could the incident on the tether have frightened him? Absolutely, but probably not to this extent. Is your dog more anxious around your husband? Some dogs are afraid of men. Could there be a sound inside or outside your home that scares him? If yes, that could trigger insecurities.

While it's helpful to know what's causing the behavior, you don't have to know what those triggers actually are to help your dog overcome them. There are things you can do to help him relax in your home.

Start with basic obedience training. It can distract your pup from a potential trigger and help build his confidence over time. Begin by putting him on a leash in the house and training him to "sit," "down," and "stay." (The leash is so he doesn't run and hide under the bed.) Use a clicker (preferred method because dogs understand what it means more quickly) or a marker/reward word (like "bingo") to acknowledge when your dog gets it right.

For example, say "sit." When your dog sits, click (or say the marker/reward word) and give your dog a treat.

Train your dog at least three times a day for 10 minutes each session. Both you and your husband should train your dog, so he develops a bond with both of you. Once you see him more relaxed, teach him games, like fetch, take him for more walks, so he can sniff out the neighborhood, and introduce him to puzzle toys so he has to use his brain to find the treats. The busier you keep his mind with training and activities, the less time he has to be scared of things. As he grows up and his confidence grows, he should become less afraid of his surroundings.

You also can introduce a pheromone collar or pheromone plug-ins for the home or over-the-counter calming chews to supplement to help him feel more at ease during training. If you think it's noise sensitivity, get a sound machine for your home to muffle extraneous sounds.

If you're consistent, you should see improvements in a few weeks.

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 Sun 10am-4pm

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# Cleveland Clinic on NADA Acupuncture Addiction Treatment

By Dr. Paul Silcox

## ATTENTION:

Licensed health professionals interested in learning alternative addiction treatment protocol in use for 45+ years, yet very little in Ohio. Especially N.W. Ohio, but not any more!

A new class using auricular (ear) acupuncture for addictions (NADA) will be starting in fall of 2022 in Fremont.

For information regarding format, credentialing requirements for class eligibility, anticipated dates, testing, fees, etc., Send inquiry email to:

plsd55@gmail.com

Dr. Paul Silcox, Exec Director

Katura Recovery & Training Services

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# IN YOUR OWN BACKYARD

**Ovarian Cancer Connection of NW Ohio 5K Run/Walk fundraiser** at Connor Park in Fremont, Sat., Sept. 10th from 8-noon. Registration can be made the day of the event for the 5K. Come and enjoy the bake sale, 50/50, auction, food, and rock painting for the kids. Money raised for local women fighting ovarian cancer and other gynecologic cancers will be used for gas cards and other needs.

Patti Tucker, a five year ovarian cancer survivor, and three other women, started the event. All of the money raised stays in the area.

**Fremont Area Women's Connection** will meet on Sept. 13, 11-1pm at Victor's Event Center, 2270 W. Hayes Ave. All ladies are invited to attend the luncheon and program that will include Joanne McDowell, publisher/editor of Lifestyles 2000. Guest speaker Carol Sweebe from Midland, Michigan will share her life story "Winning the What-if War". Cost of the luncheon is \$14 and reservations are needed by Sept. 8 by calling/texting Donna at 419 680 2251 or email Carrol at fawcluncheon@gmail.com. Reservations as well as any necessary cancellations must be reported in the same way. Fremont Area Women's Connection (formerly known as Christian Women's Club) is affiliated with Stonecroft Ministries and has been present in Fremont since 1971.

**Fremont Lions Club** will meet on Sept. 6 at noon at the Fremont Eagles Hall. The guest speaker is Marc Schultz regarding the Fremont Ross Alumni and Friends Scholarship. On Sept. 20 the guest speaker will be Erica Parnisari from the Regional Walk to End Alzheimer's. Students of the Month from Fremont Ross and Bishop Hoffman will be present. Members and guests are encouraged to attend. For more info call Donna Thatcher, president at 419 332 3095.

**Sandusky County Republican Women** will meet on Sept. 15 at 5 pm at the Sandusky Township House, 2207 Oak Harbor Rd. Plans for the upcoming fall activities will be discussed. Members and guests are welcome. Call Kim Foreman, president for info at 419 603 1503.

**Trinity United Methodist Church**, 204 N. Wayne St. Fremont will host a chicken dinner on Sept. 18, 11:15 am-12:30 pm. Bar-B-Que

Traveler will prepare ½ chicken, baked potato, cole slaw, roll, beverage and cookie.

Cost is \$13 by prepaid tickets only by September 11. Ticket holders may eat at the church or use the drive-thru for pick-up. Call Steve at 419 332 8167 for tickets which must be purchased by September 11.

**Grief Support Group: GriefShare** - A 13-week seminar/support group. We utilize a video, small group discussion, and a workbook.

**Sundays, Sept 11-Dec 4, 5:30-7:pm**, St. John's Lutheran Church, 212 N. Clover St., Fremont

Meeting will be in the Parish House Lounge. Call the church office for details: 419-332-7341

### Downtown Fremont September Events:

3, Sunset Farmers Market & Downtown Block Party Event 4pm-8pm

9, Car Show 5pm-8pm

17, Farmers Market & Street Play Saturday Event, 9am-1pm

17, Front Street Live Cornhole Tournament 9am-6pm

23, The Crop Circle Art & Music Festival 6pm-9pm

23, The Lucky Duck Drop 6pm

23, Glow Kayaking 7pm-9pm

24, The Crop Circle Art & Music Festival 11am-4pm

**Whispering Meadows Garden Club**, Sept 8, 1 pm - Sandusky Township Hall - Program on Creative Flower Designs. Guests are welcome. Please contact Helen Duquette 567 201 7825 or visit us at Whispering Meadows Garden Club on Facebook.

**St Michael Gibsonburg Annual Chicken BBQ**, Sunday Sept. 25, 11 am to sell out. Drive thru only. Dinners include; 1/2 chicken prepared by the Gibsonburg Volunteer Fire Dept., Amish noodles, homemade applesauce and coleslaw, and pie donated by parishioners \$ 12 per dinner. For more info call 419-637-2255 St. Michael Parish Office, 312 East Yeasting, Gibsonburg.

## Classifieds

### SERVICES

**Soaring Eagle Casino and Bingo Hall**

**Overnight Bus Trip:** Sun., Mon., Oct 23rd & 24th. Lots of fun, free slot tournament. Call Denny Weiler, 419-334-9369 for more info.

**Dust Free Cleaning:** Time for fall cleaning and sanitizing. Will wear a mask if preferred. References, insured, 4 hour minimum, \$25 per hour. Call 419-603-6667.

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

**ADVERTISE HERE: \$25 for thirty words, send your ad with a check to 30 Ponds Side, Fremont, 43420 by the 15th of the month.**



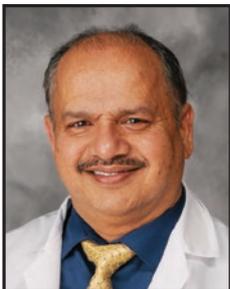


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