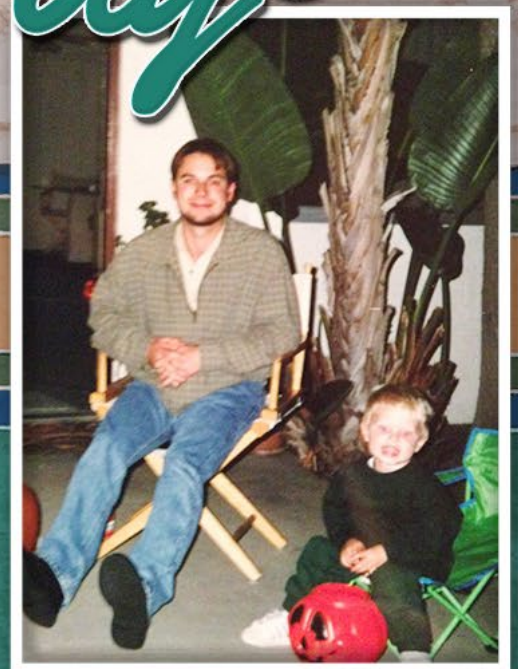
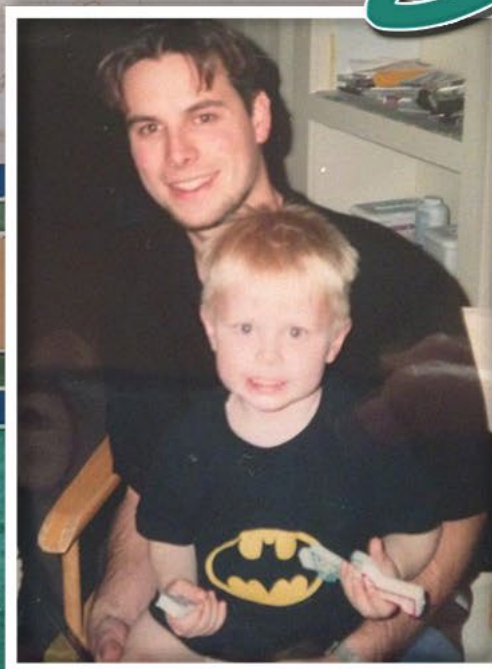


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Jill on Money

By Jill Schlesinger

Are Americans prepared for retirement? It depends on who you ask.

The Alliance for Lifetime Income (ALI) released a study with an eye-catching headline: Two-thirds of peak Baby Boomers are not financially prepared for retirement.

However, results of EBRI's 2024 Retirement Confidence Survey (RCS) found "two-thirds of the workers and three-fourths of the retirees are very or somewhat confident about having enough money to live comfortably in retirement."

Two retirement surveys, two different results?

Not so fast. The ALI survey crunches retirement numbers while EBRI asks how we feel about our retirement readiness, and there can be a chasm between the two.

ALI focused on "Peak Boomers," defined as those Americans who will turn 65 between 2024 and 2030, of which there are 30.4 million. According to the study, more than half of these soon-to-be retirees will rely primarily on Social Security for income, which was intended to replace about 40 percent of annual pre-retirement earnings.

ALI went deeper to determine if assets accumulated (the median retirement savings for Peak Boomers is \$225,000) would augment Social Security and last up to 20 or more years in retirement. The answer is that two-thirds of Peak Boomers "will be challenged to maintain their lifestyles in retirement."

Conversely, the RCS asked people how confident they felt in their ability to live comfortably throughout their retirement. While 68% may feel confident, only about half have run the numbers. If they did, the results might be similar to ALI, because "a sizable percentage of workers say they have very little or no money in savings and investments."

Forty-seven percent report that the total value of their savings and investments, excluding the value of their primary home, is less than \$100,000. (RCS relies on workers to self-report, EBRI relies on Federal Reserve data.)

Ultimately, the two surveys may be closer than their respective headlines would indicate. The notion that millions of Americans are facing an uncertain retirement reality is the focus of a new book by economist and author Teresa Ghilarducci. In *Work, Retire, Repeat: The Uncertainty of Retirement in the New Economy*, Ghilarducci dives into the numbers and finds a two-tiered retirement system, where only "21% of Americans aged 62-70 have enough money to maintain their standard of living in retirement." Of the 79%, "51% are retired but can't maintain their pre-retirement standard of living. And the rest, 28%, are working and cannot afford to retire."

Perhaps you are wondering why these people didn't save more or work longer.

Ghilarducci says "most retirees lament retiring earlier than planned because they were laid off, forced out, or their health or their spouse's health drove them out of the labor force."

I have spoken to many of these folks and have found that they were not spendthrifts, rather they were often unlucky and had to find lower paying jobs to meet their obligations.

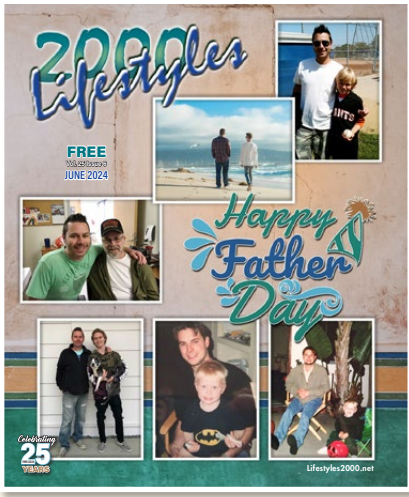
For those facing a shaky retirement, getting the most out of the Social Security system should be a priority. Although you can claim benefits as early as age 62, doing so will permanently reduce your income for the rest of your life. This may also impact a non-working spouse who is relying on your record for their benefits.

Instead, people should try to wait until Full Retirement Age, which for anyone born after 1960, is 67, or until age 70, when benefits max out.

Doing so allows you to get Delayed Retirement Credits, which increases benefits by 8% per year. Ghilarducci says these credits are "the best financial deal on the planet...waiting to claim from age 62 to 70 raises one's monthly lifetime benefits by more than 30%."

(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) ©2024 Tribune Content Agency, LLC





Lifestyles 2000

June 2024

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Celebrating
25
YEARS



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Or go online to: Lifestyles2000.net.

June Cover: Ryan Haas and son Kayden, also Ryan's dad Jim Haas.

History Notebook

By Nan Card

Growing up in Ottawa County, I was well aware of Merrill Rudes' prominent role as the county's probate and juvenile courts judge. Little did I know of his military service as a captain in General George Patton's Third Army during World War II. Captain Rudes was with the Third Army as it crossed the Rhine, plunging deep into German territory. While on patrol near Merkers, Captain Rudes met two women who had worked as forced labor at the Merkers mine. They told him of "treasure in the Salt Mines." According to a March 2019 wtol.com article, Rudes included their information in his notes and sent it up to headquarters.



On April 8th, 1945, U.S. Army officials followed up on Rudes' notes. There, in the mine, they discovered more than 500 masterpieces by artists such as Rubens, Vermeer, Rembrandt, Manet, Titian, and others. The vault inside Merkers contained the Nazis' stolen gold, silver, platinum, sculptures, drawings, and also valuables confiscated from Holocaust victims. Immediately, Patton informed Omar Bradley and Eisenhower. On the 12th, the three generals descended more than 2,100 feet into the mine to personally inspect its treasures. General Eisenhower was visibly moved when he saw those items taken by the SS from Jews at the concentration camps.



That night while discussing the protection and movement of the treasures, the three generals learned of President Franklin Roosevelt's death. According to the earlier Yalta Conference agreement, this area would become part of the Russian sector once the war ended. They planned to remove the treasures as quickly as possible via a heavily guarded convoy that included air cover. The artwork, many pieces wrapped in sheepskin overcoats, abandoned by the Nazis, was transferred within days to Wiesbaden and then Frankfurt.

In late 1946, amid strong opposition, 202 of the most important works were brought to the U.S. President Truman, personally, gave his assurance the paintings were not confiscated, but only temporarily moved for better protection at the National Gallery of Art in Washington, D.C. Two years later, when conditions improved, General Lucius Clay ordered the artwork returned. But many Americans wanted to see the paintings before they left for Europe. The Army agreed to a traveling exhibit that would take the paintings on a 12,000-mile journey to 14 of the nation's leading museums. An estimated 7 million Americans saw the European masterpieces. An admission of 30 cents raised more than \$190,000 which the U.S. Army requested for the support of orphans in the American sector of Germany.

In March 1949, over a 10-day period, more than 100,000 visitors saw the exhibit at the Toledo Museum of Art. The exhibit was in part made possible by the museum's director Otto Wittman, one of the Monuments Men (now made famous by George Clooney's movie). Area businesses raised funds so that 42,000 schoolchildren could attend. As Toledo was the tour's final stop they would be among the last Americans to see the masterpieces all in one place in the U.S.

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Publisher's Letter

Wow, May was really hot! I spent 4 days in Redondo Beach, CA, celebrating my "39th" birthday with family and friends. It was in the mid 60's daily!



Please note that another contest has started, I think a lot of you missed it. And remember, if you forget an address, you are disqualified from the contest.

Congrats to all the dads on Father's Day! Also, congrats to the graduates.

The cover is my son Ryan Haas with his son Kayden. The other man is Ryan's dad Jim, who passed away in Dec. 2022.

Joanne

Find Pete



Find Pete Winners:

We did a great job of hiding Pete, only 100 of you got it right, Superior Service Lawn Care.

Winners of "25 Years" African Safari tickets are: Rosie Klos, Fremont; Deb Lautermilch, Marblehead; Mandy Smith, Tiffin; Nancy Wright, Vickery.

Miller Boat Line: Connie Market, Fremont; Jean Jakkson, Clyde; Susan Decker, Bellevue.

Other winners are: Marsha Cook, Lavonne Babione, Patrick Hick, Karen Perry, Beth Wurgess, Susan Hoffman, Patti Saam, Jim Posey, Karen Heater, Donna Henkel, Brian Smith, Fremont; Steve Soule, Vickery; Scarlett Griffin, Penny Boyd, Donna Lloyd, Clyde; Arlie Brooks, Monroeville.

Find Pete Prizes:

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

Add "25 Years" to your entry and have a chance to win Miller Boat Line or African Safari tickets.

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.

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



Press Release

Headstone Remembrance Ceremony for 19th Century Escaped Slave

On Juneteenth 2024, 11:00 A.M. (**June 19, 2024**) at McPherson Cemetery in Clyde, (in Section 2) there will be a public ceremony to remember the courageous life of **Peter Pointz**, a former African-American slave who settled in Clyde in **1860**. The Clyde Museum of the Clyde Heritage League and other sponsors will be marking his final resting place with a headstone so that his courage, bravery, life, and burial place will not be forgotten. A grave marker reminds us of a person and their life, and his life was a courageous one.

The ceremony, in part, is also to remember the **seven (7)** other known individuals who either escaped to freedom, fought for the righteous cause of freedom and liberty, and then eventually settled in Clyde to live peaceable and quiet lives in freedom.

These seven (7) individuals were: **Elizabeth "Lizzie" Anderson, her daughter Cecelia "Celia" Anderson, Lucy "Auntie Lucy" Fisher, her husband Newton Fisher, their son David Fisher, Edward Leonard, and Rev. Lafayette D. Rose.**

The event is sponsored by the Clyde Museum of the Clyde Heritage League, Fremont Monumental, the City of Clyde, and other local anonymous donors.

If moderate or severe inclement weather is expected, the event will be rescheduled. For updates or more information, please visit the museum's Facebook page, **Clyde Museum & General McPherson House**, or call 419-547-7946.

The Clyde Museum is open on Thursdays from 1:00-5:00 p.m. and Saturdays from 10:00 a.m.-1:00 p.m. and the General McPherson House is open by appointment only.

The Clyde Museum has been in operation and open to the public for almost **92 years** and steadfastly continues to this day. The Clyde Heritage League proudly continues to offer the museum to all who enter its doors to visit and view the significant history of Clyde, Ohio.

For more information, call 419-547-7946, or visit www.clydemuseum.org.

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Cold Creek Café on Main Street in Castalia is the perfect pit stop for breakfast or lunch on the way to Sandusky or Cedar Point. It's a small diner with a large menu and a friendly staff to greet you. Check out the daily specials and homemade soup of the day. Lunch and breakfast are served all day every day within the hours of 7am to 2pm. If you can't park right out front, there's plenty of parking out back.

There are many fresh made to order choices on the breakfast menu. I had brioche French toast and sausage patties, which were very good. I noticed someone ordered the trash potatoes. It was a large plate full of potatoes, bacon, sausage, ham, scrambled eggs, tomato, onion, peppers, mushrooms, and cheese, piled high. Don't try to eat it yourself, share it with someone. You can't go wrong with their large portions.



On another visit, we had lunch. I had the house specialty, which was a slow roasted tri tip beef sandwich. I had a Philly steak style piled high with green peppers, onion, and cheese on a hoagie roll with homemade horsey sauce on the side. It was very good and tender.

Kim had homemade meatloaf dinner with mashed potatoes and gravy. That came with a salad and a roll for \$12.99. They'll also take a chicken breast or a burger and turn it into a gourmet sandwich with a variety of fixens.

For dessert they've got a list of homemade pies, but the goodies don't stop there. Attached to the restaurant and owned by them is a candy store with homemade chocolates and other sweets.

This restaurant is also affiliated with one in Milan, called the Invention, and one in New London called Cravings. I'll have to check them out.

12 Acres in Ohio

By Robin Arnold and Gena Husman

The Magic Binoculars

As we write this, the 2024 Biggest Week in American Birding is drawing to a close. Robin and I made it up to Magee Marsh early this May, and were fortunate to see a nice variety of migrating birds, bright and colorful in their breeding plumage. Some years are spectacular for "birding" and some are not...most of the time it depends on weather conditions—both here, and along the way up. But this month's story is not about this year....

Do you believe in magic...?

By May, 2019 was already a stressful year for us. Robin's mom had health issues that required us to be there for her most days—either to change wound dressings or take her to her doctor appointments, which averaged three times each week. Although we enjoyed the time we spent with her, we were worried about her, as she didn't seem to be improving. Also during this same time, Robin was still suffering from a shoulder injury that made it painful for her to lift her arms to hold up a camera or binoculars. It was spring, and the spring bird migration was just beginning. We were hoping to catch at least one day of the "Biggest Week in American Birding" event on the boardwalk at Magee Marsh in between caring for Mom.

Each year numerous vendors from near and far set up their displays in a tent outside the Black Swamp Bird Observatory to display and sell cameras, binoculars, spotting scopes, and anything else related to optics...a good time to get a good bargain. We picked a day and went over long enough to check out the binoculars because we each wanted to purchase a new pair. The ones we had were ancient and heavy, and Robin couldn't lift and hold hers up for very long...not a good situation for a bird watcher-photographer. The display at "Optics Alley" was fantastic as always—Nikon, Celestron, Eagle Optics, and more...there were so many choices! We both finally settled on a pair of Nikon Monarch 8x30 binoculars. They were lightweight, bright field, and well within our budget. They felt good, and we just knew they were special... The weather at the beginning of May was cold, with a north wind that held a lot of the migrating birds back away from the lake shore, and kept the ones that did arrive from going on across the lake. We didn't take the time to check out the boardwalk that day because we heard that other birders weren't seeing much. But, shortly after we got home, the magic started!

"Fallout" is a term used to describe the condition where the birds are literally "dripping out of the trees." Inclement weather forces the migrating birds to stop their forward movement and seek shelter and food, and wait for more agreeable traveling conditions. Our property is located in an area back away from the strong winds blowing off the lake—that made it ideal that May for many of the migrants to stop and shelter here. While we didn't really have time to spend a day at Magee Marsh, we did have time in between appointments to "bird" around our property. And, it was spectacular that year!

Miraculously, our new binoculars opened up a whole new world and we were convinced that they were "magic." Suddenly, Robin was able to lift her new lightweight binoculars—and her camera; her shoulder pain seemed to be better. We were both amazed at how sharp and bright the images were. Each day brought new birds and new surprises. Neither of us has a "life list" of birds—we enjoy them all, and still believe that "backyard birds" are best, although it is fun to go to places like Magee Marsh and Ottawa National Wildlife Refuge and some of the other "birding hotspots" to interact with other bird people and see different birds.

But that May the birds were "dripping out of the trees" right there on our property and we never had to go far to see them. Scarlet Tanagers perched along the path around the marsh; warblers—Black-throated Blues, Blackburnian, Magnolias, Black-and-white, to name a few—flitted among the shrubs around the dike and in pine trees in our own front yard. We even saw a Black-billed Cuckoo! Some of the birds we saw were ones we'd only ever caught a glimpse of on the Boardwalk—certainly not in our own backyard!

Do WE believe in magic? Well...yes, even now, we believe that our "magic" binoculars contributed to the events of May 2019.



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Options for breast reconstruction

DEAR MAYO CLINIC: My sister was just diagnosed with breast cancer and will have a double mastectomy. What types of reconstruction could she have, and when can the reconstruction be done? Are there any new reconstruction options that she should be aware of? I've heard about 3D tattooing. Is that an option?

ANSWER: Breast reconstruction is a procedure that restores the shape of your breast after mastectomy, which is an operation that removes your breast to treat or prevent breast cancer.

Breast reconstruction can be performed with either an implant — silicone devices filled with silicone gel or saline — or a patient's own tissue. Most people who undergo mastectomy tend to choose implant-based breast reconstruction, with a smaller portion opting for flap, or autologous, reconstruction. Breast reconstruction with flap surgery involves taking a section of tissue — skin, fat and occasionally muscle — from one area of your body, most often your abdomen, and relocating it to create a new breast mound.

Each method has its benefits and drawbacks. For example, implant-based breast reconstruction involves a shorter operation and recovery, whereas flap surgery is a longer, more complex operation with a longer recovery time. Also, implants are temporary and will require removal or replacement on average every 10 years. With flap surgery, typically, no further operations are necessary.

Breast reconstruction starts at the time of mastectomy. A team of breast oncologic and plastic surgeons working together to devise the appropriate plan for your needs is essential.

Depending on the location of the tumor and the patient's breast size, they may be a candidate for a nipple-sparing mastectomy, which allows for a more natural reconstruction appearance. A nipple-sparing mastectomy involves the removal of the breast tissue, but spares the skin, nipple and areola, also called the nipple-areolar complex.

If the tumor is abutting the nipple-areolar complex, the patient will need surgical removal of the nipple. Nipple reconstruction can be done with a 3D nipple-areola tattoo with or without the creation of a raised area of skin to reconstruct a raised nipple. 3D nipple tattooing is highly encouraged for all patients who have required surgical excision of the nipple-areolar complex. Data shows patients are more satisfied with reconstruction and can move forward from their cancer journey when reconstruction of the nipple is performed.

In the past, breast reconstruction would not provide the same sensations as before mastectomy. However, breast resensation is the new frontier within breast reconstruction. This is a new technique of breast nerve repair during breast reconstruction that can potentially restore feeling after a mastectomy. This can be done in one of two ways.

First, suppose the patient is a candidate for nipple-sparing mastectomy and is approximately a C cup or less at the time of mastectomy. In that case, we can identify the nerves on the lateral chest and bridge the gap beneath the nipple-areolar complex with a nerve graft. The nerve will then regenerate through the graft, providing sensation to the nipple-areolar complex. While this can take up to two years, it should restore light touch to the breast and nipple-areolar complex, but it will not fully return pre-mastectomy breast sensation.

The second approach is pursued if the patient is undergoing flap surgery. We can identify a nerve on the tissue from the abdomen and connect that via nerve graft to a nerve in the chest. This can be an option for patients who have already had a mastectomy — and possibly implant-based breast reconstruction — and desire more sensation.

Breast reconstruction is an excellent option for many patients. It can give you a breast contour, provide symmetry to your breasts under clothing and help you avoid the need for an external prosthesis inside your bra. Many patients find that their self-esteem and body image improve after reconstruction, and it helps to erase physical reminders of their cancer journey. However, before breast reconstruction surgery, consult a plastic surgeon who is board-certified and experienced in breast reconstruction following mastectomy. — Christin Harless, M.D., Plastic Surgery, Mayo Clinic, Rochester, Minnesota

(Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to MayoClinicQ&A@mayo.edu. For more information, visit www.mayoclinic.org.)

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Hey there, fellow septuagenarians! Now that we're in our 70's and lived through more decades than we care to count, I wonder if you're experiencing the quirks of growing old that I am.

First things first, let's talk about memory—or lack thereof. Who hasn't walked into a room and completely forgot why they're there? I have, and it's like my brain's GPS suddenly reroutes me to Confusion Street.

And let's not forget the never-ending battle with technology. I tried to text a friend and ended up sending a message to my dentist instead. It's like my fingers have a mind of their own sometimes.

But hey, it's not all about forgetfulness and tech struggles. We septuagenarians have some serious wisdom to share—whether we remember where we put it or not. We've lived through wars, moon landings, and disco fever, so you better believe we've got some stories to tell. And if we tell them more than once, well, that's just part of the charm, right?

And let's talk about fashion. Who says you can't rock those bell-bottoms and tie-dye shirts in your seventies? We may not be keeping up with the latest trends now, but we sure knew how to make a statement in the past!

Maybe us septuagenarians should bring back Disco Dancing and break out the bell-bottoms and platform shoes. We could revive those funky dance moves and show the youngsters how it's done on the dance floor. Who needs TikTok when you've got the hustle and the bump?

Let's not forget about the soothing sounds of mood music from the 1970s—the perfect soundtrack for a relaxing evening at home. We should dig out our old vinyl records and treat ourselves to a nostalgic trip back in time. Who needs Spotify and Pandora when you've got a record player and a stack of LPs?

But perhaps the best part of being in our seventies is the freedom to be unapologetically ourselves. We've earned the right to nap whenever and wherever we darn well please, to laugh at ourselves and our forgetfulness, and to embrace each day with a smile and a healthy dose of humor.

So here's to us, my fellow septuagenarians, as we stumble through the maze of growing old together, trying to remember where we left our keys and why we walked into the kitchen in the first place. Let's embrace the wrinkles, the gray hairs, and the occasional senior moment with a hearty laugh and a twinkle in our eyes. After all, age is just a number—and we're living proof that you're never too old to laugh at yourself, especially when you can't remember where you put your glasses for the tenth time today.

Robert Morton has retired from his positions as a 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.

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America's Test Kitchen

By Faye Yang

The essence of summer in a sweet, creamy scoop

For a peach ice cream that screams peach, a no-custard base was essential to let the delicate fruit flavor come through. A combination of fresh and cooked peaches yielded juicy peach aroma and flavor that permeated each spoonful. Using half-and-half gave the base a creamy consistency while tangy sour cream complemented the natural piquancy of peaches. To keep the ice cream base largely free from ice crystals, light corn syrup did just the trick. Jammy ribbons of peach ripple layered through the ice cream were the perfect accent to highlight the zingy peach flavor without disrupting the smooth texture of the ice cream.

Peach Ripple Ice Cream Serves 8 (makes about 1 quart)

- 1 1/2 pounds ripe peaches, peeled, halved, pitted, and cut into 1/2-inch pieces (about 3 cups)
 - 1 1/2 cups half-and-half
 - 1 2/3 cups sugar, divided
 - 3/4 cup sour cream
 - 1/2 teaspoon plus 2 tablespoons lemon juice, divided
 - 1/3 cup light corn syrup
 - 2 tablespoons vodka
 - Pinch table salt
1. Combine peaches, 1/2 cup sugar, 1/2 teaspoon lemon juice, and salt in a bowl; let sit until about 1/2 cup liquid accumulates in the bowl and peaches soften slightly, 1 to 1 1/2 hours. Drain peaches in a fine-mesh strainer set over a second bowl; reserve liquid.
 2. Process drained peaches in a blender until smooth, about 1 minute. Transfer 1/2 cup peach puree to a small saucepan; reserve remaining puree. Add 1/2 cup sugar and remaining 2 tablespoons lemon juice to a saucepan and bring mixture to boil over medium heat. Cook, stirring and scraping bottom of saucepan constantly with rubber spatula, until mixture turns deep orange color, becomes translucent, and registers 220 degrees, 6 to 8 minutes. Transfer

cooked peach mixture to bowl; let cool slightly, then refrigerate until needed.

3. Bring reserved drained peach liquid to simmer in the now-empty saucepan over medium heat and cook, stirring often, until liquid is thick and syrupy, about 10 minutes. Transfer syrup to a large bowl. Add half-and-half, sour cream, corn syrup, vodka, remaining 2/3 cup sugar, and remaining reserved uncooked peach puree and whisk until smooth, about 30 seconds. Refrigerate ice cream base until temperature registers 40 degrees, about 4 hours. (Chilled mixture can be refrigerated for up to 24 hours.)
4. Transfer ice cream base to ice cream maker and churn until mixture resembles thick soft-serve ice cream, 25 to 30 minutes.
5. Spread one-third of ice cream in an even layer in 8.5-by-4.5-inch loaf pan. Drizzle one-third of reserved cooked peach mixture evenly over ice cream. Repeat 2 more times with remaining ice cream and peach mixture. Drag skewer through ice cream (in rough zigzag and circular patterns all the way to bottom of pan) to create swirls. Freeze ice cream until firm, at least 2 hours. Serve.



(For 25 years, home cooks have relied on America's Test Kitchen for rigorously tested recipes developed by professional test cooks and vetted by 60,000 at-home recipe testers. The family of brands — which includes Cook's Illustrated and Cook's Country — offers reliable recipes for cooks of all skill levels. See more online at www.americastestkitchen.com/TCA.) ©2024 America's Test Kitchen. Distributed by Tribune Content Agency, LLC.



Our summer day camp program at Misty Meadows is an exciting chance for children in grades K-6 to have a fun-filled summer! We remove computers and phones and concentrate on sports, fitness, and outdoor adventures. Look at the different weekly themes for this summer.

Traditional Camp 1 - June 10th-June 14th. Campers will be able to bond with their friends and make new ones as they make traditional camp crafts, sing camp songs, and even learn and perform skits.

Art Camp - June 17th-June 21st, (closed June 19th). This camp includes activities that provide amazing opportunities for your camper to explore a wide variety of art techniques while discovering themselves.

Camp Mess-A-Lot - June 24th-June 28th. In addition to learning some interesting new scientific facts, campers get to embrace the messiness of childhood and more by adding some science.

Sports Camp - July 1st- July 3rd. This camp is all about having fun, meeting challenges, and learning as many new skills as possible, all while focusing on the importance of honesty, humility, and teamwork.

Traditional Camp 2 - July 8th-12th. This camp is so fun that we must do it again! Campers will get to make traditional camp crafts, sing camp songs, and learn, practice, and perform skits.

Summer Camp Mash-Up - July 15-19. This is a camp for those who want a little of each camp. This camp has exciting activities from each camp all in one week!

Shark Camp - July 22-25th. Held during Shark Week, campers will explore the unique and diverse world of sharks, from their prehistoric origins up through today.

Animal Camp - July 29th-August 2nd. Our campers will enjoy a week of fun activities and projects centered around animals. Campers will learn about the fascinating lives of pets and how to care for them.

Yukita Camp (Traditional 3) - August 5th-9th. Campers will thrive outdoors while earning Camp Fire badges and beads. Camp Fire alumni will be here to present the campers with their earned emblems.

Top Chef Cooking Camp - August 12-16. Campers will explore exciting recipes using safe cooking techniques and participate in all of our fun summer camp experiences.

Mad Science Camp - August 19-20th. Hands-on science experiences are as entertaining as they are educational. Campers will explore the boundaries of science and nature with a variety of exciting activities.

Camp Glen (Tiffin, OH) Residential Camp 1, 2 and 3 for Grades 3-6

June 30th - July 3rd / July 14th - 19th / July 28th - August 2nd

Our new residential camp, enjoy hiking, crafting, fishing, playing games, creating art, and making smores by the fireside. Visit www.campfire.org for information today!

CROSSROADS

Before we can address the second part of our discontent which is desire; it's important we first recognize the dis ease we each hold within.

Many of us dismiss the battlefields taking place in our mind. We are passive rather than self aware. None of us are free from wrestling with thoughts of good vs evil. Our good nature wants to love, have patience, be kind, and forgive. The evil, or animalistic nature in us looks out for itself. Leaving one on edge, in doubt, and feeling vulnerable. Usually in a fight or flight mindset.

The truth is we're all a spirit having a human experience and with every decision we should consider one thing, **"Will this build me up, or puff me up to crash me down?"**

Many of us think of religion as being a title attached to a belief system. Spirit is not about a title or a belief system. We're here to recognize our nature from which our decisions derive from. This one question, "Will this build me up?" answers every religious sects question as to the core of one's being. If any one of us make a decision chasing a desire that does not build us up spiritually, somewhere down the roads of life we will meet up with our discontent titled, "GUILT." And this is tough to shake off.

Discontent is absolutely necessary to take a child into the full, mature mindset of a grown adult. And every decision you make determines the path in which you travel. Your attitude that develops along this journey will either become sour like that of bitter wine, or sweet like the taste of honey with age.

This is only you to determine through choice. Only you can decide on your fate. In one way or another we are all led by our desires of discontent. The good news is, at any moment between now and our last breath we can make a shift in our fate. When we recognize our discontent and mix it with the desire to build ourselves up spiritually, beautiful things happen. Then we want to share this beauty with the people we love. But how do we connect with positive discontent?

This discontent is the desire within us to grow into who we were destined to become even before birth. It all begins with a clear image of what we want. I can give you the tools to get you there, if you can tell me what it is that you want. When you meet crossroads in life face them with the intent to make the decision to turn towards the pathway that brings more life to you and those around you. Education will set your mind free, and guilt will not be attached to your future. Feel a big hug!



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IN YOUR OWN BACKYARD

Sandusky County Habitat for Humanity will be sponsoring the Kids' Station at the Downtown Fremont Farmers' Market on Saturday, June 15, from 9am-1pm. There will be a craft or project for kids to complete and information available on volunteering on current and future home builds, including the upcoming Women's Build taking place in August. In addition, tickets will be for sale for the first Murder Mystery Gala Fundraiser which will take place on September 28, 2024.

LIFT Vacation Bible School, Rolling River Rampage, June 24-27, 6-8 PM.

Grace Lutheran Church, 705 W. State St., Fremont. <https://www.myvbs.org/LIFTFremont>

Gibsonburg, American Legion Hall, 300 S. Main St., June 27, 28 from 8-4. Enjoy indoor shopping and lunch during town garage sales.

The Fremont Area Women's Connection invites all women to our Ladies Luncheon, Tues., June 11th, Victor's Event Center, 2270 West Hayes Ave., Fremont.

"The Sound of Music" will fill the air as our feature Karen Svano Westgate, will play the harp! Carol Yanico will tell her story "My Priceless Security Blanket." The doors open at 10:30 for coffee and socializing. Lunch and program is from 11 to 1pm, cost is \$14.

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Find out more about us and see pictures of past luncheons by joining us on Facebook at "FAS Fremont Area Stonecroft". We are affiliated with Stonecroft Ministries .

Fremont Lions Club will host the Annual Pancake Breakfast on June 9, 8 am-12:30 pm at the Fremont Eagles, located at 2570 W. State St. The menu includes: pancakes, ham, eggs

In Your Own Backyard, Continued on page 11.



Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): Add a little excitement to your life. Spur of the moment outings might be exciting and fun for you to experience. You might find something unusual or original that suits your taste and style at a thrift store or unique market.

TAURUS (April 20-May 20): You might yearn for something more exciting than the typical escape but may settle for being the life of the party. A little compromise and openness may attract a new opportunity to collaborate with someone.

GEMINI (May 21-June 20): Your mind is yours to command; you can steer it any way that you choose by using your imagination. Thoughts can be a tool that can help to mold the experiences you attract, do your best to remain optimistic and cheerful.

CANCER (June 21-July 22): Organize your devices or tackle your to do list; get everything sorted when you have a chance. Making new contacts and scheduling in time for networking could help you achieve your ambitions in the week to come.

LEO (July 23-Aug. 22): There is never a dull moment within your inner circle. You may have exquisite taste especially when it comes to your environment. You may uncover advantageous information that could give your bank account a much-needed boost.

VIRGO (Aug. 23-Sept. 22): You could be attracted to items of quality, so consider making a purchase that catches your eye today. You may open yourself up to make a few extra dollars by tapping into your skillset and desire to succeed.

LIBRA (Sept. 23-Oct. 22): Today may bring several exciting things to do beyond your typical activities. You may feel called to spend time with a friend or take a day trip to a local attraction. There could be an opportunity to apologize or mend fences with someone.

SCORPIO (Oct. 23-Nov. 21): You might be deeply touched by someone who may possess seemingly angelic qualities, someone who is generous with their praise and support could lift up your spirits. This may be a good month to make amends in strained relationships.

SAGITTARIUS (Nov. 22-Dec. 21): What attracts your attention now may not seem quite as fascinating next week. That is why it may be useful to seize any opportunity to indulge in some momentary pleasures. Ground yourself and live in the moment.

CAPRICORN (Dec. 22-Jan. 19): New friends could add some excitement to your day by inviting you to participate in unusual activities. You might be faced with making major changes, consider opting for temporary measures as they could be the safest bet.

AQUARIUS (Jan. 20-Feb. 18): Your determination and stamina is valuable, but it's important to take a break from time to time. Cherish moments surrounded by your support system and put your ambitions on the back burner for some much-needed relaxation.

PISCES (Feb. 19-March 20): Engaging in group outings or local community events could be more enjoyable than staying home alone. However, it might be wise to prioritize politeness and avoid discussions that might clash with any popular opinions.

Life Scholars

By Kathleen
Nalley

As the Terra Community College Life Scholar calendar comes to a close, avid adult learners are asking "What's next?" "What's planned for Fall?" Since this writer is a member of the curriculum committee, let me give you a sneak peek at the process and the plans for the upcoming selection of courses to be offered in the next catalog.

The curriculum committee consists of Life Scholar staff members Emily Riehl and Maggie Myers who ultimately reach out to returning or potential instructors to schedule and confirm classes for the catalog. The remainder of the group (Janet Myles, Cheryl Laugherty, Kathleen Nalley and the late Ellen Beier) research and generate ideas for topics gained from a variety of sources, such as the ongoing course evaluation surveys that ask for ideas and feedback regarding the class just taken. At the yearly Fall and Spring samplers, questionnaires generate even more ideas. With two retired librarians in the group, research has expanded to identify courses offered at other college programs for seniors and special programs at libraries, historical societies, etc. nearby. A clear guideline is to review past classes offered and the interest revealed in the attendance numbers.

Certain presenters are simply popular, no matter what the topic. There is demand for their continued participation in the program, along with the comfort of familiarity. Mike Gilbert will be returning with a History of Sandusky Co. Schools. Dan Baker will offer Country Music, Historical Trivia, and Crazy Horse and Custer. Kent McCleary's movie history choice is "Rosemary's Baby" this time around. Dr. Andy Jorgenson returns to teach more about environmental issues with Geo-engineering. Larry Michaels will continue his exploration of Poetry and more of Fremont's Historical Homes. Attorneys Sara Sherick and Randy Hoffman will continue to discuss pending and decided court cases of interest during this election year. Joan Eckerman will return to provide her special enthusiasm and expertise in a presentation of the Tony Award-Winning plays from 1949-1980's.

History is always a draw, so topics such as The Gilded Age, Catawba Island, Ottawa County Towns and Landmarks, Eleanor Roosevelt, and Wrongful Convictions will be added to the choices.

New topics drawing interest will be Women Artists though History, Northern Lights, Unnatural Ohio, Family Scrabble/Practical Tips, The Long and Winding Phone, more about birds from Ron Swindell of the Audabon Society and Helen Marquette's book, "About the Beatles."

Rich opportunities ahead for Fall!



I want to weigh in on the recent controversy over South Dakota Governor Kristi Noem's decision to kill Cricket, a 14-month-old dog, labeling him as "untrainable."

Witnessing a public figure take such a drastic step without thoroughly exploring alternative solutions is deeply troubling.

As someone dedicated to animal welfare, I support addressing behavior issues with humane solutions — a principle seemingly at odds with Noem's actions.

Responsible pet ownership means seeking professional guidance when facing behavioral challenges in our pets. Noem's decision to euthanize her dog without consulting veterinarians, animal behaviorists, or trainers raises red flags.

These experts could have provided her with advice, training suggestions, or alternative options for the dog, such as rehoming or surrendering him to an animal shelter where his needs could have been better met.

A dog's breed may sometimes be relevant in addressing behavioral issues. For instance, a German Wirehaired Pointer often requires significant mental and physical stimulation along with a lot of training.

Many working dogs exhibit strong prey drives, such as chasing chickens, which typically can be managed through training and adjusting the environment – like keeping the dog out of the chicken coop.

Noem's assertion that such decisions are commonplace in farm life is misleading and fails to align with responsible pet ownership practices.

When animals on a farm are euthanized, it's because they're severely injured or are dying, not because they are not good hunting dogs. Sadly, her actions may encourage others to give up too easily on their dogs, or, worse yet, commit similar callous acts.

If you ever find yourself faced with behavior challenges in your dog, please reach out to animal experts in your community, or write to me so I can offer some humane training suggestions.

Dogs are eager to learn, so just remain consistent with their training. If you must give up on a dog, please rehome him or surrender him to a shelter so they can find a family who is a better fit.

Dear Cathy,

Stella, our beloved two-year-old Golden Doodle mix, has always been a finicky eater, refusing to eat from her dog dish. Despite our attempts with various food combinations, she often goes without eating for a day or so, leaving us concerned.

One solution I've found is taking her for a walk in the morning and offering her dry food on a paper plate, which she eats 90% of the time. However, this isn't always practical, especially during bad weather or when we're short on time.

A few times a week, we take her to doggie day camp, where she enjoys playing with other dogs. On these days, we skip breakfast and feed her when she comes home.

Rather than feed her from a bowl, which she refuses to do, I throw the tennis ball and give her pieces of her dinner as a reward. But I prefer her to eat from her bowl at home without me feeling guilty if she misses a meal. Any suggestions?

— Aldo, Portland, Connecticut

Dear Aldo,

I love the creative approaches you've taken to encourage Stella to eat. Yet I understand the challenges you face, especially with unpredictable weather and time constraints. Relying on post-camp hunger to stimulate her appetite also presents hurdles, such as having to feed her bit by bit during playtime.

My first suggestion is to change Stella's feeding dish. Pets can be sensitive to the way their whiskers touch certain bowls, so transitioning permanently to a paper or flat plate might alleviate this discomfort.

Exploring different protein sources, such as salmon, duck, or bison, could help reignite her interest in mealtime. You might also try commercial food toppers or make her some boiled chicken (no salt) to add to her kibble.

In the afternoon, use the paper plate instead of the bowl. If she is still not eating after 30 minutes, pick up the food, and try again the next morning. You can also try innovative feeding tools like a Kong Wobbler filled with kibble, which encourages Stella to push and knock it around to release pieces, or a lick mat with wet food she can enjoy licking clean. These interactive options offer mental stimulation and a playful way for Stella to eat without requiring you to hand-feed her constantly.

Most of all, please know that dogs won't starve themselves unless they are sick. If she is in good health, it's OK to let her go 24 hours without hand-feeding her to see if she will eat on her own. She should get hungry and eat something. Keep me posted.

(Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her @cathymrosenthal.) ©2024 Tribune Content Agency, LLC.





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MY DAD

By Dr. Paul Silcox

June 16th, it's just around the corner. If your dad is still alive, make sure to pause and tell him you love him and you relish the influence he had on making you what you are today.

Some people feel that their dad was marginally influential on them. At times they really don't feel that good about their dad. Remember, many times dad's only had their dad to go on as far as learning how to be a father.

I am so thankful that my dad, Ray Lynn Silcox, born October 13, 1932, in Eagan, Tennessee, became my father. Was he perfect? No. However, I didn't know it. As he was learning the art of fatherhood, he did his best to show me the good that he wanted me to see in him so that he would see it in me in the future. It's a tough job.

He admitted when he made mistakes. Like the time I nailed the bully on our block (David Bennigan) with a water balloon and then I ran from him and wouldn't fight him. I got a whippin' for not standing up to him. 10 years later when I won a boxing tournament in college and I called dad and said "You remember when I wouldn't fight David Bennigan and you gave me a whoopin'? Well, I just won a boxing tournament" Dad said, "Yeah, I always meant to apologize for that." But I stood up for myself in the future.

He gave me options to use as learning moments for me. Like when I was 10 years old and went into a neighbors' home when they weren't there. Dad said, "Well, you can go to juvenile detention (as he picked up the phone and started dialing!), or get a whippin' with the razor strap. If you take the juvenile detention, I don't know when you'll come back." I took the whippin'. I still have that razor strap and I never went into someone's home without asking.

20 years later I asked dad how he knew the phone number of the juvenile detention center. He just chuckled and said "I didn't. But YOU didn't know I didn't know it. I was dialing my own number." After that, if I messed something up, own up to it. Don't try to take the easy way out.

I will be going out to the cemetery on the 16th, to tell dad I love him, I miss him, and I look forward to seeing him again in heaven. And to thank him for being my role model. He was the best dad I could have ever asked for.

If you're dad's gone and you feel bitterness for your dad, take a moment and try to reflect on something good, and then forgive them for what was bad. You'll benefit the most by trying to stop that cycle.

IN YOUR OWN BACKYARD

Continued from page 9

and beverage for a recommended donation of \$7.00. The public is welcome to eat in, or drive-up is also available.

On June 4, **Fremont Lions** will meet at noon at the Fremont Eagles for lunch and program with Mayor Danny Sanchez as the speaker. On June 18, the installation of officers will be held at a dinner at The Strand. As always, members and guests are welcome to attend all activities. In July, regular meetings will not be held but a business meeting will take place on July 30 at noon at the Fremont Eagles. Call secretary Donna Thatcher, 419 332 3095 for info.

Kiwanis Club of Fremont meets every Thursday 11:45 am - 1:00 pm at the Fremont Elks Lodge, except for the first Thursday of the month when they meet at The Back Lounge of The Strand Theater 5:00 - 6:30 pm. Guests are welcome. Programs for this month are: June 27 - Beth Hannam, Executive Director of the Sandusky County Economic Development Corporation will give an update on the county's economic development activities. For more info email sardisbirchard@yahoo.com.

Get ready for a summer of adventure, excitement, and reading! **The Clyde Public Library is thrilled to announce our first ever Summer Reading Kick-Off Event** on June 1st from 10am until noon. We will be transforming our parking lot into a haven of fun-filled activities that will delight kids, teens, and adults alike. But don't worry, the Library will still be open! There will be some parking spaces available in the parking lot at the library, and the St. Paul Lutheran Church has generously allowed us to use their parking lot for overflow parking during the event.

Join us for an unforgettable morning packed with:

Archery Trailer: Channel your inner adventurer and test your aim in a safe and supervised setting.

Inflatable Obstacle Course: Challenge your friends and family to see who can conquer the course the fastest.

Face Painting: Become your favorite character or animal with the help of our talented face painters.

...and so much more! This event is designed to beat the heat and kick off our Summer Reading Program with a bang. Whether you're a bookworm or just looking for a good time, there's something for everyone. And don't worry about the weather—if the skies turn gray, we'll move the festivities inside to keep the fun going.

Mark your calendars and bring your family and friends to Clyde Public Library on June 1st. We will be doing sign-ups for our Summer Reading Program at the Kick-Off party, so please bring any questions and learn about the fun prizes and programs we have all summer long!

For more info contact Rachel Henck Bentley at (419) 547-7174 or rachel.henckbentley@clyde.lib.oh.us. We can't wait to see you there!

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