

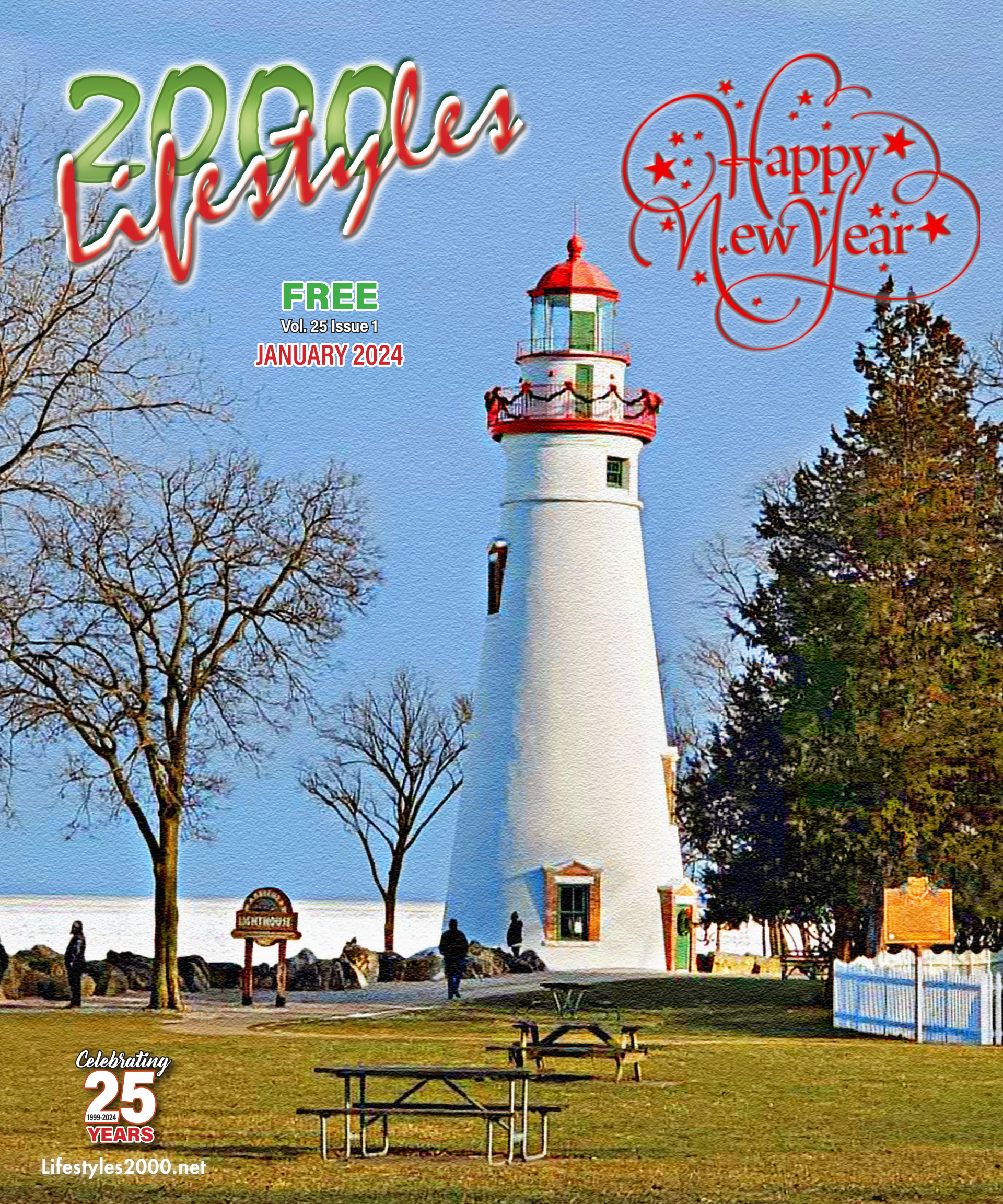
# 2000es Lifestyles

Happy  
New Year

**FREE**

Vol. 25 Issue 1

**JANUARY 2024**



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**25**  
1999-2024  
**YEARS**

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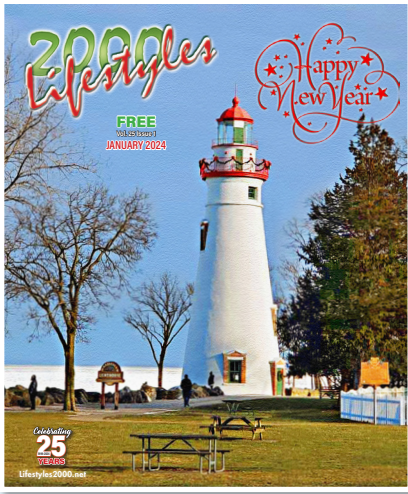
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# Lifestyles 2000

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Cover photo by Judy Ford: Judy is a 40 year resident of Sandusky County. Judy says, "Photography is my therapy and my passion! My favorite place is behind the lens. Nature and animals are my favorite subjects, if it has legs I love to take its picture!" Judy has done weddings, senior photos and family sittings, but spends most of her time around the marshes and water. [judy.knipp@yahoo.com](mailto:judy.knipp@yahoo.com) or Judy Ford on FB.

**Available locations:** Fremont - Cookie Lady, Root's Poultry, Kroger's, Subway, Share and Care, Bark Creek Pantry, Dairy Queen; Gibsonburg - Kirwen's Grocery; Oak Harbor - IGA; Clyde - Subway, Drug Mart, Miller's Grocery, Bellevue Hospital, Bellevue Goodwill, and East of Chicago Pizza... and many more! Or go online to: [Lifestyles2000.net](http://Lifestyles2000.net).

# Image of the Mind By Alisa Florio

Here we are in new beginnings once again. A new year with promises of change we all want to experience. The question isn't, "Do I want things in my life to change?" It's, "Can I make the change, and stay here?"

Lasting change begins with a desire, then we think about what this change would mean for us, and the people around us. Emotions bubble up as we reflect the, "WHY'S," for the changes we seek. And then our stumbling comes on the, "HOW'S," to make the change.

These 2 things are the power punch behind a New Years wish we can keep:

1. Connect with your SUPER HUMAN side; the "I AM," that dwells within YOU!
2. LOVE YOURSELF, then LOVE OTHERS as you love you!

It's difficult to change on our own, and stay consistent. Most people give up rather than press forward into the unknown trusting the process. Send your worries up to the one who can manage them, and you stay focused on where you're going. Keep your thoughts on the life you seek! The world tries to keep pull strings on us. This is where we break the holds by realizing that we need help to live out the fullest version of who we were created to become.



To really love ourselves begins with understanding why we make the decisions we do, and what level of thinking we make our decisions from. Are we making decisions from a lower self image, or are we making our decisions from the person we aspire to become. Make your decisions from this person you strive to be, and you will become that person!

Our lives reflect our thoughts. Think of the life you love, and you will be walking towards it!

I want to leave you with a New Year's exercise... every time your thoughts want to keep you in your current condition; holding you back from living an expression of life you would love... take abrupt action by stepping back as you put your hand out in front of you, and shout out to that voice in your head, "Oh no you don't! That was the old me, the new me has arrived, and here I AM!" As you watch yourself grow you will love not only your life, but helping others to love their lives too!

Wishing you all the Happiest New Year with many more to come! Feel a big hug from the great, "I AM," and from His universe that surrounds you!

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**Mission Statement:** Lifestyles 2000 is a monthly resource guide of northwest Ohio area events presented in an attractive format with entertaining and educational articles suited to fit your "lifestyle."

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Lifestyles 2000  
30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

Dear Readers,

Thank you so much for the love and kindness you sent my way this past month. Your emails, FB messages and cards were wonderful! I am sure Pete was well pleased with all the responses to his passing. I am also happy that you all agreed that we shouldn't retire "Pete" from the contest.



I look forward to a new year and our 25th Anniversary coming up this May.

Wishing you all a healthy, happy, prosperous 2024!

Joanne

## Find Pete



### Find Pete Winners:

There were less correct answers than usual as it was a tough one to find. Pete was located in the Bellevue ad on the back cover, in the FB logo.

Winners are: Lisa Doebel, Regina Freeman, Clyde; Joe Luc, Karen Perry, Steve Billow, Corrina Rodd, Lisa Deters, Barbara Behrendsen, Larry McElfresh, Donna Henkel, Linda Gegorski, Deb Shearn, Bill Herr, Fremont; Mark/Ann Foos, Helena; Liz Lieb, Jackie Dunn, Oak Harbor; Carl Hoffman, Burgoon; Susan Decker, Bellevue;

Thanks for entering and thanks for the beautiful remarks about Pete and Tucker on many of your entries.

### Find Pete Prizes:

Twenty entries are chosen monthly for the following prizes: \$5 gift certificates for Old Fort Market, 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.

# History Notebook

By Nan Card

## John H. Martin: Buffalo Soldier

In July 1866, the United States Congress authorized the formation of the first peacetime all-black regiments in the U.S. Army. The regiments, composed of the 9th and 10th Cavalry and the 24th Infantry (reorganized from the 39th and 40th) and the 25th Infantry (reorganized from the 38th and 41st).



According to the Buffalo Soldiers National Museum in Houston, Texas, the nickname derived from the Cheyenne warriors in the winter of 1877, who thought the soldiers fought like "wild buffalo." However, Colonel Benjamin Grierson, who commanded the 10th Cavalry, recalled the name much earlier, during the 1871 campaign against the Comanches. They thought the soldiers' curly hair like that of the bison. Another source comes from the Plains tribes. They gave them the name because of the bison coats worn by the troops in winter. Eventually, all four regiments proudly became known as the Buffalo Soldiers.

John H. Martin was born in 1848 in Cleveland, Ohio, to Robert and Emily (Hall) Martin. He had served with the United States Colored Troops during the Civil War.

His regiment, the 25th Infantry, had disbanded along with other USCT regiments in the fall of 1865. But Martin, like many USCT veterans chose to re-enlist with the newly formed black regiments. According to his obituary, John Martin served as a musician in the 25th Infantry for fifteen years.

The regiments were stationed at Army posts in the Southwest and on the Great Plains They fought during the Indian Wars, built wagon roads, constructed telegraph lines, protected settlements, served as scouts, and escorted the U.S. mail. Portions of the Buffalo Soldier regiments fought the Apaches in New Mexico and pursued Victorio in Mexico. Despite their courageous service, many experienced racial prejudice from settlers as well as members of the U.S. Army. The first black commissioned officer to lead the Buffalo Soldiers was Henry O. Flipper, the first African American graduate of West Point in 1877. At least 18 Buffalo Soldiers received the Medal of Honor during the Indian Wars.

Following his service, Martin returned to Ohio. On November 4, 1885, he married Mary Ann Davison at Oberlin, Ohio, the daughter of James and Lucy Bell Roberson, originally from West Virginia. The couple settled in Fremont, Ohio on Sandusky Avenue and then Whittlesey Street. Martin was employed for many years as a silver polisher at Claus Shear Works. They were the parents of five children. Mary Ann passed away in 1922. John Martin spent his final days at the Soldiers' and Sailors' Home in Sandusky, Ohio. He died there March 26, 1926 at the age of seventy-seven. Both he and Mary Ann are buried in Fremont's Oakwood Cemetery.



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# Out to Lunch

By Lynn Urban

How does it sound to take a break in the middle of the week to listen to some jazz music while enjoying a good meal? You can do that at Slater's in Port Clinton located on Perry Street.

On Thursdays it's trivia night and there is always entertainment on the weekends at this family-owned pub. The friendly staff is sure to get your meal out fast and hot. The large menu consists of tempting appetizers, pasta choices, wings, sandwiches, salads, and dinners and a full bar. They were voted best burger in Ottawa County. That, along with fresh cut fries, runs you \$12.00. The Lake Erie perch is fresh, breaded and fried to perfection.



We ordered the boneless wings with lemon pepper rub, and they were very good and seasoned just right. Another good appetizer we tried were the humus nachos, for \$10.00. I noticed other people saying how much they liked them. These were made on pita bread and topped with black bean salsa, lettuce, and feta cheese. For a dinner entree, I ordered the spinach artichoke stuffed chicken breast, with wild rice pilaf and homemade coleslaw. I had enough for lunch the next day.

To top it off, they've got two delectable desserts, a caramel cake sundae, and a brownie sundae. Unfortunately I did not try either one, because I was completely satisfied with my delicious meal. Stop by any day of the week for a very good lunch or dinner.

# 12 Acres in Ohio

By Robin Arnold and Gena Husman

## Grab a Camera and Go Outside

The holidays are winding down and now we're facing the long winter months ahead. Some days will be dark and gloomy, but some days will still be bright and sunny...perfect days to grab your camera and step out. Nature is waiting just outside your door! You might not even have to leave your house...check out the chipmunk holding a slice of apple in its paws that Robin photographed right outside the window.

Robin has always done the photos for our stories and she used to carry around a tripod and photo gear weighing several pounds just to get a bird or animal shot. A few years ago she suffered a shoulder injury and was unable to raise her arm to lift her camera. That sidelined her until just recently, when she discovered a lightweight digital camera system. Most of the photos in our recent articles have been taken with this camera. In her enthusiasm over this little gem, she inspired me to get back into photography after decades—the common interest that brought us together in the first place.

We have spent the last few months exploring new subjects, new methods, and new "old" methods—besides digital, we are shooting some black and white film again, and are processing our own B&W rolls at home. It has been a learning experience for us—and one that was not always successful at first...Robin ruined 2 rolls of my film while loading it into the developing tank! (She has since gotten better.) Once we have the film developed we just scan the negatives into our computer, edit our scans, and print a finished print. There is a certain amount of satisfaction in the process... maybe it is the nostalgic look that a picture taken on film has that is lacking in today's tack-sharp digital photos.

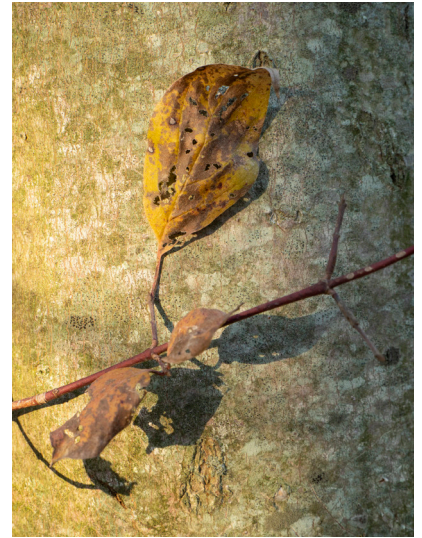
Our photography has evolved over the years. It has always opened our eyes to the beauty of nature, but this time around, it's not just about birds... Robin no longer spends all her time looking up into trees searching for "the bird shot." It's about noticing the little yellow flowers poking out of the dirt in front of a tree, dew glistening on a perfectly woven spider web, the patterns fall leaves make against a tree trunk, and beautiful landscapes. For us, photography has become a spiritual process because it has made us slow down and really look around, and appreciate all the other beautiful things in nature. Wandering around in nature is a "stress-reliever," and for a little while, at least, we allow ourselves to leave our "worldly" problems at home.

Cameras and nature compliment each other. Taking photos is an excellent way to keep track of the birds that come to our feeders, and the growth of the natural habitat that has occurred on our land. A picture helps to document the natural world around us and validates the "tall tale" about the "red-haired" raccoon or the "grinning" snapping turtle. The photos we have included with our stories over the years have documented the changes that have occurred on our 12 acres and the birds and animals we have seen.

You don't need 12 acres and woods to explore nature...treasures can be found in a small backyard, at your bird feeder, or a walk through your neighborhood. We are fortunate to have numerous city, state and federal parks, and nature preserves in our area that are open year-round.

No matter what your skill level, your photographs of your special places and subjects will always be meaningful to you. The walls in our little house are brightened by Robin's photos and paintings, and remind us of happy times and memorable days as we plow through the long, cold, gray days of winter.

Wishing you all a prosperous and Happy New Year!



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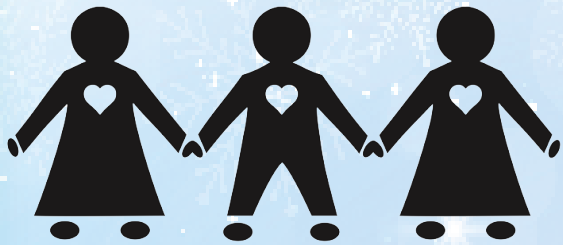
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## Jill on Money

By Jill Schlesinger

In a recent talk about my book, *The Great Money Reset*, there were some notable questions which I think are worth covering before you start working on your 2024 life and financial resolutions.

Why do people want to Reset?

People seek to change direction for lots of different reasons.

There are those who start a career with high hopes and then quickly realize that their expectations are out of whack with reality. Others are happy for decades, but at some point, become burned out. There are also many who toil away and recognize that they may have an opportunity to do something completely different and want to take a leap and do it.

Sometimes these desires percolate over time, while in other cases there is a prompt — or a nudge... like a life event (birth, death, marriage, divorce) or an external wake up call, like a natural disaster or a once-in-a-century pandemic.

I feel stuck — How can I start the process?

To reset to a new place, you have to understand where you are today. Only then can you break through and take meaningful action.

Take a good, hard look at what you own, what you owe, your total income and how much you are spending. The process should provide you with more control, allowing you to take

smarter, more thoughtful, and perhaps more nuanced risks. What if a spouse/partner can't get on board with a Reset?

The sand in the gears of change can be our doubting selves, a spouse, or a well-meaning family member. They might be worried that a Reset could upend the status quo, even if the status quo is not ideal.

Presuming that you have run the numbers and have concrete proof that a Reset is possible, then it is possible that you, your partner or whoever is casting doubt on the plan, is simply fearful of change.

This is a totally NORMAL response, and one that can be overcome, perhaps with the assistance of an objective third party, like a fiduciary financial adviser, or maybe even a psychologist.

Do you miss your former career and being an entrepreneur?

This question followed my recounting of my 2008-2009 Reset. For the prior 14 years, I had owned and operated a successful independent financial advisory firm, but felt unsettled.

I interrogated which parts of my career that I liked and importantly, what I did not like. In the process, I realized that helping clients work towards their financial goals was fulfilling; and the media work that I was doing was a fun and challenging way to reach even more people. However,

owning and operating a company was not for me. (You have to read the book for the full story!)

The good news is that my Reset allows me to talk to real people about their financial goals, and to help them navigate whatever stands in the way of achieving what they want. I also am able to demystify some of the news of the day and deliver it in ways that make sense to a broad audience.

As far as my entrepreneurial spirit, it is alive and well! I am able to explore new opportunities and ways to expand my platform.

The most recent example is the launch of a new weekly YouTube show called *Jill on Money* powered by *The Compound*. The program came about after I appeared on an episode of an investing podcast called *The Compound and Friends*, hosted by the dynamic duo of Josh Brown and Michael Batnick.

The three of us recognized that we had something special together and began working on ways to collaborate, which is how many business ideas become realities.

*(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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## Exercise safety in cold weather

**DEAR MAYO CLINIC:** I work out at least three days per week at the gym, but I also like to exercise and run outside. Although I know better than to be outdoors in a winter storm, do you have any tips for exercising safely outdoors in cold weather?

**ANSWER:** It is great that you are dedicated to staying healthy through exercise. Being active at all ages is recommended to improve overall health.

It's easy to lose motivation to exercise when it's cold outside. However, you can remain active and exercise safely, especially outdoors, during the winter. A general rule to follow when exercising in the cold is to work your way slowly into the exercises. Also, start with lower loads or intensity.

Here are five additional helpful tips for staying active outdoors during the winter.

1. Make sure you check the weather forecast and dress appropriately before exercising outdoors. Weather conditions with air temperatures below zero F or extreme windchills may prohibit safe activities outside, even when wearing appropriate clothing. The risk of frostbite significantly increases when the air temperature is below 5 F. You also should avoid exercising in the rain, as getting wet increases your vulnerability to cold. On days with extreme weather conditions, limit your workout. Or take a break or exercise inside.
2. A proper warmup is essential, and warmup time should be doubled, as it takes longer for your muscles to acclimate in the cold. Also, perform the aerobic part of your warmup before static stretching to help with muscle flexibility. When working out, ramp up slowly to your preferred intensity and be sure to work in a cooldown period to promote recovery and reduce blood pooling.
3. Know if any other medical conditions put you at elevated risk for cold weather injuries, and be aware of cold weather issues. If you have medical conditions such as Raynaud's disease, lung or heart disease, or lupus, consider consulting with your primary care team to determine appropriate precautions. Be mindful if you have exercise-induced asthma, as cold weather may aggravate these types of medical conditions. Also, be aware of the signs of hypothermia and frostbite, as well as appropriate treatments. If you start to develop signs of hypothermia or frostbite, get out of the cold immediately and slowly warm the affected area.
4. Dress warmly and in layers when exercising outdoors in the cold. Multiple layers with warm materials, such as wool or fleece, can add warmth. Avoid cotton next to the skin, as it can stay wet and cold. Also make sure to protect your hands and feet. As the temperature drops, blood pools in your body's core, which leaves your hands, feet and head at risk of frostbite. Hats, ski masks, gloves, large shoes with thermal socks, and earmuffs are great accessories to keep your extremities warm during the winter.
5. Hydration while exercising in colder temperatures is just as important, or more important, than in warm temperatures. That's because cold air is dryer than warm air. You should hydrate before, during and after your workout. While water or a sports drink is fine if your workout is an hour or less, for longer workouts you also should have a drink with electrolytes, such as a sports beverage. It is easy to become dehydrated in the cold, but it is harder to notice the symptoms.

Although it may be hard to stay motivated to exercise outside during the winter, everyone knows how good it feels after a great workout. You're encouraged to continue to exercise and stay fit using your favorite workout routines throughout the year. If you have specific questions or find you need additional support, consider speaking to a certified sports medicine specialist.

As you decide how best to exercise during the winter, be sure to be aware of your surroundings to avoid any unnecessary risks. If you have any health issues, it is advisable to talk with your primary health care professional before starting any new outdoor activities. — Kelechi Okoroha, M.D., Orthopedic 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](http://www.mayoclinic.org).)*

One way to address New Year's resolutions is to sign up to be a member of the Life Scholar Program at Terra State Community College and take advantage of the half price membership fee for spring just to see how much you enjoy it! Exercise more? Check. Lots of classes to pick from. Challenge yourself to learn more? Check. History, literature, science, religion, popular culture classes galore! Learn a new hobby? Check. Many art and music options are available. Make new friends? Join the book club, the writing group, play Mahjong or explore new and old restaurants monthly at Dinner Club. Check! Opportunity is just down Napoleon Road at the campus of Terra State Community College. To view the catalog or register, email [learn@terra.edu](mailto:learn@terra.edu), call the office at 419.559.2255, or go online to [learn.terra.edu](http://learn.terra.edu).

Another way to learn what's new for spring is to register for the Spring Sampler held on Jan. 11th from 1-3 p.m. and enjoy a beverage and dessert while hearing an overview of spring classes for only \$7. It provides an opportunity to meet the instructors and ask questions. Remember, no homework or tests in Life Scholars.

New to the health and wellness area will be an opportunity to take a class using the benefits of the Silver Sneakers Program through many health insurance providers. In partnership with the YMCA, shared instructors will offer approved classes on campus such as: **Hatha Yoga, Cardio Drums, Circuit with Jen, Cycling, Silver Sneakers Classic, Chair Yoga, Cardio Dance, Wall Pilates and Nutrition as We Age.**

Fridays are special for peer sharing groups to meet. These regular gatherings inspire personal growth, practice, and refinement of one's craft, facilitated by classmates open to sharing. **Bring Your Own Brush** provides the opportunity to paint with watercolors weekly with others. **Mah Jongg: Open Play** was established to provide regular opportunities for play, after a class united new and experienced players both. **All Write, All Write** brings writers together every other week to review, encourage and critique one another's work with skill exercises intermixed. **The Lifelong Learning Book Club** meets monthly, with January's selection Robert Kolken's Hidden Valley Road and February's choice by Anthony Doerr – The Shell Collector.

Other classes offered in February include: **Forensic Psychology – It's a lot More Than Profiling** on Feb. 12&21, **Eleanor Roosevelt** on Feb. 15th, and **Rutherford B. Hayes** on Feb. 27th. Start completing those New Year's resolutions now.

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## Unelected, Unaccountable & Unconfirmed

Have you noticed that some politicians with the help of armies of lobbyists have turned to appointing people who were never elected by the American people. These appointees then do the dirty work.

While doing the research, it became obvious we needed to take a few steps back to see who the major players are in these schemes because their names show up repeatedly. First, we have John Kerry. On January 20, 2021 he was appointed Special Presidential Envoy for Climate with authority over energy policy and climate policy in the executive branch. He is also a member of the US National Security Council. He was the former Secretary of State, a Presidential candidate, and was instrumental in the Paris Climate Agreement. He attended the international COP28 (Convention on Climate Change Conferences.) held in Dubai for almost two weeks ending Dec 12, 2023. It was attended by 70,000 delegates.

On September 2, 2022, The White House (WH.gov) reported that President Biden announced his Senior Clean Energy and Climate Team. Former National Climate Advisor and Assistant to the President, Ali Zaidi, a climate expert and political advisor. John Podesta was appointed to serve as Senior Advisor to the President for Clean Energy Innovation and Implementation. He's a long-time political advisor to the Clintons and the Obamas. (WH.gov 9-2-22). Reporting on this appointment, on 9-3-22, NPR.com stated that "Podesta will oversee \$369 billion budget in climate related incentives and funding in the Inflation Reduction Act." In his Wikipedia biography, comment on this latest appointment reads, "Podesta will have a budget of \$370-\$783 billion. This was referenced by the NYT 9-5-22.

You might remember that last September, Energy Secretary Jennifer Granholm quietly appointed Jeff Marootian as Senior Counsel. His office oversees regulations for gas stoves and other home appliances. Ten days later the American Gas Furnace manufacturers were hit with new regulations. As Senator Barrasso (R. Wyo) said, ". . . an unelected, unaccountable and unconfirmed bureaucrat who is carrying out President Biden's orders . . ." (foxnews.com, 9-19-23)

On November 17, 2023, a grant of \$169 million was given to 15 sites to produce electric heat pumps. John Podesta, the White House clean energy czar praised President Biden for using the 1950 Defense Protection Act to increase production of domestic green energy technologies. Notice only 15 sites? Wonder how they were chosen? Hmmm. (WH.gov. 11-17-23). Thirty-plus years ago I invested in an electric heat pump. It was pricey to buy and pricey to run.

The key words here are "unelected, unaccountable and unconfirmed." Neither Kerry in this current position, Podesta, Zaidi, nor Marootian have been elected, accountable or confirmed. And they're making many of the decisions we and our descendants will live with for decades.

Happiness is basically feeling good and satisfied in life. It's not just about being happy all the time; it's a mix of positive vibes, a sense of direction, and feeling content overall.

Your happiness level affects everything! Your health, how well you get along with people, how productive you are, and even how long you might live – it's all linked to how happy you feel.

So, happiness isn't the avoidance of feeling sad or angry at times. It's more about having a bunch of good emotions, feeling like your life has meaning, and being satisfied with how things are going.

Scientists found that our genes and the type of person we are play a role in how happy we feel. It turns out, about half of how happy we usually are might be because of our genes. That means some of us might just naturally tend to be happier than others.

But it's not just about genetics. It also has a lot to do with the kind of person we are. Things like being optimistic, bouncing back from tough times, and feeling thankful – those personality traits can make a big difference in how happy we end up feeling.

Hmmm... half our happiness comes from our genes, from our family tree. Does that mean that we can blame our 'down days' on our great-great-grandma's genes? Or, has our ancestral genes molded us into one of those persons who sees the glass half full, who bounces back like a champ after a bad day, and who throws 'thank-you's' around like confetti? If so, keep spreading those good vibes!"

Researchers also found that hanging out with pals and having healthy family relationships can seriously boost happiness levels. But it's not just about having a million friends; it's about having solid, quality connections that really make the difference. So, it's not about how many buddies you have; it's about how awesome those friendships are!

They also investigated how important money really is for our happiness. Having enough money for basics like food and shelter matters a lot, but what really brings long-lasting happiness are experiences rather than just having lots of stuff.

So, instead of thinking that buying things will make us super happy, they say it's the experiences we have—like traveling to new places, diving into hobbies we love, or doing things that feel meaningful—that make us happier in the long run. Turns out, memories beat material things when it comes to feeling good inside.

*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," "THE SHADOW WAR," and "PENUMBRA DATABASE"- they can be found in Kindle or paperback in Amazon.com books.*



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**ARIES (March 21-April 19):** Now could be the time to let your enthusiasm show. Try not to be afraid when it comes to making the first move when it comes to love. It can be ok to get your hands dirty when putting together something for some family fun.

**TAURUS (April 20-May 20):** If someone thinks you are a bit eccentric, you may be pleasantly surprised to learn they find you amusing rather than annoying. Your skills could be on full display and may get the opportunity to take control and save the day.

**GEMINI (May 21-June 20):** Your friends may monopolize your time or take up space you usually reserve for family time. Participation in a group event could put you at odds with a relative who might have other plans. Try to divide your time fairly.

**CANCER (June 21-July 22):** Being in harmony with a special someone could have you humming a happy tune all day. You might be set on following family traditions but remain flexible enough to accept other people's opinions or customs.

**LEO (July 23-Aug. 22):** Generosity much like love must come from your heart. You could help fulfill someone else's daydreams by giving freely whenever you can. Logic may not always hold sway when emotions are concerned.

**VIRGO (Aug. 23-Sept. 22):** Sometimes you can get caught up in a moment if disappointment disturbs your harmony. Do your best to remember the many times your expectations may have been exceeded by loved ones to help put things into perspective.

**LIBRA (Sept. 23-Oct. 22):** Merriment can be facilitated if you are willing to experiment with some new ways to bring people together. Finding loving harmony with your tribe could help make great memories to treasure for years to come.

**SCORPIO (Oct. 23-Nov. 21):** Tender feelings within a romantic relationship or close friendship could be magnified right now. You can enjoy a deepened sense of intimacy as you share in merrymaking with loved ones. Do your best to keep the peace.

**SAGITTARIUS (Nov. 22-Dec. 21):** Sentimentality may have a special place in your home. You could be filled with seasonal spirit but might need to have more practical considerations to deal with, such as cooking or keeping an eye on the weather reports.

**CAPRICORN (Dec. 22-Jan. 19):** Someone who seems unapproachable could have a gentle side hiding underneath. You may find it easier to call a truce now. You might be in a take-charge mood and feeling enthusiastic about preparing for a celebration.

**AQUARIUS (Jan. 20-Feb. 18):** When the weather outside is frightful be grateful if you have the freedom to remain snug and cozy indoors. Prepare some extra treats if you feel there may not be enough to go around at a gathering.

**PISCES (Feb. 19-March 20):** If at first you do not succeed, you can still try again. Your resolve to be more understanding might weaken if faced with confusing reactions from others. Continue to be kind and try not to be concerned by mixed signals.

## Rutherford B. Hayes Presidential Library & Museums

By Kristina Smith

### Civil War reunion photo, stole made by local furrier among HPLM's 2023 acquisitions

FREMONT – A historic photo of one of President Rutherford B. Hayes' Civil War regiment reunions, a fur stole and presidential campaign memorabilia were some of the artifacts and manuscripts the Hayes Presidential Library & Museums acquired this year.

The manuscripts department received a photo of the 23rd Ohio Volunteer Infantry's 1893 reunion at Lakeside from a private collection. The picture shows the first reunion of Hayes' regiment after his death, which was in January 1983.

"This photograph fills a gap in our collection of materials documenting the 23rd Ohio Volunteer Infantry's proud history," said Julie Mayle, Hayes Presidential curator of manuscripts. "The comradery and friendships established between these men during the Civil War endured for decades, and their reunions are an important part of the regiment's story."

The 23rd had many reunions, sometimes at Spiegel Grove, and Hayes and First Lady Lucy Hayes regularly attended. President Hayes, who ended the war as brevet major general of the 23rd, felt his Civil War service was his greatest accomplishment in life.

The artifacts collection gained a mink stole created by Bixler's furs in Fremont and various items from presidential campaigns through the years.

Bixler's Furs opened in 1946 on Port Clinton Road in Fremont and later relocated to West State Street. It closed in the mid-'60s.

"While the focus of our collecting policy centers on President Hayes and his life and times, we do occasionally collect pieces that preserve our local history," said Kevin Moore, Hayes Presidential curator of artifacts. "This stole is a good illustration of the Fremont of yesteryear. It also serves as an example of ecological history, a testament to environmentally harmful practices that have undergone a great deal of reform. Preserving that history aligns with honoring Hayes's loves of both local history and nature."

Hayes Presidential also received a donation of several items of campaign memorabilia from various presidential campaigns and party conventions. Items include a red, white and blue telephone used in the 1996 Democratic National Convention in Chicago and labeled with convention logos, various presidential campaign pins and buttons, sunglasses and a cigar.

The items include campaign pieces from Presidents Harry Truman, John F. Kennedy, Lyndon Johnson, George H.W. Bush and Bill Clinton. There are also items from candidates who lost their bid for election.

"While not specific to Hayes, this collection showcases the ever-evolving process of running for president," Moore said. "These items are already being used by our Teen Museum Council to craft a display on the history of presidential conventions and campaigning."

Hayes Presidential has more than 20,000 artifacts, and not all of them are on display. Some of these items will be used in special displays or exhibits, such as the Teen Museum Council project coming in the spring, or for educational purposes during tours and events.

The Hayes Presidential Library & Museums is America's first presidential library and the forerunner for the federal presidential library system. It is partially funded by the state of Ohio and affiliated with the Ohio History Connection. The Hayes Presidential Library & Museums is located at Spiegel Grove at the corner of Hayes and Buckland avenues.

For information, call 419-332-2081, or visit rbhayes.org. Like HPLM on Facebook at @rbhayespres and follow on Twitter and Instagram at @rbhayespres



*This mink stole was created at Bixler's Furs in Fremont.*



*This photo shows the 23rd Ohio Volunteer Infantry reunion in 1893. This was President Hayes' Civil War regiment. He died before this reunion, although he and his wife, Lucy, attended many others.*



*This phone was used in the 1996 Democratic National*





Dear Cathy,

We have six cats and two dogs. My dilemma is one of our cats is severely overweight. Their feeding is free-range, which works for five of the cats. Cat number six, Tiny, though, is over 18 pounds. He waddles and is so large. The weight affects his breathing, and when he uses the bathroom, he soils himself. He cannot clean his back end at all.

We have tried to pick up food bowls when the other five are not asking for food, so that Tiny doesn't help himself to their food. Tiny has his own feeding station with measured food for the day. When we were picking up food during the day, though, the other five cats lost weight they could not afford to lose, but Tiny never seemed to lose any.

We love Tiny very much and would hate to lose him due to his unhealthy weight. Please help. We're willing to do almost anything to help Tiny be healthier.

— Rathje, Fredericksburg, Virginia

Dear Rathje,

There are many reasons for cat obesity, including low-quality diets, lack of exercise, illnesses like hypothyroidism, and medications. Be sure to have Tiny checked by a vet for medical causes, since treatment could help stabilize his weight.

The next step is to address Tiny's diet. There are over-the-counter and prescription weight management cat foods that have fewer calories per volume, which will keep him satiated too. Wet food also has fewer calories per volume than dry food, so a simple switch like that may help. A veterinarian should oversee any food changes or restrictions to ensure Tiny continues to receive proper nutrition.

Another suggestion is to purchase automatic feeders for every cat. I know that can be costly for six cats, but they do help when trying to manage an individual cat's food consumption in a home with multiple cats. These automatic feeders connect to each cat's microchip and will only open if the cat with the matching microchip stands in front of the bowl. Cats learn quickly which feeder belongs to them and where they need to stand to get the feeder to open. This is often the best option to control consumption for one cat while at the same time ensuring all the cats continue to get proper nutrition.

Finally, make sure Tiny is getting enough exercise. Play with Tiny three times a day for 10 minutes each time. Use toys that encourage Tiny to wiggle and pounce. If Tiny is open to walking on a harness, you can take him for walks in the backyard too.

Most of all don't get discouraged. Weight loss should be very gradual. Each little step you take will help Tiny regain his health.

Dear Cathy,

As the mom of a 15-year-old Schnoodle, I look forward to your column in Newsday each week. I was hoping that you could address a particular issue. Every day on Facebook, in the newspaper, and on posters, there are stories of heartbroken owners who have lost their pets.

I don't understand how any owner who loves their pet does not always keep a collar with identifying information on it. My Henri (actually Henrietta) wears a collar with our phone number printed on it and a small tag attached to the collar with her name and our phone

number. The collar is lightweight, and the tag is plastic, which never bothers her. She wears her collar 24/7 (except for baths and grooming), and it has never caused her a problem or irritation. She also has a microchip, but if someone did find her, it would be much easier for them to call our number from the tag.

Yet every day, there are dogs found lost and injured without any identification on them and stories of owners desperately looking for them. Putting a tag on one's pet is such a simple thing to do, but so important. I can't understand how any loving pet owner would neglect to have identification on their dog at all times in case the unexpected does happen. It breaks my heart to see photos of these "beloved pets" sitting in shelters frightened and bewildered. Thanks for letting me vent.

— Donna, Massapequa, New York

Dear Donna,

Well said. A collar and a tag are the simplest things any pet owner can do to ensure their pet's safe return home. Since collars can sometimes wiggle off lost dogs and cats, microchipping one's pet is essential too. Giving an ID tag and/or a gift certificate for a microchip would make for a great gift for friends and family with pets this holiday season.

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

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**Free Firelands Concert**

The Firelands Symphony Orchestra presents their free annual family concert for all ages. The family concert, which has a wild west theme this year, will be held on Sunday, January 14 at Norwalk's Ernsthausen Performing Arts Center. The concert will begin at 4 p.m., with free children and family activities beginning at 3 p.m.

This concert is completely free and open to the public, thanks to the generosity of: Randolph J. & Estelle M. Dorn Foundation, Geotrac Foundation, and Ohio Arts Council.

At 3 p.m., before the concert, children and families can enjoy hands on musical activities, including making their own instruments, coloring, bean bag toss, instrument displays, lasso activities, and a real saddle photo booth. The FSO will be offering bandanas for the children and encourage attendees to wear boots, hats, plaid shirts, and any other western style wear!

The concert, which begins at 4 p.m., will feature the Firelands Symphony Orchestra, under the direction of Music Director and Conductor Carl Topilow. The concert will have family friendly programming with a western and cowboy theme from film, orchestra, and popular culture.

Pieces in the program include William Tell Overture, Pops Hoedown, Theme from The Magnificent Seven, Old MacDonald, Cowboys Overture, Sandpaper Ballet, Orange Blossom Special, Syncopated Clock, and Hoedown from Rodeo.

While the concert is free and open to the public, free-will donations will be accepted. Parking is available at the venue at Ernsthausen Performing Arts Center, which is located at Norwalk High School.





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# NEW YEAR – LOOKING BACK TO LOOK AHEAD (AGAIN!)

By Dr. Paul Silcox

Five years ago, I submitted an article with the same name. But you know, . . . as I think back on the last five years and I compare it to any other five year segments of my life, this seems to be the most bizarre that I can remember. The upheaval of life in America, the changes in social climate, the political climate, the health climate, the "climate" climate. It's CRAZY! Oh for the Good Ole days!

I've been fortunate to have had the perspective of visiting several countries in Europe, Africa, South America, Central America, Mexico and Haiti. I've traveled a little bit during the last five years, but it's never seemed to have as much affect in the countries that I've visited as what we've experienced in America.

But as much as I've traveled and seen over the last 45years, and over the last 5 years, I can say with the utmost confidence, that there is NO PLACE on earth that I would rather live than here in the United States of America. Even with all the chaos that is taking place in America, we have SO MUCH to be thankful for and I can honestly say, there is no place can hold a candle to life here in the USA.

When that Walleye was waiting to be dropped in Port Clinton, time was suspended for a few seconds to remind us before it hits bottom, and we pop the champagne and celebrate the new year, to stop and reflect on the year that has gone by. To have an excited anticipation of the year to come, that's what New Year's is all about – getting another chance. A chance to do better. To fix the mistakes we made last year. To look back on what we didn't get done and then set out to do more.

So, when that Walleye drops at midnight on December 31st, remember, that was a New Beginning for you. Don't waste it!

# # IN YOUR OWN BACKYARD

**Kiwanis Club of Fremont** meets every Thursday 11:45-1 at the Fremont Elks Lodge except for the first Thursday of the month where they meet at The Back Lounge of The Strand Theater 5- 6:30 pm. Guests are welcome. Programs for this month are Jan. 4 – Social Gathering at The Strand, Jan. 11 – Video series on Ohio's 88 Counties by Bill Young, Jan. 18 – Program to be determined, Jan. 25 – Susan Frye will speak about the ACE Mentoring Program. For more info, email [sardisbirchard@yahoo.com](mailto:sardisbirchard@yahoo.com)

**Fremont Lions Club** will meet on Jan. 16 at noon at the Fremont Eagles Hall. The guest speaker is Andrea Gibson, the Executive Director of the Sandusky County Communities Foundation. On Jan. 31, a business meeting will take place at noon. Guests are always welcome at the meetings. For more info, call Lions Secretary, Donna Thatcher, 419-332-3095.

**The Fremont MS support group** will meet Monday, Jan. 8 @ 6:30pm at the Sandusky County YMCA, 1000 North St., Fremont.

Conversation will include our own personal MS journey as well as how the Society can benefit you. Facilitator is Dana Roca, Ambassador for the National Multiple Sclerosis Society. Please contact [danaroca8@gmail.com](mailto:danaroca8@gmail.com) or 804-467-9881 with any questions. Please Bring a guest. Refreshments will be provided.

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## Camp Fire

Light the fire within



Camp Fire's winter camps and programs provide engaging learning opportunities and interactive experiences that help young people find their spark! They are designed to enable young people to develop physical, mental, and social skills essential for the rest of their lives.

For the winter, Campfire is offering some fantastic ways for your child to grow. Just look at the camps and programs they are offering: a babysitting course, a cooking camp concentrating on STEM, and an art camp using textiles concentrating on the art, science, and math of knitting and crocheting. Other camps include independent living skills and an eight-week STEM camp where campers will experiment with chemical reactions, electricity, and magnetism. Other programs include Teens in Action/Youth Move, the popular Parents Night Out, and School is Out, Camp is In.

The long-term benefits of these programs are valuable activities that complement the educational, artistic, and social interests that occupy kids throughout the winter months. Camp Fire's camps can enhance and reinforce the learning kids accomplish throughout the school year by strengthening their sense of independence and self-confidence.

Camp Fire is beneficial to every camper who attends. They reinforce the idea that there is no such thing as failure, only the chance to try new things. These camps are full of experiences that make an impact and will last a lifetime! So, join them to strengthen our local youth for the life challenges that may come their way. To sign up for Camp Fire programs, visit [www.campfire.org](http://www.campfire.org) for information and registration today!

Camp Fire Sandusky County is located at 2100 Baker Rd., right here in Fremont.





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