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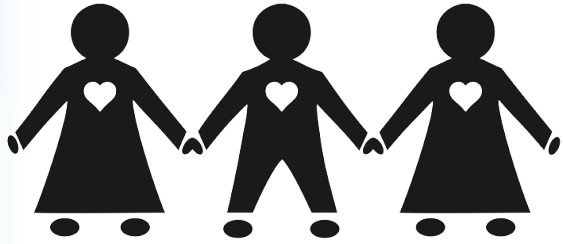


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Vol. 25 Issue 2
FEBRUARY 2024

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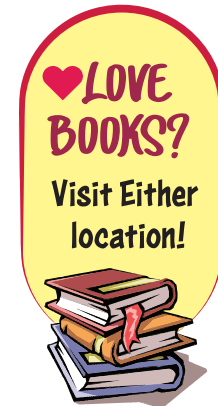
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Jill on Money

By Jill Schlesinger

A year ago, the vast majority of economists were warning that the 2023 economy would be haunted by the letter R, as in RECESSION.

As it turns out, the letter was correct, the word, not so much. In retrospect, 2023 was a year of RESILIENCE for the U.S. economy, led by the pundit-defying labor market.

Throughout the year, we were waiting for the U.S. economic engine to sputter, which would in turn cause employers to quickly shed positions. But miraculously, in the third year of a post-COVID expansion, the economy was able to produce an average of 225,000 jobs per month, for a total of 2.7 million.

The year would have been considered solid in its own right, but following the two phenomenal bounce-back years of 2021 and 2022, where the economy gained 6.7 and 4.8 million jobs respectively, the 2023 performance took economists by surprise.

Thankfully, the three-year totals more than made up for the 9.4 million jobs lost in 2020.

Before we get too carried away with the 2023 results, there is some evidence that the labor market is cooling down. Monthly job creation averaged 257,000 in the first half of the year, but by the time the fourth quarter rolled around, the totals were drifting lower, to 165,000 per month (including the upside surprise of 216,000 in December).

Despite the tapering off, 165,000 is not too shabby. According to Elise Gould, the senior economist at the Economic Policy Institute, the Q4 monthly average exceeds "what's necessary to keep up with working age population growth."

The recent data about job openings reveals a similar pattern of a softening, not cratering labor market.

Job openings fell to 8.79 million in November, significantly lower than the peak of 12 million in March 2022, but still above the 7 million seen prior to COVID in January 2020.

Additionally, as workers sensed that the job market is not quite as strong as it was, fewer were willing to call it quits. The private sector quits rate has now slid below its pre-pandemic peak.

As the labor market slows down, it is expected that wages will eventually follow. But so far, wage growth has remained elevated and through December, average annual wages were 4.1 percent higher from a year ago. Given that the headline inflation rate in November was 3.1%, that means that workers are better able to absorb current price increases.

But if you didn't snag a big raise starting in mid-2021, when global supply chain pressures, along with material and labor shortages, and lots of government stimulus caused inflation to spike, your income likely did not keep pace with the recent sticker shock seen in almost every part of the economy.

Prices are still up by almost 20% from where they were at the end of 2019, which has caused many Americans to spend down savings and accumulate credit card debt.

There should be better news about inflation in the weeks and months ahead. According to analysts from Capital Economics, "The great inflation surge will end. Inflation cycles are still being driven heavily by pandemic-related supply distortions...But 2024 is likely to be the year where core inflation finally moves back towards (global) central banks' comfort zone of around 2%."

There's one more application of the word resilience and that is to all of us.

We have endured a grueling four-year COVID roller coaster and yes, we probably went a little nutty with our spending over the past year, but as we enter 2024, I am hopeful that we are able to moderate and modulate ourselves and adapt to more normal conditions.

(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





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Sandco's Sweeties

By Brittany Stiltner

In the heart of Clyde, 127 South Main Street, a charming non-profit candy store is making waves, not just for its delectable treats but for its commitment to empowering individuals with developmental disabilities. This unique establishment serves as both a haven for sweet-toothed locals and a training ground for those looking to learn valuable skills and secure meaningful employment.

The store provides hands-on training in various aspects of packaging, customer service, and inventory management. Through structured programs and supportive mentors, participants gain not only vocational skills but also confidence and a sense of accomplishment. The program aims to break down societal barriers, emphasizing inclusion and fostering a sense of community among its diverse staff.

Sandco's Sweeties is a division of Sandco Industries, a non-profit agency that has been supporting individuals with disabilities since 1964. Sandco Industries currently provides services to approximately 90 individuals with developmental disabilities who reside in Sandusky County through four programs. Sandco Industries, Life Enrichment, Sandco-Opportunities and Sweeties.

The idea of Sandco's Sweeties came from the desire to provide new opportunities for individuals with disabilities and a love of Downtown Clyde, Ohio. Clyde is rich in history and possesses a small-town friendly atmosphere. Sweeties is located in the building formally known as Steve's Newsstand. A popular candy store and hangout of years past. On any given day you can hear community members share their memories of the paper boys rolling their papers in the back while customers purchased candy and comic books. Sweeties brings the nostalgia of this back to downtown while also supporting their vision of providing an inclusive setting where community members engage on a regular basis with individuals with disabilities, promoting a culture of integration and acceptance while teaching independence.

Future Plans:

Sweeties has received grant funding to purchase equipment to make homemade fudge, providing an opportunity to teach another skill set. Down the road look for added gifting options such as, additional basket as well as candy bouquets. Sweeties Coordinator, Jeni Golden, has big plans for additional events to host on top of our very popular "Fill your own candy jar" and multiple meet and greets with influential community members such as the local Fair Queens and featured Players of the Week from various sports team at the local High School.





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Lifestyles 2000

PUBLISHER/EDITOR

Joanne McDowell

SALES

Joanne McDowell

567-342-3117

email: lifestyles2000@sbcglobal.net

GRAPHIC DESIGN

Martha Blumel, Envision Graphic Design

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email lifestyles2000@sbcglobal.net

Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to lifestyles2000@sbcglobal.net by the 20th monthly. Sorry, we cannot return phone calls and we will do our best to print those received. Press releases must be submitted as Word documents only. No PDF files please. We cannot run fliers, please write up your event and we will include "In Your Own Backyard." Please make sure all info is correct before sending.

Lifestyles 2000 is a monthly publication available free of charge at over 100 retail locations in Sandusky and Ottawa counties.

Lifestyles 2000 reserves the right to refuse any advertising for any reason. The opinions expressed by the contributors and writers do not necessarily reflect the opinions of the paper.

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."

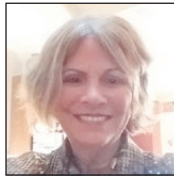
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Lifestyles 2000
30 Ponds Side Drive
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Publisher's Letter

Dear Readers,

It is so exciting that our own Helen Marketti, that has been writing for us for 25 years, is publishing a book! She has written all about it in this issue.



Again, thank you for your kind notes and donations to the animal shelter in Pete's memory. Our readers are like family, and that is so important to me.

Stay warm and safe,

Joanne

Find Pete



Find Pete Winners:

There were 130 correct answers, Pete was hiding in the Pinnacle ad, a pretty easy one! Thanks for entering.

Winners are: Fremont: Becki Wagner, Pat Gnepper, Annette Moore, Patti Saam, Connie Hetrick, Sandra Weaver, Pamela Lehmann;

Clyde: Dennis Gable, Lynda Wilbert, Erin Miller; Old Fort: Vicki Hull; Gibsonburg: Kathy Berger; Bellevue: Ryan Smith, Joel Bickhart, Carter Estep; Elmore: Jack Longoria; Green Springs: Jennifer Inks.

Find Pete Prizes:

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

Life Scholars

By Kathleen
Nalley

Cold weather may slow us down, but it can't keep us down when one has a forward-thinking attitude. The spring sampler may have been postponed to Feb. 8th due to weather concerns, but the coffee, desserts and comradery will be there for those interested in hearing instructors talk about their upcoming classes. Call the office (419-559-2255) to reserve your spot if you haven't already. Cost is \$5. For those who can't wait, please check online for the full lineup of classes at Learn.Terra.edu. Catalog mailings have been delayed, but they will soon arrive in mailboxes.

For those who enjoy learning about White House occupants, **Eleanor Roosevelt** (Feb. 15) and **Rutherford B. Hayes** (Feb. 27) will be of interest. Presidential libraries have provided authors and researchers considerable archival material allowing continued publications with new information to share.

If one's interest is more in the direction of The Supreme Court, The **U.S. Constitution** class taught by Sara Sherrick and Randy Hoffman will explore amendments to the Constitution and their impact today on March 6&13.

Larry Michaels will share **History of Birchard Library** March 18, in celebration of a local institution's 150th anniversary this year and **Holy Week in Jerusalem: A Historical Perspective** on March 25th.

The trip planned for spring semester is for history-lovers, as well. On April 24, the bus is filling up for a day-long exploration of two Cincinnati museums, The National Underground Railroad Freedom Center and Holocaust and Humanity Center. Cost is \$40 per person which covers admission and transportation, but there will be time for lunch on your own.

Trapped indoors watching a sundry of investigative series? Learn the facts with **Forensic Psychology - It's a lot More Than Profiling** and instructor, Steven D. Hurwitz, Ph.D., Professor Emeritus of Psychology and Criminal Justice. The class will take one beyond "profiling" and explore the many ways that psychology influences both the criminal and civil justice systems. The class is offered in two sessions, Feb. 12 & 21.

Artificial Intelligence (AI) what is it? It's Impact is a class that will explain how this technology that allows a computer to think or act in a more humanistic way can impact users while giving rise to ethical uses and societal issues and concerns. It is scheduled for March 4.

While weather cancellations are an Ohio way of life, it doesn't need to deter learning at any age.

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Fremont's newest chicken craze is Chunky Dunks. It's in the old Knights of Columbus building at the corner of Park Avenue and West State Street. It's a place for chicken chunks and wings, but not a sit-down restaurant, it's strictly carry-out only. That doesn't stop people from ordering because they are popular with the people of Fremont. You can get their menu online, and also the phone number, which is 419-463-7070. They open at 11:00 am every day, except on Sunday. They close around 7pm, or until they have sold out.



A chicken chunk meal cost \$12.75. This includes a pound of chunks, two sides and a warm homemade cookie. The most popular sides are the homemade mac and cheese and the cheesy potatoes. Other sides offered are Cole slaw, Potato salad, pasta salad, and baked beans. They also make a great taco salad, and of course a salad with chicken chunks on top. The thing I like best about the chunks is that they are not coated with a heavy breading. They are simply chicken chunks fried and coated with just the right amount of one of their 16 sauces. It's crazy that a place only doing carry out can be so busy. They also serve large orders for factories and businesses. Someday they may become a sit-down restaurant, but for now this is working unbelievably well for them.

(Note: Chunky Dunks is owned by Eric Ferguson, he graduated in 1990 from Ross with my daughter Briana. His nickname is Fergie and I recall his many visits to our home. Congrats to him and his wife on their business venture. Joanne)

12 Acres in Ohio

By Robin Arnold and Gena Husman

Deer Me

"What's that over by the fence?" Robin asked as we pulled into the driveway. "Where?" I looked around but couldn't see what she was looking at...just a brownish lump that I thought at first was a stump—even though there shouldn't have been one in that spot. Then it moved, and I could see two ears atop a small head that raised and turned in our direction. The lump got up, stretched its long, slender legs, and walked briskly toward the back of the property.

"Omigosh! It's that deer...what's she doing in our side yard? I hope she's not hurt!" Robin said.

"She seems to be moving ok. Do you know her?" I asked.

"I've seen her a couple of times on the paths. I think she's been eating the carrots and apples I've been putting in the back." Our trail cam broke a while back and we hadn't replaced it, but we'd seen several deer prints in the mud. Robin spotted this little deer along <https://twitter.com/TuckerCarlson/status/1748465355876700234?s=20> the path one morning and took a photo of her. She had started to run away, but then stopped and turned to look back, as if realizing Robin was harmless, and was curious about what Robin was doing.



It's not as common to see deer in close proximity to our house—let alone lying in our side yard—as it is in town where they are used to seeing people. We've heard stories from people in the suburbs of Cleveland of deer lying in their backyards. Out here the deer stay hidden and are more wary of humans. So, this was a surprise to us—and probably to her when we got out of the car. She couldn't have been a year old yet, although she had lost her spots; it seemed odd to see her just hanging out alone and sunning herself in our yard in the middle of the afternoon. Robin thought she should be with her mother—or at least with other deer—and wondered if her mother might have been hit by a car, or shot, since it was after hunting season. Or, maybe there was some other reason why she was off by herself. So, we consulted the internet and our copy of Leonard Lee Rue III's book, *The Deer of North America*, a 508 page reference book containing all you'd EVER need to know about deer.

According to what we found, she would still have been with her mother at this time of the year because deer living in woodland areas usually stay in small, related family groups consisting of about 3 generations and led by the oldest doe. We knew there were other deer around, although the closest they'd come to the house—that we knew of—were 5 deer that we saw early one morning ambling around the pond. Occasionally, Robin has spotted several deer in the marsh—including a young buck—and we have seen extensive deer runs disappearing into the middle of the marsh. That seems to be their favorite place; maybe they feel safer there because it's almost surrounded by water.

Although our search didn't turn up an explanation for why she was alone in our yard—maybe she was just curious, or maybe she just wandered off on her own and ended up in our yard—we did discover some interesting facts. We learned that the Northern Woodland Whitetail found in Ohio is the largest of the whitetail deer, and that it is one of 17 North American Whitetail subspecies. Deer are ruminants—they have a 4-chambered stomach—and chew their "cud" like a cow. They are very good swimmers, and can swim fast for long distances. At a gallop they can achieve top speed of 35 to 40 mph, and are able to leap at least 7-8 feet from a standstill—higher if they are running. At birth, a doe will lick her fawns not only to clean them, but also to deposit her individual odor so she can find and identify her own babies from other fawns. For the first week after birth, the doe will hide her fawn while she goes off to graze; if she has twins, she will hide each one in a different place. We also found out that just before giving birth to her new fawns a doe will chase her yearling fawns away until the new babies are 3 to 4 weeks old; then she will let the yearlings rejoin her.

As we are writing this, we haven't seen the little deer lately, although Robin recently saw one of the others eyeing her from the marsh. So, we know they're still around, and it makes us feel good when the carrots, apples, spinach, and lettuce disappear each morning, surrounded by muddy deer prints.



Helen Marketti's Music Corner

By Helen R. Marketti



The Long & Winding Phone

It is with my sincerest joy to share with you that my first book will be published on February 9th, 2024. The Long & Winding Phone (Blue Jade Press, 2024) is a collection of Beatles-related interviews that I have conducted over the last 16 years. The interviews will appear as they were in their original format which includes a new wrap up paragraph at the end of each interview that shares my thoughts, insights and any extra back stories. There are several photographs with stunning artwork that are sprinkled in for a "fab" reading experience.

I chose February 9th as my book release date as that marks the 60th anniversary of The Beatles on The Ed Sullivan Show. The Beatles are still popular to this day. They are back on the charts once more with their recent song, Now and Then.

A few interview names that appear in the book are Pete Best who was The Beatles original drummer before Ringo Starr. Pattie Boyd, who was George Harrison's first wife. Julian Lennon who is John Lennon's oldest son from his first marriage to wife, Cynthia and many MORE! The book also includes interviews from Beatles tribute artists as they explain their admiration and love for the Fab Four. This book is a must for every Beatles fan, music fan and anyone interested in pop culture and nostalgia.

For anyone interested, please send an email inquiry to 4liverpoolads@gmail.com and put "Beatles Book" in the subject line. Payments accepted are check, money order, or Venmo. I will be presenting at several library locations in 2024 as well to promote my book and participate in Author Signing events. More dates will continue to be added.

- Friday, February 9th...Book Launch Party @ 6:00 pm at Lighthouse Nutrition, Huron, OH.
- Thursday, February 29th...Milan Library @ 6:30 pm
- Monday, February 12th...Avon Lake Library @ 6:30 pm
- Saturday, February 24th...Pan Yan Book Store, Tiffin @ 12:00 pm
- Saturday, March 9th...Wood County Library (Bowling Green) @ 2:00 pm
- Saturday, April 13th...Bellevue Library @ 2:00 pm
- Monday, April 15th...Brecksville Library @ 7:00 pm
- Wednesday, April 17th...Westlake Library @ 7:00 pm
- Tuesday, May 7th...North Olmsted Library @ 7:00 pm
- Wednesday, May 8th...Strongsville Library @ 7:00 pm
- Wednesday, July 10th...Lakewood Library @ 7:00 pm

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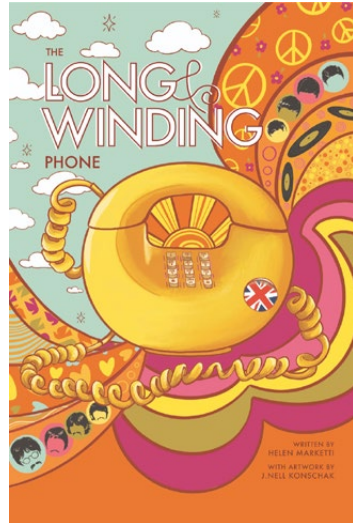


Image of the Mind

By Alisa Florio

Changing a Culture

Do you think we'll ever fully understand this vast network of neurons sending electrical pulses on demand to our brains? It's been said when the, "Will of Man," taps into his, "Super Human," side; also known as, "Infinite Intelligence," unexplainable things can happen.

Did you know the human brain is the most complicated organ nature has ever created? So far as we know the brain contains 100 billion nerve cells? The cerebral cortex has 6 layers containing 16 billion nerve cells alone. This is where memory, thinking, learning, reasoning, problem solving, emotions, consciousness, and sensory are located.

Our brain has been arranged with patterns of definite precision which has proven to leave both scientists and the medical field in AWE, with curiosity! Earning reverential respect above the complexity of any man made computer system.

For the past 40 years I've picked the brains of nurses, doctors, neurosurgeons, psychiatrists, psychologists, and anyone who can help me gain a better understanding of how our brains operate and what medications, or mental activity work most effectively to help people who struggle with anxiety, depression, seizures, addictive & compulsive behaviors, schizophrenia, suicidal thoughts, low self esteem, and so much more.

I've found that loving someone with any of these struggles is the most challenging feat to overcome in my lifetime. I believe we all go through an experience that can take us down a tough pathway. But, when I discovered the difference between what we consider to be a normal electrically charging brain vs an individual who's neurons experience electrical interruptions in the functioning of their brain; a light bulb went off in my head.

As I continue to pluck away at the intelligence of these professionals **I remain steadfast in my research and study of man's human nature vs spiritual nature, and his connection to Infinite Intelligence.** We hear cases where man makes this connection, and accomplishes unexplainable miracles beyond the understanding of the most educated man. I remember being told, "Alisa, you need to accept this is his new normal." My brain just wasn't willing.

I'd like to leave you with this thought from Jason Jaggard from his book, "Beyond High Performance." Jason is referencing from his book from the Arbing Institute, "Leadership and Self-Deception: Getting out of the Box." Many of us have heard this metaphor, and are familiar with thinking inside the box, and outside the box. Inside the box is when you see people as an obstacle in the way of what you want. Outside the box is when you see people who have wants, and needs as well as desires of their own.

In the workplace, at home, and everywhere we go there's endless things we want from one another. Can we shift a fierce-advocacy culture who defends their own beliefs from "What do I want?" To, "What do I want for someone? What would it take to make this mind shift? Stay tuned until next time my friends, feel the love, and share it!



Profiles by Alisa

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Lifestyle changes to reduce heart attack and stroke risk

DEAR MAYO CLINIC: I am 35 and in good health. I am diligent about getting an annual physical. At my last one, the doctor said that while my numbers look good, since high blood pressure and high cholesterol run in my family, I should consider medications to lessen my risk of a heart attack or stroke. I am not inclined to take medication if I do not need it yet. Is there anything else I can consider in terms of lifestyle modifications?

ANSWER: Congratulations on being aware of your family history and being proactive about your overall health. While genetics does play a role in heart disease, it is important to remember that family history does not mean you automatically will have cardiac problems or suffer a stroke.

Heart disease remains the No. 1 cause of death in the U.S., with over 655,000 people dying annually, according to the American Heart Association. Heart disease actually leads to more deaths in women annually than breast cancer.

Likewise, strokes affect more than 795,000 people annually in the U.S. and are the leading cause of disability in the country. Strokes can occur at any age.

While medication can be an option for some patients, I recommend that you consider the following recommendations to keep your heart, brain and body in shape.

Know your numbers

Aiming to maintain a healthy weight is important, but it also is important to be aware of other numbers, especially your blood pressure and cholesterol.

The biggest challenge is that there generally are no symptoms associated with high blood pressure, also known as hypertension, which is why it's often called the silent killer. Having high blood pressure long term, however, can cause many serious health problems, such as heart disease and stroke, as well as kidney disease, so it's vital to keep blood pressure numbers down.

High blood pressure is determined by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.

Ideally, a normal blood pressure is below 120/80 mmHg. You are said to have prehypertension if your top number ranges from 120 to 139 mmHg or your lower number ranges from 80 to 89 mmHg. Prehypertension tends to worsen over time. And anything over 140/90 mmHg is considered hypertensive.

You should check your blood pressure two to three times a week because you don't know if it's high or if it's at goal unless you check it.

If you already have had a baseline cholesterol check at your last physical, talk with your clinician about how often you might need to repeat the test, given your family history. Cholesterol is a waxy substance that's found in the fats in your blood. When you have too much cholesterol, you can develop fatty deposits in your blood vessels that can make it difficult for blood to flow through your arteries. An estimated 29 million adults in the U.S. have high cholesterol.

Make sure you also are having your blood glucose checked regularly because diabetes also can contribute to vascular issues.

Feed your heart and cut the salt

Research shows that consuming food high in sugar, salt and saturated fat can increase the risk of heart disease. While it can be difficult to change your eating habits, I encourage my patients to eat at least five servings of fruits and vegetables per day. Besides being low in calories and rich in dietary fiber, fruits and vegetables are full of important vitamins and minerals. Eat at least one serving of fish per week. Consider using olive oil when you cook or in salads instead of mayonnaise or other rich condiments. Also, be aware of salt. As good as it tastes, too much sodium can cause high blood pressure. Avoid processed foods, and stock up on a variety of herbs and spices to use in your cooking. Try to avoid anything that comes in a box or a package.

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Move more

It's important to keep your heart healthy by getting active. American Heart Association guidelines recommend 150 minutes a week of moderate-intensity aerobic activity or 75 minutes per week of vigorous activity. Ideally, the goal would be five times a week, but it's important to find something — anything — you love to do that gets you moving, even if it's in small increments. For instance, park farther away at the grocery store or take the stairs instead of the elevator. Any movement can count toward your fitness goals.

Lessen stress

Stress can be a trigger for many people, which can increase your blood pressure and lead to other unhealthy habits, such as smoking, overeating and difficulty sleeping. I recommend making mindfulness a part of your daily routine, as well as activities to help reduce stress and anxiety. Consider massage, yoga or meditation. Make a cup of tea and curl up with a good book. You can get your exercise by going for a walk. Whatever you choose, your heart will benefit.

Be open with your health care team about your desire to delay medication as long as possible and discuss your goals for living a healthier lifestyle. Together, you can come up with the best follow-up schedule that suits you. Just remember that change takes time. Focus on one thing you can do today, and then add in another change the next week. — Tina Ardon, M.D., Family Medicine, Mayo Clinic, Jacksonville, Florida

(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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Quit Smoking in 2024

As we enter the second month of 2024, many of those New Year's resolutions that were made over a month ago start to fade. Motivation to continue positive change is lost as individuals start to fall back into old habits. I would like to encourage you to keep up those healthy resolutions — especially if you made the decision to quit smoking and vaping.

There are many benefits of quitting nicotine including:

- Better health immediately and long term. Within minutes of quitting the heart rate drops. Within days carbon monoxide levels in the blood drop and coughing and shortness of breath decrease. Long term risks of heart disease, stroke, and cancers decrease drastically. Smokers who quit report having more energy and feel better overall.
- Financial Gain. A pack a day smoker spends over \$2,500 a year in nicotine products.
- Time. Quitting smoking adds to a person's life span.
- Lower healthcare premiums. Smokers often pay higher premiums for health insurance coverage due to the medical expenses related to smoking.
- Making memories. You get more precious time with loved ones instead of missing out when you step outside to smoke.

There are many other benefits to quitting. You can probably come up with a few of your own reasons that aren't listed. Whatever your reason, you won't regret quitting.

The good news is that you don't have to walk this quit journey alone. In fact, research shows smokers trying to quit have better long-term quitting success if they get help quitting. There is free help available quitting nicotine for all Ohioans through the Ohio Tobacco Quit Line (OTQL).

The OTQL is a free service that provides quit assistance via phone counseling or online by connecting you with a trained Quit Coach. You can also choose to receive free nicotine replacement therapy such as patches, gums, or lozenges to help you through those tough cravings. The 24/7 hotline and motivational text messages provide extra support during those difficult times in your quit journey. You can learn more or enroll in the OTQL by calling 1-800-QUIT-NOW (1-800-784-8669) or visiting www.ohio.quitlogix.org. You'll thank you for sticking to your quit resolution.



Poor John Kerry

It was Saturday, January 13, 2024, about 1:30. I proudly submitted the column, "What Does John Kerry Do?" to Joanne early. One attaboy for me. About 6:30pm, while perusing the nypost.com headlines one screamed, "John Kerry to leave Biden administration, plans to join Prez's re-election campaign." What?!?! After I had just turned in the tome of a lifetime like Ralphie in The Christmas Story? The Special Presidential Envoy for the Climate, John Kerry, was no longer on his exalted, gilded throne? Here's a summary of the first column:

Boston Herald 1-8-24: Kerry had sort of answered a FOIA (Freedom of Information Act.) He admitted to this office having a \$4.7M budget and that the top eight had salaries of over \$186,600. All staff names, titles and most salaries were redacted.

In one committee hearing with Rep. Jamie Comer, Chairman of the Commission on Oversight, Kerry again had refused to fill out the FOIAS or to answer Comer's questions about why the US joined the PPCA (Positive Push for Coal Abatement), a left-wing UN group and why he was consulting with other activist groups. Rep Comer pointed out he was sharing our national intelligence regarding our climate policy and allowing their opinions to influence our foreign policy. Later there were accusations regarding to ties to China. Kerry has been a friend of President Xi's for 25 years. (washingtonexaminer.com 5-5-23, foreignpolicy.com 12-8-23).

In May 2023, Judicial Watch, a non-profit, non-partisan educational foundation released the information they had received from an FOIA. Kerry's office had a hierarchical structure and at least 45 employees. The nypost.com reported on 7-14-23 his office had an annual budget of \$16.7M.

In a congressional hearing (where another FOIA was ignored), Rep. Mast reportedly asked Kerry who was on his staff and he answered, "I will tell you in [Oct] 2024." Mast said, "John Kerry is making decisions that impact every American, but we can't get straight answers about the basics of his office, let alone the scope of authority he has." (foxnews.com, 7-13-23). When the topic of a private jet came up. Kerry insisted he "never owned a private jet of his own." And he was right, he hadn't. Then he happened to remember his wife had one.

During the COP28 conference in Dubai this past December, "Team Biden announced it will stop all production of new coal plants in the US. This comes on the heels of President Biden's Environmental Protection Agency saying this year it would impose new power plant emission regulations that are virtually impossible for coal plants to comply with. The bottom line: No more coal... Biden had just pledged to shut down 60% of American electric power." (nypost.com 12-11-23, written by Stephen Moore, a Senior Fellow at the Heritage Foundation and chief economist FreedomWorks.) Meanwhile, China is on target to build 52 new coal plants this year with a target of 300. (globalenergymonitor.org 8-23-23.)

I wished the headlines had been more truthful about Kerry career change. "John Kerry, the Special Presidential Envoy for the Climate since 2021, has been (axed, booted, bounced, canned, dumped, ousted, sacked, fired) from the Biden administration and in a face-saving move is being transferred to the Prez's re-election campaign." Poor, poor John.

As a retired psychologist, I recall studying how one dresses is related to mental health and reflects one's self-perception, confidence, and emotional well-being. I was taught that the way we choose our attire can impact our mood and how we present ourselves to the world.

Boy, have times changed. I went shopping with my wife at the local Walmart, then hit a half dozen other big stores in Fremont and Sandusky. I ended up wondering if I stumbled into a Hollywood set. Armed with my shopping list, I did not anticipate the spectacle that awaited me in this unpredictable fashion safari.

As I strolled through the aisles of Walmart and other bustling shopping hubs, a distinct pattern grabbed my attention - camouflage. It was surprising to see the number of people geared up as if ready for a wilderness expedition. I witnessed a few shoppers confidently donned in camouflage suits resembling military uniforms, even going the extra mile with camo Crocs for an unexpected touch of fashion flair. Who could have imagined that shopping for cereal would require such tactical precision?

In a grocery store in Sandusky, fashion choices spanned from casual bedtime wear to extravagant red-carpet glamour. A few shoppers seemed determined to emphasize that grocery shopping is an around-the-clock affair. One individual passed me in the produce section, wearing a sequined gown, capturing not only my attention but also that of a handful of other shoppers. Simultaneously, a brave soul in pajamas navigated the frozen foods aisle with runway-model grace, making a statement that daytime attire is optional.

I was innocently minding my own business in the frozen food section, when the grocery store runway unfolded before me, again. A full-on Lady Gaga lookalike strutted past me, rocking an oversized hat, sunglasses, and towering high heels that defied gravity. Shoppers in the entire frozen food section stopped and stared.

I never dreamed that the shopping escapade with my wife would become a front-row ticket to a spontaneous fashion show. Surprisingly, all these eccentric dressers appeared to be as happy as could be. It got me thinking that my old psychological beliefs about how 'dressing reflects mental health' might be a tad outdated.

So, brace yourself for diverse styles if you go shopping - every aisle is a runway, and each outfit has a story. Happy shopping and may your fashion choices be as adventurous as your grocery list!

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

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Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): Competition can be beneficial because you can learn from being forced to do your best to win. Challenges can point out things about yourself which could benefit from improvement. The carrot is tastier than the stick.

TAURUS (April 20-May 20): Keep on dreaming. Changes can become a reality if you allow your creative instincts free rein and give it all you've got. Learn new skills or dive into fascinating subjects that could realign your life in important ways.

GEMINI (May 21-June 20): Most people like extra money but consider asking yourself if you've become too focused on the material. You may enjoy a social group but not everyone who calls themselves your friend may your best interests at heart.

CANCER (June 21-July 22): Is it quality control or is it criticism? In a job setting, it's likely QC. Learn what is needed from you and strive to be your best. No need to take anything personally, just learn what you can then let it go.

LEO (July 23-Aug. 22): Playing emotional dodgeball isn't much fun; emotional reactions from family members could leave you perplexed. Deal with what's on you, otherwise stay in your lane and Avoid the drama by doing something on your bucket list.

VIRGO (Aug. 23-Sept. 22): Save financial decisions until there's less temptation to follow the crowd. If you allow a discussion to collapse into a chaotic free-for-all, the positive and constructive tone you want to encourage could be lost.

LIBRA (Sept. 23-Oct. 22): Sheer enthusiasm might lead to some bad decision making. Reevaluate your plans with new eyes because reality could bring different outcomes than might imagine. Anything begun now could be risky, no matter how well organized.

SCORPIO (Oct. 23-Nov. 21): A loved one could be eager for some excitement or a change of pace. If the two of you put your heads together you can cook up some grand plans and goals. Open your mind to embrace new ideas without preconceived notions.

SAGITTARIUS (Nov. 22-Dec. 21): Your grasp of financial strategies might be muddled by outside input; it could be better to figure out your own game plan and rely on your own instincts. Fulfill promises and meet obligations to gain ground.

CAPRICORN (Dec. 22-Jan. 19): Set a good example by doing the right thing at the right time. Those around you may uphold high standards; rise up to the highest level by throwing your whole self into excelling at anything you work on.

AQUARIUS (Jan. 20-Feb. 18): Invest some thought and energy into conserving and budgeting your money now so that you can be more secure in the future. Friends might share stories of mistakes that may be valuable to you as examples of lessons learned the hard way.

PISCES (Feb. 19-March 20): Let go of any rigidity and open to play; your desire to get right down to business might not fly if everyone else is in the mood to just have fun. Be mindful of other people's feelings and avoid being too calculating.

Out and About

By Denice L. Baldetti

Beam In and Explore. . .Star Trek's Federation World Headquarters!

"Space . . . the Final Frontier." Hmmm . . . Where have you heard this phrase before? If baffled, then you need to make a trip over to Sandusky Mall in Sandusky, Ohio. Here you will discover the brand new Federation World Headquarters! It is home to the "IFT" - known as the International Federation of Trekkers! What . . . in . . . this . . . world??

At first glance, what appears to be a huge mall storefront is, in reality, a combination museum and Star Trek memorabilia store. The Federation World Headquarters is a spacious 10,000 square foot facility. It is filled with museum pieces, video screens, artifacts, exhibits, screen-worn costumes and much more. As one crosses over the front entrance area, the Star Trek theme song immediately begins to play. Just like that, visitors are transported back in time to the 1960's - the early days of Star Trek.

Perusing the museum is definitely a treat and a step back in time. The first episode of Star Trek debuted on September 8, 1966. Now fast track to your visit . . . If you are a collector, there are quite a number of collectibles for sale in the museum. The merchandise for sale is made possible thru donations of Trek memorabilia by collectors and estates of long time collectors. Star Trek merchandise is changing all the time. If you are just a curious browser, there are all sorts of exhibits for your eyes to feast upon.

One of the most interesting museum exhibits is an enormous 13.5 foot replica of the starship from the "Star Trek" movies. The USS Enterprise replica has made several orbits around the planet during its traveling exhibition days. Now the ship is currently under repair at the Sandusky Mall facility. However "visitors can see her through our Engineering doors while she is being repaired," states Federation President Russ Haslage.

Star Trek fans will remember the commander of the USS Enterprise, Captain James T. Kirk. On display at the museum is a working replica of Kirk's captain's chair. Visitors can sit in the iconic display piece as they marvel at the wonders of this unique museum.

In 1983, Star Trek creator Gene Roddenberry and Federation founder Russ Haslage put their minds together to create a real-world organization based on the ideals of the Federation. During that meeting over forty years ago, Gene Roddenberry outlined the mission of a new organization: "Do what the crew of the Enterprise does in every episode. Go places and help people." Today, the International Federation of Trekkers devotes its mission to a future free of hunger, greed and hatred. The IFT strives to assist those in need by helping to raise money and collecting items and supplies for organizations around the world.

The Federation is a 501(c)3 charitable organization. 100% of donations go to humanitarian needs around the world, including disaster relief response services as well as helping make a difference in local communities.

If you are interested in joining the International Federation of Trekkers, membership is FREE. Volunteer opportunities abound both at the Sandusky headquarters to work in the museum or within local communities. To learn more, visit the website at www.trekfederation.com . You can also text FEDERATION to 53-555 if you wish to make a tax deductible charitable donation. "To boldly go places and help people" is the Mission of International Federation of Trekkers. The future is also waiting for you . . . if you wish to beam in!



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Dear Cathy,

Recently I adopted a seven-year-old yellow lab who led quite a precarious life. When his original owner died, he remained with the body for three days. He was placed at the animal shelter, and I responded to an ad for adoption.

He jumped into my car. He is a great dog, but is incredibly needy. He follows me wherever I go, from room to room, inside and outside. I must be in his sight and cannot leave him alone for fear he will hurt himself (I either get a pet sitter or leave him with my wife.)

He is very loving, gets along with people, and literally pays no attention to other dogs. I know he loves to stay in the yard, but comes inside whenever I do. How do I make him less dependent on me? He's been with us for 11 months.

— John, Virginia Beach, Virginia

Dear John,

Your dog has already proven to be an exceptionally loyal friend. As such, his grief may have manifested into anxiety and a genuine fear of losing you, since he lost his previous owner. But the clinginess is not good since it likely increases his anxiety when you are away from home.

The goal is to build his confidence and reward him for self-soothing or spending time apart from you. To start, get him a pheromone collar to wear for the next 60 to 90 days while you try the following suggestions.

Begin working on his "stay" command. Be sure to praise him each time he "stays." Build the distance and time in a "stay" position gradually, so his confidence grows with each success. You also can introduce games, like fetch and hide and seek, that encourage him to be comfortable at being a little distant from you.

Next, teach him, "Go to your place," which can be an open kennel, floor mat, or dog bed. You need a successful "stay" command to make this work. Initially, give him treats for staying on the mat with you in the room.

As his comfort level grows, give him a special treat or toy that he only gets when you leave the room. Then, tell him to stay and leave the room. Make sure you are gone for only a few seconds to start. Build on the length of time as his confidence grows. When you return, retrieve the toy. That way, he learns good things happen when you leave the room.

Use baby gates to keep him from following you into certain rooms but still allow him to see you.

Finally, desensitize him a little every day. Get up and leave whatever room you are in repeatedly, but return quickly to start. He will follow you initially, but he may tire and stay put when he finally realizes you aren't really going anywhere. The first time he stays and doesn't follow you, be sure to praise and reward him when you return.

These things take time and practice but will help you bond with your amazing dog while reassuring him he can be alone without worry.

Dear Cathy,

Your response that collars, tags, and microchipping are essential is true. But now, Apple AirTags are available and can be attached to the collar to help you locate a lost loved pet.

We found a dog with an AirTag just last week, and an ID tag with a phone number. When we called, the owner didn't even realize he was gone yet, but then knew exactly where we were located. The collar seemed made to accommodate the AirTag®.

— Joanne, Williston Park, New York

Dear Joanne,

I agree that an AirTag® seems like a very easy way to keep track of our pets. Except, the Apple website and some veterinarians don't recommend them for people or pets. Apparently, the AirTags® runs on a CR2032 3V Lithium Battery, which can leak when damaged. Dogs have been known to chew and ingest them, causing stomach and other organ damage. But GPS trackers made for dogs and cats also run on batteries.

So, what's the difference?

The design, perhaps. AirTags® dangle from a collar like an ID tag. GPS trackers slide over the collar, allowing it to sit flush against the neck, preventing it from falling off. It seems like a no-brainer for Apple to develop a similar device to secure it to a pet's collar.

In the meantime, though, if you use an AirTag® to keep tabs on your pet, it's considered off-label use. So, you will have to find a way to secure it to the collar so it won't fall off.

(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.)

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ALTERNATIVE HELP WITH LINGERING HEAD INJURIES?

By Dr. Paul Silcox

Every year, hundreds of thousands of people report to hospitals or Urgent Care Centers with head injuries that leave a person with a diagnosis of Post Concussion Syndrome. Milder concussions can heal quickly and a person is often back to "normal" in a few days to a few weeks. Depending on the region of the head that is hit, the region of the brain that is affected, and the severity of the impact, more significant impacts can leave results that have a wide variety of lasting and lingering symptoms.

Some injuries can be life altering. Some types of seizures, Bell's palsy, trigeminal neuralgia, migraines, vertigo, sinusitis, olfactory (smell) disorders, etc. are just a few. When the head or face is hit from the outside, it can cause shifting of other bones adjacent to, or deeper inside. One in particular, the sphenoid, behind and below the eyes can shift even though it doesn't get hit directly. As a chiropractor, I've done close to a million adjustments of bones and joints in my 46 years, but none on purpose of the sphenoid or nasal bones. That is until now.

The head is made up of 22 bones. And many of them are held together like tiny puzzle pieces. For years they were thought of as immovable, but motion x-rays have shown that isn't the case. Unfortunately, with trauma if they move too much and get jammed together, as is often a result of a jolt or jar, such as car accidents, falls striking the head, sports injuries such as football, etc, and can impair flow of cerebrospinal fluid.

A year ago, I took a course on the Nasal Release Technique. It's a matter of using a small balloon, inserting it into the nasal cavity and gently inflating it to help release the jammed articulations in the nasal passages and sphenoid bone. Not only can it help with breathing, it can help improve many subsequent abnormal neurological (brain) functions. The treatments are given in a series of 6-8 depending on the severity of the condition and length of time it has been present. It is not painful, but it "feels" different. It feels a little ticklish at first and then a few moments of pressure as the balloon expands. After 4-5 seconds the balloon is released quickly, and all pressure subsides. A change for the better is often felt quickly.

If you would like to discuss this approach or see a video, or get a paper sent to you, send an email to psilcoxdc@sbcglobal.net or call the office at 419-307-8094 for an appointment for a more detailed explanation.

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IN YOUR OWN BACKYARD

The Fremont MS support group will meet Monday, Feb. 12, 6:30pm at Hayes United Methodist Church, 1441 Fangboner Rd. (behind the YMCA). 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. Contact danaroca8@gmail.com or 804-467-9881 with questions. Please Bring a guest. Refreshments will be provided

Soup Cook Off: Saturday, Feb. 24, 11am-1pm, members of Mt Carmel Church will make and enter their favorite soup for you to try. Warm up with a bowl of soup and vote for your favorite!

Take some soup home or eat at the church. Remember to vote for your favorite soup. Free to public, come to enjoy lunch with family and friends or make new friends.

The Fremont Area Women's Connection invites all women to our Ladies Luncheon Tues. Feb. 13th. We meet at Victor's Event Center, 2270 West Hayes Avenue. Our theme is "Wrapped in Love" and we are featuring Patti Wandover from the Marblehead Soap Company who will tell us about her company's exciting expansions!

Weslie Hintz from Perrysburg will tell about her life "Riding the Roller Coaster of Life with My Hands Held High."

The doors open at 10:30 for coffee and socializing. Lunch and program is from 11 to 1pm, cost is \$14. Make your reservation before Friday, Feb. 9th. Call or text Donna at 419-680-2251 or e-mail Carrol at fawcluncheon@gmail.com. Reservations/ cancellations must be reported in the same way.

Sandusky County Republican Women will meet on Feb. 8 at 6:30 pm at the Sandusky Township Hall for the first meeting of 2024. New officers for 2024-2025 will be installed by Ohio Senator Bill Reineke. Members, associate members and guests are welcome to attend. Contact President Lorilyn Balduf at lbalduf2007@yahoo.com for info.

Orders for Sub Sandwiches for Super Bowl Sunday on Feb. 11 are being taken through Feb. 4 by Trinity United Methodist Church, corner of Court and Wayne in Fremont. The cost for the 6-inch sub is \$5 for turkey and cheese, ham and cheese and a combo 3 meat with turkey, ham, salami and cheese. Call 419 332 8167 to order. Pick-up at the church on Feb. 10 from noon to 1 pm, and Feb. 11 from 11:15 am to 11:45 am.

Fremont Lions Club will meet on Feb. 6 and Feb. 20 at the Fremont Eagles Hall from noon-1 pm. Students of the Month from Fremont Ross and St. Joe High School will be present on Feb. 6. Deputy Caren Nemitz from the Sandusky County Sheriff's Office is the guest speaker. She will be explaining the I.G.N.I.T.E. program that offers numerous classes designed to reduce the negative impacts of incarceration while improving the skills necessary to be successful upon reentry. Fremont Lions will attend the Zone 1 meeting hosted by the Clyde Lions on Feb. 7 with dinner at 6 pm and meeting at 7 pm. On Feb. 20 guest speaker is Mike Garber the Zone 1 Chair from Oak Harbor. Guests are always welcome at the meetings. Call Secretary Donna Thatcher at 419 332 3095 for info.



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