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Vol. 25 Issue 8

AUGUST 2024



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YEARS

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Legend Of The Ghost Army

By Denice Baldetti

Imagine in your mind an inflatable bouncy house. It's there, you see it, but it isn't really there. How can this be? Could it be a magic trick, a slight of hand on a larger scale?

DECEPTION is an act of convincing one or many recipients to accept as true what is false. From a military perspective, deception has played an important role in military operations in the United States since early years of our country. In 1777, General George Washington used deception to mislead British troops at Trenton and Princeton. Fast forward to the year 1944. During WWII, the U.S. Army organized a unit called the **23rd Headquarters Special Troops**. This unit, called the **Ghost Army**, was specially trained and equipped for **DECEPTION**. Their mission was different



Dummy Artillery Piece
Photo by: Ghost Army Legacy Project

from any other military mission before it. It was to deceive Hitler's forces and mislead them on the size and location of Allied forces. Essentially, they were tasked to put on a show, with the German Army as their audience.

Many "creative" recruits for this unique military unit were taken from art schools, advertising agencies, theaters and more. In civilian life, **Ghost Soldiers** were artists, architects, actors, set designers, engineers and lawyers. From Jan. 1944 to July 1945, the Ghost Army carried out 21 deception campaigns. During WWII, through stagecraft deception and sleight of hand, this unit was credited with saving thousands of lives.

Ghost Army Tactics

Visual Deception:

The **603rd Camouflage Engineers** was the visual arm of the Ghost Army. This division had inflatable tanks, cannons, jeeps trucks and airplanes that were inflated with air compressors.



Soldier Standing in front of inflatable M7 Priest tank
Photo by: Ghost Army Legacy Project

They created improvised temporary camp sites (bivouacs), dummy airfields, motor pools, tank formations and more in a few hours. They imperfectly camouflaged sets on purpose so aerial reconnaissance could spot them.

Radio Deception:

Special Operators within the **Ghost Army Signal Company** created phony traffic nets. Using Morse Code, they impersonated radio operators from real units. Nearly impossible to mimic an operator's style, the Signal Company achieved this deception feat!

Atmosphere Deception:

"Theatrical effects" were often used to supplement other deception techniques. Artist soldiers were tasked with painting unit insignia on vehicles. Appropriate divisional MPs (military police) were dressed as divisional generals and officers visiting nearby towns where they could be spotted by enemy scouts. A few motorized infantry would be driven in a loop to appear as long convoys.



Ghost Army Inflatable Tank and Actual Soldier
Photo by: AmericaMagazine.org

Fast Forward:

The Ghost Army story was kept secret for over 50 years, until declassified in 1996. Only seven members of the Ghost Army are still alive today. On March 21, 2024, a Congressional Gold Medal Ceremony was held to honor members of the Ghost Army, citing their unique and highly distinguished service. An amazing ghost story kept secret for over half a century!

Note: For more information on this fascinating "Army Ghost" legend, check out the website The Ghost Army Legacy Project at <https://ghostarmy.org/thearchive/deception-forward/>

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August 2024

Vol. 25 • Issue 8

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NEWS & NOTES

Life Scholars, Kathleen Nalley 3

Interpersonal Edge, Dr. Daneen Skube 9

ENTERTAINMENT

Legend of the Ghost Army, Denice Baldetti 2

Out to Lunch, Lynn Urban 5

Birthday Musings, Pauline A. Darr 8

Astrology Forecast, Magi Helena 9

In Your Own Backyard 11

HEALTHY LIVING

Mayo Clinic, Angela Thoreson 6

Image of the Mind, Alisa Florio 8

97 Days, Dr. Paul Silcox 11

HOME & HEARTH

Gabby Gardener, Karen Langley 4

12 Acres in Ohio, Gena Husman, Robin Arnold 5

Drowning in Choices, Robert Morton 7

Jill on Money, Jill Schlesinger 7

My Pet World, Cathy Rosenthal 10

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.

Life Scholars

By Kathleen Nalley

Fall is just around the corner and Terra State Community College's Life Scholar Program is ready!

The catalog has been mailed and distributed to libraries and senior gathering spots. Registration has opened and popular topics and instructors are filling seats. The good news is the program's flexible nature. When a class is full, the Terra team works to find a larger space or to add a second session. Registration deadline is flexible, as well. If the class is not full, it may be possible to decide to join a day ahead. Register by phone (419.559.2255) or email Learn@Terra.edu.

The Life Scholar Fall Sampler is an opportunity to learn about all the classes directly from the instructors while enjoying a continental style breakfast and beverage. Thursday, September 5 from 10a.m. - 12 noon has been set aside for this purpose for only \$8. Registration tables will be set up at the event to receive final decisions.

New instructors to our September line up include local residents with special talents. Terry Wolfe possesses a degree from University of Toledo in art history. She's refined her studies by volunteering at the Toledo Art Museum as a docent for 17 years. She will share a wide range of backgrounds and obstacles faced by Women Artists Through the Ages on Sept. 12 from 1-3 p.m. While not committing to naming her personal favorite artist, she noted there were a number with "big personalities" and worthy of recognition. Having researched feminist artists, she was not surprised to learn the journey of masterpieces created by women was wrought with challenges. She will share those back stories as she introduces and recognizes the works of these famous and lesser known women artists.

Jacquie Lease has been playing Scrabble since she was a girl, learning the game and playing with family members since she was about ten years old. For 47 years, she's been a bit more competitive, joining the National Scrabble Association and competing in tournaments, both at the state and national level. She's willing to share her secrets to improving play. "Know your 2-letter words." "You improve when you study." "There are words with double i's and double u's. There are bonuses for 7-letter words." "Study." **Be the expert at your family Scrabble game!** is scheduled s Sept. 11 with a hands-on practical use of tips and strategies the 18th. Join these two instructors on their maiden voyage with Life Scholars. Sail into Fall.



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ADVERTISING/ GENERAL INFORMATION

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Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to lifestyles2000@sbcglobal.net 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.

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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

Seems like just yesterday we were excited it was May and warm weather on the way, how can it be August already?



Just a reminder, you must include your address to win a prize in the Find Pete contest. I am still getting emails with just the answer.

Enjoy the fair and the last of summer.

God bless,

Joanne

Find Pete



Find Pete Winners:

There were 120 entries and the majority were correct, the answer was Swim Rite.

I took my visiting family to African Safari and we had a ball! Although the sissies were afraid to roll down the windows, which made a mess of my car with slobber on the windows. What a fun way to spend the day!

There will be one more month of African Safari (2 tickets) and Miller Boat Line (1) tickets.

This month's prizes total over \$500 in value. Congrats to the winners.

Miller Boat Line winners are: Linda Gegorski, Robert Hill, Fremont; Gary Shearn, Clyde; Bob Hofelich, Bellevue; Elizabeth Hammer, Helena.

African Safari winners: Marcia Morelock, Jodi Samson, Gibsonburg; Shirley Faist, Linda Stine, Mary Valdez, Steve Billow, Brian Smith, Fremont; Jack Longoria, Jr., Elmore.

Other winners: Michaela Nickelson, Ada Williams, Larry Widman, Betty Sanchez, Fremont; Virginia Berlekamp, Green Springs; Terri Chagnon, Judy Coon, Robert Freeman, Gary Overmyer, Becky Balsizer, Clyde; Mike Todd, Rita Osmon, Bellevue.

Find Pete Prizes:

Sixteen entries are chosen monthly for the following prizes: \$5 gift certificates for Old Fort Market, Otto & Urban, Swim Rite Pools, Drown's Farm Market, Fremont Community Theatre, and A's Family Restaurant. You may specify a prize. **Add "25 Years" to your entry and have a chance to win Miller Boat Line or African Safari tickets.**

Find Pete Contest Rules:

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

Gabby Gardener

By Karen Langley

Hello fellow gardeners!

Do you like the herb Rosemary? I love the smell of rosemary! I remember years ago when I got some and my husband planted it in a container and put the container on our deck table. It became his baby as he watered it and probably talked to it. Who knows. But, it took off and grew large and beautiful. We both loved to smell it. Other than that, I knew little about it. I learned though. When I had a brain infection (another story for another time) I got a rosemary plant for remembrance. Little did I know that studies show an increase in memory retention after sniffing rosemary. So carry some around in your pockets and sniff away. You will remember that classmate from 40 years ago with no problem. Also, rosemary is typically used in cooked foods. Use sparingly due to its strong smell and taste. Add it to your spaghetti sauce and also add to soups or stew for a short time at the end of cooking. Yummy! Since we are in the month of August and still enjoying our bounty of vegetables, I saw a recipe for Rosemary Lemon Salad Dressing which I am going to try. Give it a try too!

Rosemary Lemon Salad Dressing:

- ¼ cup olive oil
- ¼ cup lemon juice
- 1 clove garlic
- ½ t salt
- 2 sprigs of rosemary, 4 inches each.

Strip rosemary leaves from stem. Mash the rosemary and garlic together. Add salt and lemon juice. Mix. Slowly add olive oil. Serve with your favorite vegetable salad. It also makes an excellent marinade for chicken.

From one gardener to another.

Karen Langley, Member of Green Stem Gardening Club, Green Springs, OH
Membership is open to all. Call President Patti Saam at 419-307-7776.

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There's nothing better than an out of the way tavern for good bar food and a beer. You wouldn't think of anything being in Vickery, but there has been a tavern there for a long time. It's under new ownership now, has a new menu, and has been updated and newly renovated.



I had never been there before, but from what I heard, they had done a really nice job on food and a nice change of atmosphere. It's a favorite place for the locals and farmers in the area. They also have a small patio for sitting outside.

Happy hour is 3-7pm Sunday through Thursday, and everyday has a daily special and some form of entertainment. For the menu, there are quite a few deep-fried bar appetizers, along with wings, chunks, sandwiches, salads, and chili. One of my friends always gets the breaded butterfly shrimp for \$6.00 and loves it. You can get a loaded cheeseburger, chips and pickle, for \$7.00, which I ordered, and I thought it was pretty good and reasonable. A favorite of the neighborhood is their pizza, I know because I saw a lot of those being carried out. It starts with a good amount of sauce, then is loaded with lots of your favorite toppings and lots of cheese. It was one of the best pizzas around I thought. I think it's worth it to take the drive out there and check it out. Also, everyone there is super friendly, and makes you feel welcome.

OTTO-URBAN FLOWERS

Watch for our August Move to DOWNTOWN Fremont!

12 Acres in Ohio

By Robin Arnold and Gena Husman

River Otter

I was standing at the kitchen sink washing breakfast dishes when Robin walked through the back door. One look at her face told me she'd seen something really good that morning. Before I could even ask, she said, "You're not going to believe this...but I just saw a RIVER OTTER in our marsh!"

"Wow! Are you sure?" I asked, realizing the importance of her find. We'd heard a few years ago that river otters and beavers were making a comeback, and had been spotted nearby in the marsh at Winous Point Hunting Club and at Ottawa National Wildlife Refuge, but we'd never seen any here. We decided to check out the ODNR website to find out what it said about river otters.

We learned that river otters are semi-aquatic mammals scattered throughout much of North America; and although a native of Ohio, their numbers decreased in the 1800s due to habitat destruction and unregulated trapping. By the early 1900s they had totally disappeared from this state. In 1986, 123 otters from Louisiana and Arkansas were reintroduced in Ohio through a 7-year program by the Ohio Division of Wildlife. As of 2023 they were present in 84 of the 88 Ohio counties, with a statewide population of approximately 6500. They are most common in Northeast Ohio, although they have been migrating across the state.

River otters have grayish-brown fur, large webbed feet, and long, stiff, sensitive whiskers that help find and capture prey. Their bodies are 3 to 4 feet long—including their flat, muscular tail which is usually about half the body length. They can weigh anywhere from 11 pounds to a hefty 33 pounds. Their preferred habitat is wooded wetlands near rivers and streams, where they can find fish, frogs, crayfish, snakes, and aquatic insects to eat. Occasionally, they will also eat small mammals and waterfowl. They are known as playful, curious, social animals, and depending on their location, they may live alone, in pairs, or in small groups. The pups, which are born in the spring, may stay with their mothers until the following spring.

So, how did Robin happen to see it in our marsh? She was on one of her morning walks around the marsh when she heard a loud splashing coming from the tall grass in the marsh just across from where she was standing. Thinking it was too loud to be a muskrat (maybe a beaver?), she stopped to look and was surprised by what she saw—a very large, reddish-brown animal standing up on its hind legs in the middle of the marsh, stretching its front legs up against a small tree. She was amazed at how big it was, and that's when she realized it was not a beaver...it was a RIVER OTTER! While she watched, it turned and went under water and she followed the bubbles around the marsh trying to get a picture with her camera. Finally, it crawled up on the dike ahead of her and she followed it along the path. Recalling that they are curious animals, she called to it as it waddled down the path ahead of her, thinking it might at least turn around to investigate, but it ignored her and kept on going.

Robin saw it one more time a few weeks later when she was standing on the edge of the marsh and its large head popped up out of the water about 3 feet away—too close to focus her camera. She lost sight of it when it went back underwater.

We haven't seen it since—except for once on the trail cam, although Robin found piles of fresh poop in a certain spot on the dike and thought it might be from the otter. Of course, we Googled "river otter poop" so we could make a positive ID and were amazed at all the information available on the subject! (Who would have thought that river otter poop could be so interesting!)

River otters are known for their toilet habits—they choose a specific spot to poop in and use that spot most of the time. According to Smithsonian Magazine: "Instead of "water closets," North American river otters like to poop in piles near the water, called "latrines." These are their social hubs, like going to the drive-in or mall." If there are other otters in the area, this is a place where they get together and hang out. There is actually a documented river otter "poop dance" because apparently, they go through all kinds of contortions when relieving themselves. It will probably never become a national dance craze though.

We're not sure where this otter has its den—it could be living back in one of the marshes behind us and only popping in for a visit. Or, maybe, it's living right here in our marsh. One thing's for sure—you can bet Robin will be back there every day with her camera searching for the elusive river otter!



DEAR MAYO CLINIC: My neighbor recently retired, and I've been trying to convince her to volunteer at the library with me. She's not swayed by my stories of feeling good from helping others. Can you share some other benefits of dedicating her time and energy to a cause?

ANSWER: Thank you for volunteering in your community and for trying to persuade your neighbor to join you. Volunteers make an immeasurable difference in people's lives.

The act of volunteering also benefits a person's health as well. Research has shown that volunteering offers significant health benefits, especially for older adults. Here are the top three you can share with your neighbor:

1. Improves physical and mental health.

Volunteer activities keep people moving and thinking at the same time. Research has found that volunteering among adults who are 60 and older provided benefits to physical and mental health. Volunteers report better physical health than nonvolunteers. Volunteering leads to lower rates of depression and anxiety, especially for people 65 and older.

It reduces stress and increases positive, relaxed feelings by releasing dopamine in the brain. By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.

Reduced stress further decreases the risk of some physical and mental health problems, including heart disease, stroke, depression, anxiety and general illness. In addition, people who volunteer have lower mortality rates than those who do not, even when controlling for age, sex and physical health.

2. Provides a sense of purpose and teaches valuable skills.

The work that volunteers provide is essential to everyday activities, giving volunteers a sense of purpose, especially when giving their time and talents in the areas they find meaningful. Older volunteers experience greater increases in life satisfaction and self-esteem.

In addition to volunteering at libraries, schools and food pantries, many people volunteer at local hospitals. They serve as greeters and waiting room attendants, provide patient room information and directions, and help transport patients and patient items.

Other volunteers use their craft skills to make prayer shawls, blankets, sweaters and hats that are typically given to newborn babies and patients with cancer. Other services volunteers provide include working in the hospital gift shop, performing clerical duties for staff or offering pet therapy to patients.

3. Nurture new and existing relationships.

Volunteering increases social interaction and helps build a support system based on common interests. One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity. Social circles can shrink in retirement so building or expanding networks can be especially important during this phase of your neighbor's life.

In many cases, volunteers have diverse backgrounds, which helps expand their social network and allows them to practice social skills with others.

As you may have found from your own experience, people are motivated to volunteer for several reasons. They may be exploring careers, sharpening skills, meeting new people, serving their communities or staying active during retirement. Yet all volunteers share a common desire to improve the health and welfare of people in their communities.

The good news is that your neighbor doesn't need to be a philanthropist or senator to enhance or create change in the community. Offer other suggestions if she's not interested in volunteering at the library. Likely, there are a wide variety of volunteer opportunities in your community, whether she's interested in youth, environmental, health, religious or community causes. Encourage her to connect with local nonprofit and cultural organizations, schools, faith communities or hospitals for options.

As you have discovered, volunteering makes an immeasurable difference in people's lives. If your neighbor is open to it, her time and talents can help others and benefit her health at the same time. — Angela Thoreson, licensed independent clinical social worker, Psychiatry & Psychology, Mayo Clinic Health System, Austin, Minnesota

(Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care.)

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Drowning in Choices

By Robert Morton

I miss the good old days of simple choices! Remember when going out for ice cream meant picking between vanilla, chocolate, and strawberry? Just three flavors. Three! Now, I step into a Baskin Robbins, and it's like stepping into a parallel universe with a hundred flavors. I mean, who needs "Bubblegum Explosion" or "Rocky Road to Insanity"? Just give me vanilla cone and call it a day!

TV news has gone crazy. Back in the 50s and 60s, we had it easy. Huntley and Brinkley, or Walter Cronkite, would give us the news in a neat half-hour package on ABC, CBS, or NBC. Simple, straightforward, done. Now? There are dozens of news channels running 24/7, each with a scrolling ticker at the bottom and a talking head in every corner. It's like trying to drink from a firehose of information. Help!

Netflix, oh Netflix. Thousands of movies and TV shows. Thousands! I spend more time scrolling through options than actually watching anything. I miss the days of flipping through three channels and being thrilled when a good movie came on.

And then there's Amazon. Millions of products, endless categories. I wanted a book, ONE book, and now I have 10,000 in my Amazon library that I'll never read. I'm drowning in options. They say you can have too much of a good thing—well, Amazon is Exhibit A.

Grocery shopping isn't any better. Remember when buying cereal was a simple task? I strolled into Fremont's Kroger store and encountered an entire aisle dedicated to cereal. A hundred brands and variations. Do I want gluten-free, sugar-free, whole grain, or marshmallow-filled? It's a breakfast battleground, and I'm losing.

Music was once an easy escape. A little classic rock, and I was set. Now, with streaming platforms like Spotify, Pandora, and Apple Music, I have millions of songs at my fingertips. Millions. It's like trying to pick the best grain of sand on a beach.

Fast food? Forget about it. I caused a traffic jam when driving through McDonalds drive-thru, staring at menus longer than a novel. I couldn't decide between a Big Mac or a salad with quinoa, kale, and who-knows-what-else.

Modern consumer culture, with its overwhelming abundance of choices, has turned decision-making into a Herculean task. Sometimes, I just want to go back to the simpler times—when vanilla was king, Cronkite was my newsman, and cereal came in just a few flavors. But here I am, stuck in the age of too many choices, trying not to lose my mind in the process.

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 is author to 3 spy thriller novels, available on Amazon.com books: Mission of Vengeance, The Shadow War, and Penumbra Database.

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Jill on Money

By Jill Schlesinger

Summer Mail Bag

It's that time of year, when the inbox is bulging, so time to get cracking on a lightning Q&A!

Question: I will be receiving \$160,000 from a life insurance policy. I do not want to risk it in the stock market -- I want to put it somewhere safe where it'll be able to earn some interest. Your thoughts?

Answer: You can investigate government securities at TreasuryDirect.gov and also check out Certificates of Deposit. Just know that when the Federal Reserve begins to cut interest rates, a strategy that provides safety will not seem as appealing, but I trust you when you say that you do not want any risk.

Question: My wife and I are in our 30s and are looking to buy a house in the next few years. Currently we have about \$140,000 in retirement savings. Can we press pause on retirement contributions for a year or two, so that we can start saving for a down payment?

Answer: When near term goals crop up, it is fine to incorporate them into your longer-term plan. So yes, a temporary pause/reduction should be fine, but I recommend that you contribute enough money to capture the company matches, if you are entitled to them. Once you have enough saved for the down payment, you can start cranking again on retirement.

Question: I've been with a small investment group, and they have been quite helpful and educational, but I'm thinking that as we approach retirement, I could save some money and handle things on my own. Are we close enough to retirement so that we should stay with them, or is it time to minimize fees and move on?

Answer: When it comes to financial services, it depends on what you're getting in return for the fee that you are paying. If the firm is providing full-blown, individualized financial planning, it could be worth it, especially as you close in on retirement.

But if the firm is only allocating assets and you trust yourself to adhere to a plan and not get too emotional, then feel free to do it yourself and save whatever fee that they are charging.

Question: My financial advisor is suggesting that I take advantage of tax loss harvesting. I'm a bit confused as to what it means. Can you explain?

Answer: Tax loss harvesting is a fancy way of saying that you are getting rid of losing positions in your taxable account. The way it works is that you sell a stock, a mutual fund or an exchange-traded fund that has lost value. The loss can be used to offset a winning position. If you have more losses than gains, you can deduct up to \$3,000 against ordinary income for the current tax year. If losses total more than \$3,000, they can be carried forward into future years.

Question: My husband and I are 55 and owe \$324,000 on a 15-year mortgage at 2.12 percent. We thought that this would be our forever house, but the value has increased so much (it's now worth

\$1.5 million), we wonder whether we should sell, capture the equity, and buy a new house for around \$1,000,000 and be mortgage free? Our overall retirement picture is in good shape.

Answer: In theory, the plan can work, but often people like you who attempt to downsize, can't pull it off, because they end up spending more than they budgeted for the next home. Your current mortgage rate is dirt cheap, so unless the maintenance on the house is steep or you can't see yourselves aging in it, it may make sense to stay put.

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Birthday Musings

By Pauline
A. Darr

Birthdays are a phenomenon. Most count birthdays from the time of birth whereas others, the Chinese in particular, count from conception. Parents tend to throw elaborate birthdays early on when in reality children have few or no memories before the age of three to five. And the unsuspecting nine-year-old has no idea that the minuscule addition of a year might better measured in inches or pounds. Then the enthusiasm continues with birthday countdowns and half-downs and for years the excitement mounts. Yes, the candles, the gifts, the cake and ice cream, the photo ops, the cards, the surprises stream the years. Birthdays can't come fast enough. And with more candles, more possibilities and subtly more responsibilities. Oh life is good.

The count up continues. Some numbers are culturally acknowledged and exploited: 13, 16, 18, and 21. Then as the years mount and the anticipation fluxuates, and the good wishes wear thinner, questions implode. "What? Is this all there is to life?" "What have I done with my life?" And time that once seemed so elastic and forever--begins ticking louder. The numbers that once were viewed as old suddenly don't look that old.

And birthdays are cumulative. We carry who we are and who we are becoming with each passing year. Between the anticipation or the dread of the next calendared celebration, the dotted memories of birthdays past and what spanned the time, that day inevitably arrives right on schedule.

Adding to the phenomenon is how we internalize the passing of years. They significantly decrease. Just ask an octogenarian how old they feel on the inside. With a nod, each will proudly respond with a specific year. No real reason, just a true feeling.

Forgotten birthdays bear their own disappointment. Timely words withheld. Good intentions unrealized. Belated words soften disappointment.

Then there comes an untimely time when birthdays are taboo. That's right. "No more birthdays" is emphatically declared. No more celebrations. No more cards, no more cakes, oh—the cash or gift card is still ok. So, how are the would-be celebrators to respond? Try this for an unibirthday card:

To the ageless wonder that you are!
I silently celebrate how you have gifted me in so many ways!
Happy! Happy!

Or simply

Thank you for being you today and every day!
Your life has touched mine and I am better for it.
Stay amazing!

And so birthdays come and birthdays go. The anticipation, the celebration, and the aftermath is part of life whether we welcome the day, fear it, or ignore it. Birthdays and the celebration of life are here to stay--celebrated or not.

Image of the Mind

By Alisa Florio

Fallen Short

Have you ever felt like you've fallen short? Fallen short of getting your dream job. Short of getting that guy or girl you've dreamt about. Short of taking your dream vacation, or getting your dream home. Short of the grades you desire, or those shoes you really want. Googles definition of the question, "What does it mean to fall short," is, "fail to meet an expectation or standard. Fail to reach, fail to live up to. To be inadequate, insufficient, to be wanting. Did you know there's a way to dissolve the words, "fallen short" and that is, "TO BE WILLING."

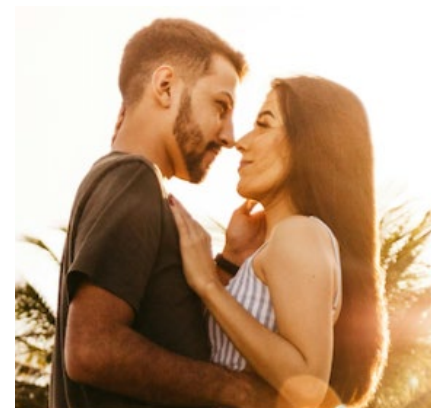
During this mornings Bible and coffee time I was confronted with this truth I'm sharing with you today. To be willing is to do a self evaluation. I'm going to be very transparent here by using myself as the analogy, "At times I have to bring myself back down from my head to the core of my being." I don't know about you, but my head can get larger than life if I don't keep tabs on it! Once I get myself back grounded, I can travel to my heart as I make my way up to how I think; which will show up in my actions.

What I focus my energy on, my goals, my decisions, and ultimately my attitude will naturally bring about my approach and my outcomes. I am the, "sole proprietor" of my behavior! The way I think is owned and run by only 1 person; me as the choice maker.

Have you ever become exhausted and even sick from riding an emotional roller coaster which brings you back to these, "Nowhere," results? Every time I gauge my thoughts on what I see happening around me, I let go of standing firm in what I know as the truths to the laws of the universe, which I believe come from the Lord Almighty himself. Life will try to control me rather than me controlling my response to life.

I was given the innate ability and opportunity to problem solve, to love those who are difficult to love, to hate what is evil and wrong, and to be an expression of a great force that goes to work for me, in me, and through me for the greater good of all. Do not mistake your, "TRUE IDENTITY." You were forged with the same mind, the same hands, and the same love as I was. We are in unison in this way with the giver of life.

"You have greatness in YOU!" It is your choice to connect with, and to learn from this life giving source. You can take what you learn even in its infancy of receiving this valuable information and start applying it in your life. We are all given the opportunity to feel this wonderful expression of life that is enveloped in peace, joy, and love. This peace is in harmony with greatness, and this greatness is for you to harness. YOU are the greatest gift to life itself, EMBRACE IT, and be a gift for those around you. Until next time my faithful readers, feel a big hug, and know that you are greatly appreciated!



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Question: I'm older and overwhelmed by technology. I honestly don't understand much of how to use tech tools in my industry. How do I stay current without drowning in how much I don't know?

Answer: You can stay current without drowning if you're willing to let younger people tutor you. If you feel uncomfortable asking younger employees for help, look outside your workplace for coaching.

All of us benefit from cultivating an enthusiasm for being a life-long learner. Gone are the days of learning one skill until we get a gold watch in retirement. Now every year brings more change than past generations saw in decades.

The "if you can't beat 'em, join 'em" slogan works well in reference to change. We cannot stop the pace of innovation, especially in technology, but we can keep pace with the tech that matters.

Realize that all tech innovation is not equally useful to each individual or workplace. If certain applications look cool but don't do much, these are the ones you can wait to learn. The applications to focus on are the ones that save you time, and help you do your job.

Once you learn the tech, you may enjoy how your computer's intelligence makes your job easier. The hard part of tech is learning it so it becomes muscle memory and remembering the software doesn't cause you more stress.

For example, my son, who will be in sixth grade, will be using a program called Canvas. The school provides one hour of training for a program that is not intuitive. To prepare for it, we signed up for a summer class that won't go on his transcript. People asked us why we'd take a class that doesn't count. My readers, of course, can see that we wanted to make all our mistakes in a low-stress environment with tech mentors.

If you have younger employees you mentor, these employees might be eager to give back by mentoring you. Younger generations have grown up living and breathing technology. The younger the employee, the more they've been raised with computers. Heck, my kids talk to "Alexa" daily whenever they have a question.

If you'd feel uncomfortable revealing how confused you are, then look outside your workplace for coaches. Whoever you chose to teach you, keep your goals in mind for what you want. Then focus on the programs that can move you forward.

For instance, if you're well-known in your career and over 60, getting a robust LinkedIn profile may not help you much. Most people over 60 are not comfortable requesting recommendations for profiles. Also many people over 60 didn't start careers with online materials, thus their profile may not show their true achievements.

By communicating what you'd like to automate to your coaches, they can help you choose what works best. If you're truly tech phobic, you may have to take a deep breath and dive in, even though you don't feel like it.

When Quicken came out, I was doing my books with a paper ledger. My husband bought me the program, which I avoided for six months. He finally made me sit down, and within 15 minutes I could see how easy it was. As a result, I worked much harder for six months!

The bottom line is that tech should work for you; you shouldn't work for it. By having tech coaches, and being selective about where you want help, you create a runway to take off with tech. You also get the mini-rewards of enjoying the benefits software offers and will be encouraged to do even more technology exploration.

The last word(s)

Question: Is there a way to take career risks without being anxious?

Answer: No, anxiety used well prepares us for change.



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Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): Relationships may not always be easy. New circumstances can bring in new dynamics and could change what one or both of you wants in the long run. Be honest about any changes and share your true feelings.

TAURUS (April 20-May 20): Winning sometimes means accepting that some people might say no. It Never over-promise or exaggerate your abilities just to make sure you do not lose out on an opportunity. Prove yourself and the yesses may come.

GEMINI (May 21-June 20): Be authentically you. Show the world who you are and what you have to offer, and you can find the people you need. Dance like nobody is watching and you could find that other people are out there dancing too.

CANCER (June 21-July 22): Meeting new people could feel easier. Circumstances will put you in a position to avoid awkwardness and appear adorable. Enjoy the moment; let the situation grow. This might mark a fresh start.

LEO (July 23-Aug. 22): You may have reached an awkward stage between milestones. You could be hard to classify and could get to choose which face to show the world. Take advantage of this interlude and make memories to treasure in the future.

VIRGO (Aug. 23-Sept. 22): All the places you already visit regularly may be full of new people. It could be time to take a moment away from focusing on your own missions to look around and see who could be nearby.

LIBRA (Sept. 23-Oct. 22): A side gig that may look something like a punishment could be a chance to find a whole new circle of people to hang out with. Take advantage of your newly discovered crowd and the environment to meet someone special.

SCORPIO (Oct. 23-Nov. 21): You could be presented with an amazing opportunity that means you might need to walk away from what you have now. You need to weigh the comfort of security against the possible rewards before taking the leap.

SAGITTARIUS (Nov. 22-Dec. 21): The person of your dreams or a new friendship may not just appear at your cubicle, it might be time to seek out happiness in a new romance or build a whole new community. Take a chance on a conversation with someone new.

CAPRICORN (Dec. 22-Jan. 19): You may be able to control your own screens, but you cannot control the rest of the world. Take the time to look at the people around you. Take a deep breath and strike up a conversation with someone new and interesting.

AQUARIUS (Jan. 20-Feb. 18): Let loved ones and friends know that you do not take them for granted; little gestures can have the biggest impact. You may have gotten comfortable or complacent, but you could remember how romance should work.

PISCES (Feb. 19-March 20): Romantic comedies might show you that love is found through bad advice from sassy friends. Your story can evolve all on its own. Real love lasts longer than 90 minutes and is worth more than the price of a movie ticket.



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Dear Cathy,

I recently “rescued” a six-year-old poodle from a neighborhood shelter that received over 30 dogs from a large puppy mill. I love him and am determined to give him the best in life. He is very fearful and emotionally starved, but we are slowly working toward making him feel safe, comfortable and loved.

The only problem I have is he won’t walk on a leash. He has a collar, a halter, and a lightweight leash. I leave the leash on him in the backyard so he can get used to walking with it. When I pick up the leash, he immediately goes down to the ground. I put him on his feet, speak softly and lovingly to him, but as soon as I take a step, he goes down. He is not food or snack motivated.

I think it would be to his advantage to walk the neighborhood with me, especially since he has two canine “cousins” that he has come to love, and I would love to be able to include him in their neighborhood walks. Any suggestions?

— Kathy, North Island Park, New York

Dear Kathy,

In a puppy mill, it’s likely he never ever walked on leash. To help your poodle become more confident on a leash, start by building positive associations. When he is in the backyard, don’t try to walk him. Instead, sit on the ground and hold the leash. Just sit for a few minutes and then put the leash down.

Gradually increase the duration that you hold the leash over time, ensuring he remains calm and relaxed. Since he isn’t food motivated, find what he enjoys the most and use that as a reward, whether it be verbal praise or a special toy.

Gradual desensitization is also important. Keep your training sessions short to prevent overwhelming him and aim for multiple short sessions throughout the day instead of one long session. Practice indoors if the backyard is too distracting or if he associates it with fear. When he is ready, walk him around the house on the leash, giving gentle praise and encouragement. Once he’s comfortable indoors, transition back to the backyard.

Using a harness instead of a collar can sometimes make dogs feel more secure, so ensure you’re using a well-fitted harness that doesn’t cause discomfort. Incorporating his canine cousins into the training sessions may also be beneficial. Seeing other dogs walking calmly on a leash can encourage him to follow their lead.

The key is to be patient and persistent, celebrating small victories along the way. Your love and dedication are already making a significant difference in his life, and with time, he will likely become more confident and comfortable on the leash.

Dear Cathy,

I have a question regarding two, one-year-old cats, a male and a female from the same litter. The male cat belongs to me, the female cat to my mom. I am moving out into an apartment, and have plans to take the male with me, but am concerned about the two being bonded and the possible negative consequences of that.

Is a year old too late of an age to separate them? And is there a way to make separating them easier? A secondary question is: If it is safe to separate them, would it disrupt them to bring the male back to visit occasionally?

– Parker, Omaha, Nebraska

Dear Parker,

Separating bonded cats can be challenging, but not impossible. Start by separating them for short periods before the actual move. Keep them in separate rooms for a few hours each day, slowly increasing the duration.

When you move, take some of the female cat’s items (like a blanket or a toy) with you, and leave behind some of his items for her. Familiar scents can provide comfort and help ease the transition.

Maintain a consistent routine in your new home and give the male cat plenty of attention and stimulation. Interactive toys, scratching posts, and regular playtime can help keep him occupied and less anxious. Keep an eye on both cats’ behavior after the separation. Pheromone collars can help both with any anxiety.

Regarding occasional visits, it’s generally best to avoid reintroducing the cats temporarily. Cats are territorial animals, and bringing one back into another’s space can sometimes cause stress and confusion for both.

Instead, focus on helping them adjust to their new environments separately. If, after some time, you want to reintroduce them for visits, do so very cautiously and observe their reactions closely. With time and careful management, both cats can adjust to their new living situations.



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97 DAYS

By Dr. Paul Silcox

As I looked back 4 years ago to what I had written pertaining to the upcoming presidential election, I recalled a sticker that was in my legal pad that said "I Love Voting", I had received after a recent vote in the spring of 2020. So with that beginning, and the election coming up on November 5th, 97 days from August 1st, that is where my focus is going to be on this article.

I'll just mention a few things that are going on now. I'm not trying to stir the pot, it's just that people sometimes forget by the time they fill in their ballot.

The price of gasoline and cars.

The price of milk, bread, eggs and bacon; or just a trip to the grocery store.

The price of a meal at a drive-thru restaurant for one person, or two or three or four!

The rate of inflation. Wars going on in Europe and the middle east.

The number of illegal aliens coming across our borders (mostly southern) daily, monthly, annually. As of the day I wrote this (July 19th at 7 pm), there were 6,600 illegals that came in today.

Since the presidential debate a few weeks ago, many of the top positions in the Democratic Party are bailing out on President Joe Biden and recommending that he step down and give someone else a chance at leading them into the future.

But ask yourself these questions. Do you find yourself longing for the "good old days"? What are you going to do? In voting for someone who is currently running for the office of President, we don't often get a chance to vote for someone who has actual experience and did a good job, and then someone else took over and things go downhill, and then get a chance to bring that prior person back again for a "do-over" tempered by a near death experience. That's a MasterCard moment. Priceless! (at least in my opinion)

There is so much at stake here. Do your due diligence. Ask yourself, what was it like 4 years ago and what is it like now. Was it good for the country then? Is it good for the country now? Make sure you're registered and then be sure to VOTE! Yes, it does count! The future of your children and your children's children are in the balance.

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IN YOUR OWN BACKYARD

Downtown Fremont Inc-

- August 3rd- All Together Fremont Event with Farmers Market 9-1pm.
- August 17th- Things That Go Event with Farmers Market 9-1pm;
- Fremont Community Amphitheater-
- August 1st- Jam Sessions with Vern Treado from 5-8pm
- August 3rd- The band Seefari from 10-1pm during the event
- August 6th- Paramount Movie Nights with the movie "Godzilla" at sunset (9pm)
- August 8th- Historical Ponderings: A Look Through The Rearview Window: A Walking Tour: Historical Downtown Fremont with Mike Gilbert and Larry Michaels, Front Street 6-7:30pm
- August 10th- Cleveland's Breakfast Club -5-8pm
- August 17th Fremont Rotary's Blues, Brews & Brats 5-10pm (Ticketed Event)
- August 20th- Paramount Movie Nights- Kung Fu Panda @ Sunset (8:30pm)
- August 22nd- Historical Ponderings: A Look Through The Rearview Window: Famous People of Fremont: Oakwood Cemetery with Mike Gilbert 6-7:30pm
- August 24th- Hollywood Mafia from 5-8pm
- August 31st- Hero, from 5-8pm
- September 3rd- Paramount Movie Nights: Beetlejuice at sunset (8pm)
- All events are free to the public excluding the Rotary's BBB event.
- Rain or Shine and please bring your own chairs or blankets to sit on!

Fremont Lions Club will meet on August 6 and 20 at the Fremont Eagles Hall at noon. The speaker on August 6 is Sarah Lewis, the Director at the Sandusky County Juvenile Justice Center and on August 20, Sandusky County Treasurer Kim Foreman is the speaker. In August Fremont Lions will also be busy at the Sandusky County Fair along with Lindsey Lions assisting with cars entering the parking lot. Members and guests are always welcome at our meetings to hear the guest speakers and to learn more about Fremont Lions and ways we serve locally and around the world. For more info, contact Donna Thatcher, secretary at 419 332 3095.

Fremont Area Women's Connection invites all women to join us at our Ladies Luncheon Tues., August 13th. We meet at Victor's Event Center, 2270 West Hayes Avenue, Fremont.

Find out "How It Works" with our feature Russ Zimmerman, Sandusky County Commissioner. Our speaker, Trina Oates will share her story "It's Not What It Looks Like."

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, August 9th. Call/text Donna at 419-680-2251 or e-mail Carrol at fawcluncheon@gmail.com. Reservations as well as any necessary cancellations must be reported in the same way.

Single Seniors Mix, Tues., Aug. 6th, from 6-8 pm at Fremont Buffalo Wild Wings. Free to any senior age 60 and older who would like to meet new people.

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