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My 2 Cents

By Kathy VanWey

PARENTAL RESPONSIBILITIES

Do you remember the Oxford Michigan high school shooting of November 30, 2021? Ethan Crumbley, 15, a severely mentally ill student went on a homicidal rampage killing four classmates and wounding seven others including a teacher. At his trial Ethan pleaded guilty, and in a statement tried to absolve his parents of any responsibility saying they didn't know his plans. He was sentenced to life imprisonment with no possibility of parole, plus 24 years.

In early 2024, in separate trials with different defense attorneys and prosecutors, but the same judge, Jennifer and James Crumbley were each found guilty of four counts of involuntary manslaughter. It marked the first-time parents were held responsible in a school shooting. They were not held responsible for what Ethan did, but rather their gross negligence in Ethan's mental state and lack of foreseeability.

On the day of the shooting, they were confronted by school authorities with Ethan's work sheet where he had accurately drawn a pistol, a body being shot, and words like "Blood Everywhere, Make the Voices Stop." Looking at the pictures, did either parent say, "Oh by the way, four days ago on Black Friday, we bought him a 9mm Sig Sauer SP 2022 semi-automatic handgun, extra magazines and ammo." The kit included a gun cable lock. Nope, not a word. Nor did they mention the gun was hidden in their tiny home with no safety guards.

The officials told them they wanted Ethan removed immediately and to see a mental health professional that day. They were given several pages of resources with all the info they needed regarding agencies, insurance info, etc. Mom, the Alpha, was annoyed at being called out of work, insisting they had to return. The officials were stunned, previously all parents had listened. A compromise of getting Ethan help within 48 hours was reached. Also, officials were

aware that Ethan had three recent, major life losses. Thinking he was depressed; they didn't want him left alone at the house. No one checked his backpack. The wrong decision to keep him in school was made. Several hours later Ethan acted out.

A brief history of the family here. Mom would refer to Ethan as an "oopsie." A neighbor stated she reported to CPS that when Ethan was only 8 or 9, he was left alone in the house while the parents did the bar scene. Ironically, after the shooting they abandoned Ethan again when they withdrew \$6K from the bank fleeing to an art studio warehouse in Detroit. Back in April of 2021, Ethan texted Mom that he could see "demons and ghosts flying through the kitchen throwing coffee mugs, etc. Two days later she answered him, "Where is your father?"

And where were the parents? The judge had wisely decided this information was too prejudicial thus not allowing it for either parent. Mom's defense attorney made a snap decision in the trial that it should be permitted. She admitted that Mom was sleeping with her old high school boyfriend and that they were involved with the swinger's scene. We never did find out where Dad was. Mom admitted on the stand if she had to do it all over again, she would have done the same thing. Dad was smart enough to keep his mouth shut and did not testify.

Both parents are scheduled for sentencing on April 9th. They could receive 15 years each on all four counts to be served consecutively. Also, the parents of the deceased are going after the school system and the officials next. Who knows where this will end, but all parents should take notice.





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History Notebook By Nan Card

Educate not Eradicate

On Super Bowl Sunday, I donned my official Kansas City Chiefs hoodie and sat down to watch my favorite team win another thrilling game. Long gone were fans with face paint, feathered headdresses, and so too was "Warpaint," that famous horse who galloped around the field after every home team touchdown.

I thought about the Cleveland Indians, who in 2021, retired its logo "Chief Wahoo" and changed its name to the Guardians. Would Kansas City follow suit, seeking to find a name that was not disrespectful to Native Americans?



It's been written that when Cleveland joined the American League in 1915, it needed a new name, having been called the "Naps" in honor of player/manager Napoleon Lajoie for 10 years. The team held a newspaper contest. The name "Indians" was chosen. Supposedly, a fan put forth the name to honor Louis Sockalexis, the full blooded Penobscot Indian who had played for the Cleveland Spiders from 1897 to 1899. A truly gifted athlete, Sockalexis was the first baseball player known to be a Native American. Once the Cleveland team chose the name "Indians," war hoops could be heard throughout the Cleveland stadium. Headdresses, feathers and words like "savages" and "redskins" became commonplace at games.


For years, Native Americans have protested against the Cleveland Indians, the Washington Redskins and the Chiefs for using names they found offensive. Kansas City argued that the name "Chiefs" may have had nothing at all to do with Native Americans. A former mayor, H. Roe Bartle who brought the team from Dallas in 1963, was nicknamed "Chief." However, they could not deny that some of its early promotional ads were demeaning to Native Americans.

So in 2014 the Chiefs began consulting with a local American Indian Community Working Group in an effort to better "honor American Indian culture." After all, only 2% of Missourians are Native American and no federally recognized tribe exists within the state. A little knowledge about the offensiveness of Native American stereotypes seemed to be in order.

From these discussions, fans with face paint and headdresses were banned from the stadium. But CEO Clark Hunt stated the team's name would remain and the stadium would continue to be known as Arrowhead. Even the "tomahawk chop" was viewed as a community-building chant similar to a fight song that brings people together.


While many Indigenous people are not happy with these remaining stereotypes, the Indian Center is partnering with the Kansas City Public Schools to develop a curriculum around Native American history. "Educate not eradicate" can create opportunities for students to gain a deeper understanding of the culture and worldview of today's Native Americans.

Changing names, removing statues, and rewriting history will not erase those events in America's past that are viewed as offensive by today's standards. Rather that we educate about the past - not try to eradicate it.



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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Happy Easter and Happy Spring!



In May we celebrate 25 years! I don't know where the time has gone, but it certainly has been fun. I wish I could say I'll be around 25 more, but that would be pushing it!

We will again have African Safari tickets and Miller Boat Line tickets for our "Find Pete" entries starting in May.

Have a beautiful month.

Joanne

Find Pete



Find Pete Winners:

There were around 120 correct entries for March, I think it may have been a bit harder. The correct answer was Share and Care.

Winners are: Fremont: Brianne Rakes, Dick Hoffman, Dudley Tucker, Diane Bascone, Pat Winters, Rende Beeker, Toni Beebe, Melissa Robles; Woodville: Janet Perry; Clyde: Jeannie Kimmel, Sandy Kessler; Oak Harbor: Rosa Hasselbach; Gibsonburg: Lynn Fox, Judy Nehls; Bellevue: Susan Eberhard; Port Clinton: Virginia Oglesbee; Sandusky: Lisa Cook; Green Springs: Jan Johnson. Congrats!

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

April showers is the perfect entrance to the month of April's Life Scholars class themes. Why? Water, of course. Islands surrounded by water, disasters, and the indelible memories of a generation's obsession with sharks are curriculum highlights.

Author and researcher, Wendy Koile, who will teach "Disasters of Ohio's Lake Erie Islands" has written many stories, both from factual accounts and local timeworn tales which surround Lake Erie Islands. Her fascination with the lake's islands originated from happy memories of Geneva on the Lake vacations throughout her childhood and led her to the nooks and crannies of libraries and historical societies as her curiosity blossomed into research. Tragedies arise from the isolation of island life. The Victory Hotel on South Bass Island was once the largest hotel in the nation with 825 rooms, and two dining rooms that could serve 1200 guests at once, but the grand residence was reduced to ashes after a spark quickly became a raging uncontrollable inferno in August of 1919. A smallpox epidemic on Pelee Island resulted in mass hysteria and a quarantine of the entire island. Even lighthouses are not exempt from tragedies. Class is April 17th and seats remain available.

"Discover the History of Kelleys Island," led by Leslie Korenko on April 16, will highlight from her seven books of island history the fascinating people, places, and stories that make this island a treasure, one which has earned a place on the National Register of Historic Places. This historian's background in genealogy research brings islanders to life, even the Civil War soldiers interned there.

Popular instructor, Kent McClary, will bring the 1975 blockbuster film to life in "The Truth is Stranger than the Movie: Universal's 'JAWS' Based on Peter Benchley's novel, JAWS broke box office records previously set by the Godfather and The Exorcist. With two sessions planned on April 10 and April 17, students can learn what challenges occurred behind the scenes before the award-winning film was released. With its iconic theme music setting the mood, a full viewing of the film will be incorporated into the class sessions and popcorn will be provided.

From the Eileen Perry Learning Table, the monthly luncheon and discussion session will bring Erie Shores & Islands to Terra on Monday, April 15th. The representative will update the learners with scheduled activities and adventures for those planning spring/summer visits.

For more information and to register, call 419.559.2255 or email Learn@Terra.edu.

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Believe it or not, I got a suggestion from my daughter, who lives in Hawaii, about a restaurant in Northwest Ohio. Her mother-in-law told her about a place where they take the family, called Country Keg in Graytown.

You know it's a pizza place when you walk in the front door and see a big igloo shaped pizza oven. They can fire the oven up to 700 degrees, but they keep a close eye on the pizzas and adjust the temperature when needed.



This place has always been there as a restaurant and bar, but under the new family ownership it has been completely remodeled, and with that new oven, wood fired pizzas are the main feature. They use only fresh homemade dough, homemade sauce, and freshly grated cheese, and of course you may choose all the extra toppings you like.

The second most popular item on the menu is the smash burger. It's a double decker sandwich, made with two quality beef patties, which are larger than the bun, topped with cheese, lettuce, tomato, pickles and onion. You could almost split it. It is served with fresh cut fries for \$14.00. Another good and filling item are the nachos, layered with beef and cheese for \$10.00. You can have them as a meal or share with the whole table. It's a huge plate full.

Other appetizers, worth sharing are the beer battered mushrooms, hand batter pickles and hand batter cheese cubes. All are large portions. For the kids, there are chicken tenders, and chili dogs, besides pizza. It's a popular restaurant for such an out of the way place, and you might be waiting in line on the weekends. They're only open from 3:30 until 9:00 daily, including Sunday. Check it out.

12 Acres in Ohio

By Robin Arnold and Gena Husman

Microbes—the Unseen Creatures

After 40 plus years of using a microscope in my daily job as a medical lab technician, I vowed I'd never look through another microscope again after I retired. But, sometimes, even the best intentions go astray...and this is where our story starts....

Not all of the creatures that live on—or pass through—our 12 acres have feathers or fur—or swim, run, walk, fly or crawl. There are those we can't even see with the naked eye. We have a pond on our property that Robin's grandfather had dug in the 1960s. We've written about the frogs that swim in it, the geese and ducks that swim on it, and the snapping turtles that lurk in the depths of it...but we've never written about the microscopic plants and animals that also call it home, or the tiny organisms that live nearby in moss, lichens, and soil...and that is why we are here now, sitting at the microscope.

A few years ago we ordered an "amateur naturalist" microscope...not top-of-the-line, but not a child's toy either. Fortunately, we also thought to order a used copy of the book, *Hunting with the Microscope* by Johnson, Bleifeld, and Beller—because we weren't sure what we might be seeing. We set up our "lab" at one end of Robin's desk and collected our pond water "specimens," along with small clumps of moss and lichens in recycled food containers...and patiently awaited the arrival of our new 'scope.

The big day arrived. We were two adults opening the package, but by the time the microscope was set up and ready to go, we were two 10 year-olds again, ready for our adventure in the world of microbes. Robin placed a drop of well-mixed pond water on a slide, topped it with a coverslip, and passed it to me at the scope.

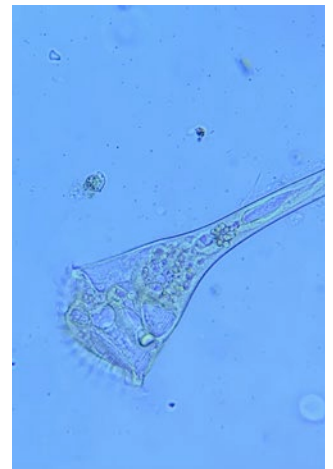
"Robin, look at this!" I said, turning to her, after scanning the slide. We quickly changed places so she could look before whatever it was darted out of the field of view. It's amazing how much life—both plant and animal—exists in a single drop of pond water! You can look at all the pictures in the books, but it's totally different when you see it happening in front of your own eyes. It's also very difficult to follow some of these little creatures as they dart madly in and out of view. (Robin suffers from "microscope motion sickness" and sometimes has to cut her viewing short because all the darting and swimming makes her sick and she has to go lie down after a particularly active session.)

Over the course of several weeks, we saw Stentors, Paramecium, Loricans, Desmids, Lacrymaria, Rotifers, an assortment of algae, and several other organisms that we gave up even trying to identify. Some of our identifications were made using the pictures in the book, and some were made with help from the Amateur Microscopy group on Facebook. We saw a trumpet-shaped Stentor lash out and engulf tiny organisms that had the misfortune to be swimming by. We watched as another organism pushed a large mass outside its body—relieving itself? (because, as we all know, Everyone Poops!)

Among some of our other interesting finds was a pregnant Bdelloid Rotifer, identified by the Microscopy group when Robin posted a video of it to the group. We also saw some Daphnia, or "water fleas," with their big dark eyes and chubby, bean-shaped bodies, darting around debris on the slide. Some of the organisms swam benignly past each other, and some of the organisms ate the passersby when they swam past...I guess it's not safe anywhere. We documented our findings through sketches we made while observing, and, Robin, our official nature photographer, took photos and videos using using her cell phone and an attachment to the trinocular eyepiece.

We were hoping to find a tardigrade—also known as a "water bear" or a "moss piglet." These amazing little animals can live for 30 years or more in moss, lichens, or soil in a "dried up" state of suspended animation without food or water. They thrive in a moist environment and addition of water will rehydrate them and allow them to live out their natural lifespan of about 2- 1/2 years. So far we haven't found one, but we're still looking! (Hmm...might be good material for another story...)

At the end of the session, when we are done viewing, we put the drop from the slide back into the container and return the occupants to their home in the pond. Even though they are microbes, they are living creatures, and we respect their rights to live out their natural lives too.



What is Merkel cell carcinoma?

DEAR MAYO CLINIC: I recently heard about a type of skin cancer called Merkel cell carcinoma. I'm not familiar with this condition. Can you explain what it is? Do I need to do anything different to protect myself?

ANSWER: Skin cancer is the most common cancer in the U.S. The American Academy of Dermatology estimates that 1 in every 5 people will develop skin cancer annually. In general, exposure to UV light from the sun or tanning equipment increases the risk of developing skin cancer. Anyone is at risk of developing skin cancer. People with lighter or fair skin color are at increased risk of sunburn and skin cancer, but anyone can experience sun damage and develop skin cancer.

There are two main types of skin cancer: melanoma and non-melanoma skin cancer, of which basal cell carcinoma and squamous cell carcinoma are the most common. Basal cell and squamous cell carcinoma are estimated to affect more than 5 million people in the U.S. annually. Melanoma is less common but can be more dangerous as it is more likely to spread if left untreated.

Merkel cell carcinoma falls within the category of nonmelanoma skin cancer and is a rare neuroendocrine carcinoma of the skin, affecting about 2,500 people in the U.S. annually. Merkel cells are found at the base of the top layer of skin.

This type of cancer is more aggressive than melanoma as it tends to grow rapidly and spread quickly to other parts of the body. Merkel cell tumors often appear as flesh-colored or pink lumps or bumps on the skin.

Although anyone can be at risk, Merkel cell carcinoma often develops in older people. Like other types of skin cancers, long-term sun exposure is known to be a major risk factor for Merkel cell carcinoma.

Immunosuppressed people – such as those who have had organ transplants – or individuals who have certain types of blood cancers are at greater risk for Merkel cell carcinoma.

Depending on the cancer stage at diagnosis, treatment for Merkel cell carcinoma will vary. Given the propensity for this cancer to spread early, most patients will undergo a procedure to remove the cancer. Many also will have a sentinel lymph node biopsy performed. Depending on the biopsy results, additional surgery, radiation therapy or other treatment, including immunotherapy or chemotherapy, may be needed.

Just like any other types of skin cancer, the best way to protect yourself is to practice good sun hygiene. This includes wearing sunscreen and limiting the body's exposure to UV radiation.

Avoid being in the sun during peak hours, which is usually between 10 a.m. and 2 p.m. If you will be outdoors, wear sun-protective clothing, including long sleeves, a wide-brimmed hat and sunglasses.

Be mindful about using and reapplying sunscreen, even on cloudy days. When choosing a sunscreen, look for a broad-spectrum product with a sun protection factor (SPF) 30 or above. The higher the SPF, the better protection. You also want to find a sunscreen that is labeled as "broad-spectrum" or "full-spectrum" sunscreen.

There are many different types of sunscreens. Both chemical and physical sunscreens offer effective sun protection when applied correctly. Chemical sunscreens work by absorbing the UV light and causing it to undergo a chemical reaction that prevents it from damaging your skin.

Physical sunscreen protects you from UV radiation by either reflecting or blocking the damaging rays. These products contain zinc oxide or titanium dioxide.

Chemical sunscreen tends to be easier to spread and blend on the skin compared to mineral/barrier sunscreen, which is usually zinc-based and, therefore, thicker and whiter in color. While zinc sunscreen is less irritating for sensitive skin, it may be more cumbersome for people with darker skin tones. Recently, many brands have created sunscreens that blend more easily with various skin tones. Find one you like and feel comfortable applying – and reapplying – to your skin.

The key to getting the total amount of SPF protection from sunscreen is applying it generously and frequently. Most people need to apply more. For example, most adults need about 1 ounce of sunscreen to cover their body effectively, or about enough to fill a shot glass. Reapply sunscreen at least every two hours, or more often if you've been sweating or swimming.

It is important to note rapidly growing or changing lesions. If you notice something new or changes in size, color or shape, consult with a dermatologist or other healthcare expert. The earlier a skin cancer is found the better chance of successful treatment. — Catherine Degesys, M.D., Dermatology, 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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The Neuroscience of Kindness: Unlocking the Secrets of Altruism

By Robert Morton

Altruism is when people care about others without expecting anything in return, and it's a human trait that neuroscientists find mind-boggling. It goes against our natural instincts to look out for ourselves first, making us wonder why we're wired to be so kind.

Researchers have conducted interviews and examined human brain activity to get a glimpse into why we're programmed to be altruistic. It's important to know, for it helps us figure out the basic rules that shape our communities and relationships.

Picture yourself walking down the street, and you see someone struggling to carry their groceries. What do you do? Hold the door open? Offer to lend a hand? That's altruism in action, the good old act of kindness without expecting anything in return.

Now, here's where it gets interesting. It turns out, your brain lit up like fireworks when you did this nice deed. Yep, studies have shown that when we engage in acts of kindness, our brain's reward centers – the same ones that go crazy for chocolate and puppies – go into overdrive. It's like our brains are saying, "Hey, that felt good. Let's do it again!"

I call them "brain buddies" who cheer us on, but the neuroscience guys and gals call them a "neural reward system" – the ventral striatum and the prefrontal cortex. When we do something nice, these regions release feel-good chemicals like dopamine and oxytocin, giving us that warm, fuzzy feeling.

Now, here's the kicker: not only does being kind make us feel good in the moment, but it also has long-term benefits for our mental well-being. Yeah, you heard that right. Researchers say that regularly practicing kindness can lower stress levels, boost mood, and even improve overall life satisfaction. Talk about a win-win!

The beauty of kindness is that it's contagious. When you do something nice for someone, chances are they'll pay it forward to someone else, creating a ripple effect of goodness. It's like creating a chain reaction of positivity – one small act at a time.

So, there you have it – the science behind why being kind feels so darn good. Turns out, our brains are wired to reward us for acts of altruism, making kindness not only a moral choice but also a biological imperative. So, next time you have the chance to spread a little kindness, go ahead and do it – your brain will thank you for it!

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



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Ladies Homesteading Event in Fremont

By Toni Pendleton

The Ladies Homestead Gathering chapter of Sandusky county, will host its April Gathering on Thursday April 18th at Rutherford B. Hayes Center in Fremont. Our Gatherings are free to attend and open to all women ages 16+ (nursing babies welcomed) interested in Homesteading & a "home-centered" lifestyle.

Come early for a stroll through Spiegel Grove. Members & Guests are invited to a private Home & Museum tour from 4:30pm-5:30pm. Your ticket price for this private tour will be \$17/per person and by RSVP only. Deadline to RSVP is April 4th - please email our chapter with your RSVP to join the tour at: Sandusky.OH@nlhg.org.

We'll gather in the beautiful Museum auditorium by 4pm for our Annual "Spring Cleaning Book Swap". Bring your gently used Homesteading or home-related books to swap with other members.

"Social Time" will begin at 5:30pm, followed by our first speaker Julie Ibarra/Education Coordinator for the Sandusky County chapter who will talk about the latest craze: "Mushroom Coffee & Tea".

Our featured guest speaker, Cyndi Ball, will take the stage at 6:45pm. Cyndi is the Executive Director & Founder of the National Ladies Homestead Gathering (NLHG). Cyndi started this popular nationwide non-profit organization in 2011 as a way to bring homesteading ladies together to learn from & support each other while building lifelong friendships and a like-minded Community.

Cyndi Ball is currently traveling the U.S. visiting local chapters of the National Ladies Homestead Gathering organization. Cyndi will speak to our Chapter members & guests about stepping out of our comfort zones to gain greater empowerment: "**Comfort Zone Eviction - from CoZE to Courageous.**" Donations are welcomed.

Please learn more about Cyndi Ball at CyndiBall.com and the National Ladies Homestead Gathering at www.NationalLadiesHomesteadGathering.org

Submitted by: Toni Pendleton/President, Sandusky County Chapter, National Ladies Homestead Gathering. Email: Sandusky.OH@NLHG.org



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Image of the Mind

By Alisa Florio

Napoleon Hill believed there was a foundational attribute that both contributes to, and results from all principles of individual achievement that ultimately molded his Law of Success philosophy. He was quoted as saying:

Try as hard as you wish and you cannot be happy unless you BELIEVE IN YOURSELF!

My Goal BY _____ 20 _____

I'm so happy and grateful now that...

Work with all the strength at your command and you cannot accumulate more than barely enough to live on

unless you BELIEVE IN YOURSELF! The one and only person in all this world through whose efforts you can be supremely happy UNDER ALL CIRCUMSTANCES, and through whose labor you can accumulate all the material wealth that you can use legitimately, is YOURSELF!

When I began training with Bob Proctor doors of opportunities opened up; catapulting my life into territories I hadn't experienced before. When I signed up I thought, "How am I going to pay for this?" My next thought was, "Alisa, how can you not pay for this?" This investment in myself became a life changer for me and hopefully you too.

Little did I know my trainer would begin by saying, "Okay, Alisa let's get to work on you." I thought; "Is this man crazy? How is this going to change my circumstances with the people around me?" If we want change with people, or our environment; we first have to change ourselves. Why? Because our life is a reflection of the way we think. I soon discovered the change I was seeking; began in me with my self image.

Many believe the backbone of Napoleon Hill's success was his self esteem. He believed self confidence is an underdeveloped character within most of us, YET, crucial for us to experience prosperity and happiness. I want to leave you with this challenge to catapult you into a life you love: Take your mind back to the stick person....

Remember our attitude comes from the way we think. Notice the information you allow into your conscious mind. What are you spending time thinking about? Only accept the thoughts in alignment with your goals; as your subconscious mind directs your actions.

Here's your next step in building your self confidence. Cut out the goal card above; and fill it out as if you've already reached your goal. You are this person who is so happy and grateful now that you've reached _____ (name your goal). Carry this goal card in your pocket with you everyday. Think about your goal at least 3 x's a day until you reach it. Then make out your next goal card. Feel a big Hug from me!

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Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): There's always another tomorrow and it's important that you prepare for it. Being a bit more careful now can offer you so many more options in the long run. Let existing resources help you do the heavy lifting.

TAURUS (April 20-May 20): You shouldn't need to defend yourself or your money-making efforts. You might have a vision and the foresight to know what needs to be done. Let other people blow their timing – you know how to leverage that.

GEMINI (May 21-June 20): Don't underestimate your contributions. You may think that making friends and helping at community events means you are only filling in time. Your efforts touch hearts, have the courage to reach high and go far.

CANCER (June 21-July 22): A call for help can give you a chance to apply practical skills. A loved one or partner could give you some sound business or career advice, take notes and use this new knowledge where it can do some good.

LEO (July 23-Aug. 22): Find or create a peaceful space where you can reflect and process in silence. This could be a good time to take an interest in a healthier lifestyle. Consider what could use improvement and implement better self-care.

VIRGO (Aug. 23-Sept. 22): Get involved with an activity or hobby that can be truly satisfying on a personal level. You may feel a time crunch because of outside pressures but try to make time for things that make your soul happy.

LIBRA (Sept. 23-Oct. 22): Things don't always improve in a straight line. There can be hiccups, plot twists, and cliffhangers before you see real, sustained upward movement. You have to be persistent with your creation to reap the benefits.

SCORPIO (Oct. 23-Nov. 21): Enjoy relaxing with creative ideas, but being inspired can build something, too. You may believe you are spinning your wheels, but once you gain traction those wheels can help you travel somewhere worthwhile.

SAGITTARIUS (Nov. 22-Dec. 21): Love at first sight is usually projection at first sight. And it doesn't have to be love, projection happens in all parts of life. It can get awkward as fantasy projections dissolve. Keep your eyes open for the real-real.

CAPRICORN (Dec. 22-Jan. 19): The time may be ripe to reevaluate your financial situation and focus more on, or tweak, money-making activities. You might be wiser than usual about the ways of the world so remain alert for opportunities to expand.

AQUARIUS (Jan. 20-Feb. 18): Your passions could be stirred. Prepare to set the wheels in motion so that you can accomplish something near and dear to your heart. Once you resolve to conquer the heights the universe can kick in to help you.

PISCES (Feb. 19-March 20): Be your unique, authentic self and you'll attract your tribe. Instead of conformity, think about the things that you need, you value, and you are comfortable with. Partners and friends should be able to meet you there.



Gabby Gardener

By Karen Langley

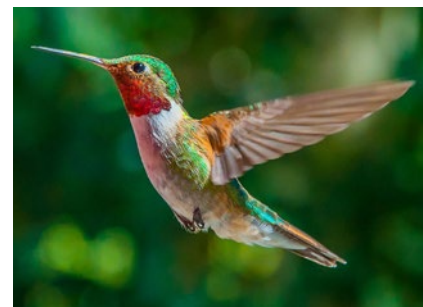
Hello fellow gardeners. I wrote this at the end of February, it is far from spring weather. It is windy and cold after a touch of teasing from Mother Nature the day before with a touch of teasing with record breaking temperatures in the seventies. That touch of warm air made me think of spring, birds nesting and bulbs popping up. Which they are starting to do. So much to look forward to!

This article is about my aunt and uncle who have both passed away, and the joy I got going to his home in his final years. I would sit next to his recliner and watch the hummingbirds buzz in and out of his feeder.

Did you know that a hummingbird's wings beat eighty times a second? I have never seen so many hummingbirds! Did you know they are territorial? We would laugh at the ones doing a stake out and beeline in for a drink of nectar before resuming their post. The beauty of them was amazing.

My uncle made his own nectar. When he became too weak to fill the feeder, I would step on his stool, take down the feeder and fill it. The nectar was kept in a mason jar in the refrigerator. I remember asking him for the recipe. Here it is: mix one cup of extra fine white sugar with 4 cups of warm water until the sugar is dissolved. Fill the feeder, keep the leftover sugar water in the fridge.

Now that they have passed away it is time to buy my own feeder.




IN YOUR OWN BACKYARD

Due to the Total Solar Eclipse, the **regular meeting of the Multiple Sclerosis support group** will not be held on April 8 but it will meet on Monday, April 15, 6:30pm at Hayes Memorial UMC, Fangboner Rd, Fremont. The group will continue to meet the 2nd Monday of each month and is open to all people with MS, their families and their caregivers. MS self-help groups bring people together who share common life experiences for support, education and mutual aid.

Sandusky County Republican Women will meet on April 11, 6:30 pm at the Sandusky Township Hall, 2207 Oak Harbor Road. Members of the Sandusky County Drug Task Force will be guest speakers. Members, associate members and guests are welcome to attend. Contact President Lorilynn Balduf, lbalduf2007@yahoo.com for info.

On April 14 at 3 pm, a **"Musical Moments" Concert will take place at Terra State Community College** in the Student Activities Center. Various groups, including the Brass Choir, Concert Band, Concert Choir and Orchestra will provide well-known and loved memorable selections. The concert is free and open to the public.

Birchard Public Library is having a Spring Book Sale! Need a book on building a new deck? Planting a garden? Camping destinations? Wednesday, April 10, the sale is from 5-8. This night is for Friends of the Library only. You may join that night and participate in the sale for a small fee. The sale is open to the public: Thurs., April 11, 10-8, Friday, April 12, 10-5, Sat., April 13, 9-12. Saturday is bag day. We supply the bags, or you may bring your own and fill them for \$3. Birchard Public Library is located at 423 Croghan Street in Fremont.

The Fremont Area Women's Connection invites all women to join us at our Ladies Luncheon, Tuesday, April 9th at Victor's Event Center, 2270 West Hayes Avenue, Fremont. Join us to "Tiptoe through the Tulips" featuring Cheryl Cessna of The Petal Patch in Fremont. Theresa Herr, Sylvania, will tell about her life "Victory over Rejection."

The doors open at 10:30 for coffee and socializing. Invite your friends to join you! Lunch and program is from 11 to 1pm, cost is \$14.

Make your reservation before Friday, April 5th. Call or text Donna at 419-680-2251 or e-mail Carrol at fawluncheon@gmail.com. Reservations/ cancellations must be reported in the same way. Find out more about us and see pictures of past luncheons by joining us on Facebook at "FAS Fremont Area Stonecroft". We are affiliated with Stonecroft Ministries.

"Solar Eclipse Health Fair" Free Event, Saturday, April 6, 10 am - 2 pm. Gibsonburg Community Church, 795 W. Madison St.

We will have booths with professionals & info relating to areas including Multiple Sclerosis Support, Parkinsons Support, Medicare, Office of Aging, YMCA, etc.

The first 150 people will receive a free pair of Solar Glasses to be to watch the Solar Eclipse on April 8, 2024.

Fremont Lions Club will meet on April 2 and April 16 at the Fremont Eagles Hall from noon-1 pm. Brenda Havens and David Thornbury from the Sandusky County Visitors Bureau will be the speakers on April 2. They will share the preparation and what is in store for Sandusky County as we welcome visitors on April 8 to experience the Total Solar Eclipse Event. Students of the Month from Fremont Ross

Continued on page 11.

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Dear Cathy,

Are citronella dog collars safe for dogs to prevent barking? Though we understand he is doing his job, our dog's barking with delivery drivers, letter carriers, and even someone walking near our home has become excessive.

— Grace, North Massapequa, New York

Dear Grace,

Citronella collars deter dogs from barking by emitting a citronella scent that activates when the dog barks. It doesn't hurt them, but it does startle them when it first activates, and they definitely don't like the smell, which are two ways the collar discourages dogs from barking.

While your dog may bark less with the collar, if you are not addressing the triggers that lead to the barking, most dogs will resume barking when the collar is removed, or it runs out of citronella. Dogs may also become accustomed to the scent and activation, and bark despite the collar.

If excessive barking is a concern, I understand why you want to try it. It may offer you and your neighbors some relief. But it also helps to address the triggers that lead to barking because that approach can be much more effective in creating a long-term solution to the problem.

Here are some suggestions:

First, determine the root cause of your dog's barking: boredom, fear, territorial behavior, or separation anxiety. Addressing the underlying issue can help reduce excessive barking.

Second, ensure your dog receives enough mental and physical exercise to prevent boredom and pent-up energy, which can lead to excessive barking. Interactive toys, puzzle feeders, and regular walks or play sessions can help keep your dog stimulated and engaged.

Third, use positive reinforcement training techniques to teach your dog alternative behaviors and commands, such as "quiet" or "go to your bed" to redirect his focus and discourage barking.

Fourth, manage your dog's environment, such as using curtains or barriers to block visual stimuli that trigger barking, or keeping your dog indoors during high activity or noise outside.

Next, minimize environmental triggers that may provoke barking, such as loud noises, unfamiliar people or animals, or changes in routine. Provide a safe and comfortable space for your dog to retreat when they feel anxious or overwhelmed, like a dog bed or a kennel.

Gradually expose your dog to triggering stimuli in a controlled manner, pairing it with positive experiences, such as treats or play, to change their emotional response. This can help reduce anxiety and reactivity, leading to less barking over time.

Finally, expose your dog to various people, animals, and environments to help them become more confident and less reactive. Proper socialization can reduce fear-based barking and promote positive interactions with others.

These suggestions will help you address your dog's excessive barking safely and effectively.

Dear Cathy,

Your column about picking up an elderly dog without causing pain prompted me to write to you. My 18-year-old Maltese mix had spinal surgery when he was 10. His pain was so bad that it was either put him down or do the surgery. We opted for the surgery. It was a smashing success. He has been mostly pain-free ever since.

When visiting him in the vet hospital after his surgery, the nurse brought him to see us on his bed instead of hand-lifting and carrying him. We've been doing that at home ever since. It was very easy to train him to walk onto his bed when he wanted to get up on the couch or on the bed at bedtime. He then looks at us to pick him up, which we do by picking up the bed instead. In the last eight years, I have only picked him up to go to the vet's office.

I hope this suggestion helps others. It has worked wonderfully for us and him.

— Tom, Las Vegas, Nevada

Dear Tom,

Training your dog to go to a dog bed when he wants to be put on the couch or bed shows your ingenuity. While ramps are typically used for larger breeds, training a small dog to use a dog bed and lifting him while he is in the bed can be an effective way to help him access the furniture comfortably and without injury. Thanks for sharing your tip.

Pet tip for those with rabbits:

Do you have a rabbit? Unlike other pets, rabbits' teeth continuously grow throughout their lives, and dental problems can arise if they don't wear them down properly.

Chew toys, like untreated wooden blocks, can help wear down their teeth naturally and prevent overgrowth. If you notice your rabbit having difficulty eating, drooling excessively, or showing signs of pain while chewing, seek veterinary care promptly.

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DESPERATE TIMES DON'T ALWAYS CALL FOR DESPERATE MEASURES

By Dr. Paul Silcox

A Concussion Injury Response to Nasal Release Technique

After February's article about head injuries, a young woman came to the office suffering from the aftereffects of an all-terrain vehicle accident that occurred 8 years ago. Severe headaches, headaches susceptible to changes in barometric pressure, facial pain, neck pain, top of shoulder pain on the right and sneezing would cause a sharp pain in the head and nose. While she was in the hospital, part of the skull was removed temporarily to reduce pressure on the brain from swelling. Pictures were shown to me of her two-month hospital stay.

A friend showed her the article and a call was made for an appointment for a consultation. As I write this, 5 treatment sessions have been done. She reports that the headaches have been substantially reduced. The sharp pain from sneezing has lessened significantly. The pain associated with the change in barometric pressure from storm systems is much less. She feels a lot better.

As I said in February, thousands of people have head injuries that have a diagnosis of Concussion. Most concussions heal quickly, but significant impacts can have results that produce devastating effects.

When the head or face is hit from the outside, it can cause shifting of one or more of the 22 bones in the skull. And many of them are held together like tiny jigsaw puzzle pieces. Unfortunately, with trauma from things like car accidents, falls striking the head, sports injuries such as football and others, they can get jammed together.

With the Nasal Release Technique (NRT), 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 (behind and below the eyes). The treatments are given in a series of 6-8 depending on the severity of the condition and length of time present. This patient has repeatedly confirmed is not painful, but

it "feels" different. It feels a little ticklish at first and then a couple seconds of pressure as the balloon expands. After 3-4 seconds the balloon is released quickly, and all pressure subsides. A change for the better is often felt quickly.

If you would like to see if this approach might help you, call the office at 419-307-8094 for an appointment for a more detailed explanation.

IN YOUR OWN BACKYARD

Continued from page 9

and St. Joe High School will be present on April 16 in addition to speaker ShirLee Eberle, the 2nd District Vice Governor.

Guests are always welcome at the meetings to meet the students, speakers and get acquainted with Fremont Lions. Call Secretary Donna Thatcher at 419 332 3095 for info.

National Day of Prayer will be held on May 2 and will be observed at noon. The National Day of Prayer predates the founding of the United States evidenced by the Continental Congress' proclamation in 1775 setting aside a day of prayer. In 1952, Congress established an annual day of prayer and, in 1988, that law was amended designating the National Day of Prayer as the first Thursday in May.

The 2024 theme is "Lift Up the Word-Light Up the World" and is based on 2 Samuel 22:29-31.

All are welcome to attend and join various pastors who will pray for America by praying into seven centers of influence in our nation. Those centers include: Government, Military, Media, Business, Education, Church and Family.

The Fremont observance is being planned by Fremont Area Women's Connection, an affiliate of Stonecroft Ministries. Further details will be in the May issue of Lifestyles. Please contact Barb Moran-Engler at 419 680- 0107 or Donna Thatcher at 419 332 3095 for info.

Kiwanis Club of Fremont meets every Thursday 11:45 am - 1 pm at the Fremont Elks Lodge except for the first Thursday of the month where they meet at The Back Lounge of The Strand Theater 5 - 6:30 pm. Guests are welcome. Programs for this month are: April 4 - Social Gathering at The Strand with the Ultimate Trivia Challenge hosted by Larry Gundy and President Jenny Freeh, April 11 - Brandeis Garcia will speak about The Book Fairy, April 17 - Annual Kiwanis Pancake Festival, 6:30 AM - 7 PM, April 18 - Melanie White will give a presentation on the the Mental Health Issues with Youth, April 25 - Lynne Wagner will speak about the Birchard Library Community Outreach program. For more info, email sardisbirchard@yahoo.com.

Fire Lands Stamp Club is hosting a FREE public meeting on Wed., May 1 featuring a speaker from the American Philatelic Society (the largest non-profit organization for stamp collectors in the world). The topic will cover estate planning for collections, such as stamps, coins, antiques or any other collections of value. If you have always wondered what to do with an inherited collection, be sure to attend! The meeting will be held from 6 - 8 p.m. at the Post Mark Collectors Club Museum (next door to the Historic Lyme Village Visitors Center), located at 5001 State Route 4 in Bellevue. Mark your calendars for a unique and educational experience! For more info contact Dave Gill at dlGPC@outlook.com or call 419-656-3021

The 19th Annual Plant Sale will be held from 9 a.m. until 1 p.m. on Sat., May 4, at the Sandusky County Fairgrounds in Fremont. It is sponsored by the Sandusky/Ottawa Counties Master Gardeners.

There will be a variety of flowering annuals and perennials available as well as hanging baskets, herbs and vegetables. Prices are reasonable according to the organizers.

Volunteers will be available to answer the public's questions about planning and maintaining gardens. They can suggest plants that are sun-loving, grow better in shade, or attract pollinators such as butterflies.

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