

# 2000les Lifestyles

January 2025 | Vol. 26 Issue 1



Happy New Year

2025

Lifestyles2000.net



# STUDENT CONTENTS

## **NEWS & NOTES:**

Life Scholar, Kathleen Nalley . . . . .5

Camp Fire News . . . . .6

## **ENTERTAINMENT:**

Out to Lunch, Lynn Urban . . . . .4

Adventures in Grocery Land, Robert Morton . .5

In Your Own Backyard . . . . .6, 11

Astrology Forecast, Magi Helena . . . . .9

## **HEALTHY LIVING:**

Mayo Clinic . . . . .6

Image of the Mind, Alisa Florio . . . . .8

The Cold Hard Facts of Stress, Dr. Paul Silcox, 11

## **HOME & HEARTH:**

America's Test Kitchen, . . . . .7

Hugs, Pauline A. Darr . . . . .9

My Pet World, Cathy Rosenthal . . . . .10



# Lifestyles 2000

January 2025

Vol. 26 • Issue 1

[www.lifestyles2000.net](http://www.lifestyles2000.net)



Celebrating  
**25**  
YEARS  
1999-2024

## PUBLISHER/EDITOR

Joanne McDowell

## SALES

Joanne McDowell


p. 567-342-3117


e. [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net)

## GRAPHIC DESIGN

Martha Blumel, [Envision Graphic Design](http://EnvisionGraphicDesign.com)

## ADVERTISING & GENERAL INFORMATION

 567-342-3117

 [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net)

**Acceptable ad formats:** JPG, PNG, PDF

**Artwork due date:** Ads can be accepted until the 20th of each month; if approval artwork is needed, please get in touch with us no later than the 15th of each month.

**Press releases and events:** Please email [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net) by the 20th of each month. Press releases must be submitted as Word documents only—no PDF files, please. We cannot run fliers, so please write up your event, and we will include "In Your Own Backyard." Please make sure all the information is correct before sending it. Sorry, we cannot return phone calls, but we will do our best to print those received.

**Find us online:** Lifestyles 2000 is a monthly publication available free of charge online at [Lifestyles2000.net](http://Lifestyles2000.net) and [Facebook](https://www.facebook.com/lifestyles2000).

Lifestyles 2000 reserves the right to refuse any advertising for any reason. The opinions expressed by the contributors and writers do not necessarily reflect the paper's views. Advertisements do not constitute an endorsement of products, information, or services. Neither the advertisers nor the publisher is responsible for omissions, misinformation, typographical errors, etc.

Lifestyles 2000

30 Ponds Side Drive • Fremont, OH 43420

# PUBLISHER'S LETTER



Welcome to our new digital magazine and website!

We are so excited to have this beautiful magazine and website with larger graphics. Best part, I don't have to deliver in the snow, and you don't have to go out looking for an issue!

Enjoy this new issue and please share our site with family and friends, we don't want anyone to ever miss an issue.

Happy New Year!

*Joanne*

## FINDPETE



### Find Pete Winners:

This was apparently a really tough one, Pete was hidden in our ad, Going Digital. There were less than 100 correct entries.

**Winners are:** Beverly Hossler, Linda Stine, Kye Cleveland, Marsha Sondergaard, Ada Williams, Dave Post, Kimberly Warren, Wm. Babione, Fremont; Heidi Clevinger, Clyde; Rita Osmon, Tom Beckman, Bellevue; Paula Renfro, Green Springs.

Thanks for entering!

### Find Pete Prizes:

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

### Find Pete Contest Rules:

To enter, send the name of the ad, your name and address to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Or email your entry to [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net). Sixteen prizes given monthly. One entry per household. Deadline is the 20th monthly. Please do not send the ad.



# OUT TO LUNCH

By Lynn Urban

## Gigi's Tacos and Margaritas

There's a new amigo in town, well not actually in Fremont, but in Bellevue. Gigi's Tacos and Margaritas is a family-owned Mexican restaurant, where all the family pitches in to help. It's located where McClains used to be, on Main St. Gigi and her husband opened

the first restaurant in Mansfield and this is their second restaurant.

We met Gigi on opening weekend, and it was packed, but despite all the busyness, both the service and the food were great. We tried it again on a weeknight

that was not so busy, and again the food and service were great.

Most Mexican restaurants have similar menus, but here, there are some interesting combinations of authentic Mexican cuisine on their menu. We ordered the Fajitas with pork for \$18.99. They came out sizzling and loaded with meat and vegetables. Our order, which also came with beans and rice, was enough to share. The flavor was spot on. The rice and beans were good, and the guacamole and the salsa were fresh and flavorful with the perfect amount of spice.

I didn't try any desserts, but they offered several Mexican sweets that I would like to try, such as churros, sopapilla, flan and fried ice cream. The descriptions are on the menu. So, if you want good, authentic Mexican food, defiantly try Gigi's. I'll be going back. Gigi's is open daily for lunch and dinner.



# LIFE SCHOLARS

By Kathleen Nalley

What New Year's resolution doesn't involve improving one's health? This is the perfect time to explore programs offered through Terra State Community College's Life Scholar program. A special option is to try a class for just \$7.00 and see if it fits your needs. It is, also, possible to receive a 15% discount when registering for three or more fitness classes. Instructors are certified and experienced.

Debbie Gallager offers a 30-minute workout devoted to tone, strengthen and add flexibility with resistance exercises Monday and Wednesday mornings called **Fit for Life Body Works**. Angie Schroeder offers **Mat Pilates Plus, Hatha Yoga, Balanced Body, and Cardio Sculpt**. Life Scholars, in cooperation with the YMCA, offers **SilverSneakers Classic** which moves to music with a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Tone and Sculpt is a morning class offering strength and athleticism gains. Please contact Maggie at 419.559.2255 to discuss the Silver Sneakers savings and registration.

Early evening options for those over 50 who are working during the day include **Dancefit** and **Yoga with Ashley** on Tuesdays. **Evening Yoga with Stacie** will continue Mondays. Wednesday evenings mean **ZUMBA** with Johanna Mackey.

Artistic pursuits can be addressed with Carol Hoffman starting in February with Canvas Painting of selected designs and step-by-step instructions. Alice Holly will offer Beginning Pastels introduces the different types of pastels and the preferred paper used in painting. All supplies are provided.

**The Sandusky River, a Local Treasure** will be Jon Detwiler's introduction to teaching a Life Scholars course. On February 5, he will lead students on a journey of Fremont's greatest natural resource exploring its flood history, the wildlife and its future.

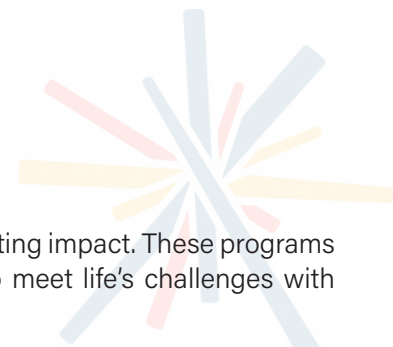
On Feb. 11, Kevin Moore of the Rutherford B. Hayes Presidential Library, will offer insight into the return of Civil War soldiers to their homes in Sandusky County, and the subsequent growth of a veterans movement that came to shape American politics and culture in **The Civil War Veteran Experience**.

**The Battle of Fort Stephenson** is an historic event deeply rooted in the city of Fremont since it took place on the site of Birchard Public Library. Larry Michaels will delve into this under-appreciated decisive battle with a PowerPoint presentation Feb. 24.

Class registration is as easy as calling 419.559.2255 or emailing [Learn@Terra.edu](mailto:Learn@Terra.edu). Catalogs will soon be in the mail to members. Call if interested in being added to the mailing list.

**OLD FORT COUNTRY MARKET**  
8080 Main Street, Old Fort  
419-992-4666  
Mon-Fri 7:30am-6pm  
Sat 8am-5pm  
Sun 10am-2pm  
Heat and Eat items everyday.  
Homemade and fully cooked - ready to be heated and eaten.  
**Crockpot Meals**  
**Homemade Meatloaf**  
Enjoy our famous homemade sandwich spread and shredded sandwiches everyday.  
Check out our "Hey, What's For Lunch Video" on Monday mornings. Follow us on FB.





### Discover Winter & Spring Camps at Camp Fire Sandusky County!

Camp Fire's Winter and Spring Camps and Programs offer engaging, hands-on experiences designed to help young people find their spark! These programs focus on building physical, mental, and social skills that will benefit participants for the rest of their lives.

This season, Camp Fire is offering a variety of opportunities for growth and fun, including a **Babysitting Course, STEM Camp, Drawing Camp, Archery Camp, LEGO Camp, and Independent Living Skills Camp**. Other exciting programs include Teens in Action/Youth Move, the always popular Parents Night Out, and School is Out, Camp is In, perfect for days off during the school year.

The long-term benefits of these camps extend far beyond fun—they complement kids' educational, artistic, and social interests while strengthening independence and building self-confidence. Camp Fire programs are designed to reinforce the idea that there is no such thing as failure, only opportunities to learn, grow, and try something new.

Every experience at Camp Fire leaves a lasting impact. These programs give young people the tools they need to meet life's challenges with courage, confidence, and resilience.

Join us in creating meaningful opportunities for local youth. For more information and to register, visit [www.campfiresc.org](http://www.campfiresc.org) today!

### Camp Fire Membership

By joining Camp Fire Sandusky County, you're directly supporting local youth as they connect with the outdoors, build relationships, and grow in confidence. Membership includes Discounts on programs, Early registration access, a Camp Fire sticker to proudly display and more. We have four membership levels to choose from.

Your support helps us create diverse learning opportunities and unforgettable experiences. Together, we can "Light the fire within." Become a member today!

**Camp Fire Sandusky County** is located at **2100 Baker Rd., Fremont**—we can't wait to see you there!

# ADVENTURES IN GROCERY LAND

By Robert Morton

Grocery shopping with my wife is less of a chore and more of a psychological adventure. This week, we hit Walmart, Foodtown, and Aldi's, all in search of the mythical "best deal." By the end, I wasn't sure if we'd saved money or lost our minds.

It started at Walmart, where I, self-appointed Captain of the Cart, steered us straight into another shopper. My wife glared at me like I'd sunk the Titanic. The poor woman I collided with was remarkably understanding, though her polite "It's fine" tone carried just enough edge to suggest it wasn't. I mumbled an apology, which led to a discussion with my wife about how people rarely mean what they say in public. That theory held up when we ran into our neighbor near the canned goods aisle and both acted like we wanted to catch up, though I was more interested in the clearance cookies behind him.

At Foodtown, the highlight was our encounter with what I can only describe as a grocery store "price whisperer." While we debated the merits of a \$3.99 bag of rice, a random older gentleman leaned in and muttered, "Cheaper at Aldi's," before vanishing into the bread aisle like a ghost in a polyester windbreaker. My wife, of course, took his word as gospel. "See? Aldi's is the move," she declared, as though we'd just cracked the Da Vinci Code of grocery shopping.

I couldn't help but wonder: was this man an Aldi's employee on a covert mission? A kind of CIA mole, planted inside Foodtown to steer shoppers away? The way he slipped in and out, delivering price intel with surgical precision, was almost too smooth.

At checkout, everything was fine until the cashier announced the total. My wife, confident she'd budgeted perfectly, pulled out her wallet only

to realize her debit card was missing. Panic set in as she began digging through her purse with the desperation of someone searching for a lost lottery ticket.

The line behind us shifted impatiently, and I could feel their collective judgment like a laser beam on my neck. "I swear it's in here," she muttered, pulling out everything but the card—keys, gum wrappers, even a crumpled shopping list. Finally, she handed me the purse like a bomb squad member passing off a grenade. Turns out, the card was in her coat pocket the whole time. We laughed nervously but knew we'd become "those people" in the checkout line.

Our final stop was Aldi's, home of the legendary "Aisle of Shame." My wife went straight for produce while I got sidetracked by a \$6 waffle maker. Do we need a waffle maker? No. Did I want one because it was \$6? Absolutely.

By the end, we were bagging groceries at lightning speed to keep up with the Aldi cashier scanning items like her life depended on it.

We didn't find the best deals but we did uncover our human quirks. BTW, if you're in the market for a waffle maker, I know a guy.

*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 authors 3 spy thriller novels, available on [Amazon.com](http://Amazon.com) books: Mission of Vengeance, The Shadow War, and Penumbra Database.*





# IN YOUR OWN BACKYARD

**Fremont Lions** will meet on Jan. 7 at noon at the Eagles Hall. Students of the Month will be present and Beth Tischler, Sandusky County Prosecutor will be the speaker. On Jan.21, a quarterly evening meeting will take place at 5 pm at the Eagles Hall. Lion 2nd Vice District Governor , Mike Garber from Lakeside Marblehead, will be the speaker and will also induct three new members into Fremont Lions. Members and guests are welcome to attend the meetings. The quarterly meetings at 5 pm are being held for variety for all and the convenience of those unable to attend at noon Contact Donna Thatcher, secretary at 419.332.3095 for info.

**The Fremont Area Women's Connection** invites all women to join us for our "Time Flies!" Ladies Luncheon Tuesday, Jan. 14th. We will meet at Victor's Event Center, 2270 West Hayes Avenue, Fremont.

We are featuring Carol Walters of Past and Present Emporium! Mary Haddad of Adrian, Michigan will be our speaker. "Looking for Love in All the Wrong Places."

Invite your friends to join you! Doors open at 10:30 for coffee and socializing. Lunch at 11am; program ends at 1pm. Cost is \$14.

Make your reservation before Friday, Jan. 10th. Call/text Donna at 419-680-2251 or e-mail Carrol at [fawcluncheon@gmail.com](mailto:fawcluncheon@gmail.com). Reservations and 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.

**Kiwanis Club of Fremont** meets every Thursday 11:45 am-1:00 pm at the Fremont Elks Lodge except for the first Thursday of the month when they meet at The Strand Theater 5-6:30 pm. Guests are welcome at all meetings. Programs for this month are: Jan. 2-Social meeting at The Strand, Jan. 16-Tami Ward will speak about Fremont Connections (formerly the Village House). Jan. 30-President Rachel McCoy will lead a Kiwanis discussion. For more info: [sardisbirchard@yahoo.com](mailto:sardisbirchard@yahoo.com).

**Single Seniors Mixer Luncheon**, Monday, Jan. 6th at Buffalo Wild Wings, noon. All invited!

*Continued on page 11.*



# MAYO CLINIC

By Regis Fernandes, M.D., Mayo Foundation for Medical Education and Research

## Coronary calcium scan evaluates heart disease and stroke risk

**DEAR MAYO CLINIC:** I recently had a CAT scan of my chest as an evaluation for pneumonia. I didn't have pneumonia, but I got an unexpected high calcium score in my coronary arteries. Does the calcium I eat affect this? I thought calcium was related to bone health? Now I'm being evaluated for my risk of heart disease and stroke. Should others in my family get their calcium score?

**ANSWER:** A coronary calcium scan is a risk assessment tool that helps your healthcare team recommend if measures are needed to lower your risk of coronary artery disease. The scan may show the presence of disease even before someone has symptoms, such as chest pain, shortness of breath and fatigue.

Calcium from the foods we eat or calcium supplements do not have a significant impact on coronary artery calcification.

A coronary calcium scan predicts your amount of atherosclerosis, which is cholesterol and other substances that build up and narrow your arteries and can potentially cause a blood clot. Calcium is present in this buildup, called coronary plaque. The more calcium you have in your coronary arteries, the more plaque you have. The more plaque, the higher your risk for coronary artery disease.

The coronary calcium scan starts with a CT scan of your chest that measures calcification in the arteries that feed your heart. It's typically a one-time test that combines a series of X-ray images of your body. If calcification is found, we usually don't repeat the test. If zero calcification is found, we would repeat the scan a few years later to see if the score changes.

Scores must be interpreted in the context of a person's age and other individual risk factors. For the most part, when calcium gets in your arteries, it stays there; it doesn't get removed. But by lowering your cholesterol level through diet or medications, the cholesterol gets removed and the plaque stabilizes.

Nowadays a calcium score can be derived from any chest CT scan, if no contrast dye is used. In your case, a chest CT scan for pneumonia also showed a high calcium score, even though that was not the initial intent of the test. I commend your healthcare team for using your calcium result to offer you follow-up assessment and possible treatment based on your risk of a heart attack or stroke.

Certain people do not need to get their calcium score. For example, for people who already take a cholesterol medication or who have had a stent or coronary artery bypass surgery, a calcium score is not needed. In those situations, they already are taking steps to reduce their risk.

People with a family history of heart disease may want to discuss a coronary calcium scan with their healthcare specialist. For example, if you have first-degree relatives who have had heart attacks, but your cholesterol is not high, a superficial risk assessment may say you're at low risk. A calcium score is going to be able to evaluate risk more precisely and indicate if additional testing should be done.

*(Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. This Mayo Clinic Q&A represents inquiries this healthcare expert has received from patients. For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).) ©2024 Mayo Foundation for Medical Education and Research. All rights reserved. Distributed by Tribune Content Agency, LLC.*



# Happy Holidays!

*From Our Family To Yours!*



**Elmwood Senior Living Communities**

Fremont Tiffin New Bremen Green Springs



# — AMERICA'S — TEST KITCHEN

Sweet potatoes present certain advantages over regular potatoes when it comes to mashing: They contain more moisture, less starch, and smaller starch granules, so they cook up smooth and creamy. The only problem is that their looser structure absorbs more moisture during a boil, waterlogging the potatoes and diluting their flavor. We cooked the potatoes twice to counteract that dilution.

After boiling, we placed the potato pieces in a pot and stirred them over medium heat for about 7 minutes. This drove off 12% of the potatoes' weight and made them taste intensely earthy-sweet. Because the flavor was so complex, we needed only to add salt and a few tablespoons of butter to complete the dish.

## Best Mashed Sweet Potatoes

Serves 4 to 6

- 2 pounds sweet potatoes, halved lengthwise, and sliced 1/4 inch thick
  - 3 tablespoons unsalted butter, cut into 1/2-inch pieces
  - 1/4 teaspoon table salt
1. Bring 6 cups water to boil in a large saucepan over high heat. Add sweet potatoes. Return water to boil, then reduce heat to medium-low and simmer, covered, until paring knife meets no resistance when slipped into center of potatoes, about 12 minutes.
  2. Drain potatoes and return them to saucepan. Place over medium heat and cook, stirring frequently, for 7 minutes, adjusting heat as necessary to prevent any starches on bottom of saucepan from getting too brown. (Steady stream of steam should continuously escape from saucepan. Potatoes will become a coarse mash.)
  3. Off heat, add butter and salt. Whisk until butter is fully incorporated and potatoes are creamy and mostly smooth, with rice grain-sized bits of potato interspersed throughout, about 1 minute, being sure to scrape edges of saucepan. Season with salt and extra butter to taste, and serve.

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



Join us with your family to watch this inspirational movie



Presents

# JESUS THIRSTS

THE MIRACLE OF THE EUCHARIST



"5 STARS!"  
"Life changing"  
"An absolute must see!"



SHOW TIMES and TICKET PRICES

Sunday, January 5, at 3:00pm or Friday, January 17, at 6:30pm

\$5 for Adults / \$3 for Senior Citizens and Teens / \$3 for ages 8-12

Admittance is FREE for ages 7 and under, but you must call the office.

To purchase tickets, follow the link at [www.stmaryandstmichael.org](http://www.stmaryandstmichael.org),

use the QR Code, or go to [https://brushfire.com/faithcontentnetwork/](https://brushfire.com/faithcontentnetwork/jesusthirsts-themiracleoftheeucharist/592386/tickets)

[jesusthirsts-themiracleoftheeucharist/592386/tickets](https://brushfire.com/faithcontentnetwork/jesusthirsts-themiracleoftheeucharist/592386/tickets)

For help, call either parish office at 419-638-3042 or 419-637-2255



Purchase Tickets Here

Hosted at Fremont Ross Performing Arts Center 1100 North St. Fremont, Ohio 43420



# IMAGE OF THE MIND

By Alisa Florio

Let's begin our New Year by bringing Resource Allocation in for a landing with the 3rd thing that we need to do, and that is:

**3.** Intentionally invest what you have in the direction of your desired goal. We're not mindlessly spending we are strategically investing based specifically on what it is we want to accomplish. In other words, where can you take these resources and invest them in the right place to make a difference in your life, and in the lives of those you love?

One of the most common mistakes we make as leaders is: **STATIC RESOURCE ALLOCATION**

I'm sure you've heard this definition of what is known as insanity... "It's doing the same thing expecting a different result." To become static means to be motionless, unchanging, or fixed with a lack of progress. I think the most alarming is the lack of vitality or richness

in life.

The Mackenzie Company did research on many companies and found, on average, companies allocate 90% of their resources to the same projects year after year. This means for most companies, and this is also true for most individuals, 90% of everything you have is going to the exact same project regardless of how the market is changing. Regardless of your stagnate results at home or in your business, and regardless of what your competition is doing. Your probably doing about the same thing as you were doing last year. This is defined as insane.

83% of CEO's see reallocation as the top level of spurring growth. 83% of the best of the best say, "If you want to spur growth you need to change something."

This is true in your marriage, in your relationships, in your families, at work, and in ourselves. We need to change where we're investing our time and resources into something that will give us a different and better return. This means moving our resources somewhere better, and somewhere wiser.

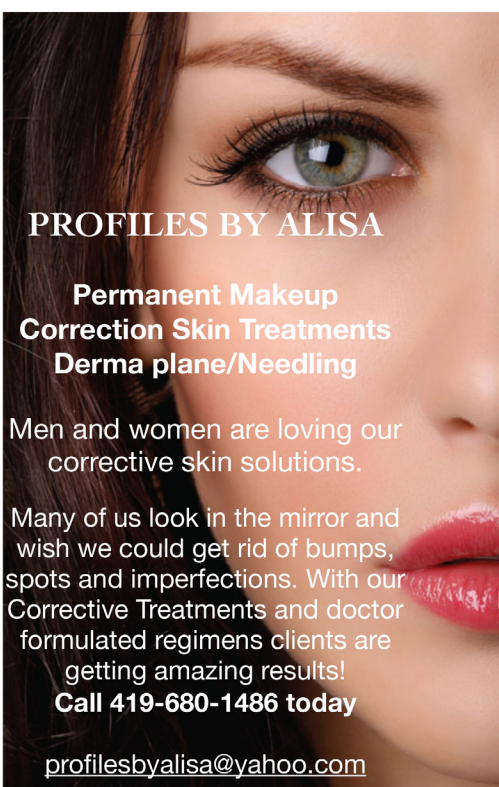
Even though companies are well aware of this it has been found that 1/3 of the companies reallocate only 1% of their capitol from year to year. They put 90% toward the same project and 99% toward the very same strategy.

Henry Ford said, "If you always do what you've always done, you will always get what you've always got!" What Henry is saying here is, "If you want something better you have to do something different!" Balancing life is a beautiful journey, and it takes being mindful of those around us, but we also have to realize that in every stage of life we have to take, "Faith Risks."

To go big you have to take a risk. You have to swing hard. You have to be prayerful and be strategic. We know if we're being called to take risks and if we don't we're playing it safe. You cannot play it safe and find fulfillment in who you are destined to become!

Don't think for a moment that you don't have everything you need! Believe that there is more in you. Believe you can reach more people, more resources, and you can have more impact.

Have the wisdom to seek great council from a Higher Power. Ask for help to take what's not working and turn it around. Believe you are capable of doing abundantly more. Celebrate YOU and know that you are being called to tap into your greatness! Until next time my friends, thank you so much for supporting our journey together! Go to [imageofthemind.com](http://imageofthemind.com) to discover more books and resources to help you expand your mind even farther. Feel a big hug!



**PROFILES BY ALISA**

**Permanent Makeup  
Correction Skin Treatments  
Derma plane/Needling**

Men and women are loving our corrective skin solutions.

Many of us look in the mirror and wish we could get rid of bumps, spots and imperfections. With our Corrective Treatments and doctor formulated regimens clients are getting amazing results!

**Call 419-680-1486 today**

[profilesbyalisa@yahoo.com](mailto:profilesbyalisa@yahoo.com)



## ***Infusion Services at The Bellevue Hospital offers on-site quality care in a private, outpatient setting***

- Staffed by compassionate nurses specially trained to administer IV medications
- Conveniently located on the first floor of the hospital
- Offers privacy in a comfortable and relaxed setting, surrounded by natural lighting

**Infusion Service Hours:**  
Monday – Friday  
8 a.m. – 4 p.m.

**For more information, call:**  
**419.484.5440**



**1400 West Main Street • Bellevue, OH • [bellevuehospital.com](http://bellevuehospital.com)**





# HUGS

By Pauline A. Darr

A hug is an encircling gift freely given.  
From the stiff, cold,  
to the back-slapper, to the I missed you hug,  
to the don't want to let you ever go hug,  
to self-hugs,  
and all the in between hugs.

And all the in between hugs—  
Hugs given. Hugs received.  
Hugs sent via snail mail, e-mail, text, or phone.  
The hoped for imagined hug.  
Hugs remembered and the hugs forgotten.

This wordless communication, this heart-felt  
squeeze that can melt the moments or years  
and convey a spectrum of emotions: love,  
encouragement, forgiveness, acceptance,  
comfort, sympathy, security, pride, and hope.

There are hurried hugs, embarrassed hugs,  
unsure, dutiful hugs, spontaneous,  
light-hearted, casual, or love's intimate hugs.

Then there's the desperate, Don't you dare hug  
me because I need you too much.

Assuredly there is the good-bye hug of two  
hearts knowing they will never meet again.

Then there are the funeral hugs. The I don't  
know what to say hugs because there are no words.  
The closed eyes hug and slowly, whispered words  
while rocking back and forth in sorrow's embrace.

Likewise, there are the tight hugs of surprise, or  
sudden return, astonishing results, or just good news.

Like Campbell Soups, I suppose there are just as  
many types of hugs.

Can the power of a hug not only energize—  
but can a hug heal?

Can a hug between an Esau and a Jacob mend  
years of bitter rivalry?

Can a hug dissolve misunderstandings,  
suspicions, betrayal, and condemnation?

The powerful Love between outstretched arms  
in the act of an eternal embrace  
affirms *such power does exist.*

So, in fact, our hugs are but an extension of  
Christ's embrace—a holy hug from Him through me,  
from Him through you—  
holy hugs in wholly hugging,  
the encircling gift  
freely given.



# ASTROLOGY FORECAST

By Magi Helena

**ARIES (March 21-April 19):** You may prioritize sending greetings in the form of phone calls or gifts. Reach out to clients with last-minute reminders. A bit of charm and holiday cheer could help things run smoothly while making a big difference.

**TAURUS (April 20-May 20):** When you help someone else cross the river, you reach the other side too. The more you help other people the more you help yourself. You might feel inspired to act generously.

**GEMINI (May 21-June 20):** Take compliments with great appreciation. Sometimes unsuspecting statements may contain a major confidence boost. Consider focusing on winning in the professional world and leave decisions about romance for another day.

**CANCER (June 21-July 22):** Peer pressure may be a challenge you must meet. With the new year approaching, you might find yourself attending more social gatherings than you'd initially thought. Some matters, however, might be a top priority and can't be ignored.

**LEO (July 23-Aug. 22):** Expressed your enthusiasm for physical activities? You might be the one asked to help move furniture or use a hammer to hang decorations with care. Be prepared for frequent requests for help and assistance in the coming month.

**VIRGO (Aug. 23-Sept. 22):** You are your own best critic. If you have been unprepared in the past, you might have an opportunity to do better this time around. Put your best foot forward when dealing with your loved ones and handling any existing responsibilities.

**LIBRA (Sept. 23-Oct. 22):** It's the thought that counts. If you want to impress others, focusing on someone's needs may be much better than just giving money. In the coming month, you might tune into what your partner truly desires from your relationship.

**SCORPIO (Oct. 23-Nov. 21):** Allow someone to showcase their newfound attitude. Someone seeking to make amends might need a chance to show their generosity. Let the pieces fall into place when it comes to the budget or investments. Trust your truest instincts to guide you.

**SAGITTARIUS (Nov. 22-Dec. 21):** Take accountability for the part you play. There may be an opportunity to demonstrate your loyalty and commitment. Keeping confidential information under wraps may prove that you can be completely trusted to keep a secret.

**CAPRICORN (Dec. 22-Jan. 19):** The holiday spirit could find its way into your wallet. Don't be surprised if you have an urge to be more generous. It's not worth getting upset with those who have different goals or envision alternative outcomes than you do.

**AQUARIUS (Jan. 20-Feb. 18):** It may be possible that you will wonder where the money went after a shopping spree. As the month progresses, your professional skills could come in handy. Consider checking in with your goals before relaxing.

**PISCES (Feb. 19-March 20):** An outing might be just what you need to lift your spirits. Explore new activities to cheer you up. Remember, it's not the opinions of others that matter most, but the judgment of the person you see in the mirror.



# MY PET WORLD

By Cathy Rosenthal

Dear Cathy,

I saw the article in your column about the 14-year-old feral cat who was trapped, fixed, and left to live outdoors. They mentioned the cat injured a back paw, which made me wonder why they didn't try to make her an indoor cat where she would be safer.

In 2011, we trapped a wild-born feral in our neighborhood, Sox. After getting her fixed and microchipped, we kept her in a half bath with a window for 5 months, spending time with her daily. It took years for her to trust us, but she eventually became a happy, content indoor cat, even bonding with two of our other cats.

We moved across the country with Sox and four other pets, making stops to ensure they were comfortable. Sox remained cautious in our new home but eventually started exploring the house and stopped hiding. She would flop on her back, purr, and show us just how happy she had become. She never did want us to touch her or pick her up though.

Sadly, we lost Sox in December 2022 to kidney disease and hypothyroidism. She was so ill at the end that I was able to

pick her up for the first time and hold her. We miss her terribly, but we're grateful for the wonderful life she had with us.

— Ken, Las Vegas, Nevada

Dear Ken,

Your commitment and patience in transforming a wild-born feral into a happy, content indoor cat is truly inspiring. The fact that you were fine with never being able to touch her speaks volumes about your understanding and compassion — few people would be so kind or understanding.

Unfortunately, not all feral cats can transition to indoor life as well as Sox did. Cats have a much smaller socialization window than dogs, and if they miss that critical period, they may never adjust to living indoors.

Some ferals become severely stressed or fearful in confinement, to the point where their quality of life suffers. In these cases, caretakers often make the tough decision to let them live outdoors. Injuries like the one described in the column are heartbreaking reminders of the risks and challenges outdoor cats face. It also underscores the importance of spaying and neutering pets to reduce the number of unwanted cats left to fend for themselves on the streets.

Thank you for giving Sox such a wonderful life and for honoring her memory so beautifully. Her story may inspire other readers to see the potential in their neighborhood community cats.





Westview Veterinary Hospital, Inc.  
3032 Napoleon Road Fremont, Ohio  
419-332-5871

## ABOUT US

- Wellness Exams & Vaccines
- Full range of soft tissue and orthopedic procedures
- In- room waiting and checkout
- Heartworm, flea, and tick prevention
- Digital radiography
- Comprehensive diagnostics
- Equine services
- Dental procedures including: cleanings, extractions, polishing, radiographs, & fluoride treatments.
- In-house laboratory and pharmacy
- Ultrasound and Class IV Laser Therapy
- Private Comfort Room
- State-of-the-art facilities

### HOURS

MONDAY	8:00 AM - 5:30 PM
TUESDAY	8:00 AM - 5:30 PM
WEDNESDAY	8:00 AM - 5:30 PM
THURSDAY	8:00 AM - 5:30 PM
FRIDAY	8:00 AM - 5:00 PM
SATURDAY	8:00 AM - 12:00 PM
SUNDAY	CLOSED



### Humane Society of Sandusky County

## Annual Membership

Please join us and support your local shelter!

- Annual Gift - \$100
- TNR Sponsor - \$75
- Spay/Neuter Sponsor - \$50
- Pet Food Bank Sponsor - \$25
- Additional Support - \$ \_\_\_\_\_

**Total \$** \_\_\_\_\_

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_

**Phone #** \_\_\_\_\_

**Email** \_\_\_\_\_

---

**Mail to:**

The Humane Society of Sandusky County  
1315 N. River Rd  
Fremont, OH 43420  
humanesocietyofsanduskycounty@yahoo.com  
www.humanesanduskycounty.org  
419-334-4517

**HUMANE SOCIETY OF SANDUSKY COUNTY INC.**

AD SPONSORED BY HOLLAND CPA



# THE COLD HARD FACTS OF STRESS

By Dr. Paul Silcox

As we begin 2025, we can say "Whew, I made it through another holiday season with all the stress of family, presents, parties, shopping, etc. And this year, with the political factors coming into play, plus an election unlike any we have seen before, the stress of daily life is at new heights. (Hopefully stress doesn't increase as much as the stock market or Bitcoin!)

At the end of this article is an offering to the community for a 1. Safe 2. Effective and 3. Economical approach to reduce the effects of stress on a person.

Stress is very expensive and dangerous. Just glance through these stress facts that I gathered from research 15 YEARS AGO. Imagine what the effects of stress are like today.

- Stress is recognized as the number one proxy killer disease\* today. Why is stress considered a proxy killer disease? Stress plays an important role in modulating the psycho-neuro-immunological (mind, nerve and immunity) players of the body. Thus it is behind the initiation and progression of most killer diseases like heart disease, hypertension, diabetes, cancer, mental illnesses etc. Hence, stress is known as the number one proxy killer disease because most often than not, stress as the real cause of the illness goes unnoticed!
- The American Medical Association has noted that stress was the basic cause of more than 60 percent of all human illness and disease processes.
- Every week, 95 million Americans suffer some kind of stress related symptoms for which they take medication.
- A 20-year study conducted by the University of London concluded that unmanaged reactions to stress were a more dangerous risk factor for cancer and heart disease than either cigarette smoking or high cholesterol foods.
- A survey of 201 U.S. corporations revealed that 60% of all managers felt that stress related illness was pervasive among their workers and decreased productivity at an estimated cost of 16 days of sick leave and \$8,000 per person per year.

## IN YOUR OWN BACKYARD

Continued from page 6.

**United Way of Sandusky County** is holding a grant seeker meeting for non-profits hoping to apply for funding through the 2025 Community Impact Grants. The meeting will be held on January 8th, at 10 am at the Keen Building - Community Health Services at 2221 Hayes Avenue, Fremont, and is mandatory for any non-profit intending to apply for grant funds.

The Community Impact Grant is awarded to non-profits that provide programs or services that address our community's greatest needs and foster positive change. United Way focuses on supporting programs and services that align with our four strategic priority areas: Youth Opportunity, Healthy Community, Financial Security, and Community Resilience.

For more info or to register for the meeting, email Rachel McCoy at [marketing@uwsandco.org](mailto:marketing@uwsandco.org) or call the United Way office at 419.334.8938.

All these and thousands of similar studies point to the huge negative impact stress has on individuals and our society as a whole. Stress speeds up the ageing process and produces conditions in younger people that are more commonly associated with old age. Virtually no part of the body can escape the ravages of stress.

Spring on 2024 I did a pilot study here in Sandusky County, with volunteer participants over a 10 week period of time. After a brief survey about the stress in their lives, 75% had a significant reduction in their perception of their stress. Some even during the first month. I followed up with many of them and over half had continued to use the protocol I gave them.

In January of 2025, I am offering to teach a person how to apply this treatment to themselves, and the material necessary to do this for a full months evaluation. Only one visit to my office of 15 minutes. At the end of a month, I would ask for your feedback on what you experienced. Can it get rid of the stress? Probably not. My goal is to help people lessen the effect stress has on them and feel a bit refreshed.

### Katura Recovery & Training Services



**Dr. P.L. Silcox, DC**  
Acupuncture Practitioner

728 N. Stone St.  
Fremont,  
419-307-8094

*Alternative Addiction Treatment Without Medication.*

### Pinnacle Hearing

8153 Main Street, Old Fort - 419-939-3186



- Diagnostic Hearing Evaluations
- Digital Hearing Aids and Service
- Cerumen (Wax) Removal
- Financing is available

## CLASSIFIEDS SERVICES & SALES

**Dust Free Cleaning:** Now doing small businesses; hair salons, churches, offices, etc., including residential. \$25 per hour, 5 hour minimum. Call Terese at 419-603-6667.

**FAA Basic Med Pilot:** Examinations now Available in Fremont. For appointment call Dr. Paul Silcox at 419-307-8094.

**ADVERTISE HERE: \$25 for thirty words, send your ad with a check to 30 Ponds Side, Fremont, 43420 by the 15th of the month.**





**Vein&Body**  
SPECIALISTS

## FILLER SPECIAL

LIPS, LINES AND EVERYTHING BETWEEN!

COME IN FOR A NEW YEAR REFRESH AND TAKE  
ADVANTAGE OF THIS AMAZING SPECIAL.

BUY ONE FILLER GET THE SECOND FILLER 50% OFF

VALID UNTIL 01.31.25



CALL TODAY 419-484-5960

1400 WEST MAIN ST. BUILDING 1, SUITE A BELLEVUE, OH 44811 ● WWW.VEINANDBODY.COM



**Vein&Body**  
SPECIALISTS

Fall in *LOVE* with your Skin

Geneo Hydrate treatment refreshes and revives  
dry and dull skin, leaving it moisturized, glowing,  
and replenished.



**Oxygeno Hydrate Facial**

CALL TODAY 419-484-5960



1400 WEST MAIN ST. BUILDING 1, SUITE A BELLEVUE, OH 44811  WWW.VEINANDBODY.COM