

2000 Lifestyles

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Vol. 25 Issue 7
JULY 2024



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Helen Marketti's Music Corner



By Helen R. Marketti



An interview with Dweezil Zappa

Dweezil Zappa will be performing at The Agora in Cleveland on Saturday, August 17th. He will be paying tribute to two of his late father's albums. His father was Frank Zappa. The two albums that celebrate their 50th anniversary this year are "Apostrophe" and "Roxy and Elsewhere."

"I never really knew that my dad was well-known to people when I was a kid," recalls Dweezil. "I didn't have a sense of that until I became older. I never had the experience of classmates being around me because my dad was famous. It was because his music wasn't popular among kids. His music did not reach my generation. I always knew he enjoyed what he was doing, however. He was creative. His music was cool."



He continues, "I spent a lot of time with him while he was working. It was during those moments that I became more interested in music as well. I was the only one in our family who connected with him on that level. I started playing the guitar when I was twelve years old. I

find the guitar to be a very exciting instrument. My dad played guitar. I grew up liking his music. His music had all kinds of colors and different ways of making you feel. You had to know a lot to play his music. Other guitarists I liked listening to was Eddie Van Halen and Randy Rhoads when he was with Ozzy Osbourne. I always thought their guitar playing was very appealing."



Dweezil explains his father's style of creating and working. "My dad wasn't overly social so I didn't grow up seeing a lot of other rock stars hanging out at our house. If there were any people over, it was because they were getting ready to work on material and record. He didn't have a set schedule. He worked on his music mostly at night. He liked to work on the opposite side of the clock. This way he was not distracted by household activity."

When asked about inspiration for writing his own material Dweezil had this to say. "An idea you have can affect millions of people. It's an interesting way to go about life or as my dad used to say, "Decorate time." It's definitely a

process of experimentation. Finding sounds that are intriguing and putting them together. It's a bit like putting a puzzle together."

The albums "Apostrophe" and "Roxy and Elsewhere" are turning 50 years old this year. "We will be doing versions of songs from each of these records," said Dweezil. "We will be doing unique versions of some of the songs but we aren't going to play each album in its entirety. I will be incorporating some of my own creative spin on my dad's music. Music is the focus. My dad is the guidepost and I fill in the blanks with my own ideas."

"It's a big challenge to play my father's music. It's much more akin to classical music. It's very orchestral in its arrangement. A lot of it is sophisticated rhythmically. There are many different styles and they have to be played authentically. This music requires training like a Navy Seal team."

"The two albums we are celebrating are from a popular era in my dad's music. We will play a two-and-a-half-hour show. I will do a little bit of storytelling. We will do some orchestral interpretations and bring back traditions."

"It's easy for people to pigeon hole my dad and say his work was just novelty music," said Dweezil. "Some people may not realize that he made over 60 albums in his lifetime. I want to give people a broader view of my dad's music. I don't have to explain it. I will play it. I want to show the other side of his compositional skills."

www.dweezilzappa.com

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Lifestyles 2000

July 2024

Vol. 25 • Issue 7

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History Notebook

By Nan Card

E. L. Moseley, Ohio’s Early Naturalist

This past week the state mowed the grasses along the road across from my house. I was delighted when they skipped over the large plot of milkweed. I’ve shared seed pods with so many friends, knowing milkweed would help increase Ohio’s monarch butterfly population. Little did I know that it was illegal in Ohio to share non-commercial seeds! The prohibition of non-commercial seed sharing was an unintended consequence of an Ohio law. Recently, the Ohio Prairie Association brought it to the attention of lawmakers. If the bill becomes law milkweed and endangered plants native to Ohio may also be protected, including ironweed, wild lettuce, and wild mustard.

The Sandusky area was most fortunate to have naturalist Edwin Lincoln Moseley as a science teacher for nearly 25 years. Born shortly after the Civil War, Moseley graduated from the University of Michigan and later came to Ohio where he taught biology at Sandusky High School.

Moseley believed in the experimental method of teaching in which his students learned by observation and developed independent thought. On Saturdays, he and his students took field trips into the natural areas of Erie and Huron counties and the Lake Erie islands. They collected and documented the native plants of the Firelands Prairie that extended from Bellevue to Huron, Ohio. Together they created a large herbarium at the school.

After a decade of research, Moseley published “Sandusky Flora: A Catalog of Flowering Plants and Ferns Growing without Cultivation in Erie County Ohio, and the Peninsula and Islands of Ottawa County.” According to the Ohio Prairie Association, no tallgrass prairie in the United States has a more thoroughly documented native plant species from the 19th century than that which Moseley’s historical records provide.

Throughout the Midwest, milk sickness had claimed the lives of thousands of pioneers. Moseley’s interviews with Sandusky County farmers, his observations and experiments led him to believe that milk sickness was caused by eating the meat or drinking the milk of animals who had ingested white snakeroot. His 1906 published work on white snakeroot played an important role in solving this mysterious disease that had taken so many lives.

In 1914, Moseley left Sandusky High School to become one of the first faculty members of Bowling Green State University. While teaching botany and science courses at BGSU, he recognized and then documented and mapped the unique prairie and savannas of the Oak Openings region west of Toledo. Oak Openings contains more than 1/3 of all of Ohio’s endangered plant species.

Ohio’s native plants were not Moseley’s only interest. He researched, wrote papers, and published books on solar events, the study of tree rings, weather forecasting, wildlife, glaciers, climate prediction, astronomy, and even his thoughts about extraterrestrial life.

To learn more about the native plants of Ohio’s prairies, see the Ohio Prairie Association website.

Happy 4th of July!



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ADVERTISING/ GENERAL INFORMATION

For advertising and general information call 567-342-3117 or email lifestyles2000@sbcglobal.net

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

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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

Welcome to our July issue!

Kathy Van Wey has been unable to write the past few months due to being ill. Please take a moment and send her positive thoughts and a prayer. I miss her witty columns.

Helen Marketti is back this month, as is Denice Baldetti, both columns are great, as well as those of our usual writers.

Have a fabulous month, stay safe and Happy 4th!

Joanne



Find Pete



Find Pete Winners:

There were over 100 entries, but we were down, probably because it was harder to find. The answer was the Sandusky County Fair ad. Congrats to our winners!

Winners are: Tiffany Emahiser, Betty Sterling, Brett Wamsley, Lewis Pope, Sally Herr, Fremont; Denice Klask, Bridgett Smith, Clyde; Paula Renfro, Green Springs; Sharon Miller, Bettsville.

Miller Boat Line: Lisa Cook, Sandusky; Linda McGilton, Fremont; Eddie Julliano, Bellevue.

African Safari: David Teal, Woodville; Christine Farson, Andrea Carter, Linda Risner, James Smallets, Fremont; Matthew Wasserman, Clyde

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.



Press Release

Downtown Fremont Inc. to host the Independence Day Downtown Car Show on Saturday, July 6th, 5:00-8:00pm.

- Terry Davidson and The Gears to play after the Car Show at the Fremont Community Amphitheater from 8-11pm
- Annual Frankfurter Feast 2024, Hot dog Eating Contest to take place during the Car Show event at 5:30pm

Registration is available online for the car show. Awards and trophies will be awarded at 7:45 p.m. Dash plaques and goodie bags will be given to the first 150 participants and there will also be a 50/50 raffle plus door prizes. Food trucks and special vendors will be a part of the car show. This is a rain or shine event.

<https://downtownfremontohio.org/car-shows/>

Terry Davidson and The Gears will be at the Fremont Community Amphitheater from 8:00-11:00 after the car show. This event will be free to the public.

Hang around after the Car Show for 4th of July Fireworks at dusk at Rodger Young Park.



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Out to Lunch

By Lynn Urban

Facebook is a good place to hear about new restaurants popping up. I've seen one several times being advertised in Tiffin called The Deli at Frost Village. Frost Parkway runs along the river in Tiffin and the restaurant is directly across from it, just off Washington Street near the historical district of Tiffin. The building used to be a church that was built in the early 1900's. After years of different owners, the couple that owns it now bought it in 2022 and it opened in 2023.

It is very open and bright with high ceilings that are painted with clouds. You can tell it was a church. It's very pretty inside, and the staff is very nice and accommodating. What they were



looking for in a restaurant was a New York style deli. And that is the flavor of this place, with their many delicious combinations of deli sandwiches and salads. They also have homemade soups. You may build your own sandwich from their selection of bakery style breads, 18 different chesses, 18 different meats and loads of toppings and condiments. All sandwiches come with Ballreich's chips and a pickle.

For breakfast they have several breakfast sandwiches, and again with all the ingredients they have. You can also build your own three egg omelets which are served with hash browns and toast. For the sweets, they've got fresh baked goods such as cinnamon rolls, pecan rolls, cookies, and brownies from a local bakery. They are open daily from 8 a.m. to 3 p.m. for breakfast and lunch. You can call ahead for a carry-out or there is plenty of seating both inside and out. You could go here several times and never have the same thing twice, and you would be pleased with the quality every time.

12 Acres in Ohio

By Robin Arnold and Gena Husman

Pretzel the Travelin' Snake

A few years ago when we were having a mouse problem, I opened the hood of our black Ford Focus to spray some diluted peppermint solution around the engine...we'd read that it was a good rodent repellent. Turns out I didn't need the peppermint—curled up at the back of the engine was a large garter snake! I let out a howl, and backed away, slamming the hood down...I was sure it was going to jump out and grab me by the throat. I am not a snake fan...I would never hurt or kill one, but they have a "startle effect" on me. The snake went the other way...down through the engine and out the bottom. (I have the same effect on snakes.) A couple of days later, I saw it again, but this time I was prepared to see it so I was not as startled. I also figured the snake was a better mouse repellent than the peppermint so I stopped opening the hood altogether.



Fast forward to this spring...

On a warm, sunny, early spring afternoon I walked out to the car to wait for Robin. I opened the passenger side door, got in and almost had a heart attack! A large garter snake was curled up on the outside of the windshield right in front of me, sunning itself—and I certainly wasn't going to get out and move it. Fortunately, Robin, who doesn't mind snakes, came out and as she started to reach for it, it disappeared down in the windshield wiper well and into the engine. Figuring it had crawled on out, we drove off. But, apparently it knows the safest place to curl up in the engine and ride around as we have seen it several times over the last few months—sprawled on the windshield or under the hood. On really hot days, it gets off the car and lies nearby in the grass.

Although we have no way of knowing for sure, we've decided it must be a female—maybe looking for a place to nest. She seems to have a preference for the black Focus as we have never seen her anywhere near the larger, white Escape, which is parked right beside it. We've grown quite fond of her and worry if we haven't seen her for a while. Robin looked up names for snakes and thought we should call her "Pretzel."

Pretzel gets around! She goes shopping with us, and out for "photo drives." She seems to enjoy riding around in the car engine with us... and we haven't lost her yet. We make sure she's not curled up on the windshield when we leave so she doesn't fall off and get hurt. One morning Robin had to move Pretzel off the windshield so she could go to Walmart for our grocery pickup. She must have caught the little snake at a bad time because Pretzel pooped all over her arm and hand (later that same day, Robin startled a merganser duck that pooped all over the front of Robin's jacket as she was checking on the nest box. She had to throw the jacket away. It was not a good day for Robin).

We were a little concerned about going to a car wash with her, though. Once, a few years back after we washed the black car, another garter snake crawled out of the engine while we were toweling the car off, and Robin raced to catch it because she didn't want to leave it there on the pavement outside the wash bay—its home was at our place. However, I wasn't about to hold a bare snake on my lap so Robin put it in a cloth shopping bag and I held it tightly closed on my lap till we got home. That was as close to touching a snake as I want to get! Eventually, however, we broke down and took the car to Freddie's Car Wash because we were ashamed to have anyone see us driving around in it. Robin very gently and carefully washed the car, taking care not to spray down into the wiper well. I stood watch in case Pretzel made a run for it, and fed quarters into the slot. We didn't see any sign of Pretzel for the rest of the day, but the next morning, a very clean little Pretzel was stretched out on the windshield sunning herself.

Word must have gotten out that our Ford Focus was a great place to hang out to eat and sunbathe—with the added benefit of an occasional bath—because a few days later, we spotted 3 snakes lounging on the windshield! We have no mice in the car, but nobody wants to come visit us either. We're still trying to figure out what the attraction to that car is—I just hope I don't open the car door someday and find Pretzel curled up on the front seat...

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How to diagnose and support someone with post-traumatic stress disorder

DEAR MAYO CLINIC: I'm reaching out because I'm in a tough spot. A close friend rode out Hurricane Ian in Florida last year and it seems to me that he's struggling now. He's angry and jumpy, while being numb to what's happening around him. He told me that he's not sleeping well, especially when another hurricane is in the news. Is it possible that he has PTSD from the hurricane? I'm not sure how to offer support without making him feel uncomfortable.

ANSWER: Post-traumatic stress disorder, also called PTSD, doesn't just happen to characters on the screen. It's a normal, natural response to trauma and happens when the nervous system, which is designed to protect you from danger, gets stuck in the fight-or-flight response.

People may develop PTSD when they experience, see or learn about a shocking experience or event involving harm, threatened death or serious injury. Natural disasters, like experiencing the power and devastation of Hurricane Ian, can trigger PTSD.

In addition to natural disasters, other common events that cause PTSD symptoms include accidents, being threatened with a weapon, combat exposure, abuse or receiving a life-threatening medical diagnosis.

PTSD symptoms

Some people experience distressing symptoms for a short period after a traumatic event but get better with time and self-care. For others, the symptoms worsen over time and begin to interfere with daily activities and relationships.

Overall, PTSD symptoms usually are grouped into four categories:

Intrusive thoughts. Recurrent and unwanted memories of the traumatic event can cause significant emotional distress or physical reactions. The person may experience nightmares or flashbacks, which is reliving the traumatic event again.

Avoidance. People with PTSD may avoid talking about the event or steer clear of places, activities or people that remind them of the event.

Mood and thought disturbances. This category of PTSD symptoms can mirror depression, with people experiencing hopelessness, negative thoughts about themselves or others, detachment from loved ones, lack of interest in activities, emotional numbness and relationship difficulties.

Reactivity. These symptoms may include being easily startled, always on guard for danger and overwhelming feelings of guilt or shame. The person may be irritable or have angry outbursts. They could have trouble sleeping or concentrating and engage in self-destructive behaviors such as drinking too much or taking illicit drugs.

It's important to note that some people may have a few PTSD symptoms but not enough for an official diagnosis of the condition. In these cases, treatment still can be helpful and can guide people toward self-care strategies and coping mechanisms.

PTSD treatment

The good news for you and your friend is that PTSD is treatable, and many people manage it well or recover from their symptoms. Some protective factors are especially helpful during recovery, including having positive social support from friends like you.

PTSD treatment involves addressing both the physical and mental aspects of the condition. Treatment plans developed by a healthcare professional are tailored to meet the needs of each person.

Certain treatments calm the nervous system and help people regain control over their physical responses to triggers. These tactics help the person have an automatic physical response to tell their body that a perceived threat isn't accurate. Examples include grounding techniques, breath awareness and body-focused interventions. For example, short and shallow breaths can be signs of the nervous system reacting to a trigger. Through treatment, people can identify this reaction and learn to take slow breaths, which can calm the physical reactions.

Cognitive processing therapy can help your friend identify and challenge negative thoughts and beliefs related to the hurricane. Other treatments, such as exposure therapy and eye movement desensitization and reprocessing can help as well. Finally, medications may be helpful when used in combination with other treatment options.

Positive support

I encourage you to discuss your concerns with your friend. Focus on your observations of his behaviors before and after the hurricane. Listen without judgment and don't minimize his feelings. Suggest that he seek professional help to undergo a thorough exam and have his symptoms evaluated.

Finally, I recommend that you learn more about PTSD to get a grasp of what he is going through and why he may react the way he does. Remember that each person's reaction to a traumatic event is valid, and his trauma shouldn't be compared to another person's trauma as "better" or "worse."

PTSD isn't a sign of weakness. It's a normal response to traumatic events, like a hurricane in your community. With a combination of interventions and professional help, your friend can learn to manage his symptoms and regain control. — Jackie Richter, Psychiatry & Psychology, Mayo Clinic Health System, La Crosse, Wisconsin. (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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Wojtek The Bear - An Uncanny War Hero

By Denice Baldetti

Occasionally, a snippet of little known history surfaces and captures one's attention. Such is the case with Wojtek the Bear, a very real World War II war hero.

Who was Wojtek?

Wojteck was an orphaned Syrian brown bear adopted by Polish soldiers during World War II. Wojteck's story is a symbol of camaraderie and unity between Poland and Scotland.

In Iran in early 1942, a little bear cub was born. In August of 1942 a Polish general agreed to adopt the cub from a young woman to help build morale amongst his Polish soldiers. The troops named the bear cub Wojtek (pronounced VOY-tek), which in Polish means "happy warrior."

Wojtek became a beloved mascot for the troops. He mimicked his soldier buddies. When the troops marched, the bear marched on his hind legs behind them. Wojteck rode in jeeps, he slept in tents with the soldiers and gave comforting snuggles. He ate army rations, just like the soldiers. He even had wrestling buddies in the unit. Wojtek was very kind and sociable. He became one of the gang.

In the hot Iraq desert, the furry bear sought relief in cool showers along with his comrade soldiers. One evening Wojtek broke into a shower hut, surprising an enemy spy. The bear roared, and the enemy surrendered immediately.

In February, 1944, the soldiers received orders to board a Polish ship and head to Italy. Bears were NOT allowed. These soldiers could never abandon their best friend, so the men officially enlisted the bear in the Polish II Corps, 22nd Artillery Supply Company. He received his own pay book, rank and serial number.

After arriving at their destination, the soldiers were ordered to capture Monte Cassino, an old monastery used by Germans as an observation and artillery post. Three different Allied armies had tried but failed to capture the strategic post high on a rocky hill. During the skirmish, the Polish artillerymen struggled to retrieve ammunition to continue the battle for Monte Cassino. Wojtek saw

his friends struggling to load very heavy crates of artillery shells, and helped lift them with ease onto the trucks. After six days of fierce fighting, the Poles defeated the Germans and captured the monastery. This victory cleared the way for Allies to send troops and supplies north to Italy, and helped to end the war.

What happened to Wojtek and his Brothers in Arms?

After the war, many of the bear's soldier buddies traveled to Scotland to build new lives. The soldiers eventually found Wojtek a home at the Edinburgh Zoo in Scotland. Here the bear hero spent the rest of his life living at this zoo. Wojtek died in 1963 at the age of 21.

Fun Facts About Wojtek:

- Wojtek was initially given the rank of private and eventually rose to the rank of corporal.
- Instead of a soldier's pay, Wojtek received double rations.
- Wojtek copied his soldier friends and was known to drink beer, smoke (and eat) cigarettes!
- There are war memorials honoring Wojtek all over the world, including in the United Kingdom, Scotland, Poland, and Italy.



TV's Overdose of Drug Ads

By Robert Morton

I'm not saying I watch too much TV, but at this point, I'm practically a connoisseur of prescription drug commercials. You know the ones I'm talking about. They start with a scene so idyllic, you wonder if you've accidentally stumbled into a parallel universe where everyone is perpetually frolicking in meadows or dancing on beaches. They have you believe that popping a pill is your ticket to eternal bliss and a life of spontaneous adventures. Spoiler alert: It's not.

It's like every time I blink, there's a new one on my screen. I can't even get through a single episode of 'Mork and Mindy' without being bombarded by ads for medications treating conditions I didn't even know existed. Restless leg syndrome? There's a pill for that. Dry eyes? There's a drop for that. I wish there was one for excessive couch potato syndrome (ECPS). I can't seem to peel myself off the couch, no matter how many times I promise myself to go to the gym.

And the side effects of these drugs freak me out. The commercials are the ultimate bait and switch. They lure you in with scenes of people living their best lives, then casually drop a bombshell of potential side effects that make you wonder if the cure is worse than the disease. "May cause nausea, dizziness, uncontrollable laughter, a sudden urge to speak fluent Mandarin, and in rare cases, spontaneous combustion." I'm sorry, but no thank you. I'd rather have my restless legs tap-dancing through the night than risk turning into a human firecracker.

The reasons for taking these drugs are sometimes as laughable as the side effects. According to these ads, every minor inconvenience of life can be cured with a prescription. Feeling a bit down? There's a pill for that. Can't sleep because you're up worrying about the side effects of the pill you took for being down? Don't worry, there's another pill for that too. It's a never-ending cycle of medicating every hiccup of human existence.

One commercial assures me that their miracle pill will cure my seasonal allergies, allowing me to finally enjoy gardening in my backyard without sneezing my head off. It warns me that I might experience "dry mouth and mild hallucination." Hallucinations?! Will I also have an irrational fear of garden gnomes? Great. Just what I need. Now, not only will I be the guy who sneezes a lot, but I'll also be the guy who screams in terror every time he sees a lawn ornament. Perfect.

Continued on page 11.

69th  season

FREMONT COMMUNITY THEATRE

KINKY BOOTS
Sept 27, 28, 29, Oct 4, 5, 6, 2024
Directed by Mike Steyer

25th ANNUAL PUTNAM COUNTY SPELLING BEE
Dec 6, 7, 8, 13, 14, 15, 2024
Directed by Bradley Rowe

SILENT SKY
Jan 24, 25, 26, 31, Feb 1, 2, 2025
Directed by Michael PJ Foes

5 LESBIANS EATING A QUICHE
Mar 14, 15, 16, 21, 22, 23, 2025
Directed by TJ McKee

CHARLIE & THE CHOCOLATE FACTORY
May 9, 10, 11, 16, 17, 18, 2025
Directed by Briann Edwards

<u>Teen</u> The Music Man July 12, 13, 14, 2024 Directed by Sarah Stamm	<u>Youth</u> Aladdin Jr. Aug 3, 4, 5, 2024 Directed by Floyd Collins
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Hello fellow gardeners! By now you should be reaping some of the benefits of your garden. Zucchini is probably one of them. Many breads and cookies are being made using it, but did you know you can use it to make a mock apple pie? No apples needed, but you would swear it taste like there is!

Zucchini Pie

Filling:

- 3 lbs. of Zucchini
- 1 1/2 cups sugar
- 1 cup flour
- 1 1/2 tsps. Cinnamon
- 1 tsp. Salt
- 1 tsp Citric Acid or 1 T. of Lemon juice
- 2 tsps. Vanilla



Crust:

- 2 cups All Purpose Flour
- 1 1/2 sticks unsalted butter
- 1/4 cup shortening
- 2T. sugar
- Pinch of salt
- 1/3 cup cold water
- 1/4 cup of heavy cream to brush pie
- 2T. sugar to sprinkle on top of pie

Make the Crust:

Place flour, sugar and salt in a food processor. Cut the butter and shortening into small pieces and add to processor. Pulse the mixture until crumbly. Working quickly start the processor and add cold water until a ball is formed. Turn out dough onto a work surface and cut in half. Wrap each in plastic wrap. Place in frig for 2 hours. Preheat oven to 375. Peel the zucchini. Remove the seeds. Dice. Toss the zucchini, flour, sugar, cinnamon and salt in a large bowl. Lightly dust a surface with flour and roll out one crust. Place in 9 or 10 inch pie plate. Let excess hang over plate. Add the filling to the pie. Sprinkle with pieces of butter on top of filling. Roll out the second crust and place on top of filling. Seal edges and trim as needed. Brush top crust with heavy cream and sprinkle with sugar. Place the pie on top of parchment lined sheet tray and bake until the filling is bubbly in the center, zucchini is tender and the top crust is golden brown, about 1 1/2 hours. Allow to cool before serving.

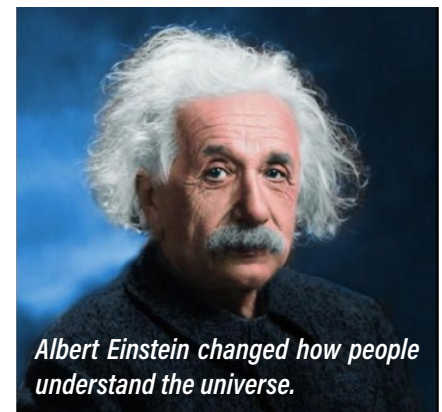
Hope you enjoy this treat! Something different to use your abundance of zucchini! Your neighbors make actually like you leaving some zucchini if you include this recipe!

Patti Saam, President, Green Stem Gardeners. Please call 419-307-7776 if you would like more info on our club.

When asked the question, "If you can tell me what you want?" Is followed by, "I can help you get there." This isn't something that was conjured up or some magic potion and whoosh your dream becomes your new reality. This is of course, Science. I never really liked science in school. During class my eyes would grow heavy and I'd drift off to sleep from boredom. I'd find myself dreaming until of course the soft tap on my right shoulder from my teacher to let me know class was almost over. Maybe this is you. You may find yourself dreaming in those times of boredom, but logic has stolen those dreams from you in your past.

I've shared with you that science has proven in whatever way we think it has to materialize. Science has also proven that 95% of people don't really think; they follow. This breakdown is for another day to unravel as for today our focus is on manifesting your dream life. Einstein, Feynman and Hawking are the leading theoretical physicists of our era. All agreeing that the past, present, and future are all in existence at the same time in a four-dimensional universe with the 4th dimension being time. Stephen Hawkins put in his final paper how he wrestled the concept of a multi universe existing simultaneously with many parallel realities.

This means when we use our imagination to live in our future neurons in our brain are changing their connections and storing this new information. As you feel and see yourself in that time and space you're calling forward your potential reality into your present life. This is called manifesting your life. Your future images playing out in your mind are being catapulted forward to your exiting reality. Did you know that most people will give up on their dream right on the cusp of receiving their dream as their reality?



This process of dreaming and thinking on purpose imagining this life you would love when nurtured and held fast within your thinking activity gets planted deep within your sub conscious mind. As a living vibration neurons in your brain start connecting these thoughts, ideas, and accomplishments as part of your present self igniting and meshing with your future self becoming one with itself. As you are "Time Traveling" through your imagination into your future you build new synaptic connections. The more you interact with your dream you will open up a frequency that helps you build out your dream as if it has already happened. You know the steps because you've already accomplished this dream, and anything we've accomplished once we can do again.

We're in the beginning stages of building our website at imageofthemind.com to connect you with some valuable information, books and audibles to help strengthen your mind in this journey to build a life you'd love. Feel a big hug and embrace your freedom of imagination until next time!

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IN YOUR OWN BACKYARD

Downtown Fremont Events: July 6 Car Show 5-8pm, July 20 Farmers Market & Living Off the Grid Event 9am-1pm.

The Fremont Area Women's Connection Luncheon, Tue. July 9th. We meet at Victor's Event Center, Fremont.

Join in the "Cock-A-Doodle-Do!" fun as we are featuring Matt Damschroder of Roots Poultry. Our speaker is Christine Bassett from Michigan giving her story "There is Growth in the Valley".

The doors open at 10:30, lunch and program is from 11 to 1pm. Cost is \$14.

Make your reservation before Friday, July 5th. Call/text Donna at 419-680-2251 or Carrol at fawcluncheon@gmail.com. Reservations as well as any necessary cancellations must be reported in the same way.

Join us on FB, "FAS Fremont Area Stonecroft".

The Sandusky County Historical Society is presenting the following programs to celebrate the 150th Anniversary of the society:

- July 14 @ 2 pm--the life of Sardis Birchard by Mike Gilbert
- August 11 @ 2 pm--the history of the Sandusky County Historical Society by Larry Michaels
- Sept. 15 @ 2 Pm--old fashioned tea with Lucy Keeler, presented Bluegrass, American roots among genres featured at Verandah Concert series

All programs are at the SCHS, 514 Birchard, Fremont, \$5 for non-members.

Bluegrass, American roots among genres featured at Verandah Concert series

A bluegrass band, folk singers and a group of ukulelists are among the performers who will be featured this summer during the Verandah Concert series at the Hayes Presidential Library & Museums.

The popular concerts take place twice a month on Wednesdays on the verandah of the historic home of 19th U.S. President Rutherford and First Lady Lucy Hayes.

Bring a lawn chair or blanket for seating on the expansive lawn. Admission is free. Each event begins with an ice cream social at 6:30 p.m. Donations can be made for the ice cream but are not required. Performances start at 7 p.m.

- July 10 - Grand Royale Ukulelists of the Black Swamp (GRÜBS)
- July 24 - Bridge County Bluegrass Band
- Aug. 7 - Matthew Ball - The Boogie Woogie Kid
- Aug. 21 - North Coast Big Band, performing toe-tapping tunes of the World War II era

Verandah Concerts are sponsored by Fremont Federal Credit Union. Additional funding by ProMedica Memorial Hospital.

If there is inclement weather, concerts could be canceled. For updates, visit rbhayes.org or call 800-998-7737. Updates also will be posted on the Hayes Presidential Library & Museums' social media pages. BY SUZI MICHAELS

Single Seniors Mix/Mingle; age 60 plus, Tues., July 2nd at Buffalo Wild Wings in Fremont, 6-8pm. Come meet other seniors for an evening of friendship and conversation.

Sandusky County Republican Party July 4th Make America Great Again, Birchard Park, starts at 10 am. Andrew Dean, Gary Click, State Rep, and Robert Sprague, Ohio Treas. of State will be in attendance. Hot dogs, popcorn, soda and more, come join us in our Independence Day celebration!



Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): Be yourself and allow your light to shine. Your "can do" spirit could make you stand out at social gatherings. It may be beneficial to avoid making any sudden stops, starts, or impulsive changes this month.

TAURUS (April 20-May 20): Proudly support someone in your life and enjoy forming a closer level of connection. You may not have time to handle conflicts for a few days but consider thinking about a strategy or plan of action to eventually resolve them.

GEMINI (May 21-June 20): The best adventures often happen when you are doing what you love, especially with a supportive friend by your side. And if things get tough, remember to look for the joy of the current moment while continuing to move forward.

CANCER (June 21-July 22): Lean into your own wishful thinking but stay grounded while doing so. Common sense input from someone may offer a bit of guidance to you. When it comes to love, consider staying calm and developing a mutual respect.

LEO (July 23-Aug. 22): You may be feeling extra pressure from your tasks and routines. Stay resilient and keep working towards your goals. Collaborating closely with someone who you admire and can learn from may be what you need to steer you in the right direction.

VIRGO (Aug. 23-Sept. 22): When contemplation beckons, hit the pause button. There could be more to discover about a purchase or investment in the coming week. Someone might appreciate and respect you more if you stand up for yourself and start setting boundaries.

LIBRA (Sept. 23-Oct. 22): Have fun without drawing unnecessary attention to yourself. In the month ahead, you may feel overlooked, but this may offer you the perfect opportunity to work towards your goals in silence and steer clear of any possible hassles.

SCORPIO (Oct. 23-Nov. 21): You may be pulled in different directions, define your own ambitions if you don't feel aligned with anyone else's. Deadlines may frustrate others, but keeping your cool could help you perform better in the month ahead.

SAGITTARIUS (Nov. 22-Dec. 21): Using common sense may be very beneficial. Consider sitting down to decide on the course of action that best aligns with your values. Take action and review the outcomes to possibly avoid repeating mistakes.

CAPRICORN (Dec. 22-Jan. 19): Hold off on making irrevocable decisions and giving into wishful thinking during the month to come. Take a moment to get your facts straight and do not get distracted by fantasies or lofty goals that may not be your own.

AQUARIUS (Jan. 20-Feb. 18): You may need to free yourself from self-imposed limitations that could cause you to feel boxed in. Your acquaintances might not understand your ambitions. Consider shifting your efforts toward pleasing yourself and accomplishing your goals.

PISCES (Feb. 19-March 20): Looking for similarities rather than differences might take you further. Your pursuit of perfection may be a reason that you can get along with a variety of personality types. Consider tuning out the gossip and sticking to the facts.



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Dear Cathy,

During a recent visit to my son's home, my five-year-old Yorkie mix, Mortie, behaved unusually. My son's large mixed-breed rescue, Shep, seemed to resent Mortie, growling and attacking from the start. Mortie became frightened and submissive. Mortie left food behind, which Shep would then eat. Was this a peace offering? Additionally, Mortie ate Shep's poop and had a vomiting episode. They seemed to reach a detente by the end of our 10-day visit.

As I'm 86, I worry about Mortie's future. My son and his wife have offered to take him in, but I'm concerned about the dogs' relationship. Can you advise where Mortie should live after I'm gone? Also, have you addressed poop-eating in a previous column?

— Mary, Laramie, Wyoming

Dear Mary,

I have addressed poop-eating, or coprophagia, in the past, but I'm happy to revisit it here. There are commercial stool deterrent products on the market specifically designed for this purpose that you could give to Mortie during your visits. Probiotics can also help improve his gut health, addressing any digestive issues or nutrient absorption problems that might be causing the behavior.

During your visits, your son can help by picking up Shep's feces more frequently to reduce temptation. He can also add certain human foods to Shep's dog food, prior to and during your visit, to make his feces less appealing to Mortie.

Common options include meat tenderizer, pineapple, and pumpkin, which alters the taste of the feces. However, before your son adds any new foods to Shep's diet, it's important that he consult with his veterinarian to ensure they are safe and appropriate for Shep's specific health needs.

Regarding the relationship between Mortie and Shep, they had a rough start. To ensure Mortie feels more comfortable and secure in his potential new home, try bringing familiar items like his bed, toys, and blankets on your next visit.

Additionally, consider having shorter, more frequent visits to acclimate Mortie to his potential new environment. And I recommend canine pheromone collars for each of them on the next visit and spray pheromones to spray on the humans in the house and furniture. It's not a cure, but it can help reduce tensions.

I was initially concerned about the "attacking" you mention, but since you said they reached a detente by the end of your visit, I think there is hope for these future brothers. They don't have to be best friends, but they do need to coexist peacefully, which sounds like there is potential for that to happen. More frequent visits will help them learn to get along, and make you worry less about Mortie's future.

Ensuring a compatible and loving home for Mortie after you're gone is commendable, and with a bit of patience and preparation, I believe the two dogs can learn to co-exist peacefully, someday.

Dear Cathy,

Your column about using positive reinforcement was of great interest because that method is exactly the current accepted method recommended for children as well. As Dr. Phil likes to say, "Don't reward bad behavior," and "Catch them doing something right and reinforce with praise." It works best for animals and kids, apparently.

— Sherry, Henderson, Nevada

Dear Sherry,

I am delighted that you found the column on positive reinforcement relevant. Your insight about how this method applies to various relationships is spot on. Everyone, including pets, children, and even adults, regardless of age or role, thrives on positive feedback.

It's a simple yet effective strategy that helps create a supportive and motivating environment. It's wonderful to know that this approach resonates with you.

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

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SATURDAY	8 AM - 12 PM
SUNDAY	CLOSED



BEADS FOR STRESS REDUCTION. [SAYS MY DAD]

By Dr. Paul Silcox

In March my article was announcing a 3 month Pilot Research Program about a simple device, a magnetic bead, that can help to lessen the effects of stress that we all face. 10 people applied. 8 were participants.

I'm happy to report, that the same as in the prior studies that I based this one on, 62% of all had a reduction in their experienced stress levels, anywhere from 27% to 73%! 50% of all participants had a reduction of the stress they experienced by 49% or more.

The time frame ended up being reduced from 12 weeks to 10 weeks so I could put this together and get it analyzed to report it at a conference at Bowie State University on June 22nd. The essence was that for participants that engaged in having magnetic beads placed on the ear Shen Men point on each ear for at least 70% of the 10 week program period experienced a 50% reduction of the effects of stress they experienced.

My point is, if you have issues with stress and how it impairs your ability to live a fulfilled and meaningful life, and don't want to take a lot of mind altering and numbing drugs to survive, try the NADA approach.

I've seen too many people use them with very positive effects to not let you know about them. It may not be for everybody. What have you got to lose? Your stress? And if this doesn't work for you, there are several natural supplements that can help with stress and anxiety. AND if those don't work, then you've got the medications to fall back on.

And, I'll throw this in there because I have the room left. After my son died in November of 2016, I've NEVER been able to sleep without having to be able to take some stronger prescription strength medication. I've been watching FOX news for several years (at least 3 now) and I've heard former

Arkansas Gov. Mike Huckabee be a spokesman for a product Relaxium Sleep. I didn't think it would help me because it was over the counter. I was wrong. It's worked for me from the very first night. Just like the commercial said. That's been almost 2 months now. Like the rock group "The Monkees" song, "I'm a Believer"

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IN YOUR OWN BACKYARD

Continued from page 9

Trinity United Methodist Church, Fremont will host a "Party in the Park" on Sunday, July 28, 11 am-4 pm at Conner Park, 2300 Morrison Road in the Fausey Shelter House. The public is welcome to join in various scheduled activities beginning with a worship service, followed by grilled hot dogs for lunch and a variety of fun activities for kids and adults. Activities include face painting, bingo, a game for all ages "Holy Putt Putt/Pickleball" and music provided by DJ Johnny Jukebox. A favorite attraction will be the Dunk Tank. A variety of gift baskets, with winning tickets drawn at 3:30 pm, need not be present to win. All are encouraged to come and stay

Trinity UMC will be at the Farmers Market on July 20, 9 am-1 pm in downtown Fremont. Call the church office with any questions, 419 332 5032.

Sandusky County Republican Women will meet on July 11 at 6:30 pm, Sandusky Township Hall, 2207 Oak Harbor Road, Fremont. Plans for the upcoming events will be discussed. Members, associate members and guests are welcome to attend. Contact President Lorilyn Balduf at lbalduf2007@yahoo.com with any questions.

Downtown Fremont Amphitheatre Events:

- **July 2nd Paramount Movie Night:** Independence Day 9pm; July 6th Terry Davidson & The Gears 8-11pm;
- **July 7th Community Concert Series:** Sax Machine 7pm; July 11th Historical Ponderings: A Look Through the Rearview Window: Downtown Fremont Then & Now with Larry Michaels 6-7:30pm; July 13th Cats on Holiday 5-8 pm; July 14th Community Concert Series - Andrew Dean 7pm; July 16th Paramount Movie Night - The Sandlot 9pm
- **July 18th Open Mic/Jam Session:** 5-8pm; July 20th Shawn Perry + Vice City 5-8pm; July 21st Community Concert Series - Dana Dorsey & the "BLUE NOTES" 7pm;
- **July 25th Historical Ponderings:** A Look Through the Review Window: Battle of Croghan & Fort Stephenson with Mike Gilbert 6-7:30pm; July 27th Moon Echo Garden & The Super Babes 5-8pm; July 28th Community Concert Series - Ridin' Shotgun 7pm

TV's Overdose of Drug Ads

By Robert Morton

Continued from page 7

So, what's the solution? How do we break free from this cycle of pharmaceutical pandering? It's simple,

really. Instead of popping a pill for every little ailment, why not try some lifestyle changes? Want to feel happier? Spend more time with friends and family. Feeling sluggish? Get outside and move. Struggling to sleep? Try reading a book before bed instead of staring at a screen.

At the end of the day, there's no magic pill for a perfect life. We're all going to have our ups and downs, and that's okay. So, let's take a break from the drug commercials, step outside, and maybe, just maybe, we'll find that the best medicine is living life to the fullest - side effect free.

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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