

# 2000 Lifestyles



**FREE**  
Vol. 25 Issue 9  
**SEPTEMBER 2024**

*Celebrating*  
**25**  
1999-2024  
**YEARS**

[Lifestyles2000.net](http://Lifestyles2000.net)



# The Interurban Railways 1901 - 1938

By Denice Baldetti

Would you pay \$1.55 to travel from Clyde, Ohio to Toledo? Or how about a fare of \$3.00 to travel from Clyde to Cleveland? For over three decades, beginning at the turn of the 20th century, these fares were possible by traveling on The Lakeshore Electric Interurban Railway!

What is an Interurban? An Interurban is an electrically powered train that was speedier than city streetcars. This railway train car was a little longer than a streetcar and ran on electricity with wires above the tracks. Designed to connect local communities, the interurban railways were a quick and cheap alternative to regular railroads, canals or horses.



The electric interurban railway played a major role in the economic life of the Midwest. Interurbans were a popular mode of travel at the beginning of the 20th century, and were built in all parts of the United States. These railways were greatest in Ohio, Indiana, Michigan and Illinois. The first interurban run was in

December of 1901. By 1915, Ohio and Indiana had the most robust systems of interurban track in the nation. Ohio had 2,798 miles of track, and Indiana had 1,825 miles of rails.

In Ohio, the Lake Shore Electric Railway operated routes from Cleveland to Detroit, via Avon Lake, Lorain, Vermillion, Huron, Sandusky and Toledo. It carried hundreds of tourists to lakeshore communities as well as Cedar Point.

The frequent and regular schedules were cheaper for passengers over standard steam rail transport. The Lake Shore Electric Railway also transported industrial and package freight, farm produce and fish.

The most important contribution of the interurbans was efficient and speedy service between rural areas and small towns. During the heyday of the interurban, every town with a population of 5,000 or more people was connected to the extensive railway lines. Many interurban companies developed countryside amusement parks and resorts, and their lines created easy access for weekend trips to the country, beach or amusement parks.

## Decline of the Interurban

No one knew it at the time, but the interurban was doomed almost from the start. The automobile was

just getting its start at the turn of the century during the heyday of electric rail transportation. Unfortunately, the increased popularity of the automobile, along with paved highways, led to the rapid decline of the interurban as a preferred mode of transportation. By the early 1930's, most interurban lines in Ohio had closed down their electric railway operations. The last run was made on May 15, 1938. The "Greatest Electric Railway in the United States" sadly vanished with hardly a trace. Today, very little of the railway cars, tracks or buildings remain.

To learn more about the interurban, a number of railway and railroad museums in Ohio offer more fascinating glimpses into this little-known piece of transportation history.

*Resources: Lake Shore Electric Railway by Thomas J. Patton c 2009*

*The Lakeshore Electric Railway Story by Harwood and Korach, c 2000.*



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# Lifestyles 2000

September 2024

Vol. 25 • Issue 9

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Cover photo by Judy Ford: Judy is a 40 year resident of Sandusky County. Judy says, "Photography is my therapy and my passion! My favorite place is behind the lens. Nature and animals are my favorite subjects, if it has legs I love to take its picture!" Judy has done weddings, senior photos and family sittings, but spends most of her time around the marshes and water. [judy.knipp@yahoo.com](mailto:judy.knipp@yahoo.com) or Judy Ford on FB.

**Available locations:** Fremont - Cookie Lady, Root's Poultry, Kroger's, Subway, Share and Care, Bark Creek Pantry, Dairy Queen; Gibsonburg - Kirwen's Grocery; Oak Harbor - IGA; Clyde - Subway, Drug Mart, Miller's Grocery, Bellevue Hospital, Bellevue Goodwill, and East of Chicago Pizza... and many more! Or go online to: [Lifestyles2000.net](http://Lifestyles2000.net).

# Life Scholars

By Kathleen Nalley

While it takes digging to "Find Pete" in this publication, Terra's Life Scholar catalog doesn't hide its most untapped bargain. On pages two and three in the Health & Wellness section, fitness classes eligible for Silver Sneaker coverage are listed, representing a collaboration with the YMCA to expand opportunities for convenient access to a healthier lifestyle which won't break the bank. Registration is easiest with Life Scholars with proof of program eligibility (such as an ID card noting Silver Sneakers.) If "look-up" is necessary, a quick trip to the YMCA and its data base can access this health benefit on the Terra campus with credentialed instructors. Call 419-559-2255 for questions about this special opportunity.

A series of cookie decorating classes taught by Elish Noon from D"Elish"ous Desserts is new to the schedule, beginning with **Fall in Love with Fall Favs Cookie Decorating** on Sept. 26. With supplies furnished, the course will emphasize the tricks to icing without frustration to create cookie designs one can be proud to display.

Musical topics return in October with Joan Eckermann's **Tony Award Winning Musicals - 1949 to the 1980's**. This four-session class starting Oct.9 introduces students to the musical productions receiving this coveted honor with clips from the shows and how they reflect the musical trends of the times. Dan Baker provides an historical take on the origins of Country Music with many musical excerpts from performers such as Jimmy Rogers, the Carter Family, Hank Williams, and other stars of the Grand Ole Opry. Gospel groups will be highlighted as well in **"Who's Going to Fill Their Shoes?"** on Oct. 15 and 22. For Beatles lovers, author Helen Marketti will honor John, Paul, George and Ringo's career path in **The Long & Winding Phone** based on the 16 years of phone interviews the author has collected which give insight into the history of this influential phenomenon we call The Beatles. The class will be held Oct. 18.

Religion and science are not neglected in the fall schedule as John Krochmalny returns to discuss **The Prophetic Religions of Abraham** on Oct. 3,10. Abraham has been revered among followers of Judaism, Christianity, and Islam for thousands of years and some of the prophecies these religions had foretold are explored. Professor Andy Jorgensen focuses on the future with **Geoengineering: Extreme Attempts to Halt Climate Change** on Oct. 17, 24.

For a complete listing of classes email [Learn@Terra.edu](mailto:Learn@Terra.edu) or phone 419-559-2255 for a catalog.

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# Lifestyles 2000

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

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**Mission Statement:** Lifestyles 2000 is a monthly resource guide of northwest Ohio area events presented in an attractive format with entertaining and educational articles suited to fit your "lifestyle."

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## Publisher's Letter

Happy almost fall!

Once again I want to ask you to support our advertisers, thanks to them this is a free magazine. If you are interested in advertising, please give me a call or shoot me an email.

Have a fantastic month and watch out for the kids going back to school!

Joanne



## Find Pete



### Find Pete Winners:

There were 114 entries, all were correct, Bellevue Hospital Reconstruction ad was the answer. Sadly about 5 entries were missing the address and were disqualified, please remember we cannot send prizes without an address.

Winners of Miller Boat Line ticket: Kelly Fought, Gibsonburg; Melissa Wolf, Fremont; Paula Renfro, Green Springs.

African Safari tickets: Sheila Jeffery, Tiffin; Mickey Perkins, Blake Williams, Denny Bendy, Elaine Franks, Fremont; Tammy Taylor, Andie Dotson, Rick Leasock, Terry Mossing, Clyde; Hunter Haar, Elmore.

Winners of \$5 gift cards are: Connie Hetrick, Brianne Rakes, Karla Huss, Fremont; Lora Butz, Janice Jordan, Jamie Ruffing, Bellevue; Brooks Babione, Burgoon.

This is the last month for the tickets for African Safari and Miller Boat Line, thanks for playing!

### 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](mailto:lifestyles2000@sbcglobal.net). Sixteen prizes given monthly. One entry per household. **Deadline is the 20th monthly.** Please do not send the ad.

# History Notebook

By Nan Card

The service of African American Civil War soldiers is often overlooked and sometimes difficult to research. Both the Clyde Museum and the Hayes Presidential Library and Museums have documented those known to them on their websites. They have honored them at public ceremonies. History Notebook articles and "Ohio's Yesterdays" blog posts have also highlighted some of these courageous men. Below is the story of another African American Civil War soldier of Ottawa County.

Enoch Freeman was 18 years old when he enlisted at Russia Twp., Lorain County, Ohio in Company B of the 27th US Colored Troops for three years. The 27th was the second black regiment organized in Ohio. The first African Americans to join the Union army from Ohio were those who enlisted to fill out the ranks of the famed 54th Massachusetts. (Edward Leonard of Sandusky County was one of these.)

The pay for Union colored troops was discriminatory; African Americans could make more as day laborers than as soldiers. Despite that, more than 3,000 black Ohioans enlisted in regiments outside the state before the 27th began recruiting.

Freeman mustered in at Camp Delaware Ohio on February 8, 1864. At that time, only 8 of the necessary 35 officers were present. (Only whites could serve as officers.) Like all new recruits, Freeman was subjected to the contagious diseases that spread like wildfire among crowded troops. He soon fell sick at Annapolis, Maryland.

He returned to duty in May as the regiment moved out to the Wilderness and Spotsylvania. Its duty was to guard the supply trains against cavalry attacks. In early June, the 27th with other regiments freed more than 500 slaves. According to Professor Kelly D. Mezurek, author of "For Their Own Cause," a history of the 27th the regiment finally was ordered to the front at Petersburg. It was at this time that Freeman fell sick at City Point, Virginia and was sent to the General Hospital. Freeman did not return to his regiment until September 1864. He was present at Hatcher's Run, on the Bermuda front, the expeditions to Fort Fisher, North Carolina and its subsequent bombardment, assault, and capture. Nine months later, he was promoted to corporal. The following September, Corporal Freeman was mustered out at Smithville, North Carolina.

Following Corporal Freeman's service, he returned to Ohio and worked as a laborer in Clay Twp. Ottawa County. He is believed to have never married. On August 25, 1890, the government awarded Enoch Freeman a pension (#682971) for his Civil War service with the 27th. He died June 25, 1913 and is buried in Clay Twp. Cemetery in Ottawa County.



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## Goodbye Summer

...hello fall! Soon the orioles will be packing up for their trip south, along with the hummingbirds and catbirds—if they haven't already left. It's both a sad time of the year because we look forward to their arrival in the spring, and a relief because they are leaving and we are not "getting up at the crack of dawn" to take feeders out, and bringing them in at night so the raccoons don't get into them. They



will all be missed, but it gives us something to look forward to as we wait for spring.

While not overly exciting, this summer has had some interesting moments. Quite by accident, we discovered a recently born fawn that had been hidden by her mother in a thick patch of weeds right behind the chicken coop—and next to our compost pile. Both of us had been picking up pine

cones from the yard and tossing them into the weeds which—unknown to us—also happened to be the fawn's bed. Robin spotted the little deer first when she walked over to pick up a pine cone that landed in front of the weeds. She looked down and saw the fawn curled up, asleep in her bed. We hadn't noticed her before because she was so tiny, and wasn't moving around yet; we don't know how long she'd been there, but it couldn't have been very long. For the first week after birth, the doe will hide her fawn while she goes off to graze; if she has twins, she will hide each one in a different place.

Within a few days the fawn was walking around in the backyard—never far from her hiding place, but out in the open where we could see her. Occasionally, we would hear her "bleat" and figured she was hungry and calling for her mother. At first we were afraid she'd been abandoned because we never saw her mother...then we realized Mom must have come by to check on the fawn and feed her because she certainly looked healthy and didn't act like she was starving. A few times the fawn was nowhere in sight when one of us would check on her and we thought she was gone...but then later we'd see her again in her bed. About a week and a half after we first discovered her, Robin woke up around 3AM and heard her bleating; when we checked on her later in the morning, she was gone and we haven't seen her since. Mom must have come and gotten her.

And then there was Robin's two sighting of the RIVER OTTER! While we still haven't seen it again after the second time, we did find river otter poop on the dike several times during the summer, so it has been hanging around. We never did locate its den, though. And it seems that every time Robin put the trailcam out, a raccoon would turn the camera around. We knew it was a raccoon because its face was so close to the camera you could see its eyes and the top of its head...and then weeds. We're not sure if the raccoon was enamored with the camera—or annoyed by it.

Finally, as in many years past—except for last year when something happened and they didn't

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"Hey, what's for lunch"

stay—we hosted summer camp for 34 Canada geese—4 or 5 families and their offspring. They started arriving in late spring and stayed until mid July. Yes, that many geese are very messy, and they constantly hang out under the bird feeders, but we do enjoy watching the babies as they grow and learn survival skills from their parents. This year, for some strange reason, they decided to practice flying back and forth around our fence into the next door neighbor's yard, and across the highway which happens to be SR53—usually a VERY busy road—in front of our house. This caused a lot of anxiety on our part because we didn't want them to cause an accident or get killed themselves. We held our breath every time we saw them out there.

We became especially fond of one of the adult geese that we named "Reacher" after the hero of the "Jack Reacher" series on Prime. He was a handsome, fearless, and friendly goose that would wait at the back gate for us to come out and fill the bird feeders—because he knew we always threw a little mixed feed under the feeders for the birds. But, if we weren't fast enough, he would come up behind whichever one of us was bending over the bird seed barrel and gently nudge us on the back with his bill. He never got nasty, though.

And now that the geese are gone, we're seeing rabbits and chipmunks. The geese kind of took over while they were here and gobbled up everything in sight—baby geese were even eating the carrots I threw out for the rabbits. There was nothing left for anyone else. Bunny and her family and friends, and the chipmunks and their families and friends are coming up to the house again for snacks. And so, the cycle continues...



## Gabby Gardener

By Karen  
Langley

I decided to start working a couple of days a week at Haslinger's Orchards on West Route 6. This is a family owned business that has been passed down in the family for a few generations. One of the things that they have incorporated recently is a Sunflower meadow where you can come and cut the sunflowers and put in mason jars or smaller vases. One of the owners always goes out in the early morning, cuts some Sunflowers and arranges them in the jars and vases ready to buy. They are absolutely beautiful and there are so many varieties and colors. I was going to go into detail about all the different Sunflowers but decided to talk about the deep-rooted meaning and symbolism of the Sunflower. Besides the beauty that they offer, sunflowers represent **Longevity**. The conditions it can endure while continuing to stand tall and shine its light. Sunflowers are in full bloom during the hot summer months and do not allow the heat to wilt or destroy them. During summer storms they display their strength and vigor. I myself have a hard time enduring these hot, hot days we have had without wilting! My hair has taken the worst of the humidity. **Adoration and Loyalty** are two important terms to define the Sunflower. The thick stem of the Sunflower represents loyalty through the strong bond it creates between Earth and the flower itself. **Adoration** is the joy you express when you drive by a field of Sunflowers or the ones you have in your own yard. Who doesn't adore a Sunflower? **Optimism** is the last meaning of the Sunflower since they are always giving back. After it dies, it provides seeds to be eaten or replanted. Birds, animals, and humans all enjoy Sunflower seeds. Isn't that what the Major League baseball players shove in their mouths and spit out? I got to thinking how we can take our Sunflower seeds and make our own baseball loving recipe. I went to the all mighty ever convenient Google and looked it up. Here is the recipe:

- **1 cup raw in-shell sunflower seeds.** You get these by taking the head of the Sunflower and rubbing it against a table (outside) to get the seeds out. (the kiddos could help with this)
- **2 ½ Tablespoons kosher salt**
- **1 quart water**

Preheat oven to 400 degrees

Place sunflower seeds, salt, and water into a medium saucepan. Bring to a boil. Reduce to a simmer and simmer for 15-20 minutes Drain the water from the seeds and spread the seeds out in a single layer in a sheet pan. Place in a preheated oven on the top rack and roast for 10-20 minutes. Start checking the doneness at 10 minutes to see if it is dry enough and roasted to your satisfaction. The seeds can quickly go from done (dry and easy to bit to open) to charred (browned on outside and black on the inside) So keep an eye on it.

Note: Some people have stated they had to bake their seeds for up to 35 minutes. Your total time depends on your oven and size/variety of sunflower seeds.

Have a good day and happy gardening!

Submitted by Karen Langley, a member of Green Stem Gardening Club  
Membership is open to all. Interested? Call President Patti Saam at 419-307-7776.



**Diabetes and your eyes**

**DEAR MAYO CLINIC:** I was recently diagnosed with Type 2 diabetes. My health care professional shared that I'll need to have regular eye exams in addition to keeping my blood sugar well controlled. How does diabetes affect the eyes, and why are routine eye exams so important?

**ANSWER:** Diabetes is a prevalent condition worldwide, affecting approximately 10% of the population. It's defined as a group of diseases that affect how your body uses blood sugar or glucose. Diabetes is a systemic disease affecting many organs, including the heart, blood vessels, nerves, kidneys and eyes. Type 1 diabetes is an autoimmune disease where the body destroys the cells in the pancreas that produce insulin. Many people think this type of diabetes is only diagnosed in children and teens, but more than half the people diagnosed with Type 1 diabetes are over 30.

Type 2 diabetes is a condition where the pancreas still produces insulin, but the body doesn't use it appropriately.

Some people develop diabetes during pregnancy, known as gestational diabetes. People who have gestational diabetes during pregnancy have a much greater risk of developing Type 2 diabetes during their lifetime.

While eye care and regular eye exams are important for everyone, they're particularly vital for people with diabetes. Let's explore why routine eye care is so crucial.

The eye, a vital part of your vision, contains a sensitive layer called the retina. The blood vessels in the retina can be affected by diabetes, leading to a condition known as diabetic retinopathy. This condition gradually damages these blood vessels and can progress through various stages of severity.

When diabetic retinopathy develops, eye damage can occur before symptoms develop. There often are no symptoms until the retinopathy has reached a moderate or advanced stage. In the advanced stage, diabetic retinopathy can cause rapid, permanent vision loss.

Diabetic retinopathy is the leading cause of vision loss worldwide in people ages 25 to 74. By 2030, an estimated 191 million people globally will have diabetic retinopathy, and 56.3 million people with diabetes will have vision-threatening diabetic retinopathy.

For people with diabetes, regular eye screening is part of their annual exam with their primary healthcare team.

The Food and Drug Administration approved the first autonomous artificial intelligence system to aid in detecting diabetic retinopathy. The system captures an ocular photograph of the eye's retina to identify early signs of vessel damage. The ocular photograph is quick and designed for your comfort during the process.

If the screening detects diabetic retinopathy, your healthcare team will refer you to retinal specialists or an ophthalmology specialist for further evaluation and management.

Prevention remains the best approach for diabetic retinopathy. Early detection and diligent management by an ophthalmologist can slow the progression or halt diabetic retinopathy. A prompt diagnosis increases the chances of a favorable outcome.

Even if your annual eye exam showed no issues, it's crucial to report any of these symptoms to your healthcare team right away:

- Blurred vision
- Double vision
- Dark or empty spot in the center of your vision
- Difficulty reading
- Difficulty seeing well at night
- Droopy eyelid
- Eye pain
- Flashing lights
- Halos around lights
- Objects that look larger or smaller than usual
- Sudden appearance of spots or floaters

These symptoms may indicate you need a change in your eyeglass or contact lens prescription or signal other more serious diseases, such as diabetic-related ocular complications such as diabetic retinopathy.

Strict control of your blood glucose levels reduces your risk of developing vision loss from diabetic retinopathy. In addition, you should control high blood pressure and cholesterol, as they can affect the retinal health of your eyes. — Wayne Wu, M.D., vitreoretinal surgeon and ophthalmologist, Eau Claire, 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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No-bake berry pies often turn out soupy, chewy or tasteless. Could we make a pie with great texture and flavor — and still keep it simple?

We used a flavorful graham cracker crust and thickened some pureed berries with cornstarch to create a no-bake summer berry pie recipe that was easy to make, sliced neatly, and had great flavor and texture.

**Summer Berry Pie**

*Serves 8 to 10; makes one 9-inch pie*

**For the graham cracker crust:**

- 9 graham crackers, broken into rough pieces
- 2 tablespoons granulated sugar
- 5 tablespoons unsalted butter, melted and warm

**For the berry filling:**

- 2 cups fresh raspberries (about 9 ounces/255 grams)
- 2 cups fresh blackberries (about 11 ounces/312 grams)
- 2 cups fresh blueberries (about 10 ounces/283 grams)
- 1/2 cup granulated sugar (3 1/2 ounces/99 grams)
- 3 tablespoons cornstarch
- 1/8 teaspoon table salt
- 1 tablespoon lemon juice from 1 lemon
- 2 tablespoons red currant jelly

**For the whipped cream:**

- 1 cup heavy cream (cold)
- 1 tablespoon granulated sugar
- 1 teaspoon vanilla extract

**FOR THE CRUST:**

1. Adjust oven rack to middle position and heat oven to 325 degrees.
2. In a food processor, process graham crackers until evenly fine, about 30 seconds (you should have 1 cup crumbs). Add sugar and pulse to combine. Continue to pulse while adding warm melted butter in a steady stream; pulse until mixture resembles wet sand. Transfer crumbs to a 9-inch glass pie plate; form the crust using 1/2-cup dry measuring cup. Bake crust until fragrant and beginning to brown, 15 to 18 minutes; transfer to a wire rack and cool completely while making the filling.

**FOR THE FILLING:**

3. Combine berries in a large colander and gently rinse (taking care not to bruise them); spread berries on a paper towel-lined rimmed baking sheet and gently pat dry with additional paper towels.
4. In a food processor, puree 2 1/2 cups mixed berries until smooth and fully pureed, about 1 minute. Strain puree through a mesh strainer into a small nonreactive saucepan, scraping and pressing on seeds to extract as much puree as possible (you should have 1 1/4 to 1 1/2 cups). Whisk sugar, cornstarch, and salt in a small bowl to combine, then whisk mixture into puree. Bring puree to boil over medium heat, stirring constantly with a wooden spoon; when mixture reaches a boil and is thickened to the consistency of pudding, remove from heat, stir in lemon juice, and set aside to cool slightly.
5. While puree is cooling, place remaining berries in a medium bowl. Heat jelly in a second small saucepan over low heat until fully melted; drizzle melted jelly over berries and toss gently to coat. Pour slightly cooled puree into cooled pie shell; top with fresh berries. Loosely cover pie with plastic wrap; refrigerate until chilled and puree has set, about 3 hours (or up to one day).

**FOR THE WHIPPED CREAM:**

6. Just before serving, beat cream, sugar, and vanilla with an electric mixer on low speed until small bubbles form, about 30 seconds. Increase speed to medium; continue beating until beaters leave trail, about 30 seconds longer. Increase speed to high; continue beating until cream is smooth, thick, nearly doubled in volume, and forms soft peaks, about 30 to 60 seconds.

**TO SERVE:**

7. Cut pie into wedges and serve with whipped cream.

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## Humor in Everyday Life

By Robert Morton

As I sit here thinking back on my recent adventures around Sandusky County, I can't help but smile at all the little quirks and behaviors I've come across. Human nature, in all its unpredictable glory, is downright amusing. From a cozy dinner at The Depot Pizza to shopping at Kroger and Walmart, there's always something to chuckle about.

The Depot Pizza is hands down our favorite spot—it's got that warm, family vibe, and the pizza? Best in town, no contest. My wife and I are pretty particular about how we like our pizza—crispy on top with just the right amount of char. So, every time, we ask them to brown it a little extra. One time, our order comes out, and the ticket says, "burn the hell out of it." We couldn't stop laughing, and when we explained what we meant by "brown the top," the server got a kick out of it too.

Another time the place was packed, and one of the servers got mixed up, bringing a big ol' pepperoni pizza to a couple who'd ordered a salad. The guy looked at the pizza, then back at the server, and said, "Well, I guess this is God's way of telling me to skip the diet tonight." The whole place just cracked up!

Then there's Kroger's, where grocery shopping is practically a sport. You wouldn't believe the little slices of life you see in those aisles. Like the person who's stuck between regular and low-fat yogurt, blocking the whole dairy section while they ponder. Or the shopper who handles their cart like it's a bumper car, nearly crashing into everything in sight. And don't get me started on the self-checkout. I once watched a guy try to scan a cucumber, and it rang up as a pack of napkins. The look on his face was priceless. I ended up helping him figure it out, and we both had a good laugh about it. Sometimes, the best entertainment is right there in the grocery store!

And let's not forget the Fremont Walmart. Ah, Walmart—the place where anything can happen. Sandy and I go there for something quick, but it often turns into a mini adventure. One thing that never fails to amuse me is the epic battle with those plastic produce bags. I watched a lady spend a solid five minutes trying to get one open, rubbing it between her fingers like she was trying to start a fire.

I miss those quirky intercom announcements, like, "Attention shoppers, there's a blue light special in aisle... oh, wait, we don't do blue light specials anymore!" But Walmart is still the kind of place where you might see someone in pajamas buying a 50-gallon drum of peanut butter, and nobody even blinks. All these little moments remind me that life doesn't always have to be so serious. There's humor all around us if we just take a minute to notice it. It's healthy to find amusement in others—and to laugh at ourselves, too.

So next time you're out and about—whether you're ordering pizza, grabbing groceries, or wandering through Walmart—keep your eyes open. You never know what funny little human behavior you might catch, and it's always good for the soul to have a good laugh. Just be sure to ask for your pizza "browned," not "burned to a crisp!"

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



## Jill on Money

By Jill Schlesinger

### Health care in retirement

In the category of "we like good news too," the 2024 Medicare Trustees Report showed improvement. Yes, there are still long-term structural problems, caused by a combination of an aging population and rising health costs, but the Hospital Insurance (HI) program deficit narrowed and "the year of depletion of trust fund reserves has been pushed out five years to 2036," according to the Center for Retirement Research at Boston College.

Medicare provides medical care and health insurance to individuals aged 65 or older (if you are married, each spouse has to apply individually) and those who are entitled to federal disability insurance benefits. It is comprised of four parts: Medicare Part A (insurance for hospitalization, home or skilled nursing, and hospice), Medicare Part B (medical insurance), Medicare Part C ("Medicare Advantage Plans," which are private options that bundle Part A, Part B, and usually Part D coverage into one plan), and Medicare Part D (prescription medications).

This year, the cost of Medicare Part B starts at \$174.70 per month, with an annual deductible of \$240. However, if you have modified adjusted gross income (MAGI) over a certain amount (\$103,000 for singles, \$206,000 for married filing jointly), you could be subject to additional surcharges. The extra amount is called an Income Related Monthly Adjustment Amount ("IRMAA") and importantly, these surcharges apply to your premium for the entire year, even if you only go over by one dollar.

Even though most Americans pay the base amount of \$174.70 per month, when tallying up ALL health care costs in retirement, the numbers are steeper. According to Fidelity Investments' annual Retiree Health Care Cost Estimate, "a 65-year-old retiring this year can expect to spend an average of \$165,000 in health care and medical expenses throughout retirement."

This huge number breaks down as follows: the premiums associated with Medicare, Parts A and B (43 percent), prescription drug costs (10%), and all other health care costs, like co-payments, co-insurance and deductibles (47%).

These numbers do not include the costs that someone would have to pay for long term care, which Medicare does not address and if you are married —the \$165,000 number is DOUBLE!

How can workers plan for these future healthcare and medical expenditures?

Ryan Viktorin, CFP at Fidelity Investments suggests that "everyone needs to factor in these costs today — and also plan on 5% annual increases in the future." In practical terms, that means you need to add an extra \$600 per month, per person (in today's dollars) to your future expenses, to cover 25-years of retirement.

One way to do that, says Viktorin, is to use a Health Savings Account (HSA), if one is available through your workplace. "The beauty of an HSA is that not only can it be used to pay for health care costs down the road, but it also offers triple tax savings," meaning that the money goes into the account pre-tax, the earnings grow without taxes, and when you pull the money out later for qualified medical or health care expenses, there is no tax due! If you leave your job, you can take your HSA with you — and even use it decades in the future.

If you do not have access to an HSA, consider creating a distinct account earmarked for health care. This is a form of "bucketing," whereby you fund separate accounts for specific purposes.

Whatever method you choose and even if you are already enrolled in Medicare, Viktorin says that health care planning is not a "set it and forget it" event.

Retirement plans and Medicare choices need to account for financial and health changes.

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# Wrinkles

By Pauline  
A. Darr

## Wrinkles

Scales lie.  
Pictures lie.  
Mirrors lie.  
Don't they?

Who is this wrinkled woman  
sharing this mirror with me  
mirroring my slightest movement?

Mirror, you show a wrinkled composite of me.  
Wrinkles engraved around mouth,  
above the brows,  
around the eyes,  
mapping face  
that no lotion can smooth.

Lotion once lavishly applied  
no longer smooth these ripples of worry,  
of wisdom, of wonder.

Worried wrinkles untrophied  
because the imagined catastrophes never  
happened.

Wisdom wrinkles.  
Thank you, Lord.

Wonder wrinkles.  
Wondering when they multiplied.

Tightened skin  
yields to carved creases on face,  
my face. Your face, too?

I was beauty-filled—once,  
but now beauty-hidden.

Oh if you could but read between these lines  
of my yesterdays, you'd be amazed.

Wrinkles are my souvenirs  
and the ones of which I'm most proud  
are the ones crowing my eyes—my happy  
lines.

Wrinkles wrinkle in time.  
Time wrinkled my face.  
This ever-newing me—  
I like them.  
I like me.

Thank you, mirror, for this moment  
and for the myriad of happy wrinkles  
yet to come—no lie.



## Camp Fire is more than summer camp!

We had so much fun with our summer camps this year, but we are not done. Just look at what we offer to campers, parents, and the community for the rest of the year.

### Before & After School Program

For school, we continue to offer our After-School programs. We are a Job and Family Service-Licensed program, and our programs are structured in collaboration with state curriculum to ensure additional development in a curriculum that is fun. Students will participate in a variety of Camp Fire activities that provide them with the opportunity to develop social skills, a positive identity, creative thinking, and self-management. We are excited to expand our after-school care, adding Otis Elementary and Lakota Schools.

### For Fremont school students in K-5 elementary schools.

Our Before School program is operated out of the main lodge at 2100 Baker Rd., in Fremont, with busing to the elementary schools by Fremont City School buses. After-School programming is provided at Lutz, Otis, and Croghan Elementary Schools, with the option to bus from Atkinson School to Croghan. These programs operate on school days from 7:00 a.m. to 8:30 a.m. and 3:30 p.m. to 6:00 p.m.

### New to Lakota this year is our After-School Care!

Our After-School programming will provide your students with a continued nurturing environment with homework help, crafts, outdoor, and STEM activities. This program is open to elementary students in K-6 grades and operates at Lakota during school days from 3:30 p.m. to 6:00 p.m. We have limited availability, so sign up today.

### Parents Night Out

Parents, here is your chance to have a night out to shop, go to dinner, catch a movie, or just get away for a while. Your children will have fun, playing games, creating arts and crafts, eating, and engaging in camp activities! This is one night where you can relax, knowing your kids are in a supportive and safe environment. Thanks to the Sandusky County Family and Children First Council for finding this free program! Registration is necessary.

### Teens In Action/Youth Move

Teens in Action/Youth Move provides year-round support to middle and high school students to remain actively engaged in school, our community, and to prepare for a promising future.

Community service is a large part of this program and instills a lifelong habit of helping others. It encourages students to look out for the needs of their community and use their resources to pass on help to those who need it. Whether it's a service that is well-known or small acts like clearing trash from their favorite park.

### Fall Camps

Watch for our Fall Camp line up to be released soon. We will be offering an Art camp, A Beginning Crocheting camp, Babysitting camp, a Beginning Archery camp, Weekend Overnight camps, and a few other things we can't wait to tell you about. Visit [www.campfire.org](http://www.campfire.org) for more information!

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# Astrology FORECAST

By Magi Helena

**ARIES (March 21-April 19):** A romantic relationship might spark ignored passions, or magical moments with your loved one could bring a rosy glow back to your cheeks. Use your imagination and you might make progress with your money goals.

**TAURUS (April 20-May 20):** Enjoy some extra attention and appreciation today. You can combine practical know-how, original ideas, and imagination to make your life better in the coming month. If you love what you do, your routines will be a joy, not a burden.

**GEMINI (May 21-June 20):** Dedicate more time to activities which feed you, and people you cherish. You might be exposed to people who influence your decisions but may be emotionally volatile. Discover the difference between casual acquaintances and genuine friends.

**CANCER (June 21-July 22):** When expectations are set too high, it's easy to fall short, you might overspend in an effort to keep up with your social circle. However, loyal and trustworthy friends might share their valuable experiences with you.

**LEO (July 23-Aug. 22):** Friends may not always make great lovers, and if in a relationship, your special someone might not be happy with just being a roommate. It may be time to decide how you want to classify some relationships and sort them out.

**VIRGO (Aug. 23-Sept. 22):** Love might be in the air so romance can play a huge role in your life. However, you may also be thinking about your money and spending power. Your optimism and faith in the future could help pave the way for important changes.

**LIBRA (Sept. 23-Oct. 22):** Embrace your independence and out of the box approach. Your unique style might earn you praise or advancement in the coming month. However, remember that being a free spirit doesn't excuse you from responsibilities.

**SCORPIO (Oct. 23-Nov. 21):** Knowledge is power, or so they say. Learning something new could transform your life or change your future for the better. Consider seeking advice from elders or exploring the library or other online resources for beneficial facts.

**SAGITTARIUS (Nov. 22-Dec. 21):** Your constant dedication and inspired action may bring your goals to life rather than trying to follow the right steps or a cookie cutter plan. You may feel led to seize opportunities to show loyalty to loved ones.

**CAPRICORN (Dec. 22-Jan. 19):** Overcome the urge to stay at home, get out and engage with people from various backgrounds. Consider reviving an old hobby this weekend. Friends and hidden delights may resurface if you devote more time to pleasures.

**AQUARIUS (Jan. 20-Feb. 18):** Use your people skills. Your ability to let the power of attraction work in your favor may bring the most influential people closer. It could be an opportune time to learn a new and trendy skill or delve deeper into your passions.

**PISCES (Feb. 19-March 20):** As the month progresses, you may find many ways to express your romantic side. Someone might stir your sympathies or inspire you to be more compassionate than usual. Your sensitivity could earn you much needed respect.

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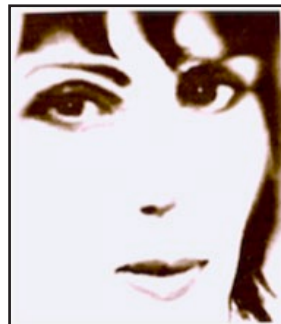
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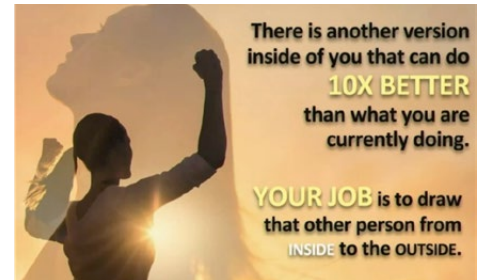
# Image of the Mind

By Alisa Florio

## GRACE. What does it mean and how does it affect you?

This word carries a load of healing that no other word can give. This word comes with hope. Grace can give you a sense of feeling open to expand as far as the mind can imagine. Or, without it you can feel restricted and even trapped from real or imaginary barriers. Let's not get confused, GRACE doesn't give permission to do wrongful acts. Grace comes from trust in a power greater than ourselves.

No one can boast or claim to have earned grace. Grace is an unmerited gift of compassion that is given, or received. God's grace is defined in the Bible as an undeserved favor. Grace is given freely, and leaves an imprint on the heart of those who receive it; as well as showing compassion from the one giving it. Grace forgives unconditionally.



All of us will have opportunities in life to give grace, and also to receive it. When we make a decision to show someone grace, or we are given grace it is a heart filled act with no strings attached, and for no reason other than; "I want to" from the giver of it.

Probably the most challenging person for us to give grace to is oneself. We're toughest on ourselves, and many times walk around with circles of negative emotions that get released onto others. We act from a reflection of how we feel in our subconscious mind. I want to challenge you to look past these thoughts and emotions that are wrapped around your past experiences and dig deeper inside of you. There is this unique version of you wanting to expand and grow beyond that little seed that gets squashed out by the pain from your circumstances. Find the confidence inside you by connecting with this higher version of you that will show you the way to discovering beyond this life you feel trapped in.

Here are 5 ways to give yourself grace to grow beyond the current YOU

1. Don't worry about being perfect. Accept that all of us are flawed. Deep within you is perfection. This is where you want to place your focus. What is inside of you!
2. When you mess up recognize where your error lies so you can grow, but don't hold yourself hostage in guilt. Recognize, self correct and go on.
3. Give yourself permission to say NO! We try to do too much and we don't listen to our bodies. We eat junk food on the run, and lack reasonable rest for our bodies to refuel. Give yourself grace to say no and set healthy boundaries. Practice saying NO to stay focused.
4. Don't feel bad. Set aside 30 minutes a day 5 days a week. It can be 30 minutes in the early morning or late at night when the house is quiet. Pick one goal at a time; write it on a piece of paper and carry it with you. Dream. Read material on strengthening your mind.

5. Do one thing every day that makes you proud to be YOU! Open a door for someone. Go through your closet and give away those winter clothes you'll never wear to someone who needs them. Send a thought of encouragement. Write 8 things you're grateful for each day.

Wishing you GRACE as you draw your inside to shine on your outside. Feel a big hug!





Dear Cathy,

We rescued our Flossie six years ago from South Carolina. She was rescued from a hoarder's house in Georgia. She had puppies at 10 months old. She is house-trained, but eats extremely fast and is aggressive towards other dogs. She growls when she sees other dogs, especially large dogs. She is getting a bad rep in our complex. She looks for humans and wants to be petted and even rolls over so they can rub her belly. Any way to get her to be less aggressive with dogs?

— Michael, Port Jefferson Station, NY

Dear Michael,

Flossie's early experiences likely formed her current habits and behaviors. For Flossie's fast eating, get a slow-feed bowl. These bowls slow a dog's eating and can help prevent the health issues associated with eating too quickly.

Regarding her aggression, it's a positive sign that she is friendly with humans. Therefore, her aggression toward dogs could stem from being overly protective of you, which would manifest as assertiveness (pulling or positioning herself between you and other dogs), or fear (pulling back and away) of other dogs.

Since this happens mostly with larger dogs, I suspect she may be fearful. In this case, slow, gradual exposure to other dogs can help desensitize her. Start with environments where other dogs are present but keep at a distance where Flossie doesn't feel threatened. Avoid dog parks, and instead frequent parks where you see dogs in the distance with their owners, but they remain far away. Or hang out in a pet store parking lot, always keeping at the distance where she doesn't react to the other dogs.

Over time, gradually decrease the distance as she becomes more comfortable around other dogs. Reward her with treats and praise when she remains calm in the presence of other dogs to create positive experiences. You also can look for local dog trainers or animal behaviorists offering controlled socialization classes where she can gradually interact with other dogs in a structured environment. These classes can help build her confidence around other dogs.

If her behavior is the result of protectiveness, you will need to reassure her that you are in charge – and the best way to do this is to keep her from being in between you and another dog – regardless of how far away the dog is.

For example, if another dog approaches while walking on the street, either cross the street or step a few feet off the street or sidewalk, use the leash to pull her behind you, hold the leash tight so she has trouble seeing around your legs, and wait for the other dog to pass. Reward Flossie with treats if she remains calm.

Also, teach Flossie to focus on you during walks. Use commands like "watch me" to keep her attention on you rather than on other dogs. I also recommend putting a canine pheromone collar on her as it may reduce her anxiety or agitation, regardless of the reason for her aggression.

Changing behavior takes time. Be patient and persistent with the training and desensitization process and you should begin seeing results in a few weeks.

Dear Cathy,

My Yorkie Shelby always treated my cat as prey, so we moved her into the other half of our house with my sister and two other dogs. Shelby has lived there for many years, interacting with me but not my cat. The cat has passed away, and I would like Shelby back with me (she is 12 now.) She sniffs around when I bring her down but always wants to go back "home." How do I reintegrate her into my end of our house?

— Marcia, Tolland, Connecticut

Dear Marcia,

Start by bringing Shelby over for short visits, gradually increasing the duration of her stay as she gets more comfortable. Bring over some of her favorite toys, bedding, or other familiar items from the other part of the house to help reduce her anxiety. Rub a towel or cloth on the areas where Shelby likes to spend time and place it in your part of the house to transfer familiar scents and make her feel more at ease. Also, engage Shelby in her favorite activities and games in your part of the house to create enjoyable experiences that make her more willing to stay.

Finally, use treats, praise, and affection to reward Shelby when she explores or settles in your part of the house, helping her form a positive association with the new environment. By providing a supportive and loving environment and giving her time, Shelby should gradually become more comfortable in your part of the house.



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SATURDAY	8 AM - 12 PM
SUNDAY	CLOSED





# TRANSFORMATION IN SANDUSKY COUNTY

By Dr. Paul Silcox

As a person who finds themselves at a crossroad in their life and come to grips with the fact that they have gotten themselves into trouble with the law regarding drug use / abuse, or alcohol use, they might find themselves in what was called for years, "Drug Court".

The Drug/OVI Court in Sandusky County for the last few years has evolved into what is now called "HOPE" Court. "H" is for Honesty. Honesty in recognizing their addiction. "O" is for Openness. Openness and commitment to change. "P" is for Participation. Participation in court and treatment. "E" is for Engagement. Engagement with others on the path to recovery.

We all know that addiction has become a MAJOR issue facing us in this country. Less than 10 years ago, there was just under 50,000 people a year that died in America due to drug overdose. The last two years in a row were at over 100,000 deaths per year.

Some communities don't have any type of drug court to address addiction. Ours does and after having been there to observe the HOPE Court in person, to what we have here in Sandusky County and witnessed how it functions, I'm glad that there is compassion and a helping hand that is dispensed with the accountability to guide a person on the road back to sobriety and a healthy, productive lifestyle.

I want to commend Judge Cynthia Welty and her team at the Sandusky County District No.1 Court in Clyde. Her team of a Court Administrator and staff, Probation officers and T.A.S.C. officers that really demonstrate a care and concern for clients who have gotten themselves into trouble and offering

them options to encourage them back into being valuable and productive members of society.

Katura Recovery & Training Services is looking forward to using acupuncture to help with addictions and magnetic bead therapy to help with stress and anxiety available to the HOPE Court, as it works to help those that have gotten off the beaten path, get back and make our society better.

## Katura Recovery & Training Services



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# # IN YOUR OWN BACKYARD

**Single Seniors Mix**, Tues, Sept 3rd at Fremont Buffalo Wild Wings from 6-8 pm. Come meet other seniors for a relaxing evening.

**Fremont Lions Club** will meet on Sept. 3, 17 at noon at the Fremont Eagles Hall. Guest speakers on Sept 3 include County Commissioners Scott Miller, Charlie Schwochow and Russ Zimmerman and on Sept 17, County Treasurer Kim Foreman. Members and guests are always welcome to attend the meetings. A Zone meeting will take place on Sept. 4 in Elmore at 7 pm with an optional dinner at 6 pm. For more information, please call Secretary Donna Thatcher at 419 332 3095.

Members and guests are welcome to attend the meeting of Sandusky County Republican Women on September 12 at 5 pm at the Sandusky County Twp. House located at 2207 Oak Harbor Rd. Details will be discussed for the upcoming Chili Cook-Off on Oct. 10 at the barn at White Star Park in Gibsonburg. Please save that date and watch for further details. For more info contact President Lori at lbalduf2007@yahoo.com.

**St. Michael Gibsonburg, Annual Chicken BBQ:** Sunday Sept. 22, Serving 11-sell out. Dine In & Drive Thru. Dinner includes 1/2 chicken cooked by the Gibsonburg Fire Department, Amish style noodles, Homemade Applesauce, Homemade Coleslaw and Pies donated by our parishioners. Dinner price \$13. Offering inside dining first time since 2020 and a 50/50 raffle.

**Multiple sclerosis support group meeting** will be held Mon, Sept. 9 @ 6:30pm. Meetings take place at Hayes United Methodist Church on Fangboner Rd, Fremont. Meeting is welcome to all those with MS, their caregivers or anyone touched by the disease.

**Hayes Memorial United Methodist Church** is sponsoring a Garage Sale on Saturday, Sept. 21 from 9:00 a.m. to 3 p.m. with a bag sale starting at 2 p.m. The Garage Sale will include furniture, small appliances, clothing and household items. The church is located behind the YMCA at 1441 Fangboner Road in Fremont.

**The Fremont Area Women's Connection** invites all women to our Ladies Luncheon, Sept. 10th. We meet at Victor's Event Center, 2270 West Hayes Avenue.

Our theme is "Go Team!" and for some added fun we encourage you to support your favorite team by what you wear to the luncheon. John Cahill from Fremont Ross will present the history of Harmon Field. Our speaker, Tamera Perry will share her story "Fighting Fear the Courageous Way."

Doors open at 10am for coffee, lunch and program is from 11-1pm. Cost is \$14.

Reservations before Sept. 6th. Call/text Donna at 419-680-2251 or e-mail Carrol at fawcluncheon@gmail.com. Reservations as well as any necessary cancellations must be reported in the same way. 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

**Republican headquarters grand opening** Sat., Sept. 7, noon at Republican headquarters 101 S Front St., Fremont

**United Way of Sandusky County** invites the community to join them for the Annual Awards and Community Campaign Kickoff Event to be held on Sept. 11 at 8:30 am at Whirlpool - 119 Birdseye Street, Clyde. The event tent and parking are located off Birdseye Street. Breakfast and Networking will begin at 8:30 am, Kickoff and Awards will be at 9:00 am, with the program ending around 9:30 am. United Way will also be having a supply collection for the homeless shelters in Sandusky County, Liberty Center and Pontifex. Visit the United Way website (uwsandco.org) for a list of needed supplies for the two shelters. Guests are invited to stay after the event for an exclusive tour of the Whirlpool plant. Those staying for the tour must wear closed-toe shoes and pants. RSVP are required, please call the United Way office at 419.334.8938 or email them at marketing@uwsandco.org to make your reservation. We hope to see you there!







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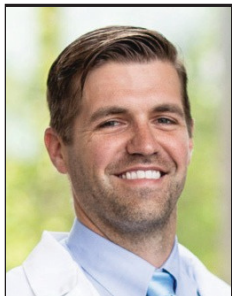
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