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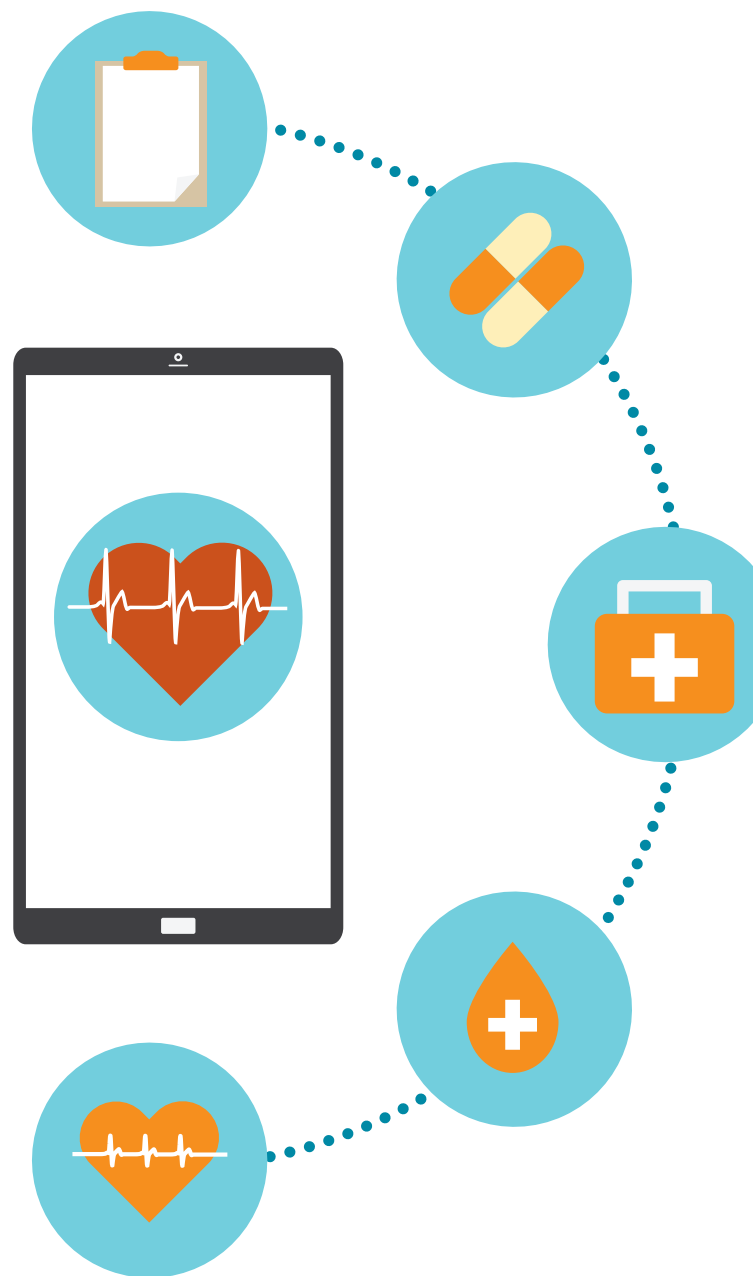
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Lifestyles 2000

April 2020

Vol. 21 • Issue 4

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Many of our locations are currently closed but we are still available at: Fremont- Cookie Lady, Grund's, Root's Poultry, Kroger's, Subway, Marco's Pizza, Hasselbach Meats, Bark Creek Pantry; Gibsonburg Kirwen's Grocery; Oak Harbor IGA; Clyde Subway, Drug Mart, Miller's Grocery. Or go online to: Lifestyles2000.net

You're Never Too Old to Learn

By Kathleen Nalley

Life Scholars members may not be attending classes at the time of this writing, but Terra Community College's Coordinator of Community Education, Holly Hoffman, is continuing ongoing communication with instructors and students, so that a seamless return to academic pursuits will be ready when the time finally arrives to return to class. Instructors of cancelled classes have enthusiastically committed to rescheduling later in Spring or for the Fall. The most important consideration is for the health and well-being of participants.

For practical and planning reasons, most trips have been cancelled, and the staff has been in communication with those who had registered for trips or classes. Refunds and credits have been made available, with many opting for a "wait-and-see" approach.

Holly has hosted special one-hour, one-time Coffee Talks on a variety of subjects this year. January's Cutting the Cord – Learn ways to save on your cable or satellite bill with Tim Wasserman was a very popular program. With our sights looking for possibly May's presentation of Gloria – Learn about addiction in seniors facilitated by Americare Home Health's Kari Steele and June's Diabetes Management explained by Firelands Home Health, brief topics can be covered in the comfort of a round table discussion. The late summer will bring the topics of Senior Bullying and Ovarian Cancer Connection Warning Signs and What You Should Know. The Coffee Talks are opportunities to learn from experts without cost to participants. This community outreach demonstrates the wonderful collaboration with agencies that the Life Scholar Program enjoys.

For those interested in updates and program changes impacted by the COVID-19 virus, please check daily updates on the website, www.terra.edu and click on COVID-19 "Learn More" at the top of the screen. Registered students will continue to receive email and calls that apply to specific classes.

The spirit of this community of learners continues to touch those of us who have made personal connections. From a peer in my poetry class, I received a copy of a most romantic poem (my favorite kind) and from writing group colleagues, humorous stories and reflections of the pandemic in terms of the Apostle Paul's call to put on armor (in Pauline's words, an "Expanded Wardrobe") to face this challenge. My Life Scholar friends continue to inspire learning and camaraderie well beyond the classroom. I encourage you to join our ranks. Call for a catalog at 419-559-2166 or check out the website, Learn.Terra.edu.



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Lifestyles 2000

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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."

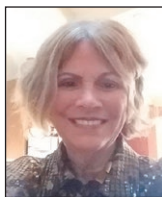
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Publisher's Letter

What a month it has been! We debated on whether to do an April issue, but decided everyone needs something positive to read, and looking for "Pete" is a good way to pass the time.



Please let your family members, who are house bound, know that our website, **lifestyles2000.net** has the magazine posted each month.

We want to thank you for your kind words of encouragement and sympathy on the death of our son Steve; 2020 is turning out to be a trying year to say the least.

Stay well and let's pray that in another month this will be behind us.

Joanne

Find Pete



The March answer was the Westview Veterinary ad, apparently it was a bit harder as there were only 154 correct answers.

Find Pete Winners:

The winner of the Dairy Queen cake was Anthony Heater. All of those who listed their age were entered in another drawing to win a DQ cake. We had 107 people respond, thank you so much, we love to know the age group of our readers. The majority of you are 50+, but we loved seeing readers as young as ten and many in their twenties, thirties and forties!

Winners are: Danielle Fishley, Lakewood; Sara Roach, Dave Matter, Angela Missig, Clyde; Rozette Floriana, Port Clinton; Linda Gegorski, Kasey Wagner, Donna Hetrick, Kimberly Warren, Connie Hetrick, Madalyn Thayer, Rose Foos, Noel Malone, Larry McElfresh, Dorothy Conine, Donna Henkel, Cindy Scranton, Joann Cruz, Diana Wollenslegel, Fremont; Rhonda Hutton, Gibsonburg; Mark Foos, Helena.

Find Pete Prizes:

Prizes are from: Color Haven, Otto & Urban Florist, Pottery Perfection; A's Family Restaurant; Share & Care Fremont; Old Fort Market, The Calico Cat, Clyde. If you wish a specific prize, please include in your entry.

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. One entry per household. **Deadline is the 20th monthly.** Please do not send the ad.

Relay for Life

by Amanda
Branstrator

It's hard to believe that Relay is only a few months away. Right now, our teams and leadership members are deep in the planning stages for what Relay will look like. Our campsite map has been drawn up and the teams have started to think about their onsite fundraisers. We have also started to sell our luminaria bags for our Luminaria Ceremony which is a big part of Relay.

Imagine if you can candle after candle lighting your way around Connor Park. Each candle inside a bag with a name written on the outside.

Each one of these bags represent a loved one, some who are fighting a battle each day with cancer and some who are no longer with us because their fight is over.

These bags can have pictures, drawings or could be just plan with a name only. The bags will line the walking track starting early in the day so that they may be enjoyed (weather permitting). Then as night falls, the bags will be lit, and a soft glow will start to fill the park.



These bags are just a small part of the Luminaria Ceremony. While the bags are glowing around the track, center field everyone will gather. A short reading about the purpose of the Luminaria leads into a PowerPoint filled with photos of loved ones, many whose names are around the track. When the PowerPoint is finished, all those who have gathered are invited to "take a lap" to walk around to view all the bags. This solemn ceremony then leads into our closing ceremony where we find out where we stand for our goal. If you would be interested in purchasing a Luminaria, visit our website for more information. www.relayforlife.org/sandcoAs of now, our April fundraisers are on hold, but we will be rescheduling them as soon as possible. If you had seats on the May 2nd bus trip to Amish country it has tentatively been rescheduled for June 27. There are still limited seats available. For more info see our Facebook page.

****With the ever fluid situation here in Ohio and throughout the United States with Covid 19, all Relay for Life events are postponed through the middle of May. Our teams continue to make plans for our Relay in June. For current updates on Relay and any planned fundraisers, please check our Facebook page Relay for Life of Sandusky County. ****

How Can We Help Our Local Independent Businesses?

By Joanne McDowell

As the weeks have gone by I have worried for our small business people. Our local restaurants have done a great job on FB promoting carry-out. But what about our hair and nail salons, massage therapists, florists and dog groomers?

Many of these small businesses sell gift cards. What better time to reach out to those you use and buy cards now to use at a later date? I know when this quarantine ends my hair will be a disaster, not to mention my dogs are looking pretty shabby!

My hair stylist is selling gift cards and for every \$50.00 spend you receive an extra \$5.00.

Reach out to those whose business you depend upon to make sure they are able to make it through this time and re-open. **What better way to support your community!**



Golf season is upon us, and what better way to start your game, but with a good breakfast. Or how about finishing your game with a burger, fries, and a beer?

You can do all of this at the Front 9 Golf Course and Restaurant, located outside of Bettsville, it's formally the Nature Trails golf course.

The course was closed for some time, but about a year ago it was acquired by new owners, that are doing a wonderful job of reconditioning the course and turning the bar and grill into a bigger and better venue. This also includes a large reception/party room.



The food here is spot on. The pork is roasted in house for the pulled pork sandwich, topped with home-made slaw, mozzarella, and onion straws for \$7.99. The cheeseburger was good, topped with lettuce, tomato, onion, and pickle, for \$9.99. All sandwiches come with fries, sweet potatoe fries are \$1.00 extra. The fries are frozen, but how they fried them made them the best tasting fries ever and you get a generous portion.

I also tried the Veggie Flatbread Pizza. It was loaded with a large selection of veggies and feta cheese for \$9.49. A little high for just veggies, but they also have a chicken, bacon, cheese, flatbread and BBQ pulled pork, cheese flatbread, for basically the same price.

The soups are homemade and they usually have a few to choose from as well as an assortment of pies made in house.

If you've never had oatmeal pie you've got try it, it was delicious. Breakfasts start at \$5.49 for eggs, bacon, or sausage, and toast. Pancakes, french toast, and omelets are also on the menu. And of course, don't forget the biscuits and gravy. I'm sure breakfast is just as good as everything else. I will be trying it soon.

The restaurant is currently doing carry out only, watch FB for their specials.

Jill on Money

By Jill Schlesinger

How to survive during bleak times

The coronavirus health pandemic has become a full-fledged financial pandemic. Already, tens of thousands of workers are being laid off, especially in the airline, hotel and hospitality sectors.

The situation became acute when thousands of laid off workers crashed unemployment websites in several states.

Economists believe that virus-related job losses could soar to 3 million by this summer, according to an estimate from the Economic Policy Institute, and the unemployment rate will likely to peak at 6% to 8%. (As a point of reference, the unemployment rate peaked at 10% during the Great Recession, with nearly 9 million jobs lost.)

What makes this situation so scary is the suddenness with which it enveloped us. The economy essentially came to a dead stop in March and is probably about to enter - if it is not already in - a recession. The question now is how long will it last and how deep will it be?

JPMorgan Chase is forecasting that the U.S. economy will shrink by 14% in the second quarter. If so, that would be far worse than the worst quarter of the last recession, when in the final three months of 2008, the economy contracted by 8.9%.

Other economists are not as downbeat, with estimates ranging from a drop of 5% to 8% in Q2, followed by a less severe fall off of 2 to 4 percent.

Of course, these are just early estimates, but you get the gist: Things are going to get ugly - and fast. When the dark times loom, it's best to get back to basics. Start by assessing what's coming in and more importantly, what's going out. Typical expenses on this list should include: food, shelter, utilities, car payment, insurance, medical/pharmaceutical expenses, dependent care costs and debt payments (student loans, credit cards, etc.)

Paying for food and shelter should come first. After that, everything is up for grabs. Several cities and states are banning utility shutoffs during this national emergency, so you may not have to worry if you are late and/or can't pay that expense. Additionally, many Internet service providers are suspending data caps, waiving fees and have committed to not disconnecting service to those

who can't pay their bills because of the coronavirus outbreak.

As far as debt, the FDIC issued a statement "encouraging financial firms to take prudent steps to assist customers and communities affected" by coronavirus by:

- Waiving certain fees, such as ATM fees, overdraft fees, and late payment fees on credit cards and other loans.
- Increasing credit card limits for creditworthy borrowers.
- Offering payment accommodations, such as allowing borrowers to defer or skip some payments or extending the payment due date.

The FDIC also suggests that financial institutions "work with all borrowers, especially borrowers from industry sectors particularly vulnerable to the volatility in the current economic environment and small businesses and independent contractors that are reliant on affected industries."

The key is that you have to let them know that you are one of those who might be impacted. Instead of hiding, be honest with lenders and companies that you deal with and see if they might modify the terms on existing loans so that you have a little breathing room.

Try not to tap retirement accounts and preserve the money in your savings, because we don't know how long this will last.

(Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at askjill@jillonmoney.com. Check her website at www.jillonmoney.com)



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History Notebook

By Nan Card -
Curator of Manuscripts Hayes Presidential Center

Ohio's Urban Oases

On a chilly but sunny day in March, I went looking, once more, for the graves of several of my ancestors. In the middle of a small wooded area, I found their markers not far from the land they had first settled in the



1820s. Several of the stones were deteriorated or broken. Another was leaning against an ancient oak where a nuthatch began scolding me as I knelt close to read the inscription. Nearby, were several spring beauties just beginning to poke their delicate petals through a mass of fallen oak leaves. It was a quiet, serene setting. I could only wonder what had befallen so many members of this family at a young age.

Ohio has some 3,300 cemeteries.

Some as tiny as the burial place I was visiting while others cover several hundred acres. According to the Ohio Department of Natural Resources, all told, these resting places encompass nearly 65,000 acres. This size rivals Shawnee, Ohio's largest state park.

The preservation of Ohio's cemeteries has long been important to historians and genealogists. Some were on private lands. When families moved on, many were neglected, forgotten, plowed under, and even buried beneath homes, buildings, and highways.

Despite these losses, many have been beautifully cared for. And almost by accident, preserved with the graves are some of Ohio's only unplowed prairie grasses and at least two dozen types of endangered plants. The huge Green Lawn Cemetery, south of Columbus, now classified as an arboretum, features nearly every tree native to Ohio. Some of the oaks are more than 300 years old!

Twenty per cent of Ohio's 190 big trees can be found in cemeteries, according to the Division of Forestry. Many of these are conifers – pines and spruce. To Victorians, always fond of symbols, evergreens represented eternal life. The Department of Natural Resources notes that these cone bearing trees are a blessing to winter finches that include pine siskins, red-polls, and purple finches. Toledo's Woodlawn Cemetery is noted among birders for its abundance of winter finches.

We can be grateful for the Victorian cemeteries that feature trees, bushes, flowers, and even bridges. Their beauty brought so much solace to those grieving for their loved ones. Today, many of these serene spaces have become Ohio's urban oases.



My Mother's Recipe

By Joanne McDowell

This recipe was sent to us by Lynn Fox of Gibsonburg. Lynn says it is very moist and very good. It looks simple and delicious. If you want to share a good recipe, please email it to us. Enjoy!

Apple Bread

- 1 can apple pie filling, cut apples into small pieces
- 1 yellow cake mix
- 4 eggs
- 1 cup self rising flour
- 1 Tbls. cinnamon

Mix well.

Put in 2 loaf pans, spray first. Bake 50 minutes.

Frost or sprinkle with cinnamon and sugar.



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Become a Sandusky County Bluebird Trail Monitor!

On Saturday, March 7th, Sandusky County Bluebird trail monitors met at the Green Creek Hunt Club cabin in Fremont to freshen up on their trail monitoring skills. It was a fun get-together, meeting with other trail monitor volunteers, enjoying tasty snacks (I think the cookies were homemade), reading handout materials and listening to thought-provoking lectures on the status of Sandusky County's bluebird population.

Tom Kashmer, who is founder of the Green Creek Wildlife Society, began the Bluebird Restoration Project years ago. Lisa Rock is the Project Manager and, along with Tom, has a bird banding permit issued by the U.S. Fish & Wildlife Service.

We learned about the upgrades to the trail system, which numbers over 100 bluebird trails. Our local bluebird population is doing well. Last year, we raised and banded over 850 bluebird babies, a new record! We hope to band 1,000 this year. In addition, we set new records in 2019 with over 1,600 tree swallow and 4,297 purple martin babies banded!

Rhonda Miller covered how to fill out the Trail Data Sheet which we use to record details on each nest box; Tom and Drew Davis discussed what to do when we walk our assigned trails and check on the boxes; and Jerry Alt and Mike Loconis demonstrated the various techniques used to protect baby bluebirds from house sparrows and other predators.

Unfortunately, bluebirds, tree swallows and purple martins are insect-eating birds and the heavy use of pesticides causes their babies to suffer from lower body fat development. The insecticides creep into their food supply. But, because of well-monitored nests, their populations are doing quite well in Sandusky County. Additional nesting boxes have been added to some of the trails.

Tom Kashmer and Lisa Rock reported that new trail monitors have joined the project this year. We're always looking for new members, so if you have a friend or family member who would like to get involved, contact Tom or Lisa at: (greencreekws @ gmail.com). It would certainly make a nifty Boy Scout project! You will be given a bluebird trail monitoring kit.

Thanks to Tom and Lisa, the volunteer monitors, and landowners who allow the trails to be set up on their properties, the birds have benefited from a safer habitat for raising their families!

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 authored two books: "Finding Happiness in America" and the spy thriller "Penumbra Database"- both can be found in Kindle or paperback at Amazon com books.





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Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): The best way to create a great outcome in whatever you do is to oversee the details yourself. As this month unfolds you may be adored, but there will be some additional perks and advantages to performing hard work.

TAURUS (April 20-May 20): In the month ahead, your remarks may be memorable. Someone may appreciate your grasp of the intricacies of a plot or a strategy. Your loved ones or a partner may have a handle on how to make more money by planning ahead.

GEMINI (May 21-June 20): A few words in the right ears can break an impasse. Some people may not understand your natural social skills. You may not understand why they seem so resistant to relaxing and having a good time.

CANCER (June 21-July 22): Act on your insights in the early part of the month, when a spur-of-the-moment decision can prove profitable. Think about long-term earnings so that you and a partner can have more security and a comfortable financial future.

LEO (July 23-Aug. 22): Tackle all your tasks with confidence in the month to come. Your positive attitude will make people sit up and take notice. Because you are known to be reliable, someone might agree to trust you with a bigger job or more responsibilities.

VIRGO (Aug. 23-Sept. 22): You might be focused on peace and harmony not only for yourself, but for your family and friends as well. As the month flies by, you might find time for some romantic moments with a special someone and enjoy exploring hobbies in depth.

LIBRA (Sept. 23-Oct. 22): You could become fascinated by the latest fads and fashions. Spending your money on something that won't pay dividends, however, might feel wasteful. In the upcoming month, your focus may turn to getting the most bang for your buck.

SCORPIO (Oct. 23-Nov. 21): You probably know that knowledge is powerful, so learn a great deal in the month ahead and share it with others. You can make a favorable impression on loved ones and business contacts with your foresight and charitable attitudes.

SAGITTARIUS (Nov. 22-Dec. 21): Restrain your competitiveness. You might share the spotlight with others in group activities or when making public appearances. Be gracious towards those who share the stage and focus on making astute financial decisions.

CAPRICORN (Dec. 22-Jan. 19): Your tastes may be somewhat extravagant, but as the month unfolds, you might decide your interests are better served by waiting for a sale. To get the best that money can buy, you may need to save up your pennies over time.

AQUARIUS (Jan. 20-Feb. 18): Determine the most acceptable work levels before you take on a new project. Wearing yourself out with an extra shift or additional duties might not be worth the bother unless it adds to your financial security.

PISCES (Feb. 19-March 20): There may be no such thing as a lifetime guarantee when it comes to relationships. However, some people you meet can become long-term friends, and those you already know will treasure you as a congenial companion.



Kiss-Me-Over-The-Garden-Gate

By Grace Nause

Hopefully when you read this the Coronavirus threat will have passed and it will be history. Once again, we are grateful to our public health officials whose prompt action helped all of us to "dodge a bullet." How fortunate we are to have these educated, concerned public health officials on the job. They kept us as safe as possible with their warnings and up-dates throughout the crisis.

It's time to get the newly arrived seed catalogs out as we plan and begin to work in our gardens. Planting time is just around the corner. We, here at The Old Garden House, have set Sunday, April 19th for our Pass-Along-Plant Day. Come any time between 2 and 4 p.m. No cost, just plant exchanges. Bring some - Take some! Come without plants to exchange, especially if you are a beginning gardener. There will be enough for all. Take what others have brought. The best part is talking Flowers, with other Flower lovers, and teaching and learning. I always learn something from others - nice people - nice fellowship and a great way to spend a Sunday afternoon. For info or directions to our home, call 419-332-7427. We will have shovels handy to dig from my garden as well.

Well, I did it! I finished securing my "Tea @ Two" speakers for this year. I'm excited to share the program line-up with you.

The March Tea was cancelled because of the virus and moved to the May Tea on the 26th at 2 p.m., when Viola Purdy, Master Gardener, will speak about The Community Gardens Project. On April 28th, an evening Tea will be served at 6 p.m. Fred and Pam Wolfe, an auction team - he an auctioneer and she a clerk and accountant, will talk about Auction Sales in Today's World. For fun, they plan to "sell" some of my antiques to our guests who will bid on them with "paper play money." No, you can't take them home! June 30th, Tuesday at 2 p.m., my daughter, Angie and I will talk about Wedding Traditions and clothing styles in the late 1880's and early 1900's. July the 28th at 2 p.m., we will serve Tea in the Garden, and Tory Thompson, Camp Fire Director, will tell us about their club and camping programs for girls and boys. August 25th at 2 p.m., it will be my husband, Bernie Nause's, time to shine. We'll go out into the yard and gardens with his metal detector and hunt just below the surface for buried "Treasures of Time." He has found all kinds of things in lots of places over the years. On September 29th Tea served at 6 p.m., Lynette Kirsch, Director of Share & Care will be with us to talk about their programs, as well as others she is involved with in the county - such as The Community Fortress Shelter. Joanne McDowell, Publisher of Lifestyles 2000, will be with us on October 27th to talk about their first edition in 1999 and its continued success as a free monthly publication. We will finish the year with a Visit from Santa Claus at the November Tea served on the 24th at 6 p.m. Bob Steinberger will share his adventures over the years with "a visit from Santa Claus." He will tell us his "on duty" stories as he portrayed the Jolly Christmas Elf. We invite you to enjoy the speaker line-up, the house blend Tea, the relaxed atmosphere, your gracious servers and the comfort of our home. We are taking reservations for any and all Teas at this time. Call us at 419-332-7427.

Have a good month till we meet again. Keep smilin' because we all know that LIFE IS GOOD. Ms. Grace

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Brian Jones

There will soon be a comprehensive documentary released about the late Brian Jones of The Rolling Stones. Brian started the band during the early 60s and contributed to shaping their sound and influence. While his bandmates are going to embark on another tour this summer over 50 years after his passing, we can not forget nor overlook the life of Brian Jones and his mark left on the 60s era as well as on The Rolling Stones. Film director, Danny Garcia takes some time from his busy schedule to share a Q and A with Lifestyles Magazine about his latest project.

LS: Please share a little about yourself and how you became interested in directing documentaries about rock stars.

DG: In the 90's I started writing for music magazines and by the year 2000 I was producing and directing short documentaries for the local TV station in Barcelona, which is where I'm from.

LS: Were there documentaries you enjoyed that sparked your interest?

DG: For sure, lots of stuff but I especially enjoy the work of directors like Nick Broomfield and Don Letts among others.

LS: What was the inspiration to create a documentary about Brian Jones? Why now?

DG: It's been 50 years since Brian's death and it was a dream of mine for years to produce a documentary on him. Brian was to me the most interesting Stone and there's been a lot of misinformation written about him in the last 25 years so it was the perfect time to tell the story as accurately as possible.

LS: What is it about Brian Jones that still appeals to fans? Is it because he passed away at a young age? (Brian Jones passed away at the age of 27 on July 3, 1969.)

DG: I think the character Brian created was pretty amazing, just his look alone was remarkable. And then add to that his musical prowess and tons of charisma and you really have something extraordinary.

LS: It may be difficult to speculate, but do you wonder how the music of The Rolling Stones would be if Brian had lived and remained in the group?

DG: The way things were going in '67, '68 and '69, Brian would have never remained in the Stones. He wasn't showing up to the recording sessions, he wasn't interested in the band anymore. If you read his last interview with Bravo magazine in '69, just after he left the band, he talks about producing and doing other stuff.

LS: He started the band and then was booted out so to speak. Was that the downward spiral for him or was it starting before? I know that his girlfriend, Anita Pallenberg eventually ended up with Keith Richards. I had read Brian did not treat her well.

DG: I've spoken to a few ex-girlfriends of Brian and none of them experienced those violent episodes. Despite being totally unfaithful to all the women he dated, he was according to Prince



Stash, quite possessive. So, you mix that with big doses of LSD and whatever else they were doing in '65, '66 and '67 and you have all the ingredients for something messed up to happen. Brian was insecure and emotionally he was a child, so that wasn't going to end well for him.

LS: What do you think his contribution is/was to the Rolling Stones and British/60s pop culture?

DG: According to Bill Wyman, Brian was the embodiment of The Rolling Stones. His contribution was huge because he was the man who brought the band together. By the time the Stones started recording *Aftermath* he was more than ready to show his skills as you can hear on "Under My Thumb" where he plays the dulcimer. He was arranging those songs and turning them into timeless classics thanks to his contributions which is what he did with "Paint it Black" with the sitar line for example.

LS: Can you share who some of the individuals are that were interviewed and provided insight to Brian in the documentary?

DG: When co-producer Nick Reynolds and I started getting in touch with people for this project, our idea was obviously to get as many friends and collaborators of Brian's as possible to join the party. Unfortunately, the Stones and Bill Wyman declined our invitation but I think we did pretty good.

Prince Stash Klossowski is one of those true friends of Brian that are still around. He was friends with the Stones, The Beatles, Hendrix, etc. So, he had a lot of firsthand information to share with us. Keith Altham is another insider who doesn't need much introduction. He was Hendrix's PR and he knew the Stones very well. And last but not least we have Scott Jones, who's the only investigative journalist that has seen and studied in detail the Brian Jones' Police files. So, he's the most reliable source of information regarding the events that took place in Cotchford Farm on the night of July 2nd and 3rd 1969. I also have to mention Barbara Anna Marion who is Brian's daughter and was kind enough to sit down and talk to us and share some of the information she's learned about her father's death. There are many more contributors!

LS: There are many stories surrounding his death. He drowned in his swimming pool and it was an accident or was it something else at the hands of another? What are your thoughts?

DG: Brian didn't just slip into unconsciousness and died in his swimming pool; he was murdered. Technically it may be manslaughter, but Brian didn't die by himself. It's also well known that Brian was a

strong swimmer as his Cheltenham friends will tell you. There were a few people that night at Cotchford Farm who saw it happen. But I don't want to spoil it for the viewers so I'm going to leave it there and have Scott Jones explain it to them properly.

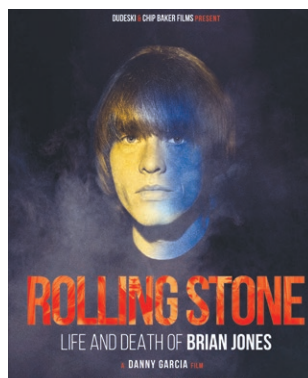
NCV: When will the documentary be available on DVD?

DG: April.

NCV: What do you want an audience to come away with after they watch the documentary?

DG: I would like them to feel that they spent their money wisely supporting an indie film.

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Feral cat situation requires someone to step up and act humanely

Dear Cathy,

I live in a 55 and older community. This last year, we had about 20 feral cats roaming the complex. People here are boarding them up under trailers so they can't get out. Several have talked about killing them. I was threatened with major fines because I gave two kittens that stayed in my yard food and water; they came to my door crying. I probably shouldn't have, but I could tell they were starving.

What can I do or who can I contact to help? The people here complain but will not pay to have anything done and they don't care about TNR (trap, neuter, return). They don't understand other cats will just move in if they exterminate them.

I am at a loss, and it's heartbreaking. I'm the only person here who seems to care. Any information would be greatly appreciated.

--L. Nelson, Tucson, Arizona

Dear L. Nelson,

My answer may not provide the solution you seek. Most people want someone to come to their community to take the feral cats away, but there aren't any people at animal control or local shelters to do this, and it's not recommended because it would just create a void that would eventually be filled with other cats.

The goal is to make sure these cats don't reproduce, and with spring coming, there is a good chance, by the time this letter prints, every female in your neighborhood colony of cats will be pregnant with two to six kittens. Cats can have several litters a year, so your neighborhood could be even more overrun with cats very quickly if something is not done soon.

Your community needs a leader who cares about the cats to present a plan for dealing with the cats in your neighborhood.

The best thing to do is what you mentioned: TNR, which is the humane solution for addressing feral cats in the community. It involves trapping the cats and taking them to a low-cost spay/neuter clinic for surgery. The clinic will spay/neuter the feline, give it a rabies vaccine, clip its left ear so you know it's been fixed and return the cat to its original location. The goal is to make sure no more kittens are born, which will help stabilize the population.

Check with local spay/neuter clinics about the cost for these services. Often, there are grants either with the clinic or another group in the community to subsidize or help subsidize these surgeries. The Hermitage No Kill Cat Shelter and Sanctuary, Pawsitively Cats, and Tucson Cares provide humane traps (with a refundable deposit) so you can trap the cats and take them into clinics for their surgeries.

There may be feral cat community caretaker volunteers in your community who might be able to recommend a volunteer to help you trap and/or to educate your neighborhood on why it's important to not kill the cats and to use TNR instead. This problem is the result of people leaving or dumping their unwanted cats. Talk with your neighbors and make sure they know that.



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Medicinal Plants

Spring gets me going thinking about new plants to add around my house and getting rid of ones that haven't fared well. Treating my soil, seeing what needs to be added to get the tastiest strawberries, or the biggest blooms on my hydrangea.

Adding medicinal plants to your garden is both practical and useful. Here are a few with significant healing properties.

Blueberries are rich with flavonoids and anthocyanins....basically, they are really good for you! Blueberries can decrease inflammation, decrease growth of cancer cells and protect cells from damage, and they boost brain power! I don't know about you, but I can use all the help I can get!

Another plant is Stinging Nettles, since this plant multiplies quickly you may just want to grow this in a pot. They are packed full of protein, vitamins, calcium and zinc. The best way to obtain this is by creating an infusion; place 1 cup of chopped nettle leaves into a 1/2 gallon jar and fill with boiling water, let sit for 4-6 hours. Strain and sweeten with honey, store in refrigerator. Drinking this every day is great to protect against osteoporosis. Who knew some plants could be good for us too, not just to look at! Enjoy!

Patti Saam, Vice President RFD Garden Club If you would like information on our club, please call Patti Saam at 419-307-7776. We meet the 3rd Tuesday of each month at 7, usually in a members home. Come check us out.

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"For where your treasure is, there your heart will be also." - Luke 12:34

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Recent Progress on the Addiction Treatment Front

By Dr. Silcox

Shortly after my son, Joe, died in November of 2016 from a dose of heroin laced with Fentanyl, I began my journey of education regarding drugs, their abuse, and the epidemic of drug related deaths across the United States. During the early stages of my ongoing education, I learned about the National Acupuncture Detoxification Association and their efforts to help hundreds of thousands on their path to sobriety over the last 40+ years.

I had the opportunity to use this treatment regimen and used it on a 30 year old relative before I had even taken the training. To my amazement, he responded fabulously and has been clean and sober for over three years, has two children and is working regularly. He has NO cravings and is NOT on Vivitrol or Suboxone. I went ahead and completed the training in October of 2017.

In early January of 2020, I met a 40+ year old female that had been taking Methadone and Oxycodone prescribed by her physician off and on as needed for nineteen years. In December of last year the scripts stopped and she was craving them, but she knew she needed to stop. She declined taking Suboxone daily or Vivitrol monthly. She started with the NADA treatment on January 10th, now, eleven weeks later, she has no cravings, her mood is better. She feels like she is making more progress towards her more permanent state of being drug free than she has made in years.

The rate of relapse during the first year of drug rehab stands at approximately 40-60%. If an addict makes it to five years of sobriety without a relapse, they have a 96% chance of being able to stay sober the remainder of their life.

My personal goal is to have the NADA treatment program instituted in Sandusky County so that it can continue on after I am gone. (Hopefully no time in the near future!) I know that effective treatment will be needed for a long time, because this drug epidemic isn't going away anytime soon.

If you'd like to know more about NADA, stop by the office for a brochure. See the ad on this page for address or go to my website to see the tab on Addiction.

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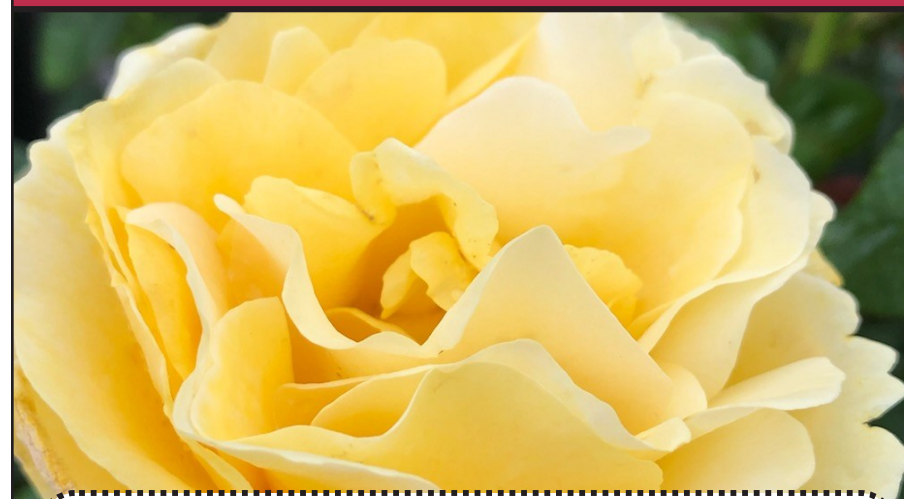
March solution

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Education:

Bachelor of Science in Physical Therapy, The Ohio State University, Columbus, OH
Doctor of Medicine, University of Toledo College of Medicine, Toledo, OH

Residency:

Department of Orthopaedic Surgery, Wright State University, Dayton, OH

Professional Memberships:

American Academy of Orthopaedic Surgeons
American Physical Therapy Association
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Matthew Noyes, M.D.
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