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Vol. 22 Issue 4

APRIL 2021

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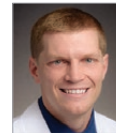
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Lifestyles 2000

April 2021

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Celebrating
22
YEARS
1999-2021



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By Jackie Kindred,
Master Gardener

How bees make wax is a delicate thing. Bees have glands that convert sugar in honey into wax, which oozes through the bees small pores to produce tiny flakes of wax on their abdomen. Worker bees chew these pieces of wax until they become soft and moldable and then add the chewed wax to the honeycomb construction. Beeswax is the foundation of the hive. The honeycomb is built in hexagonal cells and then filled with honey, brood, pollen and bee bread. Beeswax can be in different colors in the hive; yellow, white or brown.

Some uses of Beeswax are high cholesterol, pain, fungal infections on the skin or internally and other conditions. In food and beverages, white Beeswax and beeswax absolute (yellow Beeswax treated with alcohol) are used as stiffening agents. Beeswax absolute is used as a fragrance in soaps and perfumes. Beeswax might help lower cholesterol levels, prevent infections and to protect the stomach from ulcers caused by non-steroidal anti-inflammatory drugs. Beeswax can also be used for burns. Early research shows that applying a gauze with a mixture of beeswax, olive oil and alkanna to second degree burns speeds up the healing time. Beeswax cream can decrease itching that occurs when a burn is healing. Honey use will also keep scars appearing. Applying a mixture of beeswax, honey and olive oil to a affected area 4 times a day for 7 days reduces symptoms of diaper rash. This mixture is also great for hemorrhoids. Applying every 12 hours reduces pain, bleeding and itching. For swelling (inflammation) and sores inside the mouth (oral mucositis). Research shows that Applying a mixture of honey, olive oil, propolis extract and beeswax to mouth sores caused by cancer treatment helps speed up recovery time in people. There are many more uses of beeswax and honey such as ringworm, jock itch and common fungal infections. As you see there are many uses of what the bees produce that can be very beneficial.

As a beekeeper we have to clean the wax before using it in anything we make. Cleaning and processing beeswax is not difficult. This process can be done with hot water or in a crock pot. I'll give the crock pot version. Cleaning and rendering beeswax you can soak the wax scrapping in water. Then skim the floating wax from the water, set up the slow cooker and turn on the heat. Remove when melted, filter and let the wax cool. You will have your final results. There are many things you can do with the wax such as; lip balm, creams, soap and beauty products.

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

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

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Lifestyles 2000
30 Ponds Side Drive
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Publisher's Letter

Happy Easter to our readers! So happy spring is here, finally.

Thank you all for the kind messages you send with your entries each month, I love hearing from you. On that note, if you are mailing in your entry, please get it in the mail by the 15th as we get many entries long after the 20th.

Next month we celebrate 22 years! I don't know where the time has gone, but I love my job and bringing Lifestyles2000 to you each month. Thanks for being a reader.

Joanne



Find Pete



Find Pete Winners:

Congrats to the 150 plus correct answers in March, the correct answer was North Branch Nursery.

Winners are: Virginia Schlepp, Barb Swedersky, Noel Malone, Elford Case, Jim Bennison, Heather Krauss, Barbara Behrendsen, Jane Pollack, Rose McKnight, Janis Zimmerman, Tom Drusbach, Mickey Perkins, Dennis Bendy, Fremont; Sharon Miller, Bettsville; Julie Picciuto; Joan Gable, Mya Jenkins, Beverly Mendoza, Clyde; Joel Bickhart, Bellevue; Jackie Dunn, Oak Harbor.

Find Pete Prizes:

Add "Celebrating 22 Years" to your entry and be eligible to win African Safari passes or Miller Boat Line tickets. You do not have to find "Pete" to enter. You may state a preference.

Other prizes are from: Lilie Beans, Otto & Urban Florist, Pottery Perfection; A's Family Restaurant; Share & Care, Fremont; Old Fort Market. 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.

Life Scholar

By Holly Hoffman

Spring is here and Life Scholars is blooming with classes in April! We kick off the month with history. Special guest Kenneth Hammontree from Living History Productions will join us in a two-part class about Alan Turing, the English Mathematical genius after "popcorn & a movie" to watch The Imitation Game, a real-life story based on the legendary cryptanalyst. Terra State history professor Andrew Howard will host a two-session class on The World Map and How it has Changed since World War II. Local historians Mike Gilbert, Larry Michaels, and Dan Baker will be back this month. Mike will be presenting on Early Physicians: Two Centuries of Healing as he talks about doctors who served our country and the hardships they faced including the terrors of the Great Black Swamp, the 1834 Cholera Epidemic and the Civil War. Larry will be discussing The Civil War & Northwest Ohio by helping us discover more about the importance of our local area during this most decisive period in our national history, and Dan will be presenting on the true story of Henrietta Lacks, the World's First Immortal Human. Did you know that even though she died in 1951, some of her original cells are still alive and reproducing 69 years later?

Looking to downsize? Life Scholars, in collaboration with St. Francis Ministries of Tiffin is hosting its first ever downsizing workshop on Saturday, April 10 from 9:00 a.m. – 12:00 p.m. Join us for a continental breakfast and a great opportunity to talk with numerous vendors providing specialty services when considering to downsize including, realtors, auctioneers, financial advising, lending, senior living, and more! This is a free event; pre-registration is requested.

If you are looking for a new hobby, or want to get in shape for summer, we have a wide variety of classes for April. Join one of our many classes in fused glass, painting, dance, and fitness. We also have numerous financial planning courses, the return of the Supreme Court Decisions, and another new class – The Age of Cryptocurrency: Bitcoin and digital money being taught by Carolyn Hollingsworth.

You will want to mark you calendars for May as we bring a special series on Stroke Education in partnership with physicians, clinical liaisons, and therapists from the Rehabilitation Hospital of Northwest Ohio on Tuesdays, May 4 – 25 to learn about signs and symptoms, causes, different types of strokes, as well as, different types of therapies. Call us at 419-559-2255 or visit learn.terra.edu to register or learn more about our upcoming classes.



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Out to Lunch

By Lynn Urban

I've discovered a really good restaurant in the Toledo area that serves exceptional homestyle food with fair prices and large portions. Well actually, this place was recommended to me, so I wanted to try it. There are five locations in the Toledo and Fostoria area. **The American Table** is a family owned restaurant catering to families. When we went it wasn't terribly overcrowded, and the service was fast and friendly. The menu has a long list of sandwiches and burgers as well as lots of dinner choices. They cover everything from Greek and Italian to American.

I had the Lasagna with homemade meat sauce which was enough for two



meals. It came with salad and garlic bread for \$9.99. One of our friends had the Gyro platter which was piled high of beef and lamb, rice and pita bread, also for \$9.99. Kim's fish and chips were fried light and crispy. It was a large portion of fish with golden fries, and soup or salad. The homemade soups are excellent. I was also told the fish on Fridays was excellent and a good deal.

Breakfast is popular there. The three large egg omelets are served with hashbrowns and toast starting at \$6.49. Breakfast specials are offered everyday from 7-11 with a nice selection of your favorite breakfast foods, and there again, large portions.

The desserts in the showcase looked amazing, but it's hard to do when you're so full. I noticed a good selection of pies, cakes and cheesecakes.

They don't serve alcohol, just your standard soft drinks, tea and coffee. Hours are Monday through Friday, 7a.m.-8 p.m. And Saturday and Sunday 7a.m.-3p.m., take out is available. It's a nice place to take the family for a Sunday afternoon lunch.

The Perrysburg location is 580 Craig Drive, Suite 1;; in Oregon at 846 South Wheeling; in Fostoria at 603 Plaza Drive.

Jill on Money

By Jill Schlesinger

Women working 5 to 9

A year of COVID-19 has devastated the US labor market. Despite recouping more than half of the 22 million jobs that vanished during the past twelve months--and a better-than-expected February report, the country still has 9.5 million fewer jobs (6.2%) than the pre-pandemic level a year ago.

Last month, the economy added 379,000, about twice the number that was expected, with leisure and hospitality accounting for 355,000 of those jobs, as parts of the country eased restrictions. The unemployment rate ticked down by a tenth to 6.2 %, though the "real" unemployment rate is likely closer to 10% according to Federal Reserve Chair Jay Powell. He gets to that number by adding in the millions who have dropped out of the labor force to care for children or aging relatives, due to COVID, and by correcting what is likely a misclassification due to the pandemic.

The news is not great for women, who have seen more job losses than men, since the start of the pandemic. C. Nicole Mason, president and chief executive of the Institute for Women's Policy Research coined the phrase "shecession," which is defined as "an economic downturn where job and income losses are affecting women more than men." While past recessions have tended to impact men more than women, the pandemic recession has been a double whammy for women: they hold a disproportionate number of jobs in many of the hardest hit service sectors of the economy, and they provide the primary care for young children, who were forced into online schooling, and also for aging relatives, many of whom needed assistance for various tasks amid COVID-19. A staggering 2.3 million women have left the labor force since February of last year, according to the National Women's Law Center.

This recession has turned the Dolly Parton hit on its head: instead of women working 9 to 5, they're working 5 (am) to 9 (pm)...and not getting any extra pay for those additional hours. The Federal Reserve Bank of St. Louis found that "a larger share of women than men (ages 25 to 54) lost a job, were laid off, were asked not to work any hours while still being paid, had hours reduced, or took unpaid leave since March...mothers with young children decreased their work hours four to five times more than fathers."

Additionally, women are leaving the labor force in droves because they provide close to 70% of childcare in most households and also provide the majority of informal care giving for their aging relatives. In February of last year, before the pandemic showed up in the BLS statistics, the Labor Force Participation rate for women stood at 57.8. Twelve months later, it is 55.8, up from the pandemic low of 54.6, but back at levels last seen in the 1980's. (The high point was in the late 1990's into 2000, when the rate nudged above 60.)

Many women have opted to give up their jobs because their spouses earned more than they did -- and the math made sense. Of course, that math is crazy making, because it is a vicious cycle: according to the most recent Census Bureau data from 2018, a woman working full time earned about 82 cents for every dollar earned by a man. The numbers look worse for women of color: Black women earn 66 % and Hispanic women earn 58% of what men earn in those racial categories.

The pandemic shecession is expanding the wage gap across all categories - I can only hope that at this time next year, we are talking about reversing that trend.

(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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A new spin on a weeknight favorite

Piccata sauce is a simple but powerful mix of lemon, capers, white wine and butter. This tangy, bold sauce is a great match (and foil) for salmon's rich, full flavor. When cooking salmon fillets, we like to buy a whole center-cut piece and cut it into individual portions ourselves. Doing this ensures that each fillet is similar in size, which means that they'll cook at a similar rate. Because fish is prone to sticking in the pan, we decided to pat the fillets dry and sear them in oil in a preheated nonstick skillet. We found that if we covered the pan, the steam gently cooked the fish without requiring a flip, keeping the fish from breaking apart. This method provided browning on only one side of the salmon, so we opted to use skinless salmon and served the fillets browned side up. After cooking the fillets to 125 degrees (for medium-rare), we let them rest on a platter to ensure that they'd still be juicy when we dug in. While the salmon was resting, we started the piccata sauce by sauteing some sliced garlic in the oil left behind in the pan. Then we added flour to help thicken the sauce, along with a good glug of white wine, water to temper the sharpness, a handful of punchy capers, and lemon zest and juice for energetic citrus flavor. We cooked the mixture down before whisking in butter, one piece at a time, off the heat to ensure a viscous pan sauce and then finished with a sprinkle of dill.

- Salmon Piccata (Serves 4)
- 1 (2-pound) center-cut salmon fillet, about 1 1/2 inches thick
- 1 teaspoon table salt, divided
- 1 teaspoon pepper, divided
- 3 garlic cloves, sliced thin
- 2 teaspoons all-purpose flour
- 1/2 cup dry white wine
- 1/4 cup water
- 2 tablespoons capers, rinsed
- 1 teaspoon grated lemon zest plus 1 tablespoon juice
- 4 tablespoons unsalted butter, cut into 4 pieces
- 3 tablespoons chopped fresh dill

1. Cut salmon crosswise into 4 equal fillets. Pat salmon dry with paper towels and sprinkle all over with 1/2 teaspoon salt and 1/2 teaspoon pepper.
2. Heat oil in a 12-inch nonstick skillet over medium-high heat until just smoking. Add salmon flesh side down. Cover and cook until browned on the bottom and registering 125 degrees (for medium-rare), about 5 minutes, or 135 degrees (for medium), about 7 minutes. Remove skillet from heat and transfer salmon, browned side up, to a platter or individual plates.
3. Return skillet to medium heat. Add garlic and cook until fragrant, about 30 seconds. Stir in flour and cook for 15 seconds. Whisk in wine, water, capers, lemon zest and juice, remaining 1/2 teaspoon salt and remaining 1/2 teaspoon pepper. Bring to boil and cook for 30 seconds.
4. Off heat, whisk in butter, 1 piece at a time, until combined. Stir in dill. Spoon sauce over salmon. Serve.



Recipe note: For skinless salmon, we refer to the side opposite where the skin used to be, which is typically more pink in color and more rounded, as the flesh side. The test kitchen's preferred loaf pan measures 8 1/2 by 4 1/2 inches; if you use a 9-by-5-inch loaf pan, start checking for doneness 5 minutes earlier than advised in the recipe. (For 25 years, confident cooks in the know have relied on America's Test Kitchen for rigorously tested recipes developed by professional test cooks and vetted by 60,000 at-home recipe testers. See more online at www.americanstestkitchen.com/TCA.)



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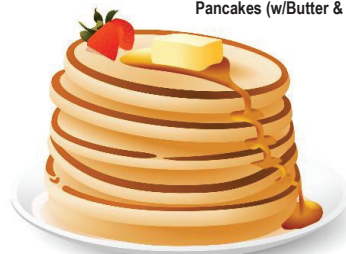
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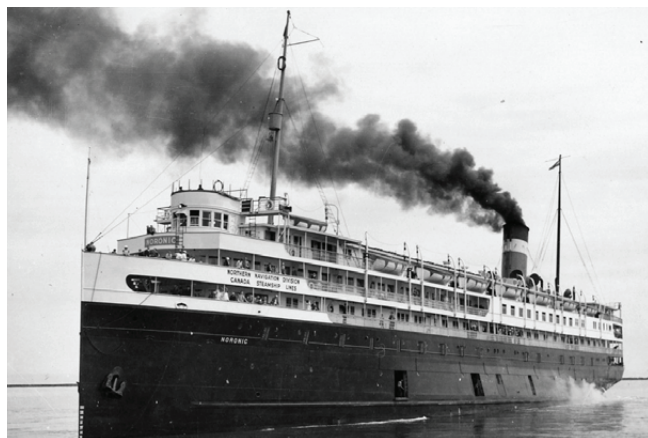
History Notebook

By Nan Card

Tragedy Aboard the Noronic

Cruising America's rivers and coasts has once again become popular. However, it was the Great Lakes destinations that remained the premier attraction for travelers both Canadian and American at the turn of the century. To meet this demand the Canada Steamship Lines set about building stately passenger ships. The "Noronic," launched in 1914, joined her sister ships the "Huron" and the "Hamonic." All told the Canada Steamship Lines grew to include more than 100 of these luxurious vessels. The big steamers became known as the "Great White Fleet." "Noronic's" beauty caused many to refer to her as the "Queen of the Lakes."

Built for both safety (steel-hulled and double-bottomed) and passenger comfort, the "Noronic" featured an orchestra, spacious staterooms and elaborate woodwork. She had five decks and room for as many as 600 passengers and 200 crew.



On the fateful night of September 16, 1949, the "Noronic" docked at Pier 9 in Toronto. In the early morning hours, a passenger smelled smoke coming from a locked linen closet. A bellboy retrieved the keys to the closet. When he opened the door, the fire exploded into the hallway fueled

by fresh air and fed by the heavily oiled woodwork. Fire extinguishers proved useless and the ship's fire hoses were out of order. When the vessel's alarm whistle sounded 8 minutes later, more than half the decks were on fire.

When pumps arrived, flames were as high as the ship's mast. With stairwells on fire, passengers (some engulfed in flames) jumped into the frigid waters below. Others climbed down ropes as the "Noronic's" gangplank extended only to a single deck. Crew members broke stateroom windows, but many had already suffocated or were burned alive in their cabins. Fire boats, ambulances, and more pumps arrived. When the first extension ladder reached B deck, it quickly broke under the weight of dozens of panicked passengers. Some fell into the water, others tumbled to their deaths on the pier. As the heat intensified, the decks buckled. So much water had been poured into the "Noronic," that the vessel began to list. Firefighters were forced to stop until she again righted herself. When recovery operations

began, firefighters found passengers trampled in their attempt to reach the decks via the burning stairwells. Many were found burned beyond recognition. Of the 582 passengers 119 perished, all American save one.

No cause of the fire was ever determined, but the crew was blamed for cowardice and negligence. Too few (only 18) remained on board the "Noronic" that night. No one provided passengers with evacuation procedures or awakened them as the flames spread. Some of the crew even fled the ship. Using dental records for the first time, it took investigators nearly a year to identify the dead. "Noronic's" hull was eventually re-floated and scrapped at Hamilton, Ontario. The tragedy sounded the death knell for Canada Steamship Lines' cruises. Only a few years later, CSL, amid lawsuits and new regulations, brought a sad end to its once famous Great Lakes cruise line.

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Perceived stiffness does not always mean that the muscle is tight or needs to be stretched

DEAR MAYO CLINIC: I am a very active person. I visit the gym and run regularly. Although I have been able to avoid any major injuries, I find myself constantly stretching my hamstrings. It seems no matter how flexible I get, they still feel tight. What else can I do?

ANSWER: Having an active lifestyle is important to achieving long-term health and wellness, so congratulations on maintaining regular exercise -- and avoiding injuries. Stretching has probably helped protect you from injury.

Stretching is an important component of any exercise program. Most aerobic and strength training programs inherently cause your muscles to contract and tighten. Stretching can increase flexibility and improve your joints' range of motion, helping you move more freely. Stretching after you exercise also can boost circulation.

It is not uncommon to see patients like yourself who have a constant urge to stretch their hamstrings, a muscle on the back of the thigh that bends the knee. These patients state that they feel the desire to stretch frequently to get rid of a sensation that their muscle feels tight or stiff. This type of stretching is known as static stretching -- when we passively hold a muscle in an elongated position in attempts to lengthen it from its previous state.

More often than not, stretching only provides short-term relief, and then the tight sensation comes right back. The reason for this has to do with how your body is triggering you and with the way your nerve and pain pathways work.

Studies have shown that this feeling of stiffness does not always correlate with lack of mobility or flexibility in the affected area. Instead, the stiffness is a message from the nervous system alerting the brain on the current state of your body. In essence, your body is hurting, so the nervous system is sending this message in hopes of getting your attention to slow your movements. In some cases, the sensation of tightness and stiffness may signal an injury, but usually it is only an alert from the body in attempt to help you avoid potential injury.

Pain nerves do not exist in the body. Instead, the nerve endings send messages about its environment to the brain. It may tell the brain it is experiencing sensations such as warmth, vibration or light touch, which can be considered potential threats. These messages are taken from the nerve endings, up the spinal cord and into the brain. At this point, the brain weighs the importance of the information, and decides that it is harmful or dismisses it. If it decides that the environment is harmful, the brain creates pain sensations at that location. Relating this back to stiffness, this sensation is simply a constant message being sent from the nerve endings about that muscle, and the brain is deciding that the message could potentially be harmful. As a result, the brain is creating discomfort in that area.

Over time, however, when the affected area of the body is strengthened, the nervous system becomes less concerned about injury because it no longer perceives weakness as a potential threat.

Patients with hamstring issues often get more long-term relief from tightness with specific stability exercises as opposed to stretching alone. Consider adding activities such as squats or dead lifts.

Be aware that there is another common pain generator that often sends people to physical therapy: the piriformis muscle. This muscle is beneath your glutes and works to turn your hip outward. Pain in this muscle can create a constant grabbing sensation in the glute, and can cause you to have a sore lower back and hamstrings. Typically, this can be treated with stretches where you pull your knee up toward your opposite shoulder.

In general, when you're stretching, keep it gentle. Breathe freely as you hold each stretch for around 30 seconds. Try not to hold your breath. Don't bounce or hold a painful stretch. Expect to feel tension while you're stretching. If you feel pain, you've gone too far.

Remember that the sensations felt in your body are your brain's attempts to tell you to strengthen, move or behave in a different way. These sensations serve to drive your behaviors and do not necessarily correlate with the actual biomechanical state of the body. As a result, perceived stiffness does not always mean that the muscle is tight or needs to be stretched. Oftentimes, the muscle needs strengthening to help bring stability to the tissue. You may find this guide to stretching useful.

If you're continuing to experience tension or pain, and stretches do not relieve this tension or pain, consult with a physical therapist, orthopedist or sports medicine specialist. These health care providers can identify the underlying cause of your constant feeling of tightness and, if necessary, provide you with individualized strengthening exercises to improve your symptoms. -- Lauren Hubbard, D.P.T., Physical Therapy, Mayo Clinic, Jacksonville, Florida

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Gabby Gardener

By Cindy
Frontz

How to Start Seeds Indoors

By now you have those seed catalogs so place those orders. It's been a long winter so let's think warm weather, warm soil and warm hugs! Let's get started.

1. Plant seeds in pots. (6 weeks before frost free date -April 29th
2. Make a list of seeds to be planted, some good choices are broccoli, brussel sprouts, cabbage, eggplant, peppers, lettuce and tomatoes.
3. Select clean containers and label. Containers can be; egg cartons, yogurt or sour cream , newspaper or purchased plug trays. Make sure you poke holes for drainage.
4. Place all purpose potting mix or seed compost into your containers - pat down soil, place seeds in center and cover loosely with soil, water.
5. Cover with plastic wrap - poke holes in plastic for ventilation. Keep soil moist. Remove plastic when seeds sprout. Rotate to insure even growth.
6. Plant extras in case you lose some.
7. 7 to 10 days before transplanting to your garden set seedlings outdoors (in shade) for a few hours a day. Gradually increase the time outdoors. When fully acclimated to weather plant your seedlings in the garden.

RFD Garden Club meets the third Tuesday of the month at 7PM, If you have any questions call Pat Saam at 419-307-7776. We would love to tell you about our club.

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Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): By now you may have realized that addressing problems as they occur can erase the worries that bog you down. In the month ahead, the good example that you set can filter down to loved ones who might imitate your efficiency.

TAURUS (April 20-May 20): "Everything changes" could become your favorite motto as you learn to flow with the times and adapt to new concepts. Friends could encourage you to schedule more time for entertainment.

GEMINI (May 21-June 20): Take pride in showing that you can be a responsible and reliable individual. You may find yourself locked into important routines that prevent you from hanging out with friends.

CANCER (June 21-July 22): You might be torn in different directions when friends go against the status quo or become involved in new interests. Part of you wants to join them, but another part of you may be doubtful, remain balanced.

LEO (July 23-Aug. 22): Stay on top of the tasks and obligations you've agreed to handle. A partner or loved one might be immersed in fulfilling their own responsibilities, which can make it challenging to find time to spend together.

VIRGO (Aug. 23-Sept. 22): There are plenty of fish in the sea, so if one friend isn't available, another can fill in. As the month unfolds, you may find it is rewarding to be methodical about your tasks and abide by the rules.

LIBRA (Sept. 23-Oct. 22): As this month goes by, you may often be reminded that being neat and organized can make your life easier. There likely will be time to rearrange your desk so that everything is where you can find it when needed.

SCORPIO (Oct. 23-Nov. 21): You might be put in contact with someone who wishes to change the world, so enjoy seeing a different perspective. You may become more aware of the ways traditions enrich your family life.

SAGITTARIUS (Nov. 22-Dec. 21): During the month ahead, you may face a gap in your knowledge that must be filled. The subject could be formidable and challenge you to commit to learning. You'll likely succeed in mastering the subject if you persevere.

CAPRICORN (Dec. 22-Jan. 19): You might not be able to power through obstacles to reach your objectives in the upcoming month. Exercise patience and self-discipline to help reach your goals. Your persistence and refusal to quit can eventually pay off.

AQUARIUS (Jan. 20-Feb. 18): The determination to attain your career aspirations might grow as this month unfolds. You may need some extra knowledge, a professional certification or additional experience to improve your resume.

PISCES (Feb. 19-March 20): Interacting with an array of people and forming new friendships might give you new perspective on your place in the world. And yet you'll also see the things people have in common.



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Kiss-Me-Over-the Garden-Gate

By Grace Nause

Bernie and I are enjoying the spring days and excited about April showers. He is preparing to work the ground and plant his vegetable garden. He sure has a green thumb. We are enjoying our lives together and the joy that each new day brings. I hope you are also enjoying this early spring time with its sunshine, gentle breezes and warmer days.

A few tears fill my eyes as I write this month's column and announce that our final community event at The Old Garden House will be spring Pass-Along-Plant-Day scheduled for Sunday, April 25th from 2:00 to 4:00 p.m. A big part of me is very sad, but all of me is relieved that I've arrived at the right decision. For the event, please bring some perennials from your garden and take some that others have brought and dig some from my garden. Come even if you have none to share and are just getting started with your flower garden. I will have shovels on hand. You will likely find seasoned gardeners here who love to talk "flowers". We can learn a lot from others as we share our own experiences with them. For directions or other questions, call me. No reservations necessary, no charge, just come and bring a smile on your face. Our address is 1045 Bloom Rd., Fremont (the last house on the road). We are across Rt. 6 from the Heinz Plant where Bloom Road cuts off at the Andersons.

You know, growing older doesn't get any better than this. We treasure each day as we remember the past and we plan for the future. Bernie and I are enjoying each other's company and we love our supportive friends and family. They put the meaning in the words, Life Is Good. See you next month.

Ms. Grace

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What is Heartworm Disease?

Heartworm disease is a serious and potentially fatal disease in pets in the United States and many other parts of the world. It is caused by foot-long worms (heartworms) that live in the heart, lungs and associated blood vessels of affected pets, causing severe lung disease, heart failure and damage to other organs in the body. Heartworm disease affects dogs, cats and ferrets, but heartworms also live in other mammal species, including wolves, coyotes, foxes, sea lions and—in rare instances—humans. Because wild species such as foxes and coyotes live in proximity to many urban areas, they are considered important carriers of the disease.

Dogs. The dog is a natural host for heartworms, which means that heartworms that live inside the dog mature into adults, mate and produce offspring. If untreated, their numbers can increase, and dogs have been known to harbor several hundred worms in their bodies. Heartworm disease causes lasting damage to the heart, lungs and arteries, and can affect the dog's health and quality of life long after the parasites are gone. For this reason, heartworm prevention for dogs is by far the best option, and treatment—when needed—should be administered as early in the course of the disease as possible.

Cats. Heartworm disease in cats is very different from heartworm disease in dogs. The cat is an atypical host for heartworms, and most worms in cats do not survive to the adult stage. Cats with adult heartworms typically have just one to three worms, and many cats affected by heartworms have no adult worms. While this means heartworm disease often goes undiagnosed in cats, it's important to understand that even immature worms cause real damage in the form of a condition known as heartworm associated respiratory disease (HARD). Moreover, the medication used to treat heartworm infections in dogs cannot be used in cats, so prevention is the only means of protecting cats from the effects of heartworm disease.

My Pet World

Dear Cathy,

We have an 18-month-old tabby. When we brought her home from the shelter, she had an upper respiratory infection and chlamydia, which was passed on from her mother. For six months, we had to "burrito" her to give her eye drops. Now, if we pick her up, she only allows us to hold her for literally 10 seconds before she starts to hiss, bite and scratch, which makes it impossible to give her routine nail cuts or get her into her cat carrier for a trip to the vet.

Our vet prescribed a tranquilizer for vet visits, but even under the influence, she becomes a devil cat at the vet, escaping and running around the office, hissing and biting. We tried the same tranquilizers at home for her nail clipping with the same results.

We think this behavior developed from her earlier medication routine. She is otherwise a sweet cat and will brush up against us and allow us to pet her. What can we do to regain her trust? - Frances, Levittown, New York

Dear Frances,

While some cats simply don't like to be held, early experiences can shape behaviors. Let's replace an unhappy memory with a new experience associated with food. Here's what you can do.

Get her a feline pheromone collar to wear. These have a calming effect on cats. Let her wear the collar for a few days so she is in the proper mindset for the training.

When you start training, pick her up -- but only a few feet off the floor and only for a few seconds. Talk to her in a sweet voice, and then immediately put her down in front of a tempting treat or special wet cat food. It's important you put her down before she reacts. Essentially, you are rewiring her brain to associate being held with a special treat. For the next few weeks, pick her up only to give her the special treat or food, increasing how long you hold her and how high off the floor.

After a few weeks, re-introduce nail trims, but only do a paw a day, followed by a treat. When taking her to the vet, drop a towel over her to pick her up and put her in the crate. With time, you can build up her tolerance to these things. But remember, some cats simply don't like to be held and prefer to sit on your lap instead.

Dear Cathy,

I have a 7-year-old dog named Baxter. I have had him for five years. I have a doggy door that he uses to go into a fenced backyard. However, he pees on the dishwasher, refrigerator, washing machine, couch, and cardboard boxes. If my new boyfriend leaves the door to his room open, Baxter pees on surfaces in his room, most recently on a computer sitting on the floor. I have never caught him peeing. I always

just clean up the mess and do not yell at him because he is sensitive. I am at a loss at what to do. - Autumn, Littleton, Colorado

Dear Autumn,

Your dog is likely marking the home to show that it is his, and the new boyfriend likely triggered the behavior even more. There are a few ways to address this problem. First, make sure your dog is fixed. Second, get a canine pheromone collar for him to wear so he is more relaxed and receptive to training. Third, make sure the house is picked up to limit his places to pee. No computers, cardboard boxes or dirty laundry on the floor.

Next, use an enzymatic cleaner (available at the pet store) to remove all traces of the urine so he is not drawn back to the same spot. Then, start leaving treats in these areas for him to find. If he thinks he might find a treat by the dishwasher, he is less likely to pee on it.

Don't rely on the doggy door. Routinely take him outside to reduce his ability to mark.

Finally, have your boyfriend feed your dog, give him treats, pet him and take him for walks. They need to forge a relationship since your dog may be feeling anxious with his presence. The walks also will encourage Baxter to mark outside, which should help limit his inside offenses.

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



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New Therapy in Health Care

Pulsed Electro-Magnetic Field Therapy

By Dr. Paul Silcox

PEMF is an acronym that stands for Pulsed Electro-Magnetic Field. This therapy produces a safe, electromagnetic pulse that mimics the earth's own magnetic field and energizes the cells of the body as it stimulates the body's own natural healing process. Extensive research has demonstrated that non-invasive painless and drug-free PEMF therapy can lead to reduced inflammation, pain relief, accelerated healing and many other widespread and sometimes life-changing health benefits. It is estimated that over a million daily users are applying this revolutionary new health technology by a growing number of medical practitioners, and lay people, worldwide. (Yes, even here in little old Fremont, Ohio!)

As the "on" and "off" pulsations of the PEMF therapy occur, a tensing and relaxation down at the cellular level occurs. This relaxation of the cell membrane allows increased oxygen and nutrients in, and releases wastes, toxins, inflammation by-products out. This process of "in with the good" and "out with the bad" increases the natural charge of the cells. This allows for the message of pain and inflammation going to the brain to be reduced and cells to function better and at a more optimal state of health.

How all of this occurs is by increasing blood flow down at the microscopic capillary level. That means that blood vessels are so small that only one blood cell goes through at a time. The PEMF wave form improves that circulation at the microcellular level in areas that have had less than normal circulation for years, and can be contributing to some of the painful and inflammatory conditions that people often experience of a chronic nature in later years.

The PEMF unit I have been trying in my office for the last three weeks is a special unit, in that the company has 4 international patents on the waveforms that improve circulation and cellular activity. In addition, it is a FDA cleared Class II medical device for improving circulation. The company is in collaboration with NASA to incorporate the patented technology into the spacesuits of astronauts. And finally, at least as far as this article goes, this company has been working with the National Football League Alumni Association to help improve the circulation in aging football players.

I can't release the name of the company as of yet, but things are looking very promising and I'm looking forward to bringing more information on this emerging new field.

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