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APRIL 2022



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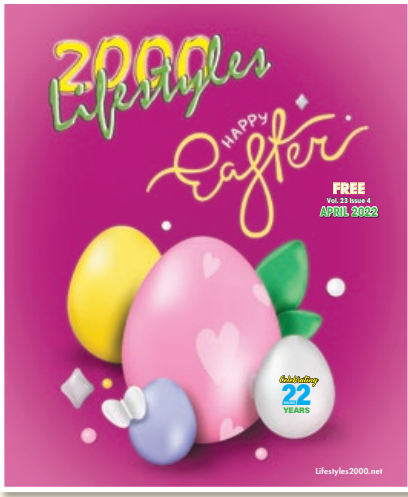
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Lifestyles 2000

April 2022
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Gabby Gardener By Patty Saam

Making a Spring Salad...with Edible Flowers!

1 bag of mixed greens of your choice, 1 small sweet onion, Assorted Edible Flowers, 1/4 dressing of your choice. Put the salad dressing in the bottom of the bowl, top with the sliced onions and the mixed greens. Scatter the edible flowers across the top of the salad. Just before serving, toss the salad to mix in the dressing. That's it!

Now, what flowers are edible? There are quite a few! Carnations, dandelions, day lilies, honeysuckle, lavender and marigolds, to name a few. Only use the blossoms of the flower. To use, gently wash and remove the petals. Scatter them on top of your salad. Before eating, remove the pistils and stamens, only use the petals. You can store edible flowers for a short time. If they still have their stems, put them in water. You can also line a plastic container with a damp paper towel and lay them out in a single layer. Cover with plastic wrap and put in the refrigerator. You will need to use within a day or two.



Have fun with your next salad and add a little color and delight when everyone exclaims over it! Patti Saam, President of Green Stem Gardeners. We meet the 3rd Tuesday of the month at 7:00. If you would like more information, please call 419-307-7776.



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Lifestyles 2000

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ADVERTISING/ GENERAL INFORMATION

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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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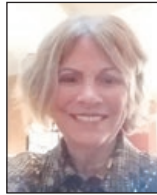
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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Thank you all that sent Pete cards, he loved hearing from you, as did I.



I had a request for Ms. Grace (Nause) address to also send her cards. It is 1045 S. Bloom Rd., Fremont, 43420. I am sure she would love to hear from our readers. She has written for us since May 1999, our very first issue. Speaking of, next month is our 23rd anniversary, can't believe the way time flies.

Have a great month, welcome Spring!

Joanne

Find Pete



Find Pete Winners:

There were over 150 correct entries, the answer was Swim Rite.

Winners are: Darlene Boster, Marsha Clapp, Terri Ann McNulty, Clyde; Kathy Magers, Sue Felder, Rita Osmon, Bellevue; Mark/Ann Foos, Helena; Dawn Roca, Tina Trimble, Karen Gerwin, Tim Light, Tyler Wagner, Teresa Roth, Becky McElfresh, Toby Peck, Connie Hetrick, Kylee Nowak, Hannah Wolf, Fremont; Gail Edwards, Julie Picciuto, Gibsonburg. Congrats!

Find Pete Prizes:

Prizes are from: Otto & Urban Florist, Lilie Beans; A's Family Restaurant; Share & Care, Fremont; Old Fort Market. If you wish a specific prize, please include in your entry.

Starting this month we will be giving 3 African Safari passes per month, value of \$180 for 3 months. You must put African Safari on your entry to be entered in the drawing.

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

Happy April Fool's Day!

By Kathy VanWey

April Fool's Day, the day of jokes and pranks. On this day in 1975, Denny began working for the Fremont Police Department. He teased he didn't know who the joke was on, him or the P.D. Our friend, Dick VanNess, told us there was an opening on with the County Sheriff. We drove from Sylvania to the old jail where Denny spoke with Sheriff Joe Kindred. The position had been filled but he mentioned the City Police was giving a civil service test. We drove the few short blocks to the old city hall where Chief Joe Forgatsch said he would mail a post card with the time and date. Six weeks after taking the test we were living in Fremont.

Naturally, we had to show off how handsome Denny looked in uniform. My mom begged him to place her in handcuffs. Two seconds later she said, "Take them off." His joking response was, "I don't get the key till next week."

The administration and older officers were: Harry Grabensetter, Bob Maier, Jim Eberly, Dick Joseph, Bob Bisnette, George Metter, Carl Filliater, Melvin "Swiftly" Swift, Adolph Kupka, Phil Evans, Phil "Smoky the Clown" Huss, Clarence "Sonny" Jones, Lynn Goebel, Larry "Tank" Nitschke, Mike Hague, and Bill Wise. Other officers included: Mike Roob, Brian Burroughs, Denny Burkin, Scott Retter, Stefan Ried, Ray Rendon, Rick Wightman, Dick Hoffman, Dave Foos, Monte Huss, Larry Wolfe, brothers Louie and Jimmy Capucini and Dana and Bobby Dorsey.

On Denny's first day there was a knife fight in Tremper's parking lot. And on one of his first night shifts there was a huge, sewer rat in one of the downtown store fronts. He couldn't shoot in town, so his only other weapon was a wooden night stick. His training officer ordered him to kill it. One blow on the rodent's head and the night stick broke. The main nights spots that kept the guys jumping were: The Star Bar (now a parking lot next to old Spieldenner's Carpets), The Copper Penny, Hillside Café (Da New Pittstop), the East Side Café (Anthony's), Annex Café (Edward Jones Investments and Mark Mathews, O.D.), the El Dorado Bar (Dickinson and Moore,) and The Saloon Bar (Rojas Rosas Cantina.)

Almost 30 years later, after the Tornado of '77 (the funnel cloud aloft), The Blizzard of '78, Toulene Spill of '88, and serving at Ground Zero (NYC) after 9/11 He retired to train police officers in Iraq in 2004.

Looking back, we wouldn't have wanted our kids growing up anywhere else. From a grateful cop's wife, Thank you, Fremont! Kathy VanWey.

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Out to Lunch

By Lynn Urban

It's another one of Fremont's best kept secrets. The Backstage Lounge is great place to grab a quick lunch or meet friends after work for a drink and a sandwich. It's located in the beautiful Strand Theater on Front Street.

The historic Theater opened in 1870 as the Ballroom Hotel and was quite the place for many years. After it closed, different businesses occupied the building, and it was left empty many times. Fremont George Keller has brought it back to life and has put his heart and soul into making it a casual gathering place. He hosts shows and concerts throughout the year, and it is available for groups and organizations to use both the theater and the back lounge for meetings.

The kitchen can also do the catering for these occasions.



George smokes his own meats for the pulled pork, brisket and chicken sandwiches, and they are served with chips and a pickle for \$8.50. The smoked wings are large and meaty, you get 5 for \$8.50. The house chopped salad is a favorite and is filled with a ton of veggies and cranberries. I got the avocado, cilantro dressing which was very good. The savory homemade chili is made with beef and sausage and served with a corn muffin for \$5.00. I also enjoyed the homemade baked mac and cheese. They'll even take you back to the memory of school lunches with a square of school house pizza for \$2.00.

George offers a large choice of craft and domestic beers and is also a member of Dora. That will be nice when they put in the new amphitheater, which will be located in The Strand's backyard. I feel we should be supporting local businesses and his place is unique, full of history and is just plain fun!

The hours and days open are Thursday, Friday, and Saturday from 11:00 a.m. to 8:00 p.m.

Jill on Money

By Jill Schlesinger

The Fed tries to fight inflation

As expected, the Federal Reserve raised short term interest rates from the emergency levels that have been in place for two years to a range of 0.25 - 0.50 percent.

It was the first increase in the federal funds rate since December 2018, which was then the conclusion of a three-year cycle that included nine quarter-point increases and pushed up rates to a range of 2.25 - 2.50%. The Fed's accompanying statement to the December 2018 meeting noted that economic activity and job gains were both "strong."

The big difference between the last Fed campaign and this one is inflation. Then, the central bank was trying to slow down the economy a bit (GDP expanded by 2.9% in 2018), but wanted overall prices to rise a little more, not less, so that workers could continue to see wage gains. The Consumer Price Index (CPI) for December 2018 showed annual inflation growing by 1.9% from the prior year, which seems positively dreamy these days.

This time around, the central bank is chasing inflation, which stands at a four-decade high of 7.9% and carefully watching the Russian war in Ukraine, which has caused a further escalation of energy prices. Central bankers know that as gas prices reach all-time nominal highs, many will be forced to make choices about their limited resources and could pull back on spending, which would in turn slow down economic growth.

Remember that the Fed has two main objectives: to make sure that the economy is strong enough to create jobs and to keep inflation in check. That's a delicate balancing act in the best of times - in the post-COVID/Ukraine War era of surging prices and clogged supply chains, it's even more difficult. The Fed must thread the policy needle of cooling down hot prices without inducing a recession by lifting rates too quickly. They probably wish that they started the rate hike cycle months ago to quell inflation, but we are where we are and there's no going back in time.

There could also be a darker side to the shifts in consumer reactions to price spikes. Analysts say that inflationary fears can trigger hoarding and demand for higher wages, which can create an inflationary spiral. Even if we don't start hoarding, higher prices could at least impact the economic growth that was expected for 2022

and at worst might trigger a full-blown recession.

How does this impact my life?

Beyond the broader economic risks, the Fed's actions could help savers earn a little more interest on savings, checking, CDs, and money market accounts. Loans for things like credit cards, autos, adjustable-rate mortgages, and small businesses could cost more. While the Fed does not directly control the longer-term bonds that impact fixed mortgage rates, those too have started to rise, which could make buying a home more expensive and might also cool down the hot housing market.

Some of you have asked about rising gas prices, which I know is difficult for many Americans to absorb. The easy answer is to drive less, but that's not an option for a lot of workers, who need to get to their jobs and don't have public transportation options. If you need to continue driving consider paying cash, which can save about \$0.10 per gallon; stick to regular gas if your car or truck allows - no need to pay up for premium; and ease up on the gas pedal: speeding and aggressive driving burn gas faster. If you are using apps to find cheaper prices, don't go crazy, you spend your cost savings by traveling to the cheaper alternative.



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Ulysses S. Grant – A Look Back

This year the Hayes Presidential Library and Museums at Spiegel Grove will celebrate the 200th birthday of the 19th president who was born in Delaware, Ohio on October 4, 1822. Celebrations will soon be underway for another Ohio president, also born 200 years ago. Ulysses S. Grant was born on the 27th of this month near the Ohio River at Point Pleasant. The son of a tanner and later a West Point graduate and a veteran of the War with Mexico, Grant suffered innumerable failures and setbacks in his personal life.

But with quiet confidence and enduring love for his wife Julia, Grant in 7 years rose from a lowly clerk in his father's store to commander of all the Union armies and President of the United States.



As president, Grant advanced the Reconstruction agenda, battled the KKK, and signed the Civil Rights Act of 1875. There were mistakes and scandals. Yet, he became the most well-known and popular American of his time. When Grant left office after two terms, future President James Garfield wrote, "No American has carried greater fame out of the White House than this silent man who leaves today."

While a great general, Ulysses S. Grant was a poor businessman. Swindled by his son's brokerage partner, Grant found himself destitute. A short time later, his doctors gave him the sad diagnosis of throat cancer. With a death sentence before him, Grant could only think of providing a way out of poverty for his beloved Julia.

Mark Twain offered an advance of \$25,000 for publication of each of 2 volumes of his military memoirs, but Grant refused believing that Twain would lose money. They settled on a profit sharing deal. Even though he was in a race against time, Grant proved to be a gifted writer. Through excruciating pain, fits of coughing and at times, unable to eat or speak, he continued to write. Finally, on July 19th, 1885, Grant penned his final words. Four days later, the man who had saved the Union breathed his last. More than one million people, both Union and Confederate, attended his funeral in New York City.

Grant's "Personal Memoirs" became America's first blockbuster. As he had hoped, Julia lived on in comfort, receiving \$450,000 from Twain's firm. To this day, his work has never been out of print. Every president since, has consulted Grant's memoirs when writing their own.

As one historian wrote, "In the generations after his death in 1885, Grant's reputation as a general and president spiraled downward until the current generation of biographers and historians has persuasively resurrected it." Another wrote, "...how fortunate the nation was that Grant went into the world – to save the Union, to lead it and, on his deathbed, to write one of the finest memoirs in all of American letters." Pick up one of these recent biographies or better yet, read his "Personal Memoirs." They do not disappoint.

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individuals and their families served living, working, and thriving in our community

314
individuals served are age 21 and younger

427
individuals received Community Connections resource supports

children served in Early Intervention Supports **141**

37
students enrolled in the School of Hope

Cost of Delivering Services and Supports:

Local Match for Medicaid Waivers	\$3,239,956
Admin/Community Support	\$1,951,186
School of Hope	\$1,215,653
Service & Support Administration	\$1,213,913
Local Funding for FSS, Non-Medical Transportation, Provider Support, Self-Advocacy, Special Olympics, Voc/Hab	\$1,165,854
Capital Projects	\$ 298,135
Facilities Management	\$ 380,825
Early Intervention	\$ 295,908

Sources of Funding:

Local Levy Funding	\$8,069,042
State Funding	\$ 591,288
Federal Funding	\$1,341,165

95
individuals determined eligible and enrolled this past year (72% increase vs. 2020)

247
individuals receiving services through a Medicaid Waiver

304
individuals actively on Service and Support Administration (SSA) caseloads

124
families served by Family Support Services

We have a long-standing motto here in Sandusky County; "We Serve for a Lifetime."

The Sandusky County Board of DD provides services and supports to eligible individuals starting at birth, through early childhood, into their school-age years, as they transition into adulthood, and far beyond. We are committed to person-centered programming designed to support the development of each individual's unique gifts, talents, and abilities.

Helen Marketti's Music Corner



By Helen R.
Marketti



An Interview with Michael Learned

Many of us will remember sitting with our families to watch The Waltons each week during the 1970s and repeating the catch phrase "Good night, John-Boy" which was a television staple. Michael Learned played Olivia Walton on the television series. The show is celebrating its 50th anniversary this year. Michael's career has spanned into stage productions on Broadway and Daytime television. She is a four-time Emmy Winner, People's Choice Award recipient and a multiple Golden Globes nominee.



She can be seen in the recently released film, Second Acts which is being shown at national and international film festivals. The film is about two people from different backgrounds who fall in love in spite of the pressures from an unjust society

"One of my favorite movies growing up was, Rebecca of Sunnybrook Farm (1938) starring Shirley Temple. I just loved that movie. I lived on a farm as a child. I had a pet goat and named it Rebecca," remembers Michael. "Katherine Hepburn has always been someone that I have admired as an actress. I recall sitting at a table for an event several years ago with June Allyson, Jane Russel, Esther Williams and Margaret O'Brien. I had watched all of their movies when I was a teenager and here I was sitting at a table with these icons. I felt like I was in a dream. They were so down to earth and still looked fabulous."

Michael explains her time living on a farm. "For a while we lived on what was called a gentleman's farm in Connecticut. It was a 21-acre property that had been previously owned by landscapers. I thought it was a paradise. We had one cow, a couple of pigs, plus goats, dogs and cats."

She continues, "My father started working for the CIA while we were still living on the farm. He would be gone during the week and would return on weekends. I had recently found out that he was part of the Secret Service during WWII."

Michael's first ambition for the stage was to become a ballerina. "I attended the Arts Educational School in London for dance," said Michael. "One of the teachers took me aside and said that I really wasn't a very good dancer and I should think about becoming an actress instead. So, then I became a Drama student which was the beginning of my career."

The role of Olivia Walton came at a perfect time in Michael's life. "I had been working at the American Conservatory Theater in San Francisco. It was a fabulous experience. There were two theaters. I remember in one theater we would be performing a Shakespeare play and, in the theater, next door we would be doing a Neil Simon play," said Michael. "I was going through a divorce at the time which was very painful. I knew I had to find something where I would be able to support my 3 children. I decided to go to Los Angeles to audition for the part of a farm woman who was in her 40s. I didn't feel I was right for the part because I was 32 years old and had short blond hair but I believe God was on my shoulder because I got the part! It truly was a gift in many ways."

Michael said she used to watch the episodes at home with her own children. She has encountered many people during her career who have a special place in their hearts for The Waltons. "Everyone can relate to a family unit in some way," said Michael. "I remember visiting a Veteran's hospital and a nurse asked me to return from the hallway to a veteran's room because he had started crying when he realized who I was. He loved The Waltons and watching the show brought him great comfort."

Michael still keeps in touch with

cast members from the show. "Richard Thomas (John-Boy Walton) and I are very close and still keep in touch. Ralph Waite (John Walton Sr.) and I were very close until he passed away. I am still close to his widow Linda. We all got along with each other on the show and that made coming to work an easy experience. I believe I would have been miserable if I had been in a television series where people did not get along with each other. I was blessed. Being on The Waltons gave me a second family."



Projects and performing are continuously in the works for Michael. "I love to work. I find it fun. Now that I am older, I do not have anything tugging at me. I will be going to Canada over the summer to do a stage production of, On Golden Pond. Several years ago, I did the play with Tom Bosley (Howard Cunningham from Happy Days):"

Finally, when asked what keeps her inspired, Michael replied, "Inspiration is God-given. I am not sure you can define it. You just know it when it happens. Sometimes it can happen onstage where you and the audience are in a bubble of magic together."

It was truly a privilege to interview Michael Learned. We can relive our own memories from a great, family-oriented television show and make those connections in our daily lives.

B. Harlan Boll, Public Relations | www.bhbpr.com | www.helenrosemarketki.com

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Michael still keeps in touch with



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"Stemtown and Hidden Springs" By Denise Baldetti

What nearby village, located in Sandusky and Seneca Counties, was once named Stemtown?

Background History

Some readers may have heard of the Stemtown Historical Society Museum, located in Green Springs, Ohio. Founded nearly 43 years ago, this little hidden gem was started by a group of men who wanted to preserve the colorful history of Green Springs. The museum is housed in the former home of Allen Watrous, a Green Springs Revolutionary War veteran.



Stemtown - Young Funeral Home Horse Drawn Hearse.

Green Springs, originally named Stemtown after founder Jacob Stem, is home to the world's largest natural sulfur spring. Water flows up from an underground river at a rate of 8 million gallons of water every 24 hours. The name Stemtown was later changed to Green Springs because of the green color of the spring water.

In the 1860's, sulfur water gained a reputation as a source for "curing all ailments." Eventually, an entire health resort with several hotels and a spa were built around the spring. The springs, at one time, attracted thousands of visitors who came to be near the healing water. Spring water was bottled and sold during the resort's heyday until the 1930's. Original bottles depicting Mineral Spring Water and resort memorabilia are on display at the museum.



Stemtown - Local old Business Advertising Sign.

and artifacts, can be viewed in the outside barn "exhibition hall," along with local military uniforms, local business artifacts and more. A unique item there is a horse drawn Young Funeral Home hearse built in 1880.

A fascinating item in the collection is an old Edison Phonograph. Museum Curator, Brenda Stultz, takes visitors back in time when she cranks up the machine and tunes of a bygone era waft

Treasures at the Museum

The focus of the museum is to preserve history of Green Springs and the local surrounding area. This museum has a school room which pays tribute to Green Springs schools. Yearbooks, alumni memorabilia, records, trophies, uniforms and more can be viewed here. Artifacts related to General James B. McPherson, including a school flag, are prominently on display. Local history from Seneca Indian days, including tools



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throughout the museum! A very unusual artifact on display is one of the first hair permanent wave rollers, invented in 1917. The device has hanging "arms" (wires and rods) dangling from a "chandelier" rim. Electricity was used to heat the rods, and a mix of cow urine and water was used to set the perm.

For those wishing to delve deeper into museum archives, there are old Green Springs Echo newspapers, along with family files and copies of Green Springs Cemetery records for genealogy research.

Museum Hours

The museum is open June through August. Tuesdays Noon-4 pm; Second Saturdays 10 am - 2 pm and by Appointment. Contact Museum Curator, Brenda Stultz at 419-639-3017 for more information.



Stemtown - Mineral Springs Water Bottles.

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Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): Display your commitment and trustworthiness to demonstrate your loyalty to loved ones. Other people are also likely to admire your skills. A romantic interlude could give you a reason to count your blessings.

TAURUS (April 20-May 20): Rally round the flag of friendship. Your social instincts can be at their best in group settings. You may get a chance to utilize your people skills when difficult individuals need some delicate handling.

GEMINI (May 21-June 20): Although you might not have much, you are usually willing to share what you have. Be appreciative, especially if someone repays an act of kindness.

CANCER (June 21-July 22): Crack codes with dispatch. Be able to grasp the most subtle details of a business transaction as well as the intricacies of social networking. Loved ones can help get key projects accomplished.

LEO (July 23-Aug. 22): You could be counting the hours by the beat of your heart. People often desire what they can't have but you might find romance wherever you look. Sympathetic understanding and tender feelings make relationships grow closer.

VIRGO (Aug. 23-Sept. 22): Respond in kind. When someone offers you a helping hand, accept with grace and return the favor. Embrace the spirit of generosity whenever someone is motivated to perform acts of kindness.

LIBRA (Sept. 23-Oct. 22): Stay grounded in reality. You might see problems that do not exist thanks to past traumas but might not want to face up to actual issues because you want to believe the best. Don't be afraid to ask for help.

SCORPIO (Oct. 23-Nov. 21): Set a tone of caring. Focus on being understanding and compassionate and loved ones should respond in perfect harmony. Help a partner start key projects and implement changes.

SAGITTARIUS (Nov. 22-Dec. 21): Exercise solid family values, shower loved ones with affection and focus on making your home a place of rest and relaxation. When everyone else is stressed, work on remaining calm and collected.

CAPRICORN (Dec. 22-Jan. 19): Vision, intention, commitment and persistence bring results. Savor every opportunity to utilize creative energy. You possess the enthusiasm and the social connections to make your dreams come true.

AQUARIUS (Jan. 20-Feb. 18): Feed your dreams and starve your doubts. You can be a realist as well as a visionary if you keep fear at bay and objectives achievable. Put a positive spin on any hesitations or limitations.

PISCES (Feb. 19-March 20): You can enjoy creature comforts and use your imagination to surpass arbitrary limits. Use an accumulation of wisdom, as well as intuition, to make sound choices that improve your future.

Life Scholar

By Kathleen Nalley

As a return to near-normal from the life-altering shutdowns during the COVID crisis begins across the community, Life Scholars returns two exceedingly popular programs: On-the-Road Classes and Life Scholar Trips.

Working with off-campus sites where seniors gather, popular instructors have begun to take their classes on the road to a variety of locations, such as Tiffin's senior center, a Fremont nursing facility, and Tiffin St. Francis. Working cooperatively with Holly Hoffman, Terra Community College Director of Community Programs, agencies have arranged fascinating topics to be introduced for less mobile individuals within Terra's range of service. Mike Gilbert and Larry Michaels, for example, have brought local history alive for this population of students with topics already honed within the Terra campus classroom. A new program at the onset of COVID closures, On-the-Road had already developed a following and popularity with adult learners. "I'm so pleased it's returning," Holly noted at a recent Life Scholars executive committee meeting in March, "We booked both March and April classes off-campus and expect more in the upcoming months."

Terra is, also, sponsoring a free Downsizing Workshop at St. Francis in Seneca County on Sat., April 30th to explore the steps and challenges that accompany the decision to downsize. The program will offer legal, real estate, and resources to support individuals who are considering this life choice as they enter their later years of life.

The travel committee, working to develop senior trips offered by Life Scholars, have planned both day and overnight options. The first May trip will explore Kingwood Center with lunch at the Blueberry Patch and include a wine tasting. In June, a tour of the Ohio Village and Ohio History Connection is planned. Reservations for a previously cancelled two-day outing to Marietta for history and a cruise have been filling up, with a few spots remaining. On the planning board is a wine tour in Ashtabula for the Fall catalog.

Spring classes in May will invite students to expand their knowledge of flowers and herbs. Sue Baker, avid flower gardener for almost 50 years, will share many of the tricks learned, successes and failures, what works well and what doesn't in her Flower Gardening with Sue on May 3rd while Sherry Weiker will share her knowledge in growing and cooking with herbs for the last 35 years on May 26th in All About Herbs.

To view the catalog and register, go to <https://Learn.Terra.edu> or call Life Scholars at 419-559-2166.



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Have a senior cat? Watch for these symptoms of feline cognitive dysfunction

Dear Cathy,

I read with interest your response to Kathy from New Smyrna Beach, Florida, who reported that her family's 17-year-old indoor cat was keeping them awake with his nighttime howling. They reported that the cat had been crying "for years" after they went to bed but that the crying had gotten worse and escalated to howls. I was disappointed that you did not suggest that the cause of the changed nighttime vocalization could be Feline Cognitive Dysfunction Syndrome (FCD). As someone who has owned and/or fostered nearly 90 kitties over the past 60 years, I've had my fair share of super seniors, and many have developed FCD as they aged. Loud distressed-sounding nighttime vocalization and increased attention-seeking are pretty common symptoms of this disorder.

There are usually many other indicators of FCD, like getting lost in a familiar space or staring at a wall for hours along with behavioral problems like eliminating outside of the litter box, but I think it might be helpful for Kathy from New Smyrna Beach to discuss FCD with her vet as a possible cause of her kitty's nighttime howling. There are several medications that can be tried to help reduce this behavior, like Prozac or Gabapentin. I hope you will make this information available to your other readers who may be struggling with the same situation in the hopes that they can find a way to improve their kitties' quality of life and their own. - Marilyn, Canton, Connecticut

Dear Marilyn,

You will be happy to know I checked in with Kathy and in a follow up email. She said: "There have been times when he acts as if he has had a stroke or something. He will stare at the wall for extended periods... sometimes he sits in the corner and just howls. It's heartbreaking but as he is almost 18, I figured there was little to be done. Am I wrong?"

At that time, I told her he should be checked for Feline Cognitive Dysfunction, but she said he had been on Gabapentin for a year for a left paw injury and saw no changes in his behavior. While it sounds like FCD, he has also been less active this year as a result of the paw injury. In addition to the activities I suggested, I recommended she follow up with her vet regarding FCD. Thanks for your letter.



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A Change Has Begun

By Dr. Paul
Silcox

The National Acupuncture Detoxification Association (NADA) protocol does NOT hold itself out as a standalone treatment for addiction. But NADA does offer a way for addicts to work on their path to wellness and sobriety with little to no medication. It works with counseling, AA and NA meetings, to help deal with the 6 inch space between the ears.

The first person I used NADA treatment on got started on Naltrexone (daily treatment to curb cravings) and then had one dose of Vivitrol (extended release [30 days] treatment to curb cravings) while I was doing his NADA ear acupuncture treatment. After a few months I asked how the Vivitrol injections were going, he paused and got quiet. He said the place where he was getting his Vivitrol lost its funding and didn't have it anymore. I asked how long it had been since he had any, he said two months.

At that moment, I learned just how powerful and effective that acupuncture can be in helping a person overcome addiction. You see, I never imagined that 5 small needles in each ear could do anything about these powerful drugs and the effect that they have on the brain. It really is like the commercials from years ago, "This is your brain on drugs" and they would show scrambled eggs in a frying pan.

NADA treatment is unique. First, if there are several people, it can be, and is encouraged, to be done in a group setting. There is a group synergy when people are there for the same thing. It is done in a sitting position. NADA treatment is predominately non-verbal and usually has a gentle instrumental music playing. Many times there is so much self talk going on inside a person's head and the quietness allows them to begin to have conversations that maybe there really is some good inside of them.

That's the premise that NADA goes by. That underneath the layers of an addict there is poor self esteem, and often they don't value themselves. They put up walls all around them, and often will do anything for their next fix so they can "get well", and often there is a good person screaming to get out.

Last month I mentioned that Katura Recovery & Training Services was going to be starting a class for nurses and phlebotomists, teaching the protocol for an alternative addiction treatment. Its coming along well and by early summer, we'll have a half dozen people who will be ready to start working in some of the addiction treatment centers in town.

Many of them are looking for additional tools they can have in their toolbox as they work to the same end.

Soon a free pilot trial program using NADA as a primary adjunct will be offered to addicts in the community so that people that need it can experience the power of healing from within. It's a cool thing!

IN YOUR OWN BACKYARD

Chicken Dinner, Sunday, April 3rd, 11-2, Bellevue Masonic Center, Castalia St., \$10 per dinner.

Fremont Lions Club will meet on April 5 & 19 at the Fremont Eagles Hall at noon. The speaker on April 5 is Pam Kensler, the Director of Sandusky County Habitat for Humanity. On April 19 the speaker is Chari Mullen, Director of Diversity and Inclusion for the City of Fremont. Students of the Month from Fremont Ross and Bishop Hoffman will also be present. Members and guests are welcome.

Kiwanis of Fremont meets the first Thursday of the month at The Back Lounge at The Strand Theater, 5-6:30 pm and the other Thursdays 11:45-1 at the Fremont Elks Lodge. Guests are welcome. Speakers for this month are April 7, Kristi Bilger with Downtown Fremont; April 14, Candidates Forum; April 20th the Pancake Festival;; April 21, Marissa Moya, Heartbeat Hope Medical; April 28, the local athletic coaches.

Fremont Area Women's Connection will meet on April 12, 11-1 pm at The Victor Event Center, 2270 Hayes Ave. Present will be Jim Posey from Fremont Community Theatre, the Director of the upcoming musical "The Wizard of Oz". Guest speaker is Shirley Davidson from Mansfield, Ohio who will share her story of "The Unforgettable Memories of the Girl Who Can and the Woman Who Can't". Cost is \$14 and reservations are needed by April 7 by calling/texting Donna at 419 680 2251 or emailing Carrol at fawcluncheon@gmail.com. Reservations or cancellations must be reported in the same way.

Downtown Fremont: April 16, Easter Shop Hop & Easter Bunny Visit 11am-2pm; April 16, Adult Easter Egg Hunt 6-9pm.

Sandusky County Republican Women will meet at 5 pm on April 21 at the Sandusky County Township House, 2207 Oak Harbor Rd. Members and guests are welcome.

Chicken Bar-b-que, Sunday, May 1st, Sandusky Township Fire Dept, on Oak Harbor Rd in Fremont. Serving at 11am until sold out, drive thru only, \$10 per dinner.

Vault Investment Partners is hosting our annual FREE Community Shred Event on May 5, from 9 am - noon. We Love to Shred will be at our office (528 3rd Ave., Fremont) to help you with your spring cleaning by shredding any outdated bank statements, bills, legal agreements, or other documents. We cannot accept cardboard, plastic, trash or hazardous items, CDs or DVDs, magnetic items, or x-rays. Please contact Heather Stansfield at 419-355-0279 with questions.

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Doctor of Osteopathic Medicine, Ohio University Heritage College of
Osteopathic Medicine, Athens, OH

Fellowship:

Pain Medicine, University of California - Irvine, Irvine, CA

Residency:

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