

The background of the entire page is a photograph. It features a white lace tablecloth. In the upper left, there are two yellow roses with green leaves, their petals glistening with water droplets. In the lower half, a rustic wooden bowl is filled with several Easter eggs. The eggs are dyed in various shades: one is a vibrant blue, and the others are in shades of green and yellow. To the right of the bowl, a single white rose is also covered in water droplets.

2000 Lifestyles

FREE

Vol. 24 Issue 4

APRIL 2023

Celebrating
23
1999-2022
YEARS

Lifestyles2000.net

Five Surefire Ways to Boost Your Happiness

By Robert Morton

We all want to feel happy, right? It's a feeling that we chase after every day. But sometimes, it can feel elusive, like it's playing hide and seek with us. The good news is that researchers have zeroed in on five things that we can do to increase our happiness and well-being. Here they are:

The first way to find happiness is by cultivating positive relationships with others. Spending time with loved ones and building strong connections can make us feel more fulfilled and supported, while engaging in acts of kindness towards others can increase our overall feelings of happiness and well-being.

Try scheduling a weekly coffee date with a friend or joining a club or group that aligns with your interests, like a book club or hiking group, which can help you meet new people and form new friendships. There's nothing like meeting like-minded individuals who you can connect with and befriend to bring more happiness into your life.

The second way is to engage in meaningful activities. Pursuing hobbies and interests that we enjoy and setting achievable goals can give us a sense of purpose and accomplishment. Volunteering for a cause that we care about can also help us feel more connected to our communities and give us a sense of fulfillment.

The third way to find happiness is to practice gratitude. Appreciating the good in life and expressing gratitude to others can help us focus on the positive aspects of our lives, rather than dwelling on the negative. Keeping a gratitude journal can also help us cultivate a more positive outlook. Anybody out there who writes a daily diary? Put some positive stuff in it!

The fourth way to put happiness in our lives is to focus on the present moment. Practicing mindfulness and meditation can help us stay grounded and present in the moment. Engaging in deep breathing exercises and taking time to appreciate nature and our surroundings can also help us feel more relaxed and centered.

The last way is to take care of our physical health. Exercise, getting enough sleep, and eating a balanced and healthy diet can all have a positive impact on our overall well-being. And when it comes to exercise, the Fremont Rec Center has got you covered! With a variety of exercise programs available, from yoga and pilates to Zumba and cardio classes, there's something for everyone to get moving and stay active. Taking care of our bodies helps us feel more confident and energized.

It's important to remember that finding happiness is a journey, not a destination. So, why not start your journey today by incorporating these five practices into your life? Don't hesitate, take that first step and see where it takes you. You may be surprised at how much happiness you can find in your life.

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 three spy thriller novels: "MISSION OF VENGEANCE," "PENUMBRA DATABASE," and "THE SHADOW WAR"- they can be found in Kindle or paperback in Amazon.com books.

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Lifestyles 2000

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23
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Woke Cancel Cops Drink the Fruit-Flavored Water

By Kathy VanWey

The Woke Cancel Cops are at it again. The Ecology and Evolutionary Biology Language Project, (eeblanguageproject.com) is an offshoot of the global EEB movement. It is composed of mostly U.S. and Canadian academics and interested groupies. Their goals are to revise harmful and discriminatory terminology, words that they *think* and *feel* have "negative impacts such as microaggressions... offensive tropes," and to weed out those who don't think like them.

Writing in *Trends in Ecology and Evolutionary Biology*, researchers recently released a list of 24 offending terms, but it seems the biggest offensive word is FEMALE. They want to replace the words Man and Woman because these are "highly anthropomorphic and biases towards men or male traits."

Now if you can't get around using those words at least use Human, or Male and Female, but the last two they abhor. To them Male and Female "reinforce societally – imposed ideas of a sex binary, emphasizing cis-normative and hetero-normative views." (DailyMail.co.uk, Feb 15, 2023)

Instead, the EEBLP suggests that Female be replaced with "egg-producing human," and Male with "sperm-producing human." Or we can use the chromosomal nomenclature, an "XX-individual," (F) or a "XY-individual," (M).

Naturally this spills over to the offending words like Mother and Father. "These terms perpetuate a non-universal heteronormative and cis-normative view of the parenting and birthing process." They want you to use "Parent or Egg-Donor or Sperm Donor."

Notice in our current culture, egg donor refers exactly to that, a woman who is donating her eggs so another person can have a child. A sperm donor refers to a deadbeat father who never cared about his offspring. Also, the terms take away the individuality of the person you're referring to, along with the sense of kinship belonging to a family tribe. And like many of you I would face **The Wrath of Dad** if I disrespected my mother by introducing her, "I'd like you to meet my egg-donor."

Regardless of how many mind-boggling terms the woke come up with, they can't get around basic biology and the basic Judeo-Christian belief, "God created them Male and Female."

In his book, *WHEN WILL JESUS BRING PORK CHOPS?* (Oct 2004), George Carlin wrote:

"Political correctness is the newest form of intolerance, and it is especially pugnacious because it comes disguised as tolerance, it presents itself as fairness yet attempts to restrict and control people's language with strict codes and rigid rules. I'm not sure that's the way to fight discrimination. I'm not sure policing people or forcing them to alter their speech is not the best method for solving problems that go much deeper than speech."

Don't drink the Kool-Aid folks, don't drink the Kool-Aid.



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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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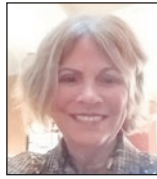
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30 Ponds Side Drive
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Publisher's Letter

Happy Easter and Happy Spring!



My favorite time of the year, especially after surviving another Ohio winter.

Ms. Grace family is having an estate sale, see classifieds, and I know so many of you loved her and her columns. Please check out the sale and perhaps you will find something of hers as a remembrance.

Have a great month and thanks for reading.

Joanne

Find Pete



Find Pete Winners:

There were 180 correct entries for March, apparently it was too easy! The answer was Lillie Beans.

Winners are: Yolanda Garcia, Jane Raney, Ann Marie Meek, Katie Huy, Philip Merz, Shirley Faist, De Ann Zeller, Chris Farson, Fremont; Gary Shearn, Scott Dellinger, Melissa Dorobek, Carol Bishop, Heidi Clevinger, Clyde; Condellario Longoria, Elmore; Elizabeth Braun, Bellevue; Susan Tucker, Oak Harbor; Blanche Lange, Green Springs; Kristi Foos, Jodie Saamson, Gibsonburg.

Find Pete Prizes:

Twenty entries are chosen monthly for the following prizes: \$5 gift certificates for Old Fort Market, Lillie Beans, Otto & Urban, Share & Care and A's Family Restaurant. You may specify a prize.

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.



Gabby Gardener

By Patti Saam

Houseplants and Bob

I've always had a lot of houseplants. I love having geraniums blooming in January, or cacti showing off their colors. Just seeing that gives me a boost. That being said, about ten years ago, after being very ill for many, many months, I decided I didn't want my plants anymore. So I took them all outside and started dumping them in the field beside our home. My husband Bob came over and said "What are you doing?" I said "I wasn't "feeling" them anymore". Well, he went ballistic! He said "I kept those plants alive for you for 15 months and now you are just pitching them?!" He said a few choice words and walked away.

Oh oh....I'm in crap water! So after that I slowly started acquiring more plants. I brought in geraniums and impatiens at the end of summer. I have spider plants, a Christmas cactus and a Mother of Tongue. Not a lot. Not like I had. So last week we were at Tiffin's Rural King and they had plants on sale. I picked up two and put them in my cart. My husband comes over and asks what I am doing. I told him I am buying two plants. He just looks at me and walks away. I have a "feeling" I'm going to be getting looks from him for awhile. One plant at a time.

Green Stem Gardeners, Patti Saam, President. Contact me for more information on the club. 419-307-7776.



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Out to Lunch

By Lynn Urban

We all know Woodville is a speed trap, so much so, they named a diner on Route 20, The Speedtrap Diner. The diner looks like something straight out of Happy Days, with its 50's style and memorabilia.

As you're waiting for your food, you can be entertained by looking all around you at the signs, pictures, and souvenirs of the 50's. The menu is just as fun with the most unique combinations of breakfast and lunch choices.

For example, for breakfast they've got a large tortilla topped with hash browns, pulled pork, cheese, a tangy sauce, and a sunny side up



egg. Or how about a double decker french toast sandwich with ham, turkey, and cheese? That was good! The homemade sausage gravy is delicious, it's really thick with plenty of sausage. Some of the sandwich combos are pretty wild. They like to put mac and cheese on some of their sandwiches, which makes for a sloppy sandwich. I had the Hulu chicken sandwich, a grilled chicken breast with pineapple, raspberry vinaigrette, and provolone. That was very good. The ½ lb. Burgers are just as extreme with many combinations of ingredients, as well as their 1/4lb hot dogs. But you can also get just a plain ¼ lb. Burger and fries for \$6.00. For a side you can not only get tots, but also tater kegs, which are giant tots with bacon and cheese. You've got to have a big appetite to eat here.

If you have room for dessert there is an array of cakes and pies to choose from. The diner is attached to an ice cream shop where you can get any treat you want. They also have a walk-up window if you're only going for ice cream.

But before you leave, you've got to check out the bathroom. It's like walking into a Hollywood dressing room. This place is just plain fun to visit.

Jill on Money

By Jill Schlesinger

The gender pay gap, which is the difference between the earnings of men and women, has been stuck for years.

In 1982, women earned just 65 cents to each dollar earned by men. The differential narrowed, but since 2002, the numbers have barely budged. In 2022, U.S. women typically earned 82 cents for every dollar earned by men.

It would be great if there were a single cause of the differential, because then policy makers and employers might be able to craft a solution.

But the Department of Labor has found "that the majority of the gap between men and women's wages cannot be explained through measurable differences between workers, such as age, education, industry or work hours. It is highly likely that at least some of this unmeasured portion is the result of discrimination, but it is impossible to capture exactly in a statistical model."

Here's what we know: Women get paid less than men, despite the job that they hold ("Regardless of occupation group, women always have lower average earnings than men"); the types of jobs that women dominate (i.e., childcare workers, domestic workers, and home health aides) pay less in general; and parenthood seems to positively impact men's wages, but for mothers, not so much.

It makes sense that many younger mothers tend to work fewer hours or take time out of the labor force, which can set them back temporarily. Conversely, Pew Research finds that "fathers are more likely to be in the labor force – and to work more hours each week – than men without children at home. This is linked to an increase in the pay of fathers – a phenomenon referred to as the "fatherhood wage premium" – and tends to widen the gender pay gap."

In addition to the blatant fairness issue, earning lower wages also means that women are robbed of the ability to save and invest for themselves and their families, which leads to a long-term wealth gap. Until the system changes, it is incumbent on women to advocate for themselves – and to ask for what they deserve. In my book, *The Great Money Reset*, I lay out five steps to "BULLY Your Boss".

Button up your big ask

Before approaching your boss, clarify to yourself what you want...make sure you're considering the full array of possible requests you might make.

Understand the full picture: Lay the groundwork for a successful pitch by doing some research...confirm that your requests are reasonable – or, on the flip side, ambitious enough. Gather various proof points and insights that will support you when you're making the pitch to your boss.

Lose the ego (sort of)

In delivering your pitch, come across as bold and confident, but don't appear arrogant, antagonize your boss, or put them on the defensive. Instead of focusing solely on you, keep your boss and their needs firmly in mind even as you convey your own desires.

Leave time to practice the conversation. Deliver your pitch in front of a mirror

or have someone take a video of you delivering it. Better yet, do what I do and role-play the conversation with a friend or relative, having them play your boss.

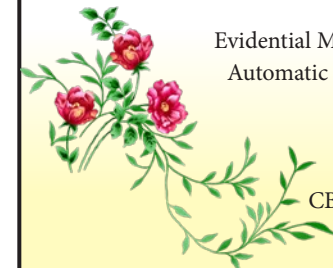
Don't yuck it up

Even with solid preparation, you can never be sure how your conversation with your boss will go. Avoid giving your boss an ultimatum ("I'm leaving if you don't give me XYZ") when your softer entreaties fail to bear fruit.

(The excerpts are from The Great Money Reset by Jill Schlesinger. Copyright (c) 2023 by the author and reprinted by permission of St. Martin's Publishing Group. Available for purchase at the retailer of your choice: <https://www.jillonmoney.com/the-great-money-reset>)

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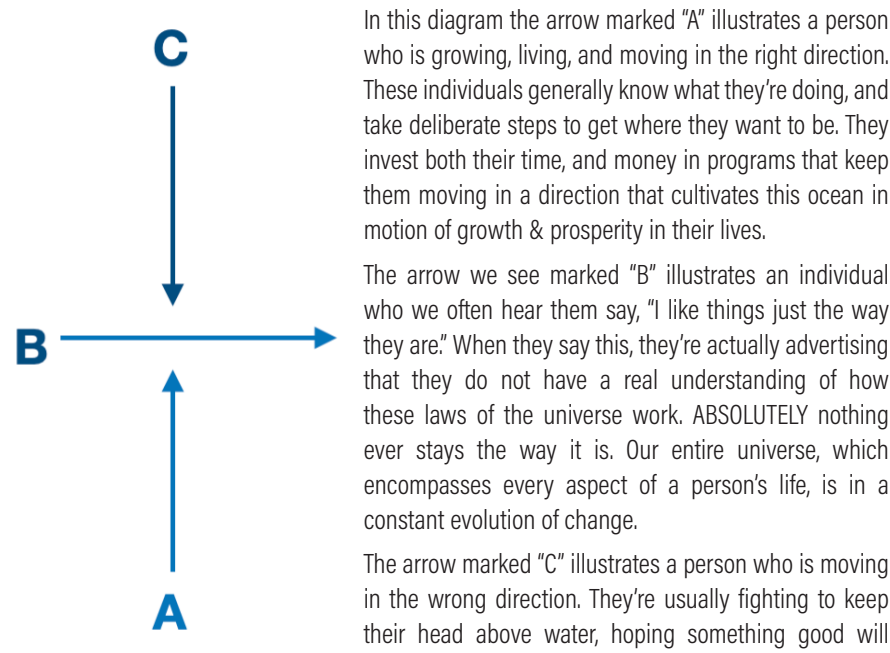
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Our Destiny in the Balance

Last month we began learning the principles in the LAW OF CAUSE AND EFFECT from Earl Nightingale. Earl refers to this law as the principle law. We'll explore a number of laws over the next several months, however this is one very basic law that we must keep in mind, **everything in our universe is either growing or dying; creating or disintegrating.**





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their lives are turned upside down because they don't understand the principal which everything in our universe operates by...THE LAW OF CAUSE AND EFFECT.

Dr Wernher von Braun stated, "The natural laws of the universe are so precise that we don't have any difficulty building spaceships that will go to the moon, and we can time their landing with the precision of a fraction of a second."

Once a person learns & understands these laws he'll get rich with mathematical certainty. Physical and mental science is based on this one law, and it's 7 subsidiary laws. The best definition of "natural law," seems to be, "It is the uniform, and orderly method of the omnipotent God. Or for some this omnipotent, unlimited deity of power.

Until the next time, embrace these thoughts, and meditate on what a life you would love living looks like. Feel a big hug from the universe!



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Fleetwood Walker and the Toledo Blue Stockings

The Major League Baseball season is underway. Although I love baseball, I have never known much of its history. And, like most people, I believed the phenomenal athlete Jackie Robinson was first to break the color barrier in 1947. I have since learned it was Moses Fleetwood Walker who holds that distinction. Born in Mount Pleasant in 1856, Walker, better known as "Fleet," was the son of Moses W. Walker, one of Ohio's first black physicians and a Methodist Episcopal minister.

Fleet and brother Weldy both enrolled at Oberlin College where in 1880 they played intercollegiate baseball. So impressive were the Walkers, they were recruited by the University of Michigan, where Fleet studied law. With Fleet as its superb catcher and power hitter, Michigan won 10 of 13 games. That summer he played for an amateur team at New Castle, Pennsylvania. Local papers referred to him as a "wonder."

In the spring of 1883, Walker left school to play pro ball in Toledo, a part of the Northwestern League, where he was signed as the team's catcher. But before the season even opened, the league's executive committee attempted to block Walker and any African American from playing baseball. Bitterly contested by his team's management and backed by the "Toledo Blade," Walker took to the field and led the way to a pennant-winning season. According to baseball historian John Husman, the "Toledo Blade," praised Walker as being of "greater value behind the bat than any catcher in the league."

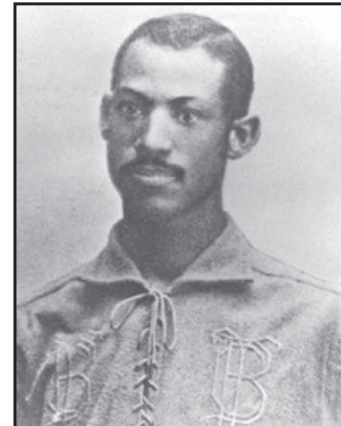
The following year, the Toledo Blue Stockings joined major league baseball's American Association. With Fleet and then Weldy on the roster, the brothers became the first and second African Americans to play in the major leagues. It was a dismal season for the Toledo Blue

Stockings and the Walkers. Fleet, who caught barehanded, was plagued by injuries. (Catchers' only protective gear was the mask.) He was released in September and the Blue Stockings returned to the minor leagues.

Fleet with his wife and two children remained in Toledo, where he worked as a postal clerk. He caught on with several minor league teams and later, he and his brother bought a theater in Cleveland. It was here that Fleet patented several improvements in film's early technology.

In 1891, while playing with the Syracuse Stars, Fleet killed a man in a fight with three other white men. Fleet claimed self-defense. An all-white jury found him not guilty. A few years later, Walker was convicted of mail fraud and sentenced to a year in prison. Subjected to racial harassment throughout their lives, Fleet and Weldy Walker published the "Equator." As editors, they wrote about black nationalism and proposed that African-Americans emigrate to Africa. Fleet detailed these ideas in a book titled "Our Home Colony." Walker owned several more theaters before his death in Cleveland in 1924.

One final note: Baseball researcher Pete Morris discovered ballplayer William Edward White, who played a single game for the Providence Grays some five years before Fleet Walker. White was born into slavery, but passed as white. Despite these facts, baseball historians still credit Walker as the first to play openly as an African American in the major leagues.



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671

INDIVIDUALS AND THEIR FAMILIES SERVED



53%

INDIVIDUALS SERVED ARE UNDER AGE 21



211

CHILDREN SERVED BY EARLY INTERVENTION SUPPORTS
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360

LOCAL YOUTH 0 - 21 SERVED



242

INDIVIDUALS RECEIVE SERVICES VIA A MEDICAID WAIVER



301

INDIVIDUALS SERVED ON ACTIVE SSA CASELOADS IN 2022

EARLY INTERVENTION (EI) SERVICE CONTRACT

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Three Sandusky County residents represented the Ohio Delegation in the 2022 Special Olympics USA Games in Orlando Florida in June of 2022. Special Olympians Whitney Parker and Sarah Leeper joined Sandusky County Special Olympics and Self-Advocacy Coordinator, Ed McClain, in representing Team Ohio in the USA Games. Whitney competed in 3-on-3 women's basketball and brought home the Silver Medal, Sarah represented Team Ohio in cheerleading taking Fourth Place, and Ed McClain led Team Ohio Bowling to a national title.



167
FAMILIES SERVED BY FAMILY SUPPORT SERVICES
(UP FROM 124 IN 2021)

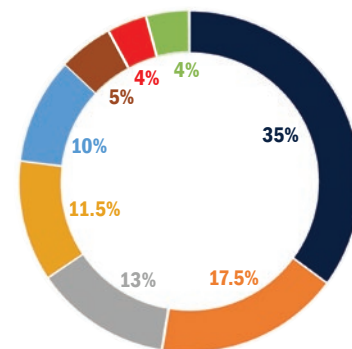


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REFERRALS FOR SERVICES THROUGH INTAKE AND ELIGIBILITY

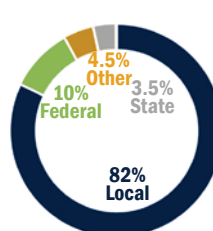
32
STUDENTS SERVED AT THE SCHOOL OF HOPE

Cost of Delivering Services and Supports:

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Admin/Community Support	\$1,919,717
Service & Support Administration	\$1,416,920
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Early Intervention	\$ 567,737
Facilities Management	\$ 449,139
Capital Projects	\$ 411,070



Sources of Funding:



Local Levy Funding	\$8,787,181
Federal Funding	\$1,042,077
Other Funding (local)	\$ 496,346
State Funding	\$ 368,650

PLAY Project

Worldwide, we continue to see higher incidents of students on the Autism Spectrum. In September 2022, SCBDD launched PLAY Project; an evidence-based autism intervention targeting children who have aged out of Early Intervention services and supports (age 3+). PLAY Autism Intervention helps children improve language, development, behavior, and social skills and autism severity.





Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): It pays to be organized even when you are busy. Try to be more efficient in the upcoming month. Your charm can make a big impression on someone who could become an ally but wait a few more days to make a solid commitment.

TAURUS (April 20-May 20): Be mindful when exploring your more imaginative ideas. Life may offer you something that makes “be careful what you wish for” feel more meaningful. Avoid putting aside obligations or ignoring assigned tasks.

GEMINI (May 21-June 20): Misunderstandings could put a damper on possible social plans. Wait until tomorrow to discuss arrangements with loved ones or to develop business strategies with others. Your diligence can make short work of any tasks on your day planner.

CANCER (June 21-July 22): Mistakes may distort the big picture. You might see someone through rose-colored glasses but should remember that hindsight is twenty-twenty. You may need to get to know someone better before you put your money, or your heart, in their hands.

LEO (July 23-Aug. 22): The universe is always watching, lucky for you that your integrity keeps you on the high road. Think things through carefully because an error could create more work later. A loved one may be preoccupied and seem unsympathetic to your problems.

VIRGO (Aug. 23-Sept. 22): Requests for sympathy may make you feel uncomfortable. Some of your crew may be acting vague and hard to pin down. You may see how you could have handled a business or financial matter differently.

LIBRA (Sept. 23-Oct. 22): The month ahead may bring you face to face with your most important ambitions. Be willing to work hard to obtain the financial security you crave. You and a loved one may tackle a problem from opposite points of view.

SCORPIO (Oct. 23-Nov. 21): Someone could twist you around their little finger. Romance might be on your mind and it could make you want to put your ambitions on the back-burner. You might not see what is happening unless you read between the lines.

SAGITTARIUS (Nov. 22-Dec. 21): This could be the type of day when you feel like tackling more productive tasks over creative projects. Avoid spats with loved ones; if single, take a rain check on possible blind dates. Focus on making money rather than spending it.

CAPRICORN (Dec. 22-Jan. 19): The harder you work, the more you may accomplish. You might be burning the candle at both ends. Climb the ladder of success by being diligent, persistent and astute to eventually achieve your goals.

AQUARIUS (Jan. 20-Feb. 18): Try to be more flexible so you do not end up stuck in a holding pattern. You may end up flustered if you only focus on the idea of how things are supposed to be. You cannot alter the past, but you can learn from it and do better in the future.

PISCES (Feb. 19-March 20): Make sure to make time so you can get adequate rest. You can become worn down if you overwork yourself. Although some people may appreciate your businesslike manner, a seeming lack of sensitivity can create misunderstandings.

Life Scholar

By Kathleen Nalley

Easter season is a time of religious reflection for many faiths with many common threads in history. Life Scholars of Terra Community College will offer two upcoming classes that will bring religion to the fore this April. Larry Michaels will provide a presentation, **Holy Week in Jerusalem: A Historical Perspective**, showing the events from Palm Sunday to Easter based on the biblical narrative, the Roman political situation at the time and the religious tensions and expectations in Jerusalem during Pontius Pilate’s reign as Procurator. It will address the beginnings of Christianity. This is a one-session class offered April 3rd.

Expanding beyond Christianity is the class, **How to be a Perfect Stranger: Applying Essential Intra-Religion Etiquette**, from April 10-24. John Krochmalny will introduce facts about select communities of faith that will enhance appreciation of cultural differences, experience different modes of worship, and add self-confidence when establishing relationships with people from other religions. There will be a balance of lecture and discussion, with reference to the helpful book, “How to Be a Perfect Stranger: The Essential Religious Etiquette Handbook by Stuart M. Matlins.

New to the class schedule on April 6 or April 13 is a class for boat enthusiasts taught by Ken Frost, a veteran and a Coast Guardsman for the Lake Erie region called **Safety and Policing of the Great Lakes**. With his experience with crime on the waterways, he will address safety with personal anecdotes of which most people may be unaware.

History of Prohibition and Distilling will introduce the national prohibition of alcohol (1920-1933.) Once considered the solution to reducing crime and corruption, solve social problems, and reduce the tax burden created by prisons and poorhouses, the class can decide how this experiment played out in reality. Lawrence Pritchard, founder and head distiller at Flatrock Distilling Company will lead the class from historical perspective to present day practice.

In preparation of the upcoming solar eclipses due to the United States and Northwest Ohio on October 14, 2023 and April 8, 2024, a new course, **Astronomy**, on April 5 will help students understand the mechanics of Solar and Lunar eclipses. Don Murad is a retired Physics and Astronomy High School teacher and veteran eclipse observer who will share steps to be better able to appreciate these lifetime experiences.

To register or obtain a current catalog, email Learn@Terra.edu or call 419.559.2255.

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The Tiffin Glass Museum

By Denice Baldetti

Trivia Question: How are Elvis Presley, Margaret Truman (daughter of U.S. President Harry Truman) and the Shah of Iran connected to Tiffin, Ohio? Those who have visited the Tiffin Glass Museum may know!

Amongst the little-known treasures in Tiffin, Ohio is a small museum filled with fascinating history. This downtown museum safeguards thousands of pieces of glassware made by artisans that created glass works beginning over 100 years ago.

Within the **Tiffin Glass Museum**, artifacts are preserved and displayed that tell fascinating tales of the long history of glassware in Tiffin. This rich history began in 1889 when A.J. Beatty established a glass factory in Tiffin, Ohio. He relocated his Steubenville, Ohio glass factory to Tiffin, after Tiffin offered him 5 years of natural gas, \$35,000 in cash and land valued at \$15,000. The factory focused on pressed tumblers until about 1914, when the product line shifted to more elegant blown glassware with etched and cut décor.

By 1927 Tiffin Glassware was beloved for its elegant style and bold, original colors. According to an article entitled, "About Tiffin Glass" (2015), the Tiffin Swedish Modern Line was introduced in 1940 featuring an array of innovations both in color and style. Thick beautiful colored glass was hand-blown and hand-worked in flowing soft free-form lines. Tiffin glass of the mid-20th Century was luscious and gorgeous, almost jewel-like.

On occasion, the Tiffin Glass Company had special orders. One such special order was made for Elvis Presley! The Palais Versailles pattern was put on the Tiffin Killarney green stem ware. If you visit Graceland in Tennessee, you can view the elegant green stemware that was made in Tiffin and is displayed at Presley's home.

The Tiffin Glass Factory permanently closed in 1984. The museum opened its doors at 25 South Washington Street in Tiffin in 1998. Museum preservation work includes acquiring memorabilia and documents from the factory's beginnings in 1889 until its furnaces permanently shut down.

The Tiffin Glass Collectors Club is the curator of the Museum. This club of volunteers has done an outstanding job of preserving memorabilia and historical documents related to the museum. Their oldest volunteer is 85 years old! Along with the displays is also the **Glass Shoppe**, a retail shop that offers Tiffin glass and other fine glassware. Several dealers display consignment glass pieces for sale here. Museum and Shoppe hours are 12-4 p.m. Wednesday thru Saturday.

Mark Your Calendars! Coming up the weekend of **June 17 & 18, 2023**, the Tiffin Glass Collectors Club will host its **36th Annual Artistry in American Glass Show** and Sale. The show will be held at Tiffin Middle School from 10 AM – 5 PM on Saturday and 10 AM – 3 PM on Sunday. Glass dealers from several states will join local and area dealers at this popular glass show that attracts collectors from all over the United States! For more information, contact Thomas Maiberger @ 419-618-5036 or Ed Goshe @ 419-618-1441. Website: www.tiffinglass.org.



The Tiffin Killarney green stemware and plate made by Tiffin Glass in Elvis's Tennessee Graceland home.



Tiffin Glassware on display at Tiffin Glass Museum.

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Is your cat urinating in bed? Here are some reasons why.

Dear Cathy,

I love cats dearly. Twice in the last 30 years, I have had a male and female from different litters when the female cat suddenly urinated in our bed. I always ended up giving one of the cats away. I learned my lesson and now have male cats only.

Would you please address this issue because now my friend has the same problem? They adopted a female cat from the shelter, then added a young male to the family. Almost immediately, the female cat began to urinate everywhere. Short of giving one of the cats away, what could she do? Incidentally, my friend has three litter boxes, but her male marks all of them.

— Ingrid, Las Vegas, Nevada

Dear Ingrid,

I hope your friend's first instinct is not to get rid of the female cat. Inappropriate elimination occurs in both sexes for many reasons, which can be dealt with by an owner committed to figuring out what is causing the problem.

Here's why her cat may be doing it and what she can do to address it: To begin, any change in a cat's environment can result in inappropriate elimination, from adding a new cat, dog, or baby to the family to a family member working longer hours than usual. So, her female cat is most likely reacting to the new male cat. To help her adjust, tell your friend to introduce feline pheromone collars for both cats and plug-in pheromones for around the house. They don't solve the problem but can provide a calmer environment as everyone adjusts.

Next, she needs to use an enzymatic cleaner to clean the mattress and then put on a mattress cover. Tell her to close the bedroom door to keep the cat off the mattress when she can't supervise. She should start playing with her female cat on the bed, and giving her treats when doing so, so she learns to re-associate the bed with something positive.

Another reason for the inappropriate elimination may be litter box placement, the litter itself, or the male cat marking the boxes. She can sprinkle baking soda to freshen it up and add a litter attractant to lure her back to the box.

The litter boxes should be placed where the female cat will feel safe from an ambush by the other cat. At the same time, make sure the male cat is not blocking the female from using the litter boxes. If he is, he needs to be shooed away and redirected with play. Both cats should be fixed if they are not already.

While not as likely, she should still rule out a health problem with her veterinarian. Both male and female cats can have urinary infections, bladder stones, and cystitis, which are painful and cause many cats to eliminate in inappropriate places. But I am pretty sure her female cat is just stressed from the new cat in the house and needs some patience as she adjusts.

National Day of Prayer

National Day of Prayer will be held on May 4 and will be observed at noon at the Fremont Municipal Building, 323 S. Front Street. The National Day of Prayer predates the founding of the United States, evidenced by the Continental Congress' proclamation in 1775 setting aside a day of Prayer. In 1952, Congress established an annual day of prayer and, in 1988, that law was amended, designating the National Day of Prayer as the first Thursday in May.

The 2023 theme, "Pray Fervently in Righteousness and Avail Much," is based on James 5:16b. In addition to the national broadcast scheduled for 8 pm on a variety of networks, events will be held in communities in every state and U.S. territory. Kathy Branzell, National Day of Prayer Task Force president and Rev. Samuel Rodriguez, the president of the National Hispanic Christian Leadership Conference that includes 42,000 plus churches, are the Co-host of this year's 72nd annual event.

All are welcome to attend and join various pastors who will pray for America by praying into seven centers of influence in our nation. Those centers include: Government, Military, Media, Business, Education, Church and Family.

The Fremont observance is being planned by Fremont Area Women's Connection, an affiliate of Stonecroft Ministries in cooperation with the Mayor's Office. It will take place outdoors and some chairs will be provided and attendees are also welcome to bring a chair. Please contact Barb Moran-Engler at 419 680 0107 or Donna Thatcher at 419 680 3732 with any questions.

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Donna's Sewing: Alterations, pants \$6, dresses, prom dresses, curtains, tailoring, zippers. Located at 922 Carbon St., Fremont. Call 419-332-1654.

Bingo Bus Trip: Sat., May 20th, Fort Wayne, IN. Includes game packet and meal. If interested or more info, call Denny Weiler, 419-334-9369.

Ms. Grace's Estate Sale: The Old Garden House, 1045 Bloom Road, Fremont. Dates: April 21 & 22, 9 am to 4 pm daily. No early sales; collectibles and treasures, glassware galore.

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BEMER CIRCULATION THERAPY

By Dr. Paul Silcox

Two years ago, I wrote a couple articles about BEMER, which is a personal microcirculation therapy that helps circulation in the tiniest of blood vessels in the body. Capillaries are part of the arterial side of circulation that sends oxygen and nutrients out to all parts of the body.

Age, injuries, lifestyle and genetics that we inherit from our parents can influence the quality of the circulation, not only in our organs, but in our extremities. The thing is, when we get older, having mobility is SO important. BUT that mobility is closely tied to our age, injuries that have occurred to us, lifestyles and genetics that we were born with, etc., etc.

The fact of the matter is, healthy blood flow is directly relevant to how your body can move and operate. Blood flow is a dynamic process that is intimately involved in our everyday lives, whether we're aware of it or not. And when it's impaired, all sorts of problems can occur that can have a negative impact on your health. Justnotrightaway. And that's where the time-bomb comes into play. It takes time for these conditions to develop.

The larger arteries and veins contain only about 25% of the blood in our body at any one time. The other 75% is contained in capillaries that are often called "microvessels". Many of these are smaller in diameter than a strand of hair and only carry one blood cell at a time.

But THAT is where the exchange of oxygen and nutrients going in, and the carbon dioxide and waste going out takes place. If you cannot bring in nutrients and clear out waste products, you eventually won't be good health. In reality it's a bit more complicated than that but you get the idea.

The BEMER unit works so good, that I bought an extra one to rent out for people to use in their home and see for their selves what improved circulation can do for them. With regular usage I've seen injuries heal faster, irritable bowel syndrome improve, constipation improve.

Research studies have shown favorable response with symptoms associated with neurological conditions that produce plaques in the brain when BEMER therapy is applied. I am currently using BEMER with acupuncture on a condition of this type and there has been significant improvement in the mobility. I personally use the unit daily and I try to use it 2 times a day for optimal benefit to counteract the effects of aging, and the genes I'm made from.

If you'd like to learn about the BEMER rental program, stop in for a demo or call 419-307-8094 and leave a message if I can't answer immediately. You'll be glad you did.



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IN YOUR OWN BACKYARD

The Ladies Homestead Gathering of Sandusky County invite Ladies in the area ages 16+ (nursing babies welcome) to attend our next Gathering.

This is a free event open to Ladies who share an interest in homesteading & traditional skills." The next Gathering will be Thurs., April 20th from 6p-8p at Creek Bend Farm Park at the Wilson Nature Center located at 720 S. Main St. in Lindsey.

STRAW BALE GARDENING! April showers prepare our gardens, and what a better way to get started than to learn about the benefits of Straw Bale Gardening from Master Gardener Viola Purdy!

GUN SAFETY! Providing a Gun Safety Introduction, our Treasurer Laurie Lindhorst will present us with information to increase our familiarity with personal protection!

Everyone has their own homesteading journey - their own goals. That journey can be far more pleasant when supportive friends walk alongside us. We are here to "Share Knowledge. Build Community. Grow Friendships." So, grab a friend and join us!"

Kiwanis Club of Fremont meets the first Thurs. of the month at The Back Lounge at The Strand Theater 5-6:30 pm and the other Thursdays 11:45-1:00 pm at the Fremont Elks Lodge. Guests are welcome. Programs are April 6: Social Gathering at The Strand,, April 13: presentation by Fremont City School Superintendent Jon Detwiler, April 19: Kiwanis Pancake Festival, 6:30 am - 7 pm at Victor's Banquet Hall, Hayes Avenue, April 20: Cassandra Tucker from the Sandusky County Homeless Coalition, April 27: Pam Kensler, Habitat for Humanity. For info email sardisburchard@yahoo.com

Fremont Downtown Events: April 8, Easter Bunny Visit & Shop Hop 11am-2pm.

April 8, Scrambled Adult Easter Egg Hunt 6-9pm

Fremont Area Women's Connection's LADIES' LUNCHEON is Tues., April 11th at Victor's Event Center, 2270 Hayes Ave. We invite all women to "Dare to Discover Sandusky County" featuring Brenda Havens of the Sandusky County Convention and Visitor's Bureau. Our speaker will be Lori Kempton of Fairfield Township, Ohio telling her life story, "Change Happens."

The doors open at 10:30am for coffee, lunch and program is 11-1pm. Cost is \$14. Make your reservation before April 7th. Call/text Donna at 419-680-2251 or e-mail Carrol at fawcluncheon@gmail.com. Reservations/cancellations must be reported in the same way. Find out more about us on FB at "FAS Fremont Area Stonecroft".

Friends of the Clyde Library is announcing its' Huge Spring Book Sale at Clyde Public Library, 222 W. Buckeye St. The sale is Thurs. April 20 from 12-8, Fri., April 21 from 9-5 and Sat. from 9-3. We will have a selection of books, children to adults, CD's, DVD's and magazines. Cost: paperback 50 cents, hardback books \$1, CD and DVD, magazines are 25 cents. Saturday only, bring in your own bag, any size and fill it for \$5 from 9-3.

The WalkMS Fremont event is happening May 13 at Conner Park at 11am.. If you or your business would like more info about becoming a sponsor of WalkYourWay 2023 or would like to donate to the event, please contact Dana Roca from the Ohio chapter of the NMSS at 804-467-9881,

Fremont Lions Club will meet on April 4 at noon at the Fremont Eagles Hall Guest speaker is Juvenile and Probate Court Judge, Brad Smith Election of officers will take place at the meeting. On April 18, Superintendent of Fremont City Schools, Jon Detwiler will be the guest speaker and we will also hear from the April Students of the Month. Members and guests are encouraged to attend. Contact Donna Thatcher, president at 419 332 3095 for info.

Sandusky County Republican Women will meet on April 20 at 5 pm at the Sandusky Township House, St. Route 19. Members and guests are welcome to attend. Call Kim Foreman, president at 419 603 1503 for more info.

Trinity United Methodist Church, Court and Wayne Streets will host an Easter Breakfast on April 9 from 9-10 am in the Fellowship Hall, by donation. The morning worship service begins at 10:15 am and is open to all. A monthly program for children will begin on April 12, 5:30-7:30 with a light supper, games and activities along with Bible stories on the 2nd Wednesday of each month. Contact Dee Lento, Children's Coordinator at 419 463 7500.

Sandusky County Prostrate Cancer Support Group: Due to Covid the group is combining meetings with Cleveland Clinic Cancer Center 417 Quarry Lakes Dr., Sandusky. Meeting Dates are April 21, May 19, June 16, July 21, Aug 18, Sept 15, Oct 20, Nov 17, Meeting Time 11AM-12PM, Clinic contact Lori Scott 419-626-9090 or SCOTTL5@ccf.org Local Contact Ken Missler 419-559- 1171 or kfmisler@gmail.com



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Dr. Ned creates a tailored care plan specific to each diagnosis and designed with the goal of decreasing pain and increasing functionality for patients. He is also board certified in anesthesiology. Dr. Ned is a founding member and senior medical director of the Pain Management Group, LLC based out of Findlay.

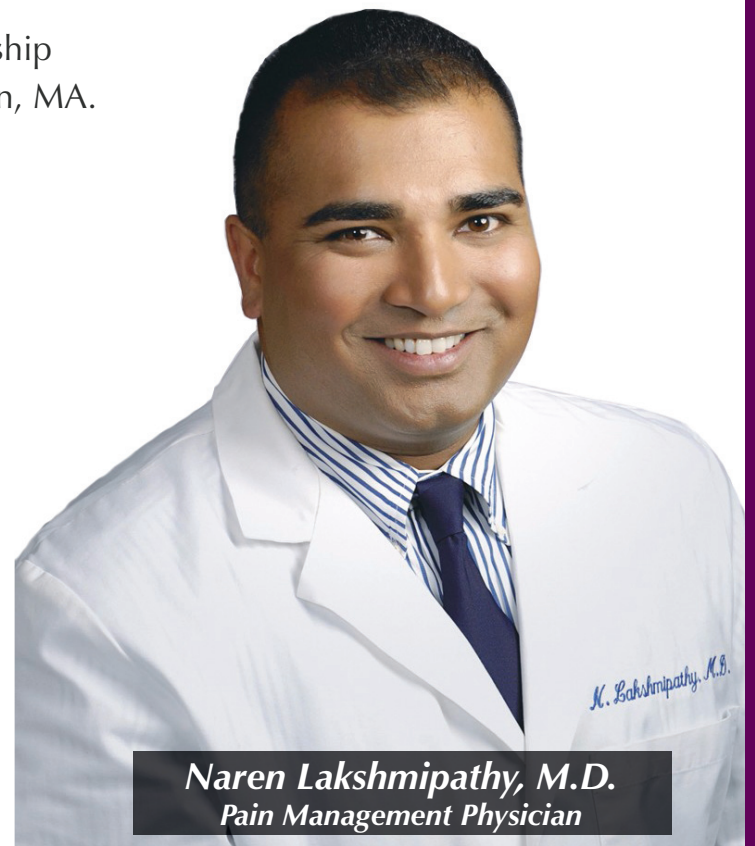
He completed his residency in anesthesiology and his fellowship in pain medicine at the New England Medical Center in Boston, MA.

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