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Vol. 22 Issue 8

AUGUST 2021

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1999-2021
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Lifestyles 2000

August 2021
Vol. 22 • Issue 8

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Celebrating
22
YEARS



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Happiness flows from the inside/out By Robert Morton

Researchers studied how happiness or glumness dwells within both the healthy and ailing, rich and penniless, smart and dull, and good-looking and unattractive. They wanted to know why some of us are happy, and others not. Here is what they found:

Happiness must be learned and practiced daily, or it will wither away. Happy people seem to take responsibility for their own contentment and do not allow politics, the government, their boss, social attackers and gossip, or a myriad of other external events upset them for very long.

People who remain in high spirits perform to the best of their abilities on the home front, in the community, and at the office or shop. They deliver more than what life pays them to do and often reach beyond their own selfish needs to extend small courtesies that inspirit the lives of others. They dream dreams, set worthy goals, remain committed to paying the price to achieve them, and enjoy the journey toward reaching them.

Regardless of your genetic weavings, past experiences, or current situation, you possess the ingredients for happiness. Your road to happiness must be an active process that is practiced each day. Life does not devote itself to making you happy, so by design it is the way you travel through life that makes you so. If you passively sit back and wait for happiness to arrive, you will never encounter it...even if it knocks on your door, which it won't, for it flows from the inside/out.

The happiest people I have met laugh through life's little irritations, regardless of their circumstances or genetic make-up. Zig Ziglar wrote about a man who bought a lemon of a used car and drove it back onto the used car lot a week later and said to the upbeat and persuasive salesman, "Could you please tell me about this car again? Sometimes I get so discouraged with it!"

Yes, disappointing things will happen to you and fairness, peace and justice will not always go your way, so you need to be encouraged... like Zig Ziglar. Happiness is not the absence of problems - it is how you deal with them. You will only be as happy as you make up your mind to be, so do not allow traumatic life events or ill-humored DNA strands inherited from your ancestors to rob you of the power to discover your good side.

Robert Morton has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He authored two spy thriller novels: "PENUMBRA DATABASE" and "MISSION OF VENGEANCE"- both available in Kindle or paperback at Amazon.com books.



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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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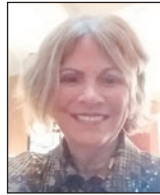
Publisher's Letter

Oh no! I cannot believe it is August already, our summers just fly by. But on a good note, I got to see two of my adult children and two grand children this summer, I haven't seen them in two years.

Be sure to support our advertisers as they make it possible for us to do this free magazine each month.

Stay healthy and safe and enjoy the great weather while we have it.

Joanne



Find Pete



Find Pete Winners:

There were close to 150 correct entries for July, the answer was Drown's Farm Market.

Winners of a Miller Boat Line ticket are: Margaret Selvey, Judy Coon, Michele Smith, Clyde; Lynn Fox, Gibsonburg; Sara Sherick, Fremont. Sue Homler, Fremont, won the last African Safari pass. Congrats!

Winners are: Virginia Cordy, Oak Harbor; Nancy Wright, Vickery; Mandi Dorobek, Angela Wetzel, Connie Lippert, Scott Bowlus, Nancy Setzler, Diane Covert, Brianne Rakes, Dorothy Conine, William Booher, Susan Fox, Linda Stine, Jerry Forsyth, Teresa Roth, Fremont; Daniel Beeker, Gibsonburg; Patty Munson, Jane Hilton, Clyde; Phyllis Morris, Bellevue; James Hultgren, Castalia.

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.

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.

The Annoyers

By Kathy
VanWey

We all have people who annoy us. You know, the ones who irk, irritate, or exasperate us. Here's a sample listing.

DRIVING MANNERS:

The Dual Parkers - They hog two spaces near the front of the store.

The Self-Imagined Studs Parkers - They leave their swanky sport cars in the handicap spots.

They should walk off the fat and cholesterol of the burgers and fries while they can. Eat something with fiber and fair warning, regular soda is liquid diabetes.

The Automotive DJ's - They blast their car stereos at decibels that vibrate buildings. Someday they'll have hearing aids the size of earmuffs.

The Piggies in Both Lanes - Type A - Has to have his/her half out of the middle. **Type B** - Has to swerve into the neighboring lane to make a right-hand turn. This also works for those who move to the right in order to make a left.

BATHROOM EQUETTE:

Ladies. Please! Many of your mothers taught you to stand while 'taking care of business.' Please flush and as the cute sign says, "Be a sweetie and wipe the seatie."

Gentlemen, if you have trouble aiming for that big, beautiful bowl, "be a sweetie and take a seatie." If you're a stander, when you're finished put the seat down! Chances are you're not the one who might break a hip when plopping onto the cold porcelain. Trust us gals, it's a rude awakening.

No job is complete until the paperwork is done. Everyone should change an empty T.P. spool. Also hang up the wet towels and wash cloths.

FASHION ADVICE:

Girls, especially those of us with extra-full figures should not be wearing tight pants, and tank tops several sizes too small. Please change.

Kudos to businesses with signs like, "No shirts, no shoes, no service." Guys, there should be an addendum, "No plumber's crack allowed." Either buy bigger pants, suspenders, or both. NOBODY wants to see hairy hineys!

THE NOISE-MAKERS:

The nail-clickers, finger-rappers, knuckle-crackers, teeth-suckers, leg-bouncers, ball-point pen clickers, sniffers and whiners. You deserve to have your nails, fingers, knuckles and knees whacked with giant ruler of Principal Battle-axe. Arthritis is waiting for you. Teeth suckers go floss and brush. Ball-point pen clickers buy a fountain pen. Got the sniffles? Blow your nose. And whiners - grow up and be grateful for all the advantages you have living in this great country.

Naturally, none of us are guilty of any these offenses. Excuse me while I leave an empty T.P. roll, a wet towel on the floor, and enjoy a fatty burger with a tall, chilled glass of diabetes.



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Out to Lunch

By Lynn Urban

It's not very noticeable, but just as you turn onto Sand Road In Port Clinton, there is a small restaurant/bar tucked in between the motel and the drive-thru carryout called Burn's Brew House. It looked small, but there was plenty of seating due to the fact that it is all open to the outside; the doors do come down in bad weather. The open air feeling gives it a "beachy" feel. The weekend we visited there was a musician playing, and I believe there is entertainment every weekend.

The menu mainly consists of a good selection of hot and cold appetizers, (homemade meatballs in marinara is a hot appetizer), salads and sandwiches. A baked ziti casserole made with beef and sausage is the only hot meal. All sandwiches run \$10.00 including fries, and all are served on grilled Texas toast.



We started out with a house made, oven baked, mushroom spinach dip, a nice change from the usual spinach artichoke dip. It came with tortilla chips for dipping. Another favorite are the homemade sauerkraut balls from the Bavarian Inn in Bellevue, as I recall that was the Inn's specialty.

The salads include: the Cobb salad, the wedge salad, and the homemade chicken salad, which I enjoyed. It was served on greens, tomato, cucumber and cheese. The chicken salad is good and creamy. You can get this on Texas toast as a sandwich as well.

I noticed on the menu that they do serve breakfast on Saturday from 7-11 AM, and Bloody Marys, I'm sure.

They've got a kids menu with three options, all \$5.00 each.

For desserts, homemade Key Lime pie and homemade cheesecake with toppings. And of course, as any north coast restaurant, they have Toft's Ice Cream.

This is a cute, fun, place for lunch or a light supper.

Jill on Money

By Jill Schlesinger

How to spend in the second half of 2021

As we enter a post-COVID time, you likely have your mind set on connecting with friends and family and having FUN. Although I have worn the moniker of Debbie Downer at times, I promise to incorporate your need to unleash the pent-up spending that has built up over the past 16 months. Like the intermission of a show, you don't want to overdo it, or else you might miss the second act. Use these six tips to strike a balance between deserving some fun and being responsible.

1. Spend mindfully: The pandemic caused the savings rate to spike, leaving consumers with more than \$2 trillion of excess savings. Before you party, cover your basics. These are the basics, "Jill's Big Three:" Establish an emergency reserve fund of 6-12 months of living expenses, pay down consumer debt and maximize your retirement plan contributions. With those tasks ticked off your list, allocate a portion of your savings to your post-COVID splurge.

2. Prepare to repay student loans or any other debt: Throughout the pandemic, many lenders provided borrowers with flexibility and in some cases, forbearance for loans. Many of those programs are concluding at the end of September, which means you need a plan of action. Start by creating a list of outstanding debt and put the highest interest rate debt at the top, followed by other loans, in descending order. Attack the highest interest loan first and once you whittle it down, shift the money toward the next highest one. To manage the process, establish automatic payments, even for a small amount, to help avoid or minimize penalties and fees.

3. Refinance your mortgage: If you missed the refinancing boat because your income was too low or you were laid off, you may want to try again. The government has introduced new programs, with looser requirements and lower fees that target low-income borrowers. The new products could allow some 2 million homeowners to save an average of \$100-\$250 each month.

4. Address the elephant in the room: A year ago, I noted that the pandemic "made conversations about illness and death a necessity." If you have yet to overcome your fear and anxiety associated with this tough task, please use this time to create (or update) a will, a health care proxy, which allows you to appoint someone to make health care decisions on your behalf if you lose the ability to do so; and a durable power of attorney, which allows you to appoint someone to act as your financial agent in a variety of circumstances.

5. Review your insurance coverage: Homeowners, don't wait for a natural disaster to occur before you review your policy. The three biggest mistakes are: 1) under-insuring; 2) shopping for price only and not comparing apples to apples; and 3) not reading policy details. For auto if you have an old car worth under \$5,000, eliminate collision and comprehensive coverage and increase deductibles. As for life insurance your needs often decline as you age, so you may be able to get rid of an old policy or consider replacing an expensive permanent life policy with a cheaper term one.

6. Re-calibrate your investments: Did you start using an app to learn about investing? Did you make a pile of money in GameStop or Bitcoin? Has your company stock soared in value? If so, don't squander those profits, because they can evaporate before your eyes. Midyear is the perfect time for long-term investors to re-balance accounts so that allocations remain in check. If you want to maintain a "fun money" account, be sure to keep the amount to 5% to 10% of your total invested assets.

(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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The Underground Railroad – Real and Imagined

Few subjects in America's past are more steeped in myth than the Underground Railroad, according to Fergus Bordewich, author of "Bound for Canaan." Lacking facts about the real history, tales of hidden tunnels, cryptic codes, songs, and secret maps flourished. In reality, the Underground Railroad was a partnership between African Americans, both free and enslaved, and whites, first Quakers and later Christian reformers. Its existence was dependent on cooperation, trust, flexibility, and the Golden Rule. Why is so little known? Bordewich writes that much of it was suppressed during Jim Crow years because it demonstrated the great cooperation between Blacks and whites, men and women who worked on equal footing. Together they "created the first interracial mass movement for others' human rights."

Peter Pointz escape from slavery and who lived much of his life in Clyde, Ohio, bears testimony to these facts. Born into slavery in Bracken County, Kentucky in 1817 and "owned" by one Hugh Atwell. He spent most of his young life at farm work and then as a hotel porter in Maysville. Peter was one of perhaps as many as 70,000 enslaved (Ohio's Freedom Center puts the number at 100,000) who escaped via the Underground Railroad in the 60 years before the Civil War. Most

were from Maryland, Virginia, and Kentucky, states that shared long borders with free states and where information about northern routes was readily available. According to Bordewich, few could escape from the Deep South where the way north was one long, dangerous route.

In 1848, so many slaves were escaping across the Ohio River that all were being watched closely by whites. After several attempts, Peter paid a Black man to take him across the Ohio River with co-worker Mary Gross and another. They arrived in Ripley and were taken on horseback to the home of a mulatto couple named Delaney who refused any payment. The Delaneys transported them at night on horseback to the Voorhees home where there were other runaway slaves. Peter wrote, "We all helped him strip his tobacco. That night he took 17 of us to the next place and so on traveling in the night on horses we went from place to place til we reached Delaware."

On January 7, 1849, they departed for Mt. Gilead, where Peter and Mary remained for some months. That May the couple traveled by buggy to Mansfield and were put aboard the REAL railroad bound for Sandusky. At the docks, Peter found work on the "Sultana." He later married Mary and settled in a home he had rented in Oberlin.

Peter became fearful when the Fugitive Slave Law was passed in 1850. He and Mary fled to Windsor, Canada where they leased a farm until 1858. All the while, Peter corresponded with his brother Samuel who assisted him in buying his freedom from the Atwells. He then returned to Kentucky to help a nephew escape to the north, but Peter found him to be a "worthless, shiftless fellow who did not know the value of freedom." It was then that Peter traveled north and made his home in Clyde until his death in 1898.

In "Bound for Canaan," Bordewich reminds us that slavery shows Americans at their worst, but the history of the Underground Railroad shows them at their bravest and best."



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Helen Marketti's Music Corner



By Helen R.
Marketti



An Interview with Lawrence Gowan of STYX

On Friday, August 13, the band STYX will be performing at Centennial Terrace in Toledo. Lawrence Gowan, lead singer and keyboardist took some time for an interview while the band was on the road to their next performance.

"I loved the bands everyone else did because I was right at that age when The Beatles, The Rolling Stones and Jimi Hendrix were popular. Later in the 70s, I liked Freddie Mercury and Elton John. They had the flamboyant style which I liked. It also showed that a piano player can be a front man," remembers Lawrence. "I started playing the piano when I was ten years old. When I was older, I played for my classmates. It was then I noticed that they seemed to like what I was doing. I think they looked at me in a different light. They seemed to enjoy it, no one ran out of the room. (laughs) So that's how I knew that maybe this was a right move for me to be a musician."

STYX has released a new CD called, Crash of the Crown (produced by the band's label, Alpha Dog 2T/Ume). There are 15 tracks with some great vocals. The song, Reveries has a "John Lennon" sound. "My singing style reflects those who I was influenced by," said Lawrence. "Earlier this week (June 28), Crash of the Crown made it to number one in Billboard Magazine which of course we are happy and proud with this news." Other tracks such as, Our Wonderful Lives and Sound the Alarm are songs we can all relate to and identify. The entire CD is a collection of music that addresses thoughts and issues we go through in life and offers listeners to stay the course.



Lawrence enjoyed a successful solo career for 14 years in Toronto before joining STYX in 1999. "I had 4 platinum records in Canada but couldn't seem to break through to the American market. I opened for STYX in Montreal in 1997 and two years later I joined the band," he recalls.

When the tour stops at each new city, Lawrence has a routine that he tries to maintain while on the road. "I usually do a bit of yoga before a show. I also like to take a walk around the area to absorb the sound and atmosphere of each city. I feel connected to the culture."

When asked what keeps him motivated, inspired and for STYX to have such longevity, Lawrence responded, "We like each other's company and we love what we do. It's rewarding to see fans who follow our music and we like to give back. Plus, we don't know how to do anything else!" (laughs)

He continues, "I think the longevity of STYX is credited to the songs that were created in the late 70s and early 80s because they stand the test of time. The melodies and lyrics resonate with audiences. We are seeing younger fans at our shows which is great. It's wonderful to be out on tour once again. We rehearsed together a week before the tour started. It's been great to see fans enjoying the shows and smiling."

www.styxworld.com

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I've always wanted to try composting. I've just thrown food scraps, plants, grass and leaves into a pile and hoped for the best. It didn't happen.


Composting starts with a container, there are ready made ones, or you can make a simple one with wood sides. Piles need four things to work well- air, water, green and brown material. Your pile needs three parts brown and one part green. Browns include: fall leaves, straw, chipped brush, shredded cardboard or paper, sawdust or pine needles. Greens include: grass clippings, vegetable and food wastes, egg shells, coffee grounds, tea bags, animal manure, old flower bouquets and stale bread.

Mix or layer materials, after every 12" add a few shovels of rich dirt. Keep the pile damp and turn. Do not add meat grease, oil, dairy products, cooked food, dog or cat manure or seeds. Wait a few months and your compost should be ready. When you plant your garden in the spring add a scoop of compost to each plant to give them a boost.

RFD Garden Club meets the 3rd Tuesday of the month at 7PM. If you have any questions call Pat Saam at 419-307-7776.

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Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): Expend your energy on worthwhile activities and your reputation will likely be enhanced. Your job or a pet project could require a variety of skills and an enthusiastic spirit.

TAURUS (April 20-May 20): Spread your wings and fly. Working under close supervision could make you feel penned in. Working independently may allow you to achieve much more and receive admiration.

GEMINI (May 21-June 20): Your mind may be on money while your partner's heart is yearning for love. The two of you may find common ground and reach a compromise. Share your thoughts and hopes.

CANCER (June 21-July 22): You can be a powerful force for good. Use self-confidence to boost your income. Although there may be bills to pay, there may also be opportunities to make extra money.

LEO (July 23-Aug. 22): Gather yourself and take charge. When something needs to be done, you can do it without hesitation. Use wisdom and a generous spirit to handle any intense interpersonal issues.

VIRGO (Aug. 23-Sept. 22): Your hard work and dedication win points at home. A friendly, cooperative attitude can make you popular at work. You'll probably be even more valued by loved ones.

LIBRA (Sept. 23-Oct. 22): Have some fun, but set aside some time for yourself, too. Capitalize on a clear review of your emotions and the lessons you've learned. Focus on fixing problems within the home and family.

SCORPIO (Oct. 23-Nov. 21): Weigh your options on the most accurate scale. Romantic outings may be put on hold in the early part of the month due to scheduling conflicts, but affectionate exchanges should eventually come to a delightful conclusion.

SAGITTARIUS (Nov. 22-Dec. 21): New ideas may capture your imagination. Some of them may be highly unrealistic, so although you admire a friend and would like to imitate him or her, focus on making wise choices.

CAPRICORN (Dec. 22-Jan. 19): Tap into some original ideas. Embark upon a constructive project with a bundle of enthusiasm and determination. A romantic partner may be the perfect person to serve as your muse.

AQUARIUS (Jan. 20-Feb. 18): Don't hesitate to call in a few favors or ask for help from a friend. Your negotiation skills may be a bit weak now, so avoid making irrevocable business and financial decisions.

PISCES (Feb. 19-March 20): Applying a little bit of hard work or some quick thinking can solve most problems in a hurry. In the upcoming month, you can use imaginative solutions at the workplace to accomplish your objectives.

Second Chance Discoveries

By Denice L. Baldetti

"Boots on the Trail"

Admittedly, I am a thrift store enthusiast. My eyes love to scour vintage shops for the unusual. While perusing recently through the Bellevue Goodwill store, a little wooden boot caught my eye. As I reached for this 2" high by 4" long curio, with its bitty brown shoestring, that boot practically jumped off the shelf into my hand. Unexpectedly, the footwear knickknack sparked a memory. Of course . . . I bought it.

Upon reflection, the tiny boot reminded me of a pair of boots I bought years ago to hike one summer while working at Glacier National Park. In turn, I have kept these boots all these years. I wear them regularly to "hike" and do yard work on our Bellevue property.



"Hike?" Another triggered memory was kindled! Last fall I leisurely meandered down one beautifully paved walking trail which began in Bellevue. The trail head, labeled North Coast Inland Trail, has ample parking available, along with a bike repair station. The park entrance is located just .3 mile south off Route 20 on Riddle Road. Amazingly, after a short few minutes walking on the trail, I came upon a picturesque pumpkin field filled with colorful orange and cream colored pumpkins. The short walk definitely warranted an autumn photo opportunity. Recently, on another summer stroll, I was dazzled by hundreds of black-eyed susan flowers gracing the walkway fringes.

Flash forward to present. After slipping into boots or tennis shoes, this trail is for walkers, hikers, bicyclists or pooch walkers. The nicely paved

pathways make it a pleasant way to log in exercise steps while breathing in fresh country air and enjoying the artistry of Mother Nature. From the Bellevue park entrance location, the North Coast Inland Trail will take you to these destinations: Clyde: 4.8 miles; Biggs-Kettner Park/Rec Center: 11.3 miles; Walsh Park: 12.4 miles; Rodger Young Park/Downtown Fremont: 13 miles; Mosser Group Park: 16.4 miles; Lindsey: 21.4 miles; Elmore: 26.4 miles.

Whether you are looking for a short hike, a bike ride or just want to take your furry, four legged buddy out for a tail waggin' country walk, check out the Sandusky County Park District. Start at any of the above locations, get your boots on and explore a new local scene!

Moral of this story: One never knows what pathway a fascinating thrift store find may lead to!

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Dear Cathy,

I have a sweet, 10-year-old cat named Sunny. I thought it might be a good idea if she had a companion. I found a beautiful male Siamese at the Humane Society who is 7 years old. It was love at first sight for me, so I adopted Lucky and brought him home.

Lucky is terrifically shy. I gave him free roam of the house at night, keeping Sunny in my room behind closed doors so he could explore and get used to things. During the day, the food dish gets emptied and the litter tray has deposits, but we can't coax him out for anything. Sunny growls and hisses whenever she sees him.

Sunny and Lucky have had some confrontations, although they are lessening now. She hides in her cat condo for hours. I think she is depressed because at night, when she and I retire behind closed doors, she wants lots of love and play time, none of which she gets during the day. He, on the other hand, watches her like a hawk and knows exactly where she is every minute. If she scurries into the dining room, he positions himself somewhere in the living room to keep his eye on her. If she goes into my bedroom, he is right there too.

I don't know what to do. I really like him, but she is my first cat. I hate to think about taking him back to the shelter, but I don't want her to be terrorized for the rest of her life. Do you have any ideas about how to get them to be more compatible? I'm 83 and have a difficult time running to the other side of the house to break up a fight. - Sheila, Tucson, Arizona

Dear Sheila,

Cats are very territorial and have spats in order to establish their territories. Sunny is losing some of her space, while Lucky is trying to establish his place in the home.

I am heartened by the fact that you said things are improving. It can take many months for cats to establish their boundaries with each other. Once they do, things should settle down. But there are a few ways you can do to help move things along.

First, keep two to three litter boxes in the home. Cats have been known to block their housemates from getting to the litter box when there is only one litter box in the home.

Second, while I appreciate you reassuring Sunny with love and attention behind closed doors, you are reinforcing that good things happen when Lucky is out of sight. Instead, brush, love and play with Sunny when Lucky is around so she learns that every time she sees Lucky, something good happens to her. The same for Lucky, when you see him laser-focused on Sunny or ready to chase her, distract him instead with playtime. It's important he learn that good things happen when Sunny is in the room as well.

Finally, buy a feline pheromone collar for each of them to wear and consider putting pheromone plug-ins around the house. These synthetic pheromones mimic a mother cat's scent, which can calm stressed felines and improve their relationship.

The Life Scholars catalog arrived in mailboxes, farm markets, and libraries in the closing weeks of July. The online catalog option was posted at learn.terra.edu. Members (age 50 and beyond) are now confronted with a widely diverse menu of class, trip, and seminar choices to fuel decisions before popular instructors' seats are filled.

Mike Gilbert's Sandusky Co. History Tour is now full. A waiting list has begun for a second session. The BIG TRIP to the Finger Lakes, New York from October 5-8, has only a few seats remaining. Holly Hoffman, Community Education Coordinator, explained the registration process as flexible. "We can often take registrations close to the date of the first class, but we can't make guarantees that there will be a seat. When we have enough notice of interest, we can sometimes add additional sessions."

One of the best and easiest means of making class decisions is to hear from the instructors at the Life Scholars Fall Sampler on Sept. 1 from 9:30 a.m. - 11:30 a.m. The cost is \$5 and brunch will be provided as brief overviews of the courses are revealed. Call 419-559-2255 or email learn@terra.edu to register.

New topics and teachers for the fall fill the catalog pages alongside favorite instructors. A course in Jewelry Making on Sept. 20 and Sept. 27 by the owners of Joyful Creations in Bowling Green will instruct how to create jewelry with various charms, wire wrapping and helpful tips about jewelry repair. Julie Kupka-Brown will introduce recipes in a Fall Flavor Cooking Class Sept. 22&29. Professional photographer, Julia Mulheren, will introduce newcomers to digital photography during Beginning Photography from Sept. 21-Oct.5.

History offerings in Sept. explore R.B. Hayes: Back Home in Fremont, 1881-1893 with Larry Michaels, Gandhi with adjunct faculty member Andrew Howard, History of the Northwest Ohio Railroads from Retired Locomotive Fireman engineer Don Rozick, and a day's unique pairing on Sept. 28 of Tecumseh, the great Indian leader who left a footprint in Sandusky County by Mike Gilbert in the morning and his portrayal by Kenneth Hammontree's Shawnee War Chief Portrayed by Living History Productions in the afternoon.

Book clubs start in September with a newly created Eco-Book Club, an exploration of environmental issues, beginning with Elizabeth Kolbert's "Under a White Sky: The Nature of the Future" and facilitated by adjunct faculty member Dr. Zachary Rinkes on Sept. 27 at noon. Lifelong Learning Book Club will discuss "Whiskey When We're Dry" by John Larison.



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Critical for "Generation X" and "Baby Boomers" By Dr. Paul Silcox

The subject of toxins in our environment comes up almost daily. Symptoms of decreased mobility, chronic fatigue, increased cancer rates, mental cloudiness, and lowered immune systems have all been shown to be influenced by toxic chemicals we are exposed to in our air, food, water, at work and at home. While "Generation X" is witnessing these effects, "Baby Boomers" are experiencing them.

Given that the elimination of all toxins is not practical, regular detoxification would be integral to any healthy lifestyle. One of the easiest and most pleasant methods to have a positive influence on our energy and reducing the toxic load on our body is to undergo periodic, regular detoxification using an ionic foot bath.

In addition, science has now shown us that stress and negative emotions also have a detrimental effect on our energy levels and body functions. Cancer is often fed by environmental toxins. Research has demonstrated that charged ions such as released during an ionic foot bath, increase the flow of oxygen to the brain – increasing mental alertness, and elevating mood by affecting serotonin levels.

Toxins, or free radicals, in the body exist in charged, or ionic, form. They cause damage in our bodies by seeking to bond with substances that would normally be looking for a healthy chemical reaction.

By providing "sacrificial" ions to chemically bond with these toxins, the neutralized toxin will be eliminated by one of several methods. In addition to what is flushed back out through the pores of the skin in the feet, into the foot bath, the process of them being filtered out by the kidneys or bowels continues on for at least one to two days as the process continues until the ions made during the foot bath are used up.

Changes of the water color indicate that a body will be cleaner and healthier by getting that junk out. I've seen it happen in patients many times over. I love my IonizeMe Foot Bath system!

For August, a couple or two friends that want to do a detoxification program of 5 sessions; the price will be \$40 each session per person. (\$200 each paid on first visit). Both will receive a 6th visit for free.

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IN YOUR OWN BACKYARD

Downtown Fremont: Aug. 2 Chocolate Walk, tickets go on sale at 8 am at Downtown Fremont .office for the 9/24/21 event from 5-8pm.

Members and guests are welcome to attend the meetings of **Fremont Lions Club on Aug. 3 and Aug. 17.** Guest speaker on Aug. 3 is Meredith Cook, a special education teacher from Sylvania, Ohio. Accompanying her will be her Leader Dog Tris, courtesy of Leader Dogs for the Blind in Rochester Hills, Michigan. On Aug. 17, Dr Iracema Arevalo, a pediatrician specializing in pediatric infectious disease with Pro Medica is the speaker. Contact Colleen Carmack, President at 419 680 3722 for info.

Trinity United Methodist Church, corner of Court and N. Wayne St., Fremont, is hosting an Ice Cream Social on **Aug. 6 from 5-7 pm.** Menu will include Root's chicken sandwich, sloppy joe and grilled big hot dogs, spinach salad, potato salad, baked beans, pie, ice cream and beverages. You may eat under the tent or drive thru, if you prefer to pick-up.

Aug. 7: Farmers Market & All Together Fremont Event, 9am-1pm

"Stepping Out in Thrifty Style" is the theme for the **monthly luncheon of Fremont Area Women's Connection on Aug. 10, 11-1 pm** at Crystal Arbors Catering, 1800 E. State St. (next to Big Lots). All ladies are invited to attend and join in a style show, if you wish, by wearing clothing from thrift stores. Guest speaker is Carol Yanico, Brooklyn, Ohio who will share her life story "My Priceless Security Blanket". Cost of the luncheon is \$14 and reservations are needed by Aug. 5 by calling or texting Donna at 419 680 2251 or emailing Carrol at fawcluncheon@gmail.com. Please report any necessary cancellation the same way.

NAMI will be offering KIDSHOP this summer on Sat., August 14th in Fremont! This is a great opportunity for any child struggling with their own mental health or who lives in a home with someone experiencing mental illness. This program aims to teach kids all about mental health, including what a healthy coping skill is, how to manage your emotions, and how to share your mental health experience with others. We will spend time expressing ourselves creatively through art, sharing our experience with mental health and how we take care of ourselves, and have lots of fun along the way! Breakfast and lunch will be provided as well! This event is FREE, but registration is required and spots are limited. Call (419) 334-8021 or email arusher@namissw.org to register or learn more!

Have you ever dreamed of visiting exotic locales but figured it was too expensive? I just returned from an 11-day African safari for less than \$4,000! I toured Kenya and Tanzania, and that price included meals, transportation, accommodations, fees, and more! **Join me, Dawn Stiger, on Aug. 18th, 1pm at 1185 S. Main St. in Clyde for a presentation.** RSVP to drstiger57@classicjourneysafrica.com or text 440-949-9573 as seating is limited.

Birchard Public Library, book sale, Wednesday Aug. 18, for Friends of the Library only from 5-8pm. If you are not a member, you may join that night and participate in the sale. The sale is open to the public Thurs. Aug. 19, from 10-8, Friday, Aug. 20, from 10-5 and Sat., Aug. 21, from 9-noon. Saturday is bag day, bring a bag and fill it for \$2. Birchard Public Library is located at 423 Croghan Street, Fremont.

Aug. 21: Farmers Market & Things That Go Event, 9am-1pm

Humane Society Spaghetti Dinner: United Church of Christ, 1500 Tiffin Road, Sunday, Sept. 26th from 11:30-1:30pm. Pre-sale tickets at the shelter for \$10 per dinner, at the door, \$12. T-shirts, raffles, silent auction to benefit the shelter.



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