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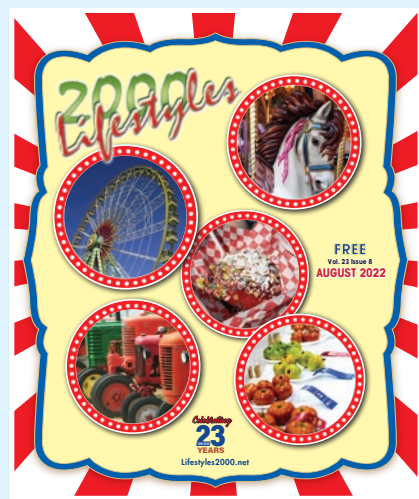
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Lifestyles2000.net.

A School Mandate I Would Like to See

By Robert
Morton

Politicians are beginning to harp about the need for more proficiency testing. They say that there is a need for parents to know how well their children's teachers are teaching before more money is wasted.

Every teacher in Ohio can tell you, by the end of September, which kids in their classrooms will pass a proficiency test... and which ones will not. Proficiency testing leaves nothing of value for educators. Also, the designers of these mass-produced tests do not come clean with the fact that they measure the ills of society which seep into Ohio's classrooms... not poor teaching.

Show me the socio-economic level of any neighborhood in Ohio, and I will forecast the local school's proficiency test outcome, regardless of teacher know-how.

How about if our legislators consider heroic lawmaking that is aimed at recognizing differences in teacher knowledge, skill, and motivation? One educational researcher suggests that, instead of proficiency tests, how about mandating three levels of teacher certification: Professional and Career Certificates for teachers with masters or doctoral degrees, and an Instructor Certificate for teachers with undergraduate degrees.

Marked differences in salary, renewability of certification, tenure, supervisory responsibility, and job description would excite novice teachers to become expert veterans, and urge apathetic teachers to, well, leave.

Legislative mandates that encompass a K-16 focus instead of just K-12 would include our teacher training universities in the design. How about far-reaching state educational standards that fuse together Ohio's 4,000 proficiency test-weary public-school buildings with local colleges and universities who receive big bucks from the treasury in Columbus?

This design would employ university student teachers as classroom aids so they expend more time interacting with kids, and the Professional and Career Teachers could make on-going university visits to study promising research so they could introduce the latest teaching practices into their school district's classrooms.

Just think how our kids would benefit if our legislators would bravely mandate the K-16 model, and smaller classroom sizes as well, so good teachers could do what they are trained to do. Funded (not unfunded) and meaningful Ohio school reform legislative mandates, not one-shoe-fits-all proficiency tests are what Ohio's school children need.

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 at Amazon.com books.



Lifestyles 2000

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Martha Blumel, Envision Graphic Design

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

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Why is it summer seems like the shortest season? Time for the county fair and back to school shopping, and looking forward to the beauty of fall!



We hope you enjoy this issue, as usual our writers have done a great job. Until next month, stay safe.

God bless,

Joanne

Find Pete



Find Pete Winners:

There were 160 correct entries, the answer was Drown's Farm Market.

Winners are: Regina Albert, Joan Gable, Clyde; Gary Ashton, Mary Moyer, Vidalia Halbisen, Karen Heater, James Smallets, Lavonne Babione, Kim Bower, Michael Kuzma, Jeremy Smith, Kim Adams, Jenny Wilhelm, Fremont; Jennifer Keegan, Vickery; Jennifer Hensley, Oak Harbor.

Miller Boat Line tickets to: Jackie Fisher-Dunn, Oak Harbor; Michele Smith, Clyde; Linda Stine, Randy Darr, Fremont; Brooks Babione, Burgoon; Ed Juliano, Bellevue..

African Safari to: Dustin Gerner, Clyde, Matthew Wasserman, Clyde.

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.

This month we will again be giving away Miller Boat Line tickets and African Safari passes for six people. If you want to be added in the second contest, please add Celebrating 23 Years to your entry, you may specify either 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.

HAIL TO THE QUEEN

by Kathy
VanWey

Did you see any of the Platinum Jubilee celebrating Queen Elizabeth's 70-year reign? It was awesome! However, it didn't happen without family drama provided by non-other than Harry and Meghan. Last winter there was a bitter dispute about security which left Harry refusing to attend Prince Phillip's Memorial. Eventually it was agreed he would travel by private jet and bunk at his cousins' house.

Let's face it, it's been constant drama since Harry met Meghan six years ago. The Jubilee provided the perfect opportunity to remind them that the celebration was about selfless service and devotion for love of God, country, family – not for seeking publicity or celebrity status. Her Royal Majesty the Queen (HRMQ) was able to accomplish what no one else had. She gave them a Royal Time Out.

With the contract obligations H&M were under, they expected Netflix cameras to be in tow. Since the application for media accreditation was turned down the network was not allowed in the country.

Her Majesty finally met her namesake, one-year-old Lilibet. The baby's parents wanted their photographer there to document the occasion. Knowing the ramifications, the request was denied.

Before Megxit, Harry was a high-ranking military officer who would have been included in overseeing the impressive Trooping of Colors. Instead, he and Meghan were seen shushing little children from an office window.

For the Thanksgiving Mass Service, they were seated in the middle of the second row with their cousins. As they left the Cathedral cheers, jeers and boos were heard. This was followed with a royal banquet. High ranking dignitaries were promised "mingle and chat" time with a minor royal. After prolonged waiting, the guests were informed that H&M had "declined" the invitation. It is said the mood turned "frosty."

By not attending the big concert they were able to watch it on TV with their 96-year-old grandmother. Apparently by Sunday miffed about how they had been treated they flew out before the last festivities.

Let's hope we don't see a new movie, H&M: Royal Revenge and Retribution. Better titles would be, H&M: The Royal Smackdown, or H&M: The Royal Spanking.

All of us know that eating crow with a side of humble pie isn't appetizing. Hopefully, they will realize the time-honored lessons about duty HRMQ was giving them. Hopefully, they will realize the precious, treasured memories of time spent with family was gifted to them by a loving Grandmother. LONG LIVE THE QUEEN!

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Out to Lunch

By Lynn Urban

If you're ever in the mood for good authentic Italian cooking, and I don't mean Spaghetti Warehouse or Olive Garden, try Amaron Italian Restaurant in downtown Sandusky at 160 Wayne Street. This is the real deal with homemade Italian sauces, soups and desserts, and such a friendly place. The proud owner is straight from Italy, and he and his wife do it all, at this quaint little restaurant. All dishes are made from his own family recipes. They serve everyone's traditional favorites such as spaghetti and meat balls, lasagna, chicken and veal parmigiana, manicotti, gnocchi, and piccata's.



The special the night we were there was the mushroom ravioli with a light cream sauce, it was very good. I had the lasagna with its many layers, and plenty for my lunch the next day. I also tried the Italian Wedding soup which was made unlike any Italian Wedding soup I've ever had. It was made with chicken and had egg in it, like an egg drop soup. They said that was an old Italian recipe, it had great flavor.

All meals are served with Italian bread and dipping oil. The salads are very crisp and fresh with homemade dressing. The salads are an additional price, as well as the soup. The entrees range from \$15.00 to \$25.00, all made with quality ingredients, and are good-sized portions. They have an extensive wine selection and cocktails, but we just enjoyed a carafe of their house wine that night.

For dessert I took home a piece of homemade tiramisu. It was heavenly! Along with tiramisu, they also make great cannoli. I will definitely go back to this restaurant. Enjoy!

Jill on Money

By Jill Schlesinger

Mid-year Q&A

It's been a heck of a six months for investors. Given that you can't control markets, let's try to manage those matters over which you can exert agency - your nuts-and-bolts personal finances.

Question: I'm 46 years old and just started a new job with a big pay increase, where the company matches retirement contributions up to 5%. I have an emergency reserve fund, but recently racked up credit card debt during a big move that I'm trying to pay off. I have also been trying to save in a brokerage account. What should my priorities be?

Answer: I would max out the retirement plan up to the match and then put every single extra penny toward paying down the credit card debt. Once it's paid off, redirect the money and max-out retirement up to this year's limit of \$20,500. After reaching that milestone, you can dump the extra money into the brokerage account.

Question: My husband and I inherited a large sum of money about ten years ago and at the time, were not confident enough to manage the money ourselves. We've been paying one percent to a big brokerage firm, which invested everything in managed funds. After educating ourselves, we now like following the market, even as it's going crazy, and are wondering what your thoughts are about self-management by using index funds?

Answer: Paying one percent for straight-up money management is no bargain. If you are also getting financial planning for the fee, then maybe, but if you are ready to go it alone, I support the move. Do make sure that you're not too emotional and avoid tinkering with the portfolio allocation once you have set it up - maybe rebalance once a year to keep yourselves in check. Once you move the money, the one percent will flow down to your bottom line - a risk-free way to increase your return!

Question: Is there any way to avoid taxes on Required Minimum Distributions from my IRA? I don't need the money, and the amount pushes me into the 22% tax bracket. Is there anything I can do?

Answer: Great news: you can make a Qualified Charitable Distribution (QCD), where the money bypasses you and goes straight to the charity. Here's how it works. If you are over age 70 1/2, you can grant up to \$100,000 directly to an eligible charity (not to a private foundation, a charitable supporting organization or a donor advised fund) from your IRA,

without paying tax on the amount of the donation. While you are not entitled to claim a charitable contribution, you won't pay taxes on the money withdrawn and in your case this will keep your highest tax bracket at 12%.

Question: I will be 62 this year and my advisor is suggesting that I should claim my Social Security now, so he can invest it. My wife and I have saved a lot, so I'm not sure this is a good idea. Thoughts?

Answer: I can categorically advise you NOT to do this. Claiming Social Security retirement benefits early (before your full retirement age) means that you are agreeing to a permanent reduction (as much as 25%) for your life -- and this also impacts your wife's benefit if she plans to claim one-half of yours.

The beauty of Social Security is that it is indexed to inflation and if you wait until after your full retirement age, you are entitled to "delayed retirement benefits," or about 8% a year more for each full year that you delay, until age 70.

(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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Their Sacred Honor

The 4th of July has come and gone for another year. This one was somewhat different in that one poll showed only 41% of respondents were proud to be Americans. Indeed, the 56 men who signed the Declaration of Independence were flawed. More than half were slave holders. Unlike Lewis Morris of New York, who said, "Damn the consequences, give me the pen," Lyman Hall of Georgia signed reluctantly. John Hancock, whose name and signature we all know had a bounty on his head. Yet he signed boldly, giving others the confidence in the right of their actions. They signed "with firm reliance on the protection of the divine providence, mutually pledged to each other, our lives, our fortunes, and our sacred honor." They did so knowing full well they were committing treason. If captured, torture and death awaited them.

There were 14 farmers, 18 merchants, 22 lawyers, four doctors, nine judges, and one minister. The oldest was the beloved Benjamin Franklin at 70. The youngest was Thomas Lynch, Jr. of South Carolina. He was only 27. All were well educated with much to lose.



And so it was that 17 fought in the American Revolution. Two lost sons serving in the Revolutionary Army. Five of the signers were captured including Thomas Rutledge, Thomas Heyward and Arthur Middleton. George Walton was wounded and captured at the Battle of Savannah. The British dragged Richard Stockton of New Jersey from his bed, stripped him of his home and property, and threw him into prison where he nearly starved to death.

Thomas McKean of Delaware wrote John Adams that he was "hunted like a fox by the enemy." He was forced to move his family continuously. The property and home of Francis Lewis of New York was destroyed. The British captured Elizabeth Lewis at the Battle of Brooklyn. She was jailed as the wife of a traitor. The conditions were so inhumane that she died within months after release.

The British looted the property and home of John Hart of New Jersey. Hart hid out for more than a year. But still, he offered George Washington his fields as an encampment for his 12,000 soldiers. Hart died of exhaustion in 1779, one of the 14 signers who did not survive to see America's victory.

Cornwallis confiscated Thomas Nelson, Jr.'s Yorktown home to use for his headquarters. When American forces laid siege to Yorktown, Brigadier General Nelson ordered artillerists to fire on his own home. The structure survived. If you visit you can still see some of the damage.

Though imperfect, the 56 sacrificed much. We know many did not live up to the ideals set forth in the Declaration of Independence. But they fought, suffered, and some died to give us a document that set us on the path of liberty and freedom previously unknown in the history of the world.



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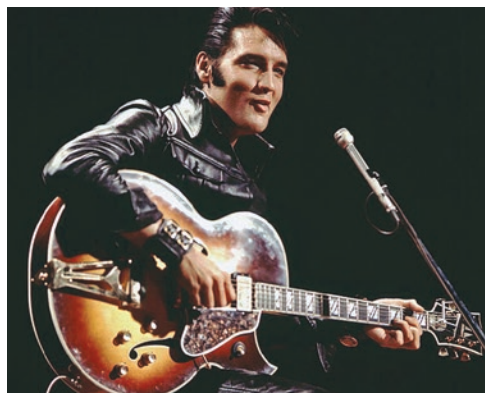
By Helen R.
Marketti



Elvis & Graceland

An interview with Angie Marchese, Vice President of Archives and Exhibits at Graceland.

Angie admits that she has one of the coolest jobs and many would agree. She has worked at Graceland for over 30 years. Her first job at Graceland was as a tour guide when she was a teenager and she loved it so much, she never left. Angie recently took some time to discuss her role at Graceland, the legacy of Elvis Presley and why overseeing 1.5 MILLION artifacts is not only important but also fun.



Angie reflects on what it is like to work with a collection that belonged to such an iconic figure. "It makes you feel connected. Even though I never met Elvis, I feel connected to him and to his legacy. Everything in the collection is personal and has a deeper meaning. It connects you to a person, a human being. Elvis is still gaining new fans because he is still so relevant. Yes, he has great songs. Yes, he made great movies. Yes, he put on wonderful

performances. However, here is a man who always kept an authenticity about himself and that's what people fall in love with. He was genuine."

1.5 million artifacts make for changing exhibits "easy" as there are always items to choose from.

"Graceland is a time capsule and it is sealed, meaning its left the way it was when Elvis lived there," explains Angie. "The visitor's complex is what I consider my playground as we have 90 thousand square feet to work with. I try to think of exhibits that may be interesting for our visitors. One of our recent exhibits is called, "Dressed to



Rock" which has over 100 pieces of Elvis's stage wear represented from 1969 to 1977. And out of all of the artifacts, I do have a favorite. It's Elvis's wallet. It's because it is so personal. Inside his wallet is a picture of he and his daughter, Lisa. He also has business cards in the

wallet, a movie ticket stub and a newspaper clipping of when he earned a black belt in karate. This is what makes him human."

At the writing of this article, the movie, ELVIS is surging through theatres, capturing attention, hearts and emotional tears around the world. It is a phenomenal story of Elvis and his manager, Colonel Tom Parker. Elvis is portrayed by actor, Austin Butler and Colonel is portrayed by actor, Tom Hanks. The film, directed by Baz Luhrmann has given an adrenaline rush to Elvis fans and gathering up millions of new fans who are discovering him for the first time. Angie was able to introduce Austin to Elvis by way of many special items at Graceland. "The first trip that Austin made to Graceland, it was just he and Baz," said Angie. "We had met with them and discussed the concept of the movie. I had the privilege of walking Austin through Graceland after hours. I was explaining the history, showing him the house so he could take his time to absorb

where Elvis lived. Graceland isn't just a house however, it's a home. It has character and a distinct feeling. I took Austin through the archives and pulled out random boxes of items for him to see. We were going through hats, pants, shirts, coats, etc... I was sharing the history of the items."

She continues, "Austin wanted me to email him everything we had of Elvis talking or performing. We became fast email pals. He wanted to dive into who Elvis was and get to know him on a human level, not only the icon. It's easy to know the star and what their onstage persona is as an entertainer but you also need to know who they are behind all of that. That's the Elvis I feel connected to and that's the Elvis that Austin wanted to connect with as well during his research."

Since the Colonel was such a big part of Elvis's life and career, would there happen to be any artifacts that belonged to Colonel Tom Parker? "In the early 90s, we acquired Colonel's collection," said Angie. "He had moved from Madison, Tennessee to permanently live in Las Vegas. The house he left behind in Madison was full of his life. He not only had items from his career with Elvis but also when he worked with Eddy Arnold and Hank Snow. There were also items that belonged to his wife, Marie. We were able to acquire the entire collection. The unique thing about having these belongings is that we can tell Elvis's personal life story at Graceland and we can tell his professional life and his time with Colonel Tom Parker. It tells a complete story. I am honored to work at Graceland and be part of Elvis's legacy in some small way. Elvis was always true to who he was as a person. He still commands the room."

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Ladies Homestead Gathering Chapter Focuses on Building Community

By Toni Pendleton/President, Sandusky County Chapter, National Ladies Homestead Gathering

Since the 2021 opening of the Sandusky County Chapter of the National Ladies Homestead Gathering (a 501c3 organization), we have focused on the three components of our organizational mission statement: "Share Knowledge. Build Community. Grow Friendships."



The Sandusky County LHG Chapter meets monthly on the third Thursday from 6pm – 8pm. Please check our website or Facebook page for Gathering locations as it can vary. Our face-to-face monthly Gatherings are free to attend for women ages 16+ (breastfeeding babies are welcome) and we offer a range of topics based off our members' interests.

Our September Gathering falls on Thursday September 15th 6pm – 8pm at Mulberry Creek Herb Farm in Huron for our own private tour! The folks at Mulberry Creek Herb Farm are excited to instruct us about Fall annual planting and growing of herbs, along with ways to use herbs in cooking and other uses. Our group will also have the opportunity to browse and shop at their on-site store. RSVP's are required, so please contact us if you are interested in attending.



In addition, to our Monthly Gatherings, our Chapter members invest time giving back to our Communities. Recently, several members volunteered their time serving food to festival attendees at the Elmore Portage River Festival. Our members also prepare meals and donate grocery & hygiene items to those in need in the area. Fremont's Community Fortress is one

organization we have committed to helping throughout the year. Community Fortress is an emergency take-in shelter for men, women or families struggling to find a warm, safe place to sleep for the night.



You may have seen our LHG booth recently at the Downtown Fremont Farmer's Market. Our Chapter was invited to attend the July 16th Market as a Featured Vendor where we shared Chapter information. In keeping with the event theme of "Upcycle, Repurpose & Reuse", our ladies offered hands-on demonstrations where we shared techniques to Reuse items laying around your home or homestead. We demonstrated starting seeds in used water bottles, making PLARN (plastic yarn) from plastic grocery bags that are later crocheted into tote bags or sleeping mats, spinning wool into fiber and avoiding food waste/reusing food packaging.

Our organization's definition of "Community" also includes helping our own Chapter members who are in need. We've gathered as a Community to help one member

harvest her orchard of apple trees, and have also gathered "care package" items for another member who was ill and unable to do her grocery shopping.

While we work together as a chapter of Homesteading Ladies focusing on sharing knowledge and giving back to our communities, we find ourselves blessed daily by the developing bonds of lasting friendships. Come see what we are all about!

<https://ladieshomesteadgathering.org/sanduskyoh> | Email: Sandusky.OH@NLHG.org

Find us on Facebook at: "Homesteading Ladies of Sandusky Co. Ohio" and, "Women Homesteaders of the Firelands"

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Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): You may have an opportunity to learn what is really going on behind the curtain, you might even feel that life is a game show, and you are a contestant. Don't become involved in power plays.

TAURUS (April 20-May 20): Wear a smile and get out to meet and greet. Your social life could expand giving you a chance to be at your best. Jealousy can occur if someone close thinks you are having too much fun without them.

GEMINI (May 21-June 20): Everything you need to make your dreams a reality may be right at your fingertips. You can make inroads in establishing your financial security. Do not be greedy or take drastic steps to make more money.

CANCER (June 21-July 22): Take care of your own garden before you check out any seemingly greener grass on the other side of the fence. You may be motivated to succeed but could run into opposition if you are unfair.

LEO (July 23-Aug. 22): No mud, no lotus. You should be prepared to roll up your sleeves and get your hands dirty to get an important job done. You might feel like you are struggling to adhere to demanding business policies.

VIRGO (Aug. 23-Sept. 22): The tactics and strategies you use to reach your goals might need a reappraisal. Cherish your personal tribe but be aware that not every workplace colleague may be equally on your side.

LIBRA (Sept. 23-Oct. 22): Count your blessings and send them outward if you find it difficult to settle down to sleep. Hold off on key decisions about major investments. Family members could be somewhat difficult to cope with.

SCORPIO (Oct. 23-Nov. 21): Hard work can be incredibly satisfying, your schedule could be fuller than usual. Handle family obligations by prioritizing the essentials and you will get everything completed in a timely manner.

SAGITTARIUS (Nov. 22-Dec. 21): Deal with financial necessities without making drastic changes. You may feel pressured to make a decision that could break the bank. Focus on making your home a safe and cozy nest.

CAPRICORN (Dec. 22-Jan. 19): Applying a "my way or the highway" policy can cause some stress. Offering alternatives, however, might solve a problem by clearing the air. Put new business ventures on the back burner.

AQUARIUS (Jan. 20-Feb. 18): Some people bring blessings into your life and others come in to teach you lessons. You could learn a great deal from social contacts. Look for the best value rather than concentrating solely on price.

PISCES (Feb. 19-March 20): You can grasp the big picture. Your heightened idealism lets you rise above petty squabbles. There may be plenty of opportunities to use your imagination and work enthusiastically on creative projects.



Gabby Gardener

By Cindy Fontz

Tired of just canning or freezing your green beans from your garden? Why not try pickling them. Dilly beans have been a favorite of ours after my oldest daughter had them at a potluck. I hope you enjoy them as much as we do.

Dilly Beans: 2 cups water, 2 cups vinegar, 1/4 cup salt, 1 tsp. cayenne pepper, 4 cloves garlic, 4 heads dill. Trim beans to fit jars. Combine salt, vinegar and water. Bring to a boil. Pack beans in hot jars. Add 1/2 tsp. cayenne pepper, 1 clove garlic and 1 head dill to each jar. Fill jars with liquid, remove air bubbles. Process pints and quarts 10 minutes in boiling water canner. Makes 4 pints or 2 quart.

Green Stem Gardeners meet the third Tuesday of the month. If you would like to join us call Pat Saam 419-307-7776.



Press Release



Grant Seekers Meeting Announced

The Sandusky County Communities Foundation is pleased to announce the 2022 Community Grant Program. The Grant Seekers meeting will be held Thursday, July 21st at 10:00 a.m. at the Sandusky County Chamber of Commerce Conference Room. Seating is limited to one person per organization.

Please pre-register for this meeting by emailing director@sanduskyccf.org.

Eligible applicants are required to attend the meeting and applications are available on the Foundations website www.sanduskyccf.org. Applicants must be non-profit, charitable organizations designated with a 501 (c) (3) status or governmental agencies and political subdivisions. Grants must serve Sandusky County residents.

The Foundation encourages proposals for projects that enhance cooperation and collaboration among Sandusky County organizations, strengthen an organization's capacity to serve the community, leverage other resources, yield substantial community benefits, and serve a broad segment of the community. Youth driven service projects are encouraged to apply through Building Community Together, the youth division of the Sandusky County Communities Foundation and must also attend this meeting.

Check out www.sanduskyccf.org for more information and to view the application and instructions. To register for the meeting, email director@sanduskyccf.org.



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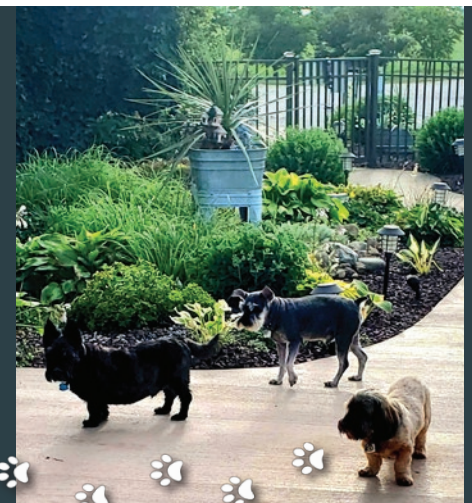
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When dogs relieve themselves inside after going outside

Dear Cathy,

During the day, our one-year-old Pomeranian is restricted to the entire main floor (using baby gates). She has access to the backyard through a pet door. Whether we are home or not, she goes outside as needed. When she travels with us in our RV, she can be left alone in the air-conditioned vehicle for several hours with no barking and no accidents. At night, she sleeps upstairs in her crate.

The problem is if she has free run of the house or is moments away from getting into her crate for the night, she will urinate or defecate, even though we let her out beforehand. Other than continuing to use the baby gates and crating her at night, do you have any ideas on how to deal with this?

-- Jeanne, Tucson, Arizona

Dear Jeanne,

If your dog doesn't always use the pet door, then she is not fully house-trained yet. A dog should be able to go four or five months without having an accident before being considered fully house-trained. She's young, so she may need more training.

Begin by taking her outside to relieve herself after every nap, meal, and playtime session. When she starts to relieve herself, say "go potty" to coincide with the desired behavior. Use a marker/reward word, like "Bingo" or a clicker to mark the behavior followed by a food reward.

Wait for her to poop and follow the same routine each time so she associates the command with both peeing and pooping. If there are lots of distractions outside or she spends a lot of time sniffing around, put her on a leash to move things along.

Before bedtime, take her out again and follow the same "go potty" routine until she poops. You need to wait her out the first few times to ensure she doesn't relieve herself in the house. If you can't, take her outside again right before you anticipate her having the pre-bedtime accident, and say "go potty." Again, walking her on a leash in the backyard may make this simpler for you.

During this training, clean the areas where she has had accidents with an enzymatic cleaner (available at pet stores) to break down the vomit, urine, or feces and remove the odor. This will reduce her chances of having an accident in the spot again.

Dear Cathy,

I have three rescue cats: M1 is 10 or 11 years old and very laid back and could care less about the other cats; M2 is 9 or 10 years old and is the alpha. With the two cats, life was good. But then I introduced M3 to the family at 10-weeks-old. She was a stray. She is now 2 1/2 years old but has had a prevalent issue.

For the first 18 months, she urinated outside the litter box and near where M1 sleeps. I used Cat Attract to lure her back to the litter boxes, which worked well. Then she stopped using the boxes again. I changed the litter to unscented varieties. This worked, but she is still urinating around where M1 sleeps. Yesterday, she defecated next to one of the boxes, something she had never done before.

I have had pet psychics "talk" to her, used pheromone collars and diffusers, and worked with a pet behav-

iorist. The vet has prescribed every medicine available. Nothing has worked. Do you have any other suggestions? Will this go away with age?

-- Karen, Burlington, Connecticut

Dear Karen,

While it may improve with age, it sometimes takes a combination of things to get cats back to the box. First, reintroduce the litter box attractant and use it until she can go two months without an accident. Second, try another cat litter, but only in the box she prefers to use, since she could have a texture preference. Next, use pheromone plug-ins or collars to reduce any feline tension and set out four litter boxes - one box per cat, plus one.

Cats are territorial and can prevent another housemate from using a litter box with just a glance. (In this case, however, it is M3 displaying territorial behaviors because she is peeing around where another cat sleeps.)

I also recommend using an enzymatic cleaner (mentioned above) to prevent future accidents. Then use a "no marking spray" (available at pet stores) in these same areas to discourage her. Finally, remove the litter box cover from the box she is most likely to use to see if that helps. Some cats like to squat on the edge, and if they can't, they may have an accident outside the box.

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



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Cleveland Clinic on NADA Acupuncture Addiction Treatment

By Dr. Paul
Silcox

In Cleveland Clinics' October, 2021, issue of Health Essentials, they say that addiction is a very heavy and complex topic but that fortunately, it doesn't have to be battled alone. Just like at Cleveland Clinic, here in Sandusky County, there are treatment solutions available that take a person's individual needs into account. And, there are supplemental therapies that can help promote healing, sobriety and recovery. The National Acupuncture Detoxification Association (NADA) acupuncture protocol is one of those therapies. And Dr. Paul Silcox with Katura Recovery on Stone St. in Fremont is making it happen.

Ear acupuncture points for the NADA Protocol

While traditional acupuncture sessions might involve the placement of needles in different points on the body, the NADA protocol is an auricular or ear therapy. Needles are placed in five specific points and patients rest quietly for about 30-45 minutes with them in.

NADA is usually offered in group settings which makes it more affordable. But there's another added value in this community acupuncture approach. People experiencing it will know that they're not going through things alone.

"The advantage to the group setting is a combination of a shared experience, accessibility and affordability. From a purely clinical standpoint, you get the shared effect of being around

other people and it gives you the perspective of, 'We're all going through this together — and we're going to get better together.'"

Additional benefits of NADA acupuncture

One study showed that the NADA protocol could help improve the quality of life for those who were in traditional treatment programs. Participants who received NADA acupuncture reported feeling better about themselves and had more energy. "The NADA protocol can increase calmness, promote better sleep and decrease agitation and stress. Overall, it just leaves people feeling better and that allows more positive things to happen.

What are the risks of the NADA protocol?

As long as you're going to a trained acupuncture practitioner, there aren't any risks. "Side effects are essentially non-existent with the NADA protocol or acupuncture in general. The needles are all single-use, sterile and disposable so there is not much of a risk for infection. And when properly done, the needles don't go that deep into the ear."

Another good thing is that NADA is an effective treatment when used as an alternative to medically assisted treatment, such as Suboxone, Vivitrol or Methadone. Dr. Silcox added, "If you know someone who is addicted to drugs and they are at their bottom and are ready for a change, tell them about NADA. It might just be the start to a new beginning.



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ADVERTISE HERE: \$25 for thirty words, send your ad with a check to 30 Ponds Side, Fremont, 43420 by the 15th of the month.

IN YOUR OWN BACKYARD

Fremont Area Women's Connection will meet on August 9, 11-1 pm at The Victor Event Center, 2270 W. Hayes Ave. All ladies are invited to attend the luncheon and enjoy the program that will include Peggy Courtney and Tom Hoffman from Sandusky County Positive People. Guest speaker Tiffany Blevins from Monroe, Ohio will share her life story that includes one fateful night of choices. Cost of the luncheon is \$14.00 and reservations are needed by August 9 by calling or texting Donna at 419 680 2251 or emailing Carrol at fawluncheon@gmail.com. Reservations as well as cancellations must be reported in the same way. Fremont Area Women's Connection is affiliated with Stonecroft Ministries.

Fremont Lions Club will meet on August 2, 16 and August 30 at the Fremont Eagles Hall at noon. The speaker on August 2 is Missy Walker, the VP Retail Operations and Security at Croghan Colonial Bank who will talk about protection from scams. On August 19, Cynthia Beat, the Lions OH2 District Governor will be speaking and will install new officers who were unable to be present for installation in June. August 30 will be a business meeting. Members and guests are always welcome to attend For more info call Donna Thatcher, president at 419 332 3095

The Annual Ice Cream Social at Trinity United Methodist Church, 204 N. Wayne St. is August 5, 5-7 pm. You are welcome to eat under the tent on Wayne Street or if you prefer, to pick-up dinner through the drive thru lane off Wayne St. Menu will include Root's shredded chicken, sloppy joe and grilled quarter pound beef hot dogs, spinach salad, potato salad, baked beans, pie and Tofts ice cream. Gift baskets with a silent auction will also be available.

Kiwanis Club 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 11:45-1:00 at the Fremont Elks Lodge. Guests are welcome. Speakers for this month are August 4, Tom Waniewski will give a presentation on Helping Our Seniors, August 11, Bogard & Bergeman will talk about a Public Transit Infrastructure Project, August 18, Brandeis Garcia-Golff will talk about the Children's Book Fairy, August 25, Jodi Rucker will give the club an update on ProMedica Memorial Hospital. For more information, email sardisburchard@yahoo.com.

Downtown Fremont: August 6, Farmers Market & All Together Fremont Event 9am-1pm; August 13, Front Street Live Cornhole Tournament 10am-6pm;

August 20, **Farmers Market & Things That Go Event** 9am-1pm

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