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Vol. 24 Issue 8

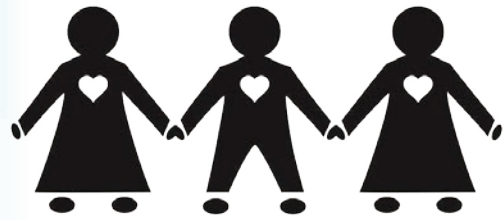
AUGUST 2023



Celebrating
24
1999-2023
YEARS

Lifestyles2000.net

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The more talk,
the less truth.

Prov. 10:19

You are God's Masterpiece.

Eph. 2:10.

True Goodness with contentment
is itself great wealth. 1 Tim. 6:6

Teach us to number our days, that we
may gain a heart of wisdom. Ps. 90:12

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Ps 46:10

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2 Chron. 15:7

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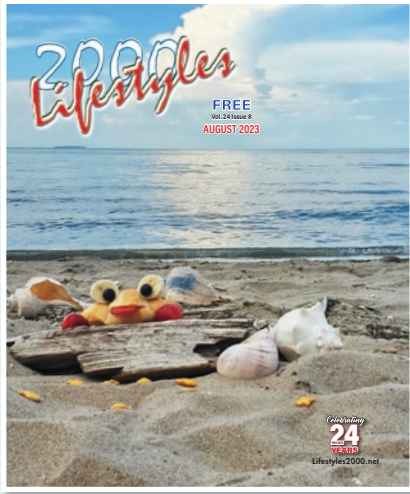
or check out the local team's Facebook page:

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Lifestyles 2000

August 2023
Vol. 24 • Issue 8
www.lifestyles2000.net

Celebrating
24
YEARS
1999-2023



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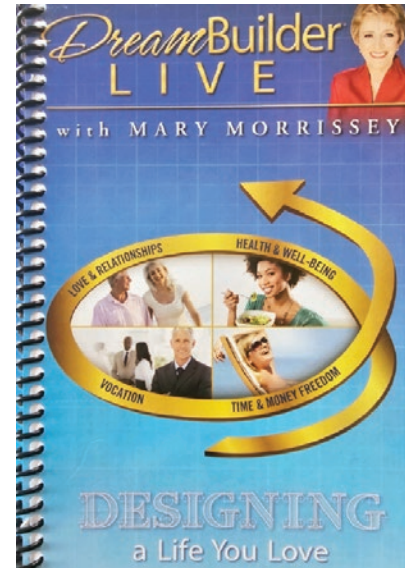
Cover photo by Judy Ford: Judy is a 40 year resident of Sandusky County. Judy says, "Photography is my therapy and my passion! My favorite place is behind the lens. Nature and animals are my favorite subjects, if it has legs I love to take its picture!" Judy has done weddings, senior photos and family sittings, but spends most of her time around the marshes and water. judy.knipp@yahoo.com or Judy Ford on FB.

Available locations: Fremont - Cookie Lady, Root's Poultry, Kroger's, Subway, Hasselbach Meats, Bark Creek Pantry, Dairy Queen; Gibsonburg Kirwen's Grocery; Oak Harbor IGA; Clyde Subway, Drug Mart, Miller's Grocery, Bellevue Hospital, Bellevue Goodwill, and East of Chicago Pizza or go online to: Lifestyles2000.net.

Image of the Mind

By Alisa Florio

This is undoubtedly one of my favorite lessons, The Law of Gender. Here we learn that every seed has a gestation, or an incubation period. Just like a tomato seed planted in rich soil blended with nutrients specifically gathered to encourage a crop of tomatoes from a single plant that can feed many people with its delicious fruits. So too, can we gather nutrients of information, put them into organized thoughts while taking the necessary action, and maintaining our faith in knowing the seeds we plant will produce rich fruits.



Understand this, your Ideas are SPIRITUAL SEEDS and will move into form **producing physical results**. Your goals will manifest when the time is right.

I started training with Mary Morrissey in 2011 to take ownership of living a life I loved. As I started setting new goals, I learned that as one goal is nearing its gestation to start a new one. This keeps us in a continual mindset of growth because nothing ever stays the same.

Mary helps us focus on these 4 quadrants that have the greatest effect on the quality of our lives. If we can imagine a life we'd love living by building it in our mind, this will unpack the how's for us. When we put our thoughts on what we want, and hold it in faith we will find this amazing ability within us, and that

is; we can do anything we put our mind too. Remember, "What would it take to turn my life around?" The answer is, "THE WILL TO DO IT!"

Here's an exercise you can do to plant the seeds for the future you would like to become your reality. Now remember, every time you go to slip back into that old paradigm of thinking, wake up your thoughts to your new reality. First, write out your current condition in these 4 quadrants of your life with 4 pieces of paper. On page 1 write at the top Love & Relationships, page 2 at the top Health & Well-Being, page 3 Vocation, and page 4 Time & Money Freedom. Now in each of these areas write out your current conditions in as much detail as you can. Then flip the page over and write out what your life looks like 3 years from now, again in full detail. Maybe you've found that perfect mate, or your body is completely healed. Maybe you're working your dream job allowing you more time to spend with your family, and making more money.

Whatever it is that your dream life looks like, know that you can own it. Stay focused on what it feels like to live this life. Until next time feel a big hug from the universe!

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Lifestyles 2000

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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.

Lifestyles 2000 is a monthly publication available free of charge at over 100 retail locations in Sandusky and Ottawa counties.

Lifestyles 2000 reserves the right to refuse any advertising for any reason. The opinions expressed by the contributors and writers do not necessarily reflect the opinions of the paper.

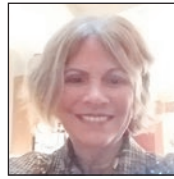
Mission Statement: Lifestyles 2000 is a monthly resource guide of northwest Ohio area events presented in an attractive format with entertaining and educational articles suited to fit your "lifestyle."

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

I know many of you are mystified that you couldn't find Pete in the July issue, honestly, you couldn't because we forgot to hide him! I guess one mistake in 24 years is one too many as I had a great many upset people. For those of you who thought he was riding the Miller ferry, he wasn't, we never hide Pete anywhere but in an ad.



We drew 22 winners just the same, and every answer was correct. So this month we promise you, he is hiding.

Enjoy your month,
Joanne

Find Pete



Find Pete Winners:

No, he wasn't riding the ferry, or in the sunflower, or anywhere else for that matter, we forgot to Hide Pete! It was bound to happen after 24 years. Although he was on page 4, as someone guessed correctly.

There were less than a hundred entries and all entries counted as correct. I am so proud of you who kept looking, as one entry said, "after going through the issue twenty times"!

We are giving away more African Safari and Miller Boat Line tickets this month for your hard work.

Congrats to: Jim McGue, Rozella Foos, Betty Sanchez, Becky McElfresh, Corrina Rodd, Fremont;; Marvin Boyd, Clyde.

Celebrating 24 Years prizes to: Angela Missig, Judy Coon, Dylan Baker, Clyde; Karen Heater, Deb Shearn, Cindy Ross, Mickey Perkins, Linda Gegorski, Mike Opre, Steve Rich, Marsha Cook, Fremont; Mike Todd, John Artino, Bellevue; Cindy Cook, Bettsville; Paula Renfro, Jillian Baker, Green Springs.

Find Pete Prizes:

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

Win a round trip ticket on Miller Boat Line or 2 passes to African Safari by mentioning 24 years on 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.** Twenty prizes given monthly. One entry per household. **Deadline is the 20th monthly.** Please do not send the ad.

Life Scholar

By Kathleen Nalley

Come and get it! The Life Scholars Fall Catalog will be available the first week of August at Terra Community College. It will be mailed to members that same week and will pop up in various locations in the community - libraries, Visitors' Bureau, and senior centers. To access online, go to learn@terra.edu. The office in Building B, first floor, will have them available and can provide if given a call.(419-559-2255.)

For detailed information about courses and their content, the Fall Sampler will be held on Sept. 7 at the Neeley Center from 10 AM - noon. Seven dollars will cover the cost of a light, continental breakfast. Instructors will describe their courses and answer questions.

Respected instructor John Krochmalny will introduce the sensitive topic of **Near-death Experiences - Anything to it?** on Sept. 21 and 28. In classes where student participation is valued, the added benefit of life experiences among participants is especially appreciated. John's research will enrich the exploration.

The History of Marblehead Lighthouse will be described by Marblehead Historian Dennis Kennedy on Sept. 12. The lighthouse was built in 1821 and has seen changes to its light source and tower over the 200 years it has been in existence. A similar historical class, **US add period after U and S Lifesaving** will focus on the response to loss of life and property in marine sinkings, such as the loss of schooner Consuelo off Marblehead in 1875 and the establishment of the U.S. Lifesaving Service, now the Coast Guard.

Historical themes continue in popularity and topics are expanding. Another September selection will be the **History on the Renaissance.** Italian artists, architects, philosophers, and writers during 1400's took inspiration from their ancient counterparts to produce works which continue to inspire and inform today. Professor Emeritus of History Bruce Bowlus of Tiffin University will present.

In collaboration with the Sandusky County Senior Coalition, **"Saying Yes to Fun"** on Sept. 27, will provide valuable information about community resources, along with lunch, fun and games for only \$10.

Fun for some may take the form of reading and writing. Joining the monthly **Lifelong Learning Book Club** is available to discuss great books. **All Write, All Write, All Write**, a yearlong writing group, promotes individual motivation and writing feedback from peers.

With so much ongoing opportunity for personal growth, the Life Scholars Fall catalog is a perfect place to begin.



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Out to Lunch

By Lynn Urban

For some time now I've been looking at a place called The Pickwick Place on Facebook. It's located in Bucyrus, about an hour drive from Fremont.

It sounded really cool, so I decided to check it out. It's a marketplace with seasonal fruits and vegetables, Amish baked goods, jams, honey, cheese, and local meats, and of course the famous Bucyrus Bratwurst. In another building they've got gifts, handmade from local crafters and retailers, and then also a café, with indoor and outdoor seating. That's the real reason I went.

The café serves breakfast, sandwiches, salads, and specialty coffee drinks. I couldn't try everything, but what I saw looked fantastic. The salads and bowls come in a large bowl filled with the freshest of ingredients. I had the Hawaiian bowl with chicken, grilled pineapple, peppers, and onion over rice and a sweet Asian sauce. Kim had a burrito bowl with chicken, corn, black beans, avocado, lettuce for \$9.75. I brought home some egg rolls that were made with bratwurst and sauerkraut, that I had for lunch the next day. They were good, especially with their special dipping sauce.

The full menu is on their website. They are open 8-3 daily, including Sunday, and closed on Tuesday. The market and shops are open daily 9-6 and Sunday 11-5. They hold a lot of events throughout the year. We just missed the strawberry festival and the pick-your-own berries. Right now, you can pick-your own flowers from their fields and make your own arrangement in a mason jar, but I passed, I do that every day! There are some fun fall events coming up, which you'll see on their website.



Mayo Clinic

Kendall Snyder, M.D., Neurologic Surgery, Mayo Clinic Health System

Degenerative Disk Disease

DEAR MAYO CLINIC: I've been struggling with back stiffness and pain for a long time, but it has gotten worse in the last few years. My doctor told me that I have degenerative disk disease. What exactly does that mean? Is it common and what can I do to feel better?

ANSWER: Degenerative disk disease is a common cause of back pain. Our spinal disks wear out with age and use. About 20% of all U.S. adults have some amount of degeneration by age 65. This increases to about 35% by 80. Everyone has a degree of degeneration with time. It may or may not worsen or cause symptoms. Progression can be stagnant, slow or fast.

Disks are the fluid-filled cushions between the bones in your spine. The disk is flexible, and it fills the space between the vertebrae and provides the necessary cushion to allow the spine to bend and flex fully without pain. Like airbags in a car, the disks prevent the vertebrae from hitting each other and act as shock absorbers.

Degenerative disk disease is the result of multiple factors, some that can be controlled and others that cannot. Age and time increase the odds of developing degenerative disk disease.

Women are more likely than men to develop degenerative disk disease. Carrying excess body weight increases your risk, as well as spine strain due to manual labor, poor posture or heavy lifting.

Your symptoms and pain depend on the progression of your disease. As degenerative disk disease begins, the spinal disks start to lose fluidity. They become dehydrated and are not as rubbery or soft. This leads to the disks shrinking and losing height. Often, the disks that are low in the spine degenerate first.

As degeneration progresses further, the disks dry out even more and may begin pushing on nerves. A person could develop a ruptured or bulging disk. Often, people have a bulging or ruptured disk with no symptoms, but sometimes this can cause symptoms in one or both legs.

A bulging disk happens when the outer layer of the disk, the annulus fibrosis, bulges into the spinal canal. A ruptured disk, sometimes called a herniated or slipped disk, happens when the inner part of the disk, the nucleus pulposus, leaks out of the disk through a crack in the annulus fibrosis.

If a disk continues to degrade, it can result in a complete loss of the disk. Then, the person only has an air-filled space between the vertebrae, or the bones of two vertebral bodies directly contact each other. If your condition progresses to this level, you likely will have severe pain, significant stiffness and possibly nerve compression.

There are many treatment options for degenerative disk disease. Nonsurgical treatments are important throughout the continuum. Weight loss can be extremely beneficial, along with decreasing the manual labor on the spine. Injections, medications, physical therapy and strengthening your core can ease symptoms. It is important to work with a spine center that can offer various options for treatment. This might include access to clinical trials.

Surgery is only an option after nonsurgical treatments are first exhausted. Surgery is considered if the condition is causing symptoms of nerve compression and these symptoms are progressing despite physical therapy, medications and injections. Symptoms from nerve compression may include pain, numbness or weakness that radiates into a limb.

Surgical options for degenerative disk disease include:

Decompression surgery, such as a laminectomy or discectomy, which creates space for the compressed nerves by removing part of the vertebrae bone or damaged part of the disk. Relieving pressure on the spinal cord or nerves can ease symptoms.

Stabilization surgery, such as a spinal fusion, which improves stability by permanently connecting two or more vertebrae in the spine. It may be performed after a decompression surgery for certain surgical indications of the spine.

Disk replacement surgery, which replaces a worn-out disk with an artificial disk. Replacing a disk may help relieve pain in your arms or legs while maintaining motion and flexibility.

Talk with your health care team about your back pain, and ask them to tailor a treatment plan based on your personal goals and the level of your disk progression. — Kendall Snyder, M.D., Neurologic Surgery, Mayo Clinic Health System.



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McPherson's 17th Corps

After a siege of more than six weeks, the city of Vicksburg fell on the 4th of July 1863 to General Grant's Union forces. The honor of leading the victorious troops into the captured stronghold fell



to General James B. McPherson's 17th Corps of the Army of the Tennessee. As commander of the occupation forces at Vicksburg, McPherson, on the 2nd of October 1863, authorized a medal to be awarded to officers and enlisted men of 17th Corps who displayed "gallant and distinguished services in the field." Sometimes called the "medal of gold," it remains among the rarest of Civil War memorabilia.

Exactly how many and to whom the medal (pictured nearby) was awarded is unknown. One, however, was Major

L. S. Willard, McPherson's senior aide-de-camp. He and others of McPherson's staff accompanied his body to Clyde, Ohio after he was killed during the opening rounds of the Battle of Atlanta. Three weeks later, Willard wrote his friend and comrade A. C. Blizard, also a recipient of the medal.

On August 15th, Willard wrote from Peoria, Illinois, "I am now at home waiting to see what will be done with me after accompanying the remains of our beloved commander to their last resting place... It was a very sad duty Capt. Gile, Steele, and myself had to perform. It must have been a sad and lonely Head Qtrs. the night of the 22nd of July with the tent of our beloved General vacant and vacant forever. That Army felt that night as though a loss unrepairable had befallen them; to me the thought was fearful it seemed as though with the death of the General the Army of the Tennessee almost became extinct. His relatives in Ohio felt the loss as only Mothers and Sisters can, everyone paid the greatest respect to the remains."

After leaving Clyde, Major Willard resigned his commission at Cincinnati and left the military. He had been with the 17th Corp since the Battle of Shiloh, Today, other war date letters written by Willard are preserved at the Newberry Library in Chicago.

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Bird feeders can be a source of joy and disease. Fifty-nine million Americans feed the birds, yet bird feeders fuel the spread of avian diseases, alter migratory behavior, and help invasive species out compete natives, and give predators easy access to birds and nestlings.

Does bird feeding provide any benefits? To us or to the birds? For birds, some studies show feeders can aid survival during migratory and harsh winters. As to benefits for humans, the birds don't need the feeders, we do!

So what can we do to feed the birds responsibly? We can plant seedy things; perennials and sunflowers. Many birds work over seeds from asters, goldenrod, brown eyed Susan, some like chokeberry, sumac, and spicebush. On top of that gardens offer lots of insects and nesting cover. Yard treatments can be as simple as not mowing a section of the yard, or better mowing once a year. Retaining or restoring the original bird habitat would be best for the birds.



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Little Red Riding Hood and Issue 1

By Kathy VanWey

Remember innocent Little Red Riding Hood in her red velvet wrap walking to Grandma's house with the Big Bad Wolves lying in wait? Ohio is Little Red Riding Hood. She is rich and in her basket of goodies is a constitution that allows **for a permanent change in the constitution by 50% of the popular vote plus one vote. Currently an initiative petition needs 5% of valid voter signatures from 44 counties and has a ten-day 'cure' for obtaining more signatures to replace the invalidated ones.** The Wolves, the special interest groups, have too often hunted and stalked the electorate, pouring millions into slick advertising campaigns convincing them to change our state constitution for their purposes – i.e. gambling casinos. To prevent these misuses, here are the proposed changes:

Issue 1: "Require that any proposed amendment to the Constitution of the State of Ohio receive **the approval of at least 60 percent of eligible voters** voting on the proposed amendment [and] **require that any initiative petition** filed on or after January 1, 2024, . . . to amend the Constitution **be signed by at least five percent of the electors of each county** . . . If passed, the amendment will be effective immediately." (Ballotpedia).

It means a super majority of voters must agree to change the constitution. Critics complain that this is a deliberate end run to keep an abortion amendment off the November ballot. And they're right! The Wolves want the goodies and the children. Here are the two main points of: **The Right to Reproductive Freedom with Protections for Health and Safety.**

"Every **individual** has a right to make and carry out one's own reproductive decisions, including but not limited to decisions on:

1. Contraception;
2. Fertility treatment;
3. Continuing one's own pregnancy;
4. Miscarriage care; and
5. Abortion.

The State shall not, directly or indirectly burden, penalize, prohibit, interfere with or discriminate against either:

1. An individual's voluntary exercise of this right or
2. **A person or entity that assists an individual exercising this right.**" (Ballotpedia)

Notice the tone is benevolent, almost heroic, but the devil is in the details. Notice the word **"individual."** It doesn't say adult or child with parental consent. The next part states **"a person or entity."** This means any person can take your child at any age for an abortion, hormone therapy, or a transgender surgery etc., without your consent or knowledge.

Legally you have no parental rights for your child, or recourse to hold those adults responsible for any procedures or surgeries accountable. **Vote YES on Issue 1.** We cannot allow the Big Bad Wolves to hunt and stalk our children.



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12 Acres in Ohio

By Robin Arnold
and Gena Husman

Where is Your Mommy?

It was just another lovely spring day, and Robin was out walking with her camera when she saw a couple of young woodchucks out roaming around—either looking for food, or hunting for their own dens, since there was no adult with either of them. They were each in a different part of the property, and neither was anywhere near the den which we had been watching during the spring months.

She encountered the first one while walking along the back dike. It immediately ran and hid in the weeds when it saw her. A few minutes later, on a different path on the property, she spotted a second young woodchuck strolling along ahead of her, oblivious to—or ignoring—the fact that a human with a camera was stalking it. Taking advantage of the fact that it hadn't run into the weeds, Robin followed it along the path hoping to get photos of it. Without warning, it turned around and started walking back towards her, taking her completely off guard. Doing the only thing a REAL nature photographer would do, she dropped to her knees off to the left side of the path (hoping all the while she'd be able to get up again, since it would be a long way to crawl back to the house) and started taking photos of it as it approached her.

One minute it was there, walking down the path towards her, and the next, it had completely disappeared. She lowered the camera to see where it went. She looked to her right and didn't see it; then she turned her head back and looked down, and there it was, sitting right in front of her on the ground almost touching her knees and looking up into her face.

"Are you looking for your mommy?" Robin babbled, wondering what it was going to do next. It didn't appear to be the least bit frightened of her, and it didn't seem to be planning to attack her, but it was too close to photograph with her longer lens. A couple inches closer and it would be sitting on her lap.

Amazed at this little woodchuck's fearlessness, she slowly laid the camera with the longer lens on the ground beside her and reached for the other camera hanging around her neck, which had a close-up lens. Robin knew she couldn't pass up this once-in-a-lifetime, face-to-face-with-an-adolescent-woodchuck photo-op. It was a gift from Mother Nature.

While she was busy snapping pictures and asking it where it's mommy was, it was busy studying this strange human's face, possibly having thoughts of its own. Curious, it waddled over and spent the next couple of minutes checking out the other camera lying on the ground. Then, satisfied

with its inspection, the little woodchuck turned and ambled back down the path.

It is times like this that are sometimes the most awesome and humbling to us. Encounters on this level with creatures in the wild are rare and to be cherished...after all, we do share this planet with each other.



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Seneca Caverns - 90 Year Landmark Anniversary

By Denise Baldetti

In 1872, two young boys and their dog were out hunting rabbits when they stumbled upon a great crack in the Earth. That crack, today known as Seneca Caverns, is located in Seneca County, just south of Bellevue, Ohio. The caverns, named after Ohio's Seneca Indians, are one of the largest caves in Ohio, and draw visitors from around the world.



Entrance to Seneca Caverns, Bellevue, Ohio.



Stone slab engraved by C.D. Royer, tombstone engraver, on 11/27/1893. He is buried in Sterling, Kansas.

temperature is a constant 54 degrees Fahrenheit, so a light jacket and sturdy walking shoes are recommended. As the tour is moderately strenuous, carrying children is not recommended and strollers and wheelchairs are not permitted.



Cave interior with trickling waterfall.

In 1929, soon after moving to Bellevue, Don Bell heard about the caves and explored the cave with property owner, Emmanuel Good. In 1931, Mr. Bell discovered a series of passageways and tunnels not previously explored. After purchasing the property and working 2.5 years to improve the caverns, on May 14, 1933 Mr. Bell opened the caves to the public. **This year marks the 90th anniversary of Seneca Caverns open for visitors to explore this geological wonder!**

Seneca Cavern is a unique subterranean adventure. The one-hour guided tours take visitors down 110 feet underground to explore seven public cave levels rich with history. The tour areas are electrically lighted. Underlying the cavern area is a crystal-clear flowing stream known as "Ole Mist'ry River." Rain and snowmelt determine the level of this groundwater system. The year round cavern

The present owner, Denise Bell, loves the crazy cave business. Many years ago, she began working as a tour guide during high school. Her favorite level is the fourth, where one can hear water dripping into Soda Straw formations. These hollow tubes of crystal formations take over 100 years to form one cubic inch. The cave is an active living environment. If you happen to get dripped on, you are touched by a "cave kiss."

On a tour, visitors can examine carved inscriptions and names from long ago. One such script carving, dated 11/27/1893, was done by a tombstone engraver named C.D. Royer. Visitors will hear fascinating tales on their tour as they maneuver outcroppings,

twists, turns and dark nooks. Visitors may also hear about "phantom tours." A phantom tour is separate cave tour that can be heard while visitors are on a tour. However, in reality, **there is no other tour being conducted at that time!** Hmm ...

Coming up: Saturday Lantern Tours: Aug. 5th, Sept. 9th and Oct. 14th, 2023 at 7:00 P.M.

Gemstone Discovery Day: (kids 4-12) on Sunday, Sept. 10th, 2023 10 A.M. to 4 P.M.



"Cave Museum" of artifacts discovered within the cave.

If you've made a bucket list, be sure to put a visit to these caves near the top of your list! With our great Ohio summer weather, there is no better time than the present to check out this registered natural landmark!

Cave tour hours are Memorial Day thru Labor Day - 9:00 A.M. to 7:00 P.M.; Sept. thru mid-Oct. open Sat and Sun - 10:00 A.M. to 5:00 P.M. (The caves are closed November thru April.) **For more information, visit SenecaCavernsOhio.com or call them at 419-483-6711.**

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ARIES (March 21-April 19): You may be feeling like you have dug yourself into a hole and could be expecting people to crowd around and fill it in. Listen to others and you can understand their true feelings. Try not to take people for granted.

TAURUS (April 20-May 20): Now may be the time to start looking at broadening your horizons or finding a new place to spend your time. Networking with colleagues or reaching out to someone outside your normal circles could pay off later.

GEMINI (May 21-June 20): You might feel a relationship has put you in a tough spot, but pride could be holding you back from telling the truth. It may be time to put more effort into a side gig so you can cover your financial commitments.

CANCER (June 21-July 22): If you are feeling confused by your choices or actions right now, it's time to sit down, reflect and do some self-inquiry. Figure out what you really, really want and need and go forward accordingly.

LEO (July 23-Aug. 22): Everything comes down to doing the work to keep getting better. If you have talent but are feeling rusty you could be envious of others' success. Instead of being discouraged, practice enough to restore your own mastery.

VIRGO (Aug. 23-Sept. 22): Words can sometimes prove to be tricky. What you meant could be mistranslated upon delivery. Common phrases for you may be foreign languages to others, rather than hope they understand, strive to be as clear as possible.

LIBRA (Sept. 23-Oct. 22): Judging a book by its cover no matter how pretty or interesting cannot give you an accurate idea of the contents within. Be honest about your abilities and you can prove who you really are and what you have to offer.

SCORPIO (Oct. 23-Nov. 21): You may be feeling like your identity is tied to your career, your partner or your fashion sense. You have always been more than that. The true, unvarnished, original person you are is waiting for her chance to shine.

SAGITTARIUS (Nov. 22-Dec. 21): You deserve unconditional love and may want to reflect it back on loved ones. If you find yourself in a squabble, remember that regardless of history, you might need to stay calm to reach a solution everyone can respect.

CAPRICORN (Dec. 22-Jan. 19): You can be capable of all the necessary precisions but could end up distracted by your own emotions at times. Thorough research may help you to better understand the questions and help you find more meaningful answers.

AQUARIUS (Jan. 20-Feb. 18): Games of chance may have the same odds no matter how you play the game. The only way to improve your chances is to alter the timing. Try to be cautious about spending right now, you might need your rainy-day fund someday.

PISCES (Feb. 19-March 20): Well-intentioned commentary may feel like an attack right now. Listen to what they have to say and try not to take things personally. What they have to say could be the steps you need to take to reach your full potential.

Interpersonal Edge

Dr. Daneen Skube

Q: I've had numerous set-backs since the beginning of the year at work. I'm starting to think I'm cursed. Now I'm getting up every day wondering what else will go wrong. Is there any way to shift my attitude?

A: Yes, try the hypothesis that everything in the universe is conspiring to help you rather than hurt you. The difference between a blessing and a curse is in a blessing we look for how events benefit us.

One of my clients recently had this mind-blowing dream where she saw her entire life through the perspective of blessings. During the dream she realized she was angry and sad not because of events but because she felt victimized by events. She woke up feeling like all her challenges had matured her and helped her grow up.

When a situation is disappointing, we can turn left or right. We turn left to bemoan how the universe is proving we're unlovable and unsupported, or we turn right to figure out the gifts in our new circumstances.

Our theories about our circumstances are powerful. If we go to work each day believing we're unsupported, events will prove us right. If we go to work each day, believing we're valuable, we'll search and find opportunity.

Obviously we all need to grieve our dashed expectations. We may need to complain, or rant! But, at some point we have the freedom to look at these events for the blessing hiding in plain sight.

I notice that when my clients experience adversities the most painful thing is they start to believe they don't deserve good luck. I point out that it isn't external circumstances but negative inner beliefs that's the tragedy. We have the power not to let temporary adversity permanently define our self-worth.

I'm not saying you shouldn't examine your failures. If you keep doing the same thing and failing, the school of hard knocks is trying to improve your performance.

The largest factor that helps

us with perseverance is the theory that we deserve good things. Even if you struggle with self-hatred, you can fake self-love and act as if you deserve good things. Remember other people don't have telepathy, they just know how you appear.

Another benefit of assuming the universe is conspiring for your benefit, is you'll react to other people more effectively. For instance, instead of getting mad at the Facebook seller for advertising the wrong quantity, I thanked her for giving me a new and good idea. She offered to connect me to a wholesale seller.

Realize everyone you work with will respond more positively if you see them as a gift. If we believe everyone is up to no good, even allies eventually become adversaries. If we believe everyone can teach us something, even enemies may one day become allies.

No matter how many failures you've had so far this year, the only permanent failure is to walk away from disappointment learning nothing. If with every set back you're motivated to try again more intelligently, you'll transform break downs into breakthroughs.

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Anything you can do when a dog pees in the same spot every day?

Dear Cathy,

What do you do when you have a neighbor who allows their dog to pee in the same spot on the street in front of your house all the time? Couldn't they change the location sometimes?

The dog's urine has a terrible odor, and because it's going in the same spot repeatedly, it accumulates, and the smell intensifies, especially on hot days. I am not on speaking terms with this neighbor, so I hope they see this column and fix the problem. My dog goes in my own yard. If she does her business in the street, I always pick it up. Any advice on how this problem can be rectified.

— Susan, East Northport, New York

Dear Susan,

Your neighbor may be trying to keep their dog off everyone's lawns. What that means, though, is that if her dog must relieve himself, it will be in the street, and dogs often pick the same spot. Since the neighbor can't "pick up" urine, they could sprinkle baking soda to absorb and reduce the odor. You also can take the initiative and sprinkle baking soda over the area yourself, which, in turn, may make the dog choose another location to pee the next day. Since they are not on your property, however, that is probably the most you can do.

Dear Cathy,

I read with interest your advice to the woman who was having a feral cat problem in East Islip, New York. I understand her frustration, but I advise some caution on how zealous she gets in getting rid of the feral cats.

She states that she lives on the edge of a wooded area. My guess is she has little or no problem with other wild animals right now. Even though she probably doesn't realize it, the feral cats have been controlling other pests. If she manages to eliminate the feral cats on her property, it won't take long before there's an upsurge of animals like mice, rats, squirrels, opossums, and raccoons. These animals are adept enough to circumvent any fence she may have installed, and they can be highly destructive and multiply very quickly.

My husband and I had a similar situation in our neighborhood several years ago. We live in a dead-end subdivision in a town of 20,000 people in a rural farming county. We had a woman in the neighborhood who declared war on the local feral cat population because they would get into her flower beds and use them as a litterbox. She convinced local authorities to trap and remove all feral cats.

Within one summer, the number of rabbits in the neighborhood quadrupled, and the ground and tree squirrels doubled. The rabbit population had grown so large the following summer that it wasn't unusual to count 20 to 40 rabbits in view without even trying hard. My next-door neighbor lost his entire garden to rabbits, and we all fought to keep rodents out of flower beds and landscaping.

I would encourage moderation in any attempt to control feral cat populations. The woman doesn't want to have a much larger problem with animals that are even harder to control.

— Debbie, Charleston, Illinois

Dear Debbie,

Until people stop abandoning their felines, neighborhoods will be dealing with feral cats. Cats, as

you point out, are the most effective, long-lasting, and humane deterrent for keeping rodents and other small creatures away from our homes.

They not only hunt these small animals, but if these animals get a whiff of a cat, they tend to stay away. And, when neighborhoods get these cats fixed, they also eliminate unwanted reproductive behaviors and future kittens from being born, making it easier for everyone to co-exist. The average cat lives 14 years; the average feral cat, less than seven – and more often only three or four years.

(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.) ©2023 Tribune Content Agency, LLC.

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JUST MY OPINION

By Dr. Paul Silcox

This is a story about a midwestern state in the heartland of the USA. In the late summer of the year, there was an issue brewing that was coming up for a vote in a Special Election. Now in this town, there were four people named Mike Everybody, Joe Somebody, Dave Anybody and Tom Nobody. (Now for the sake of brevity to help the story along, I'll just refer to these four by their last names)

There was an important job to be done at helping people understand what was at stake in this election. Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it.

(As is often with midterm or special elections, many people think it's not that big a deal and won't bother to get out to cast their ballot. Just so you know voting is such a privilege that over 1,300,000 Americans have laid down their lives since 1775 so that YOU can vote.) (Oops, back to my story)

Then, Somebody was upset about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. So, it ended up that Everybody blamed Somebody when Nobody did what Anybody could have. (Did you follow that?)

The crux of the matter revolves around the Ohio Constitution. There are folks that want to keep it easy to make changes to it. To keep it as it stands now, it would only take 1 vote over 50% OF THE VOTES CAST in an election to make a change in the Constitution of Ohio, then vote NO. But if you prefer it to take a clear majority of Ohio voters to change Ohio's Constitution, 60% OF THE VOTES CAST, then vote YES.

Being that this is a non-political publication, I can't say that I like Issue 1 or that I voted for it in July. (Or at least I shouldn't) But I will say that overall, I'm a conservative in my thinking and I know that Ohio is looked at with respect as a conservative pillar in the nation. I just hope that it doesn't end up that Everybody blames Somebody else if Nobody does what Anybody could have.



IN YOUR OWN BACKYARD

Downtown Fremont: Aug. 5 Farmers Market & All Together Fremont Event 9am-1pm.

Aug. 19 Farmers Market & Things That Go Event 9am-1pm.

Steve Anway, new president of **Fremont Lions Club** welcomed members and guest speaker Julie Chudzinski to the meeting on July 18. Chudzinski is a licensed funeral director at Herman-Karlovetz Funeral Home and is a graduate of St. Joe High School, BGSU and received her Master of Business Administration from the University of Toledo. She provided a very informative program while explaining various options and services provided. Next meeting is August 1 with the District 13-OH 2 Governor Julianne Zody as the speaker. Dr. Paul Silcox will be the speaker on Aug.15; business meeting on Aug. 29 at the Fremont Eagles from noon-1 pm. Members and guests are welcome to attend all meetings.

The National MS Society, along with WalkMS Fremont, will offer a support group which will meet monthly starting in September. The 1st meeting will be Monday, Sept. 11 at 6:30pm at the Sandusky County YMCA on North St. in Fremont. The group will continue to meet the 2nd Monday of each month and is open to all people with MS, their families and their caregivers.

The American Cancer Society Relay For Life of Sandusky County will be happening on Saturday, Aug. 12th from 3pm-9pm at New Hope Vineyard Church (2507 Hayes Avenue). We are coming together to celebrate cancer survivors, remember loved ones lost to cancer, and raise funds to improve the lives of people with cancer. If you are a cancer survivor and would like to join us at our annual dinner, reach out to Jenny Wilhelm at fofoo43420@cancer.org. We have some fun and exciting things happening this year, to learn more go to relayforlife.org/sandco.

Kiwanis Club of Fremont meets every Thurs. 11:45-1 pm at the Fremont Elks Lodge except for the first Thursday of the month when they meet at The Back Lounge of The Strand Theater

5-6:30 pm. Guests are welcome. Programs for this month are Aug. 3 - Social Gathering at The Strand Theater, Aug. 10 - Terra State Community College Senior Programs, Aug. 17 - Ohio District Convention Report, Aug. 24 - Area High School Football Coaches, Aug. 31 - Annual Campfire Picnic at Misty Meadows. For more info email sardisburchard@yahoo.com

Fremont Area Women's Connection welcomes you to our Ladies' Luncheon, Aug. 8th, at Victor's Event Center 2270 Hayes Ave. Our theme is "Walking the tightrope..." featuring the Sandusky County Drug Task Force with Dean Bliss. Our speaker, Lynn Jordon of Valparaiso, IN, will share her story "Living a Balanced Life in a Tilted World."

The doors open at 10:30AM for coffee and socializing. Lunch and program is 11-1pm, cost is \$14. Make your reservation before Friday, August 4th. Call/text Donna at 419-680-2251 or e-mail [Carrol at fawcluncheon@gmail.com](mailto:fawcluncheon@gmail.com). Reservations/ cancellations must be reported in the same way.

Teal to Toe: Sat. Sept 9th at 8am at Connor Park. Walk/run, bake sale and auction.

Join ProMedica Memorial Hospital for Family Fest on Sunday, Sept 25th from 1-3 at the hill behind the hospital. This free family-oriented event focuses on the physical, mental and social well-being of families in the communities we serve. There will be activities for the entire family that include:

• Free giveaways • Raffle prizes • Teddy Bear Hospital for kids to bring their sick or hurt stuffed animals • Kids can meet with the Fremont Fire and Police departments • Complimentary snacks and beverages.

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Dr. Copeland is originally from Findlay, Ohio. He received his medical degree from the University of Chicago Pritzker School of Medicine in Chicago, Illinois. He completed his orthopaedic residency at the University of Chicago Hospitals.

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