

# 2000 Lifestyles

**FREE**

Vol. 21 Issue 12

**DECEMBER 2020**



**THE HAYES  
TRAIN SPECIAL**

page 7

[Lifestyles2000.net](http://Lifestyles2000.net)





# *This Year Make the Holidays Special*

BY KEEPING THEM SIMPLE



## Follow Us on Facebook for 24 Ideas for a Safe and Happy Holiday!

Every day beginning December 1 through December 24, Community Health Services will post a new tip, recipe, craft or idea that you might like to try during the holidays on our Facebook page - [www.facebook.com/CHSOHio](https://www.facebook.com/CHSOHio).

We'll be searching a variety of sites throughout the month of December and share our favorite ideas, links, recipes, activities and more. We hope that you'll follow along, and maybe find a few fun ideas to try - or messages to share.

Together we can find ways to celebrate the joy of the season and keep ourselves and families safe.

***On behalf of the Community Health Services Family,  
have a safe and happy holiday!***

CHS

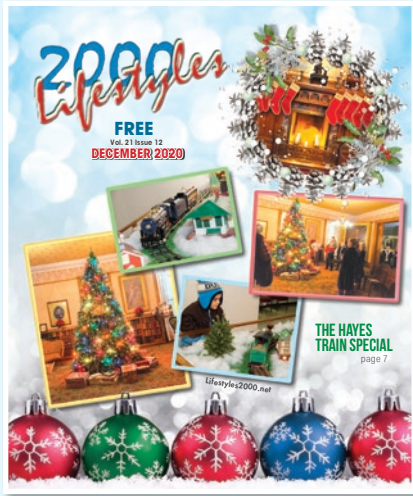
COMMUNITY HEALTH SERVICES

WE CARE.

Community Health Services accepts all payment sources including Medicaid, Medicare, insurance and self-pay. We offer a sliding fee schedule for patients who qualify.

[www.CHSOHio.com](https://www.CHSOHio.com)  
[www.facebook.com/CHSOHio](https://www.facebook.com/CHSOHio)  
[@CHS\\_Ohio](https://twitter.com/CHS_Ohio)





# Lifestyles 2000

December 2020  
Vol. 21 • Issue 12  
[www.lifestyles2000.net](http://www.lifestyles2000.net)

Celebrating  
**21**  
YEARS



## NEWS & NOTES

Life Scholar, Holly Hoffman . . . . .4

The Hayes Train Special, Kristina Smith . . . . .7

## ENTERTAINMENT

Out to Lunch, Lynn Urban . . . . .5

Can the CIA Conduct Domestic Spying? Robert Morton . . . .6

Astrology Forecast, Magi Helena . . . . .8

History Notebook, Nan Card . . . . .9

In Your Own Backyard . . . . .11

## HEALTHY LIVING

When to Use Heat or Ice for Pain, Dr. Paul Silcox . . . . .11

## HOME & HEARTH

Retire Smart/Jill on Money, Jill Schlesinger . . . . .5

America's Test Kitchen . . . . .7

Kiss-Me-Over-The-Garden-Gate, Grace Nause . . . . .8

My Mother's Recipes, Joy Taylor . . . . .9

My Pet World, Cathy Rosenthal . . . . .10

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

Front Cover: "The Hayes Train Special," a beloved holiday tradition at the Hayes Presidential Library & Museums

# Harvest Choices:

As we observe the decline of daylight hours, the cooler evenings and nights, and the disappearing songs of the spring birds, we grasp the reality that the year is coming to an end, and the expectations for harvest are past. Jeremiah 8:20, "The harvest is past, the summer has ended, and we are not saved."

Like the passing of the seasons, God has given each one opportunities for life that will someday end and never return.

The choices we make in life will bear fruit for the

harvest. The choice to live for self, lust and pleasure, brings sorrow and will yield a bitter harvest.

Luke 16:19-31 *"The choice to live for Christ and to the service of others is fulfilling and holds the potential for future rewards. Let us not squander the opportunities God gives us to find salvation lest we find ourselves to be wanting when our summer is past."*

Only one life, 'twill soon be past. Only what's done for Christ will last!

**We welcome you to the Rising Sun  
Mennonite Church, 238 SR 23, Rising Sun**

Sunday 9:30am and Sunday Evenings  
(2nd & 4th week) 7:30pm

Nathan Otto 419-436-9212

Steven Horst 419-355-9409.



**OTTO AND URBAN  
FLOWERS** "4th Generation  
Florists"

**Poinsettias**  
**Holiday gifts**  
**Wreaths • Centerpieces**  
**Grave Blankets**  
**Wire Services**



905 E. State St. Fremont  
419-332-9275

118 W. 6th St. Port Clinton  
419-734-4456

Est. 1861

**GRUND DRUG  
Pharmacy**

wishes you a  
**Happy Holiday!**

Thank you for your  
patronage this year!

We're Here For Your Health & Wellness Needs  
Monday-Friday 9am-7pm  
Saturday 9am-5pm

Sandusky County's Only  
Locally Owned Pharmacy

127 SOUTH FRONT STREET  
FREMONT OH 43420 419-332-5585





# Lifestyles 2000

## PUBLISHER/EDITOR

Joanne McDowell

## SALES

Joanne McDowell

567-342-3117

email [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net)

## DISTRIBUTION

Pete McDowell

## GRAPHIC DESIGN

Martha Blumel, Envision Graphic Design

## ADVERTISING/ GENERAL INFORMATION

For advertising and general information  
call 567-342-3117 or

email [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net)

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](mailto: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."

Distribution of the paper does not constitute an endorsement of products, information or services. Neither the advertisers nor the publisher are responsible for omissions, misinformation, typographical errors, etc. herein contained.

Subscriptions are available for 12 months by first class mail for \$25. Please send name and address to:

Lifestyles 2000  
30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

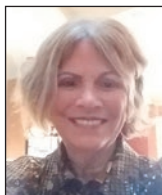
Merry Christmas!

What a year this has been-as it comes to a close we wish you a wonderful holiday season and hope that you and your loved ones stay healthy and enjoy all of the blessings we enjoy in our great country.

Thank you for picking us up each month, we look forward to 2021.

God bless,

Joanne & Pete



## Find Pete



## Find Pete Winners:

There were over 100 entries for the November contest, the majority of you got it right, Bethseda Care Center. (Please be aware that we are getting email responses with no address which makes your entry ineligible.)

Winners are: Sheila Long, Kim Warren, Deanna Root, Cassie Molyet, Roger Gahn, Mary Post, April Sanchez, Caroline Byrne, Tom Klos, Andrea Carter, Brenda Blodgett, Jacinta Figley, Fremont; Susan Decker, Deb Laub, David Richardson, Bellevue; Debra Beeker, Gibsonburg; Jillian Baker, Green Springs; Brooks Babione, Burgoon; Sandy Kessler, Mark Fisher, Clara Rinebold, Beth Dodson, Sara Roach, Clyde. Congrats!

## Find Pete Prizes:

Prizes are from: Lilie Beans, Otto & Urban Florist, Pottery Perfection; A's Family Restaurant; Share & Care Fremont; Old Fort Market, The Calico Cat, Clyde. 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](mailto:lifestyles2000@sbcglobal.net). One entry per household. **Deadline is the 20th monthly.** Please do not send the ad.

# Life Scholar

By Holly Hoffman

As 2020 comes to an end, Life Scholars would like to thank you for your continued support during this difficult time. As Coordinator of this amazing program, I would like to end the year with a special message.

In 2019 everyone was so excited to ring in 2020 – what a challenging year it has been! I believe that many of us are just as excited to end this year, as we were to begin it.. As we approach the holiday season, please pause for a moment to remember that there is always something to be thankful for. I am thankful, of course, for my family, who I love dearly. I am also thankful that I am able to continue with my passion to share not only the fun of lifelong learning, but to work with all of the amazing individuals I have met – a very special family called Life Scholars. This "special" family, not only shares the love of lifelong learning, but new friendships that help one another through any challenges we may face.

While we made some modifications with our program this year to keep everyone safe, getting to see those smiling faces and laughs whether in person, or virtually, is what it is all about....and with that, I wish each and every one of you a very safe and happy holiday season so that we can be together in January as we join together for the release of our spring season.

We are excited to release our spring catalog in a few weeks with some great new offerings. If you do not currently receive our catalog, and would like one, please email us at [learn@terra.edu](mailto:learn@terra.edu) or call 419-559-2255 with your address. You will not want to miss our annual Spring Sampler event on January 21st at 1:00 p.m. Registration is required for virtual or in-person and may be modified due to COVID levels.



## Bark Creek Pantry

### Full Deli

Snacks & Candy  
Homemade Bread, Pies & Rolls

**All your cooking needs**

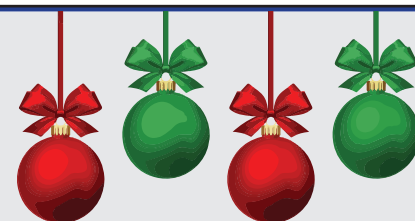
- Local Beef
- Spices
- Cookie Cutters
- Bird Feeders
- Light Houses
- Candles
- Homemade Rugs
- Many Gift Items



Hours: Mon., Tues., Thurs. 8-5  
Friday 8-8 Sat. 8-4  
Closed Wed. & Sunday  
**1789 E. State St.- Fremont**  
**567-342-3111**



Bethesda Care Center  
600 North Brush Street  
Fremont, OH 43420  
[www.bethsedaicare.org](http://www.bethsedaicare.org)  
Phone: 419-334-9521



*Your friends at  
Bethesda Care Center  
want to wish you a  
**MERRY CHRISTMAS  
& HAPPY NEW YEAR!***

**Find us on Facebook at Bethesda Care Center**





## Out to Lunch

By Lynn Urban

### Silver Moon Soda Grill

I had heard from several people about a restaurant in Perrysburg at 7820 Ponderosa Road, called the Silver Moon Soda Grill. I had noticed it a few times and thought it would be a good place to stop, and it was!

It's an independently owned cafe that is decorated as an old fashioned soda shop, with a large winding counter for lots of seating. The hours are 6am to 2pm daily except Sunday, the hours are 7am to 2pm. They serve only breakfast and lunch, and I've been there for both. Breakfast is probably the most popular meal.

For breakfast I ordered the Boston omelet, which is an open face omelette, topped with sausage, home fries, sausage gravy and shredded cheese, it came with a large Wolferman English muffin, for \$7.99. I got two meals out of it. The sausage gravy is homemade of course, and starts at \$3.99 with a biscuit.



The omelettes are enormous and are served with potatoes and toast, or you can go for the mini omelet, for the smaller appetite. The same goes for the salads, you can get either a full or a half. The prices are reasonable, considering that all of the portions are huge. Even the burgers are made from a ½ lb of fresh ground beef.

On another visit, I had a delicious thick cream of chicken and green bean soup. All soups are homemade, along with the tuna salad and chicken salad. I also had a pulled pork sandwich made from their own slow roasted pork, and on the side, a batch of their homemade bbq potato chips. Another fulfilling sandwich was the chicken gyro, that was filled with seasoned chicken and toppings. It was served open faced and you had to eat it with a fork. They offer a large selection of sandwiches served with either chips or fries.

Overall, it's a great little homestyle restaurant that's easy to get to, and should be on your list to try. Their phone number is 419-666-7425. Enjoy!

## Jill on Money

By Jill Schlesinger

### It's that time of year again. Open enrollment

As I write this, the election results are not known, so let's concentrate on something you can control: open enrollment season for health coverage! I hear you groaning, but this is your not-so-gentle nudge to pay attention, because there is serious money on the line. For the 157 million Americans who receive their health insurance benefits through their employers, workers will shell out \$5,588 for family coverage (\$1,243 for single), not including deductibles, according to the annual Kaiser Family Foundation survey.

To get started, review your existing coverage, what you spent this past year; and then try to project what your health care costs will be in 2021 - that may sound crazy amid a health pandemic, but do your best. Then compare available plans to see what they cover; how much they cost, including co-pays and deductibles; and whether your doctors are in the network. Don't forget to factor in regular medications that you take and make sure that the plan covers them.

You may want to consider a High Deductible Health Plan (HDHP), which offers lower premiums and is paired with tax-advantaged Health Savings Accounts (HSAs). If you're generally healthy and want to save for future health care expenses, the HDHP/HSA may be an attractive choice. Or if you're near retirement, it may make sense because the money in the HSA can be used to offset costs of medical care after retirement. The maximum contribution for 2021 is \$3,600 for an individual and \$7,200 for a family. Those who are over age 55 can make an extra \$1,000 contribution.

Amid COVID-19, the IRS has made changes to some HDHP rules. The CARES Act provides "flexibility for health care spending that may be helpful." Specifically, HDHP's temporarily (from January 1, 2020 through December 31, 2021) can cover telehealth and other remote care services without a deductible, or with a deductible below the minimum annual deductible otherwise required by law.

In addition to HDHPs, many companies also offer Flexible Spending Accounts (FSAs), which allow you to set aside \$2,750 pre-tax in 2021 to help pay for unreimbursed medical expenses. Some FSA's can be "use-it-or-lose it," which means you have to incur eligible expenses by the end of the plan year or forfeit any unspent amounts. Employers may, if they choose, allow you to carry over up to \$550 of unused FSA funds to the following plan year, but some of those rules have been loosened due to the pandemic, so check with your HR department.

**MEDICARE:** Open enrollment has begun for the nation's health care plan for those over age 65 and runs through December 7th. Because insurance companies often change what they cover from year to year and/or your health or regular medications also may have changes, all enrollees (maybe with the help of family or friends) should review and potentially update their coverage. Go to the Medicare Plan Finder to compare plans and select what is right for you.

**AFFORDABLE CARE ACT (ACA):** The 2021 ACA Open Enrollment Period has started and runs to December 15. However, if you lose your job-based benefits, whether due to COVID-19 or other reasons, you may qualify for a Special Enrollment Period. Additionally, if your income has dropped, don't forget to update your ACA application - doing so may allow you to qualify for federal tax credits. If you are having problems paying for premiums because of a hardship due to COVID-19, ask your insurance company to extend premium payment deadlines or ask that they delay terminating your coverage if you can't pay your premiums. For more information about COVID-related changes to the ACA, go to [healthcare.gov/coronavirus](https://healthcare.gov/coronavirus).

*(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](mailto:askjill@jillonmoney.com). Check her website at [www.jillonmoney.com](http://www.jillonmoney.com))*



*What's your advisor's sell discipline?*

*Call 419-355-0279 to learn about ours.*

**Jerome A. Wiggins, President**

**528 3rd Avenue, Fremont, OH 43420**

**[www.vaultinvestmentpartners.com](http://www.vaultinvestmentpartners.com)**

Investment advisory services offered through Vault Investment Partners, a Registered Investment Advisor.





# Can the CIA conduct domestic spying?

By Robert Morton

The 70-year old ban preventing the CIA from conducting domestic surveillance inside America has ended with the establishment of Fusion Centers. In 2005, retired CIA spymaster Charles "Charlie" Allen was called back in from the cold by the Department of Homeland Security, he helped them deploy CIA intelligence officers to newly created Fusion Centers (FCs) throughout the U.S.

Allen, who spent 47 years collecting and analyzing foreign intelligence at the CIA, uses FCs to strengthen America's homeland security by meticulously shaping our gravely inadequate homeland intelligence-gathering and sharing capacity into a well thought out operation. FCs enable our local authorities at the state, county, and city level to detect and respond to overseas terrorist threats by leveraging national intelligence with teams of CIA officers embedded locally in FCs throughout America.

In 2007, as a member of the Association of Former Intelligence Officers (AFIO), I attended a seminar in Tysons Corner, VA where Allen announced that by the end of 2008, FC's will be operational in all 50 states. The CIA and NSA began domestic spying within the U.S. and two-way, robust sharing of information between overseas CIA counterintelligence operatives and local law enforcement began inside America.

In sum, Chief Intelligence Officer Allen began positioning CIA case officers in each FC, enabling the CIA to share overseas terrorist information with over 600 U.S. state and local law enforcement agencies.

Here is an imaginary example of how the process works:

Suppose the NSA receives intelligence from a spy satellite that intercepted a cell phone call made from someone in Toledo to a suspected al Qaeda cell in Yemen that they have been monitoring. It mentions Progressive Field in Cleveland.


On the ground in Yemen, a CIA Case Officer had previously recruited one of the suspected cell member's cousins to spy for the U.S., and this recruited spy ("asset") reported to his CIA handler that he saw in his cousin's home a diagram of the Progressive Field arena and surrounding streets marked off with words in Farsi.

In this highly plausible scenario, the locally embedded CIA officers working at the Toledo, Ohio Fusion Center would be alerted and instantly tap into their underground workstation supercomputers and pull together the staggering intelligence-gathering capabilities of the U.S. intelligence community, then share it with Toledo and Cleveland law enforcement in real time, with the CIA's methods and sources kept secret.

The cloak-and-dagger, top secret particulars would be concealed- no one would know about the Yemen source or the NSA spy satellite method used to acquire the intelligence, but local police officials would be tipped off on the essence of the looming threat.

We need these locally embedded FCs because the lines between foreign and domestic intelligence have become blurred. Overseas threats that target our local communities are real and terrorist cells are transnational and religiously driven. Yes, domestic spying happens, but the CIA is spying FOR America, not ON America.

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 can be found in Kindle or paperback at Amazon.com books.



**Sandusky County Share and Care & Fremont Salvation Army Unit**

Neighbors Helping Neighbors

*Wishing you a blessed Christmas and a Joyous New Year!*

Thank you for your support. Visit your neighbors, drop some coins into a Salvation Army Kettle, bake a treat to share and love your community! Peace to all of you!

**Gently used clothing, glassware, crafts, books, toys, jewelry, shoes and so much more.**

Pants \$1/Jeans \$2,  
Short sleeve adult shirts .25,  
Long sleeve/sweaters .50,  
Coats \$1, Kid's clothing .25

"Follow us on Facebook- Sandusky County Share and Care"

Tues 10-3, Thursdays 10-7  
1st & 3rd Saturday 10-3 pm

*Dollars spent here support families in our community.*



"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." John 3:16

**129 Bidwell Ave., Downtown Fremont, 419-334-2832**



*Happy Holidays!*

From Your Friends At



**Elmwood**

**SENIOR HEALTHCARE COMMUNITIES**

**Fremont & Tiffin**

 Find us on Facebook

[elmwoodcommunities.com](http://elmwoodcommunities.com)

**PROFILES BY ALISA**

Creating Timeless Brows  
419-680-1486

Give a Gift of Beauty with Love  
Permanent Makeup  
Derma Planing & Skin Care

May Peace & Joy fill your hearts  
this season as we celebrate  
the birth of Jesus







# THE HAYES TRAIN SPECIAL

By Kristina  
Smith

"The Hayes Train Special," a beloved holiday tradition at the Hayes Presidential Library & Museums, will return this year with changes to accommodate for crowd control and physical distancing.

As a gift to the community and Hayes Presidential visitors during what has been a wild and difficult year, the "Hayes Train Special" will be free to the public through Saturday, Dec. 12. Attendees must reserve their free, timed tickets at <https://www.rbhayes.org/news/2020/10/23/general/hayes-train-special-returns-for-the-holidays-plus-six-days-free-display-admission/>. Walk-ins will be accepted, pending availability.

From Dec. 14 – Jan. 2, there will be an admission fee to the display, and timed tickets for these dates also are available at [rbhayes.org](https://www.rbhayes.org).

This year, the display will be placed in the museum auditorium, which offers more room for physical distancing. Visitors must wear a face-covering and are asked to maintain 6 feet of distance between their household group and other visitors.

Also new this year, Hayes Presidential is offering timed admission tickets for the train only to accommodate visitors who only want to see that exhibit. Tickets for the train exhibit only are good for one hour.

"Hayes Train Special" only tickets are \$3 for ages 6-12, \$6 for ages 13 and older and free for ages 5 and younger.

Admission to the train exhibit is also still included with a site pass or regular museum admission. All tickets are available at <https://www.rbhayes.org/visit-us/visitor-information/> or the museum front desk. Hayes Presidential members are admitted for free.

"With the train display being in the auditorium this year, we had an opportunity to offer tickets to the display only for customers who are just coming to see the trains or have a smaller budget for their visit," said Kristina Smith, marketing/communications manager. "Timed tickets allow us to control crowd size. Visitors who buy the site pass or museum-only admission will still have access to the 'Hayes Train Special' throughout their visit."

Interactive buttons allow visitors to be a part of the special exhibit. They can lower the crossing gates, run one of the trains, send a lamplighter up to his post and more. There will be hand sanitizer placed around the exhibit for visitor use.

The "Hayes Train Special" will remain on display through Saturday, Jan. 2. Hours are 9 a.m. to 5 p.m. Tuesday, Thursday and Saturday. The display will also be open from noon to 5 p.m. on Sunday, Dec. 27.

The train display has been a tradition at the Hayes Presidential since 1994. It is sponsored by Croghan Colonial Bank and the Gordon W. Knight Family.

On the final day of the train exhibit, Saturday, Jan. 2, the annual model train clinic will take place from 1 to 4 p.m. Admission to the train clinic, which includes access to the "Hayes Train Special," is \$5 per person. Model train hobbyists will assist guests with repair and upkeep questions about their model trains. Tickets for the model train clinic are available at [rbhayes.org](https://www.rbhayes.org).

The Hayes Presidential Library & Museums is America's first presidential library and the forerunner for the federal presidential library system. It is partially funded by the state of Ohio and affiliated with the Ohio History Connection. The Hayes Presidential Library & Museums is located at Spiegel Grove at the corner of Hayes and Buckland avenues.

For information, call 419-332-2081, or visit [rbhayes.org](https://www.rbhayes.org). Like HPLM on Facebook at [@rbhayespres](https://www.facebook.com/rbhayespres) and follow on Twitter and Instagram at [@rbhayespres](https://www.instagram.com/rbhayespres).



## AMERICA'S TEST KITCHEN

### This year, use that leftover Thanksgiving turkey for these spicy nachos

Leftovers are one of the best parts of a Thanksgiving meal. But sometimes, the day-after side dishes -- the mashed potatoes, roasted vegetables, casseroles, stuffing and gravy -- all get gobbled up before the extra turkey.

If that happens, don't go for another sandwich. Instead, give that leftover turkey another life with this nacho recipe. It requires just a few minutes of hands-on work and will transform your leftovers into a crisp, flavorful and fresh meal.

To give these nachos a noticeable but mild kick, we charred poblano peppers under the broiler. While those cooled, we toasted chili powder and cumin in oil along with garlic and dried oregano, then we stirred in the turkey, black beans and lime juice into the mixture. That mixture, along with some scallions, chopped poblanos and cheese, went onto the tortilla chips in two batches, which ensured some topping reached every chip. After a 10-minute stint in the oven, the nachos -- and your transformed turkey -- is ready to eat.

#### Spicy Turkey Nachos: Serves 6 to 8



- 3 poblano chiles
- 1 tablespoon vegetable oil
- 3 garlic cloves, minced
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- 1/4 teaspoon ground cumin
- 1 1/2 cups leftover turkey meat, cut into bite-sized pieces
- 1 (16-ounce) can black beans, drained and rinsed
- 2 teaspoons lime juice
- 8 cups tortilla chips (about 6 ounces)
- 2 scallions, sliced thin
- 4 cups pepper jack cheese, shredded

1. Adjust oven racks to the upper-middle and lower-middle positions and heat the broiler. Place poblanos on rimmed baking sheet and broil on the upper-middle rack until skin is charred, 3 to 5 minutes per side. Transfer poblanos to a large bowl and wrap tightly with plastic. When cool enough to handle, peel, seed and chop the poblanos. Reduce the oven temperature to 400 degrees.
2. Heat oil in a large nonstick skillet over medium heat until shimmering. Cook garlic, chili powder, oregano and cumin until fragrant, about 30 seconds. Off heat, stir in turkey, beans and lime juice.
3. Arrange half of the chips evenly in a 13-by 9-inch baking dish. Top with half of the turkey mixture, half of the scallions, half of the chopped poblanos and half of the cheese. Repeat. Transfer nachos to the lower-middle rack and bake until the cheese is melted, about 10 minutes. Serve.



**Lilie Beans**  
Fine fashions for you and your home.



1200 Oak Harbor Rd, Fremont 419-355-1111

**FROM OUR STORE TO YOUR HOME  
MERRY CHRISTMAS!**

**STOP IN FOR EXCITING SPECIALS EACH WEEK.**

**GIFTS FOR YOU, YOUR HOME,  
OR THAT SPECIAL PERSON**



**25%  
OFF**  
ANY ONE REGULARLY  
PRICED ITEM  
(Some exclusions may apply.)



Expires 12/31/20





**ARIES (March 21-April 19):** Social events where you can have fun with co-workers might be in the stars. Money-making activities can consume a great deal of your energy, yet you'll still have time for love.

**TAURUS (April 20-May 20):** Powerful efforts can propel you toward potent results. Over the next few weeks, you might be able to execute a plan of action with a trusted ally. Your diligent attention to detail makes you hard to deceive.

**GEMINI (May 21-June 20):** Offer added benefits to make the wheels of commerce or your job turn more smoothly. Free samples can help a sales promotion, or you might invite someone to share a meal on your expense account.

**CANCER (June 21-July 22):** Today's New Moon may subtly shift your attention to ways to express your creative passion as the next few weeks pass by. You may develop an interest in something you can share with a partner.

**LEO (July 23-Aug. 22):** In the month ahead, you may be propelled to initiate new projects with a singular passion. You likely recognize an honest opinion and are willing to accept good advice, so you are one up on the people don't do their homework.

**VIRGO (Aug. 23-Sept. 22):** Use your time and money wisely. You can delegate and have someone else deal with a troublesome problem or customer. It may be better to be resourceful and attentive than wildly extravagant.

**LIBRA (Sept. 23-Oct. 22):** Starting every day with a smile makes the day better for everyone. If you see life is a journey, you will be at your best with a traveling companion. Make new contacts in the month ahead.

**SCORPIO (Oct. 23-Nov. 21):** The New Moon in your sign might signal a refreshing change in your interests or daily routines. In the upcoming month, someone may be attracted or impressed by your intense do-or-die attitude.

**SAGITTARIUS (Nov. 22-Dec. 21):** If you focus consistently, all that hard work and effort should pay off. Expect to make a profit in the month to come by being at the right place at the right time, but don't spend it as fast as you earn it.

**CAPRICORN (Dec. 22-Jan. 19):** As this month begins, you might be empowered to take charge of your life and feel as if you have the Midas touch. Your drive for excellence may mean you become focused on making improvements in personal affairs.

**AQUARIUS (Jan. 20-Feb. 18):** This New Moon could mark the beginning of a few weeks when you take a greater interest in career success. Take time to read a recommended article or scan the local headlines since you may learn something useful.

**PISCES (Feb. 19-March 20):** Stay on the right side of rules and regulations, especially at work. Be discreet when engaged in group activities and discussions in the week ahead. Live out your fantasies at your home base.



What an unpredictable late summer and fall this has been! The coronavirus and its effect on schools opening and the football season, as well as the cancellations of public gatherings has been a challenge for all of us. However, I've noticed that it has made us into a more patient society. We have worn masks when we went out in the public, we did our best to stem the tide of the invading COVID-19. We have done our best to follow the rules. Hopefully, we will soon see the passing of the virus and we can breathe a sigh of relief as we move past it to "normal." On second thought, I'm not sure we will even recognize "normal" when we see it! If not, we will create a "new normal" that's even better than the old one. That's what people do in America. We just dig in and get to work recreating our lives in this land of the free and the home of the brave.

I was hoping that we could hold our November Tea on the 24th, but a couple of days ago we went back into the "Red Zone" which doesn't allow us to hold gatherings. We will need to cancel this Tea. This was to be our Christmas Tea, so I will need to be in contact with Santa as he was scheduled to visit us at the November Tea.

Now for a look at our schedule for the new year – 2021. As in the past there are no Teas scheduled for January, February and December in 2021. We will begin in March and go through November on the last Tuesday of these months when Tea will be served at 2:00 p.m. However, the months of June and September serving times will be 6:00 p.m. when we will serve a light dinner followed by Tea and desserts. These are called "High Teas."

Speakers and programs are being lined up for the Teas and we will have printed schedules soon. If you would like one mailed to you, please call me at 419-332-7427 to be put on the mailing list.

Bernie and I are doing great! We're healthy, happy and busy with our projects for the soon to be here, Christmas Season. Do you remember the old song, "It's so Nice to have a Man around the House?" All I can say is, "Yes, yes and yes. It sure is especially when he is as kind and loving as Bernie is to me." We are both grateful for our good health and time to spend together.

A stray cat wandered onto our property and purred her way into our hearts. She is full grown and was a bit shy at first, but by now she thinks she "owns the place!" So, Bernie and I have a litter box for her inside and she likes to be outside as well. She is a gentle full-grown calico cat. Perhaps one of my readers may have lost her. If we can find the owners and return her, we will certainly do that. So, if you have lost a female calico cat, call me at 419-332-7427. Perhaps our Scooter is your lost pet. Otherwise, she has a forever home at the Old Garden House with us.

So, until next month, let's enjoy our Thanksgiving Day as we count our blessings and celebrate the joy in our lives.





# History Notebook

By Nan Card

From my earliest memory until well after I went away to school, my family sold Christmas trees at our home. There were no stores and only a few lots where trees could be found. In the early years, tree farms were sparse. So each year after the wheat was harvested, in July, our family went on "vacation." "Vacation" meant traveling with our camper on the back roads of Michigan. We were searching for a good stand of evergreens. Once found, the deal was made, and the "vacation" was over. We immediately headed home. That fall we traveled again to Michigan and cut the trees just before they entered dormancy when their bright green color would begin to fade. The trees were stacked at the end of rows, making it easier to find them in the snowdrifts that were sure to come.

Just before Thanksgiving, my father, brothers, uncle and cousins returned to Michigan to bring the trees home. It meant hours and sometimes days of digging trees out from under deep snow. (This was long before trees were baled.) It was cold, hard work, loading their old farm trucks. The trip back to Ohio was often nerve wracking. It seemed each year held its own particular perils - breakdowns, shifting loads, blinding snow, and icy roads traveled in the dark of night. One year strings



of Christmas lights from some unknown village were discovered tangled atop the loads!

I cannot express the relief my mother felt each year when she saw their trucks coming down route 105 to our home. Although safe at home, more work followed for everyone - no matter our age. There was unloading, sorting, staking trees in the yard, tagging, and setting up outside lights.

People arrived almost immediately. Only through the help of our extended family and friends were we able to keep pace with customers who came day and night. It seemed we could not make wreaths and improvised tree stands fast enough.

And then there were the families whose tradition it was to walk the yard, spending HOURS selecting just the perfect tree. I am ashamed to say that my Christmas spirit wore thin. There was little time for baking cookies, school, shopping, present wrapping, and decorating. Every tree my mother picked out was sold before she could get it in the house. And, just as we were reaching the point of exhaustion, it seemed a storm would bring freezing rain. And into the cellar, we carried dozens and dozens of trees to thaw beside the furnace.

Then suddenly it was Christmas morning and all was quiet. It was over. The yard was empty and the customers were gone. We all breathed a sigh of relief. As we opened our presents (still in their Sears and Penneys sacks) our father would just be coming in the back door. Although we never spoke of it, we knew he was taking the few leftovers to families who did not have a tree for Christmas. For me, happily life then began to return to normal.

Oh, and by the way, as soon as my children left home, I have always had a two-foot, pre-decorated, artificial tree!

## MY MOTHER'S RECIPE - *Angel Cake*

By Joy Taylor

Simple but delicious recipe to keep your holiday stress free!



### Ingredients:

- 1 Angel Food Cake Mix
- 1 20 oz. Canned Crushed Pineapple

### Directions:

- Preheat oven to 350°
- Prepare 9"x13" cake pan
- In a large bowl mix the above, you can also add nuts
- Bake 30 minutes.

## Humane Society of Sandusky County ANNUAL MEMBERSHIP DRIVE



Please join us in 2021  
and support your local shelter!

**Membership is \$30 per year or  
choose to be one of the following:**

**Pet Sponsorship – \$45**  
**Pet Pal – \$100**  
**Pet Patron – \$250**  
**Animal Angel – \$500**

Please, we need your help to continue to  
operate this facility!

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
Phone# \_\_\_\_\_  
Email \_\_\_\_\_

Mail to:

The Humane Society Shelter,  
1315 North River Road, Fremont, OH 43420  
419-334-4517  
www.humanesanduskyco.org  
Sponsored by Holland CPA

## LOOKING FOR AN OB/GYN?



**Corey Fazio, DO**  
Obstetrics & Gynecology  
Bellevue  
419.483.2494



**Gregory Karasik, MD**  
Obstetrics & Gynecology  
Bellevue  
419.483.2494



**Andrea Moore, MD**  
Obstetrics & Gynecology  
Clyde  
419.547.4285

### Specializing in:

- Annual Exams
- Obstetrical Care
- Family Planning Services
- Gynecological Care
- Menopausal Care



[bellevuehospital.com/services/great-lakes](http://bellevuehospital.com/services/great-lakes)







## Dogs may sense your unease, but that doesn't cause aggression

Dear Cathy,

Can a dog tell if you're scared of them? I have been attacked and bitten by two dogs. One of which I ended up in the hospital. I love dogs, but I am very nervous of large dogs. My daughter says that a dog can tell by your scent if you're nervous with him. Just last week, I was with three other people when a neighbor came by with his dog. The dog had no problem with them but when I went to pet the dog, it started to bark and lunge at me so violently that my neighbor had to leave. He said he didn't understand why the dog was so hostile towards me. Is it true that a dog can tell if you're uneasy with them?

-Johnny, Miller Place

Dear Johnny,

I am sorry this happened to you. Thanks for being brave enough to pet a dog after being bitten twice. That takes a lot of courage.

While a dog may be able to sense a person's unease around them, this does not trigger a dog to behave aggressively. He likely reacted aggressively with you and not the others simply because he had reached his threshold for attention, and you just happened to be the one reaching to pet him in that moment. (I also don't agree that the dog's owner had never seen this behavior before. I bet he has; he was just embarrassed to say.)

Whether you're uneasy around dogs or not, it's generally not a good idea to pet a dog unless invited to do so. I am not talking about the pet owner giving you permission, but the dog. A dog will generally come up to a person if they want to be petted. A dog who stays near its owner and doesn't move towards you for a greeting is going to be protective of his space and his owner if you approach, which can result in the barking and lunging you describe.

My advice to everyone is always wait for a dog to come to you with a wagging tail, slightly open mouth and maybe a few head rubs on your leg which shows his friendliness. This will help prevent any misunderstandings and reduce the chances of being bitten again.

Dear Cathy,

I live in a 550 sq. ft. apartment with a single bedroom. My kitten is six-weeks-old, and we are starting litter training. I am using clay-based clumping litter. Is it the right kind of litter for a six-week-old kitten? Also, please tell me how many litter boxes should I put out at this stage? Is it ideal to move the box closer to the washroom later?

-Jags

Dear Jags,

Congratulations on your new kitten. Generally, it's recommended you have one litter box per cat plus one. So, if you have just one cat, two litterboxes are ideal. But since your space is limited to 550 sq. ft, and you have just one feline, then one litter box should be fine, so long as you keep it clean by sifting it every day. If your cat adapts to whatever litter you start with, don't

change it unless you absolutely must. Sometimes changing the litter can stress cats and cause them to pee outside the box.

The clay litter is fine. There is also a sand-like clumping litter, which is sometimes easier to keep clean because it lumps the urine as well and will smell fresher for longer. A covered litterbox also will reduce odors in that small space.

As for placement, the litter box should be in a low traffic location. If a cat is startled while in the litter box, they may not return to it in the future. For example, if you put the litterbox in the washroom and you have a washer/dryer, make sure your cat is not in the litter box before starting the machines. Turn off the dryer buzzer so it doesn't startle your cat when in the litter box. If you put the litter box in the bathroom, make sure your cat is not in the litterbox before you flush the toilet. These sounds startle cats and once startled, they may not use the litter box at that particular location again.

Your place is small, so you can move the litter box if you need to without much worry. But generally, it's nice to find a place for it and keep it there. Cats aren't big on change.

*(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](mailto:cathy@petpundit.com). Please include your name, city, and state. You can follow her @ [cathymrosenthal](https://twitter.com/cathymrosenthal).)*



**Full  
Service  
Canine &  
Feline  
Grooming**

**121 S. 5th Street  
567-342-3200**

**10% OFF**  
**ALL MERCHANDISE**  
exp. 12/31/20

***We would like to wish all of our clients and their  
pets a very Happy & Healthy Holiday Season.  
It is our desire to provide the highest quality  
medical and surgical care to our patients and  
offer the best possible service to our clients.***



3032 Napoleon Road, Fremont OH  
email: [wvh@northcoastvets.com](mailto:wvh@northcoastvets.com)  
419-332-5871

- ◆ Complete Wellness Exams & Vaccines
- ◆ Full Range of Soft Tissue & Orthopedic Procedures Including Knee & Fracture Plating In a Full Surgical Suite
- ◆ Comprehensive Diagnostics
- ◆ Computerized Records With Telemedicine Capabilities
- ◆ In-room Waiting & Checkout
- ◆ Heartworm, Flea & Tick Prevention
- ◆ Digital Radiology From Dentistry To Full Body
- ◆ Dental Procedures Including : Cleaning, Extractions, Polishing, Digital Imaging & Fluoride Treatments
- ◆ Private Comfort Room
- ◆ Class IV Therapy Laser & Ultrasound Options
- ◆ In-house Laboratory & Pharmacy
- ◆ Private Boarding Suites With Glass Doors & Lounging Cots

**Visit us on line at [westviewvethospital.com](http://westviewvethospital.com) to meet our Veterinarians & Staff, take a look around, or link to our on-line store.**



**Monday - Thursday 8am-6pm, Friday 8am-5pm, Saturday 8am-Noon, Closed Sundays  
24 Hour Emergency Service Available 419-332-5871**





# Reminders On When To Use Heat or Ice For Pain?

By Dr. Paul Silcox

With all this decreased activity from lockdowns etc., when someone eventually is able to get out and do activities, muscles and joints may start screaming after a day or two because they haven't been used to the exertion. But they usually don't hurt right at the time. This winter is going to be no different.

Every year, winter produces patients in acute distress mostly from lower back pain due to overexertion, like in putting up Christmas decorations, snow shoveling or slips and falls (that do not produce a more severe injury that needs immediate medical attention). Often time's people have no idea if they should use heat or cold at home to lessen the pain or even shorten the time

it takes to recover from an episode. As a result, sometimes the action they take can actually worsen the condition and increase their pain levels.

First of all, if there is a sharp or stabbing pain, you will always be safe using ice packs to reduce the initial inflammatory response. Generally the soft flexible gel type you would keep in the freezer work great. I do suggest that you wrap it in a warm damp hand towel just before putting it on the painful area will decrease the "shock" factor by giving a gradual coldness. Use it about 15-20 minutes at a time. Generally cold can be used every hour if it is desired. During an acute episode of pain, using it at least 4-5 times per day is advised.

Heat is usually recommended for muscular type aches and pains. Again, 15-20 minutes is all that is advised at a time. I never recommend someone to go to bed with a heating pad and leave it turned on. Its best to make sure your heating pad has a 20-30 minute timer to minimize the risk of burns.

Too much heat or using it too long can cause increased fluid or swelling in the area and increases the chance of stiffness that it often brings.

Well, we've made it through Thanksgiving. Now let's enjoy the Christmas and New Year holiday with our families as we look forward to 2021!

**SILCOX  
ACUPUNCTURE  
& CHIROPRACTIC**

**Dr. Paul Silcox**

728 N. Stone St., Suite E,  
Fremont, OH 43420  
Phone 419-307-8094

[www.drscilcox.com](http://www.drscilcox.com) • [plsilcoxdc@sbcglobal.net](mailto:plsilcoxdc@sbcglobal.net)

**Pinnacle Hearing**

8153 Main St, Old Fort  
419-939-3186

- Diagnostic Hearing Evaluations
- Digital Hearing Aids and Service
- Cerumen (Wax) Removal
- Financing is Available

**The Commons of Providence**  
Make us your home for the holidays.

**CHI Living Communities**  
Home is here.™

[HomelsHere.org](http://HomelsHere.org) | 419.871.4585

# IN YOUR OWN BACKYARD

Horse-drawn sleigh and trolley rides will be offered at the Hayes Presidential Library & Museums this holiday season. Rides are by South Creek Clydesdales. Riders must wear a face-covering, and additional safety protocols are in place.

**December 4 & 5 is "CELEBRATE" Downtown Fremont Open House.**

December 5 Thingamajigs "CELEBRATE" Stationary Parade from 6-8pm on Fremont Street between Croghan Street and Birchard Avenue. Santa in the House in December on Friday's from 5-7pm and Saturday's from 1-3pm.

**Santa's mailbox is on the corner of Croghan and Front Streets until December 14th for a direct access to the North Pole.** No stamp required, but return address is necessary for a letter from Santa to be mailed back.

**Caring for Clyde Kids will not be collecting toys this year, however donations are being taken at PO Box 301, Clyde, OH 43410.** Donations will be used for Wal-Mart gift cards.

**Feeling overwhelmed with the upcoming holidays, living with loss or grief? St. John's Lutheran Church invites you to join in a worship service "just for you" to bring comfort and peace. Sunday, Dec. 13th, at 4:00 p.m.,** St. John's Lutheran Church will be presenting a virtual service live on their Facebook page. During the service, we will light candles in remembrance of loved ones. You can prepare a candle of your own in advance to light with us at that time. All are welcome to join us. Please extend an invitation to family or friends, neighbors, co-workers, or any experiencing loss. If you are unable to watch the service live, it will be posted on our website: [stjohns-fremont.org](http://stjohns-fremont.org)

**Fremont Tree and Beautification Commission is again sponsoring the annual Christmas/ Holiday Decorating Contest. Please call Rick at 419 307 8924 or Bev at 419 334 9981 with nominations or questions. Judging takes place on December 20.** They are also having a Holiday Special on engraved bricks that are placed around the fountain at Walsh Park. They are on sale for \$50, regularly \$65. They make a perfect gift for that hard to buy for person( or even pet) in your life! Forms can be picked up at Otto and Urban Florists. There is a special area for your honored veteran, also.

**December 31 New Years Eve with Downtown Businesses celebrating with their own festivities,** so check out each of their FB Pages

## Classifieds


### SERVICES

**Donna's Sewing:** Alterations, Pants \$6, dresses, curtains, tailoring, zippers. Now making cloth masks for \$3. Located at 922 Carbon St, Fremont. Call 419-332-1654.

**Dust Free Cleaning:** Get ready for the Christmas holidays Cleaning and sanitizing, will wear a mask if preferred. References, insured, four hour minimum, \$20 per hour. Call 419-603-6667.







*Our Great Lakes Physicians  
provide care where it's most  
convenient for you -  
home, office or on the go.*

## Quality Care, From Anywhere

- Easy to set-up
- Discuss non-emergency symptoms through video or phone visits
- Billable through your insurance similar to a regular office visit



*Call your provider's office to schedule your Connect For Care appointment.*

419.483.4040 - [bellevuehospital.com/services/great-lakes](https://bellevuehospital.com/services/great-lakes)