

# THE BEST GIFT OF ALL IS A *Healthy Family!*



On Behalf of the entire Community Health Services Family, we wish you the very best this holiday season and in the upcoming year!

In 2022, CHS will be celebrating 50 years of providing quality health care to this community. We've all been through a lot together, and we're grateful for the opportunity to be your partner in keeping your family healthy. We'll continue to be here for you when you need us, and look forward to providing area families with the best possible care for generations to come.

## Wishing you a very Happy and Healthy Holiday Season!

### COMMUNITY HEALTH SERVICES SPECIAL HOLIDAY --- HOURS ---

Monday,  
November 22, 2021  
8:30am to 5pm

Thursday,  
November 25, 2021  
Closed

Friday,  
November 26, 2021  
Closed

Monday,  
December 20, 2021  
8:30am to 5pm

Friday,  
December 24, 2021  
Closed

Monday,  
December 27, 2021  
8:30am to 5pm

Friday,  
December 31, 2021  
Closed

---

CHECK OUT OUR  
NEW WEBSITE AT  
**CHSOHio.com**



COMMUNITY HEALTH SERVICES

WE CARE.

[www.CHSOHio.com](http://www.CHSOHio.com) | (419) 334-3869 | [www.facebook.com/CHSOHio](https://www.facebook.com/CHSOHio) | @CHS\_Ohio  
Covid testing available by appointment (419) 334-3869.





## Lifestyles 2000

December 2021

Vol. 22 • Issue 12

[www.lifestyles2000.net](http://www.lifestyles2000.net)

Celebrating  
**22**  
YEARS  
1999-2021



### NEWS & NOTES:

Humane Society Purchases Vehicle, . . . . .	4
Spiegel Grove to Offer Sleigh Rides, . . . . .	8
Life Scholar, Kathleen Nalley . . . . .	10

### ENTERTAINMENT:

Out to Lunch: Stella's, Lynn Urban . . . . .	5
History Notebook, Nan Card . . . . .	6
Soduko, . . . . .	6
Solution. . . . .	11
Helen Markett's Music Corner . . . . .	7
Astrology Forecast, Magi Helena . . . . .	9
In Your Own Backyard . . . . .	11

### HEALTHY LIVING:

It's Time to Carry On, Dr. Paul Silcox 1. . . . .	1
---	---

### HOME & HEARTH:

America's Test Kitchen, . . . . .	3
Jill on Money: Medicare Enrollment, Jill Schlesinger . . . . .	5
We all Lie, at Times, Robert Morton . . . . .	8
Kiss-Me-Over-The-Garden-Gate, Grace Nause . . . . .	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, 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](http://Lifestyles2000.net)

## AMERICA'S TEST KITCHEN

### Pumpkin pie is a Holiday staple

Most pumpkin pies -- like the ones on your Thanksgiving table every year -- have fillings that contain pumpkin puree, cream, sugar, spices and eggs. Because of the eggs, which make the filling nice and thick, these pies need to be baked, often for a long time. In our pumpkin pie, however, we don't use eggs. Instead, we use gelatin -- the same ingredient that is in Jell-O!

And instead of baking our pie, after heating up the gelatin and the pumpkin in the microwave, we chill it. (Well, we still bake the crust by blind-baking the crust by itself; then we chill the baked crust and its nonbaked filling.)



How does that work, you ask? We use gelatin in the filling. Gelatin is a kind of protein. It's made up of long, thin molecules. When gelatin is mixed with a hot liquid, its molecules are loose and flexible, and they move around a lot -- the liquid stays liquid. But when the temperature gets colder, the gelatin molecules slow down and start to get tangled, kind of like earbuds when they're in your pocket. Eventually, they get so tangled that they trap the liquid inside. The liquid can't move around or flow: it becomes a solid -- in this case, a smooth, sliceable, solid pumpkin pie filling.

#### Easy No-Bake Pumpkin Pie-Serves 10

- 1 single-crust pie-dough (homemade or store-bought)
  - 1 cup (8 ounces) heavy cream
  - 1 tablespoon unflavored gelatin
  - 1 (15-ounce) can unsweetened pumpkin puree, opened
  - 3/4 cup (5 1/4 ounces) sugar
  - 1/4 cup maple syrup
  - 1 teaspoon salt
  - 1/2 teaspoon ground cinnamon
  - 1/4 teaspoon ground nutmeg
  - 1/4 teaspoon ground ginger
  - Vegetable oil spray
1. In a medium microwave-safe bowl, whisk cream and gelatin until all the gelatin looks wet (mixture will be slightly lumpy). Let mixture sit for 5 minutes.
  2. Heat the gelatin mixture in the microwave for 1 minute. Whisk until smooth and syrupy. Set aside.
  3. In a large microwave-safe bowl, whisk pumpkin, sugar, maple syrup, salt, cinnamon, nutmeg and ginger until combined. Heat the pumpkin mixture in the microwave until steaming, about 2 minutes.
  4. Add the gelatin mixture to the pumpkin mixture and carefully whisk until well combined. Use a rubber spatula to scrape the filling into the pre-baked, cooled pie crust. Gently shake the pie so the filling spreads evenly to the edges. Let the pie cool for 10 minutes.
  5. Lightly spray a sheet of plastic wrap with vegetable oil spray. Gently press the greased plastic onto the filling. Refrigerate the pie for at least 4 hours or up to two days. Slice pie into wedges and serve.

# 'Tis The Season To Be At

## Elmwood

### Senior Living & Healthcare Communities

**HAPPY HOLIDAYS!**

**Fremont • Tiffin • Green Springs • New Bremen**





# Lifestyles 2000

## PUBLISHER/EDITOR

Joanne McDowell

## SALES

Joanne McDowell

567-342-3117

email: 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

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."

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.

Lifestyles 2000  
30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

*Merry Christmas!*

I really don't know where this year has gone, but then I said that about 2020!

Once again thank you all for being loyal readers and especially I want to thank our advertisers who make this free publication possible.

We look forward to 2022 and wish all of you a safe, healthy and happy holiday season.

See you next year.

God bless,

Joanne & Pete



## Find Pete



### Find Pete Winners:

There were 115 correct answers, Otto & Urban was the correct ad. Congrats!

Winners are: Mary Nossaman, Jane Horan, Susan Leidy, Dudley Tucker, Rose Michel, Joyce Havens, Jane Smith, Shirley Faist, Larry McElfresh, Diane Kepler, Trudi Tooman, Fremont; Barbara Leingruber, Bettsville; Daisy Miller, Green Springs; Vikki Ruggiero, Republic; Regina Albert, Shirley Burkin, Angela Missig, Heidi Clevinger, Clyde; Eugena Wellington, Kansas; Juanita Weighman, Gibsonburg; Brenda Cox, Bellevue.

### Find Pete Prizes:

Prizes are from: Otto & Urban Florist, Lilie Beans; A's Family Restaurant; Share & Care, Fremont; Old Fort Market. If you wish a specific prize, please include in your entry.

### Find Pete Contest Rules:

To enter, send the name of the ad, your name and address on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Or email your entry to lifestyles2000@sbcglobal.net. One entry per household. Deadline is the 20th monthly. Please do not send the ad.

## Humane Society of Sandusky County Purchases Vehicle for Pet Transport

Five years ago we moved into our Fremont location, because of the size of the larger building we are able to rescue more animals than ever before. In 2020 alone, we rescued over 360 cats and dogs and are set to exceed that number in 2021.

Many of these pets need veterinary care; some have bad teeth, others need a limb removed or some form of life saving surgery or even just a spay or neuter.

Our staff and volunteers transport these pets to three local veterinarian offices daily. To better accommodate the need to safely and efficiently transport so many animals to our local veterinarian offices, we have found it necessary to purchase a transport vehicle.



Please consider a donation this holiday season to help us cover the cost of this much needed vehicle. We have already raised \$10,000 and need another \$10,000 to have it fully paid for.

Thank you from all of us!

PROFILES BY ALISA  
Corrective Skin Care  
419-680-1486

Give a Gift of Beauty with Love  
Permanent Makeup  
Derma Planing  
Age Reversal Treatments

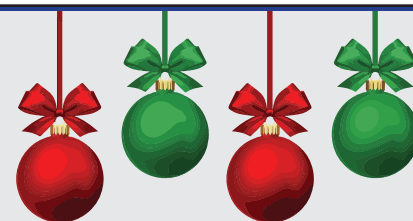
May Peace & Joy fill your hearts this season  
as we celebrate the birth of Jesus

Merry Christmas & Happy New Year!



 **Volunteers  
of America®**

Bethesda Care Center  
600 North Brush Street  
Fremont, OH 43420  
www.bethesdacare.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

For those who enjoy the quaint town of Perrysburg, and are wanting a nice evening out, try Stella's restaurant in one of the historic old buildings at 104 Louisiana Avenue in downtown. It's a two-story restaurant with a bar and seating downstairs, and a beautiful staircase leading to the second-floor seating area. It's a great place for either lunch or dinner.

The quality of their made to order prepared dishes is outstanding. They are also a restaurant that uses produce, meats, and dairy products from local companies and farms in the Toledo area.

For starters, order the Bootlegger balls, crispy fried beer battered local goat cheese with honey bourbon sauce, or shaved prime rib with blue cheese spread on a baguette. The homemade soups that are always on the menu are, Lobster Bisque, French Onion, and a featured soup of the day.



The portions are large, especially the pasta dishes, like the Chicken Marsala, or the Shrimp Alfredo, made from fresh homemade pasta. They offer four kinds of 7 inch pizzas. The cheesesteak pizza, \$11.99, made with prime rib is good, but the best is the "perfection," \$10.99, made with fried brussel sprouts, bacon, mozzarella, blue cheese, and honey siracha sauce. It's unique and delicious.

The hand-crafted burgers are at least an inch thick on a brioche bun and loaded with a variety of toppings. The salmon burger is a large juicy patty topped with a spicy hoisin sauce and pineapple slaw. The sandwiches are served with parmesan cheese fries for \$12.99. The salads look wonderful, and the dressings are homemade. The raspberry ranch is especially good, but you don't come here to order a salad, otherwise you'd be missing out on a wonderful meal.

For dessert, the decadent chocolate layer cake or the caramel apple pecan napoleon with bourbon caramel sauce sounded great, but I went lighter and had the homemade Cream Brulee, and it was delicious.

Check out their website.

<https://www.stellasrestaurantandbar.com/>

## Jill on Money

By Jill Schlesinger

### Medicare enrollment is the perfect time for bigger conversations

It's Medicare open enrollment season, which means that more than 60 million Americans over the age of 65 have within their grasp a fat, softcover book, Medicare & You handbook, that is likely destined for the recycling bin. According to research from the Kaiser Family Foundation (KFF), 71% of Medicare beneficiaries didn't compare plans during the 2018 Open Enrollment Period -- and the numbers look far worse for those over the age of 85, those with lower incomes, and also for people of color.

After reviewing the 128-page Medicare & You handbook, the problem may be that there is just too much information and choice within the program. In 2021, most Medicare beneficiaries are faced with reviewing 33 Medicare Advantage plans and 30 Part D stand-alone prescription drug plans.

According to research, over choice has been associated with unhappiness, decision fatigue, going with the default option, and choice deferral which is avoiding making a decision altogether. Given how important health insurance is, the complexity of the program adds to the burden that we are putting on beneficiaries.

Additionally, because Medicare is so confusing, it is an area that is ripe for elder financial abuse. There is evidence that as people age, they often become targets of scams. The reason is twofold: many older Americans have ample savings that fraudsters can tap and they are at a time in their lives when changes in their thinking processes make it harder to make financial decisions or to recognize scams.

The Consumer Financial Protection Bureau (CFPB) warns that "Neighbors, caregivers, professionals, and even family or friends may try to take advantage of people as they age. They may take money without permission, fail to repay money they owe, charge too much for services, or not do what they were paid to do. These are examples of elder financial abuse."

So, what's the answer? The CFPB recommends keeping in touch and staying involved with your loved one's financial matters as one of the best ways to help prevent abuse. Medicare Open Enrollment may be an ideal time to start a broader conversation about your loved one's financial life and may also be a good opportunity to take a more detailed look at what's going on, so that you can identify important red flags.

We need to add Medicare planning to the list of financial issues, like estate planning, that families need to address together. Someone needs to take the lead and use the Medicare Plan Finder to compare plans and select what is right for your loved one. Here's a quick cheat sheet on the breakdown of Medicare:

**Part A (Hospital Insurance):** -- Inpatient care in hospitals, Skilled nursing facility care, Hospice care, Home health care

**Part B (Medical Insurance):** Services from doctors and other health care providers, Outpatient care, Home health care, Durable medical equipment (like wheelchairs, walkers, hospital beds, and other equipment) - Many preventive services (like screenings, shots or vaccines, and yearly "Wellness" visits)

**Part D (Drug coverage):** Private insurance companies run plans that follow rules set by Medicare to help cover the cost of prescription drugs, including many recommended shots or vaccines.

After even a cursory review, you may be tempted to outsource the process. As with all financial advice, before you pay up for professional help, understand what brokers or agents are selling and how they are compensated.

8080 Main Street,  
Old Fort  
419-992-4666  
Mon-Fri 7:30am-6pm  
Sat 8am-5pm  
Sun 10am-4pm



**OLD FORT  
COUNTRY MARKET**

Party Trays, Lots of Dips,  
Bratwurst Balls, Sausage Pizza Balls,  
Meatballs and Cheddar Jalapeno  
Balls, Shredded Meats,  
and so much more!



*Christmas*  
**OPEN HOUSE**  
Dec. 4th from 9am-1pm



*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.





# History *Notebook*

By Nan Card

## Independent Order of the Odd Fellows, Elmore Lodge No. 462

As a child while waiting with my dad for the light to change on the Elmore, Ohio town hill, I often wondered what those very large plaster letters I O O F meant on the corner building of the main street. Little did I know that it represented the Elmore chapter of the Independent Order of the Odd Fellows, a fraternal organization that began in the U. S in a Baltimore tavern in 1819 with the formation of Washington Lodge No. 1

It became the first fraternity to include both men and women when it adopted the "Beautiful Rebekah Degree" in 1851. It was sometimes called the "Triple Links Fraternity" because of its motto "Friendship, Love, Truth." During the 19th century, it became the largest fraternal organization in the nation - larger than the Freemasonry. By 1889, every state had lodges. It was especially popular among skilled workers and laborers. Yet, Presidents Grant, Hayes, McKinley, Harding, and FDR were members as well as several Supreme Court justices.

The IOOF was devastated by the Civil War. Chapters did not begin to reorganize until some years later. Elmore was designated as Lodge No. 462 when it organized in May of 1870 with some 32 charter members. John Jenny being its first brother. Like all lodges, it promoted charity, the development of character, and relief of sickness and suffering among the brotherhood. Elmore Lodge members took seriously the command "to visit the sick, relieve the distressed, bury the dead, and educate the orphan."

Members accomplished this work through weekly Friday evening meetings held at 7 p.m. in the hall from October through February and Fridays at 8 p.m. beginning in June. New members were initiated, dues were paid, ceremonies performed and degrees conferred. From their dues, members paid those who reported as "sick" one dollar each week. As the years went by, the amount was raised to \$3 per week. But by-laws required that a member must be sick enough to remain at home. Funeral costs were also covered. Widows received some compensation from the organization as well. Yet, the Ohio lodges even found enough funds to build and support a home in Springfield, Ohio for indigent members and their families.

Some moved away, transferring their membership. Others were dropped for lack of payment of dues, but all members were easily reinstated. In 1915, the Lindsey Lodge began meeting in the Elmore IOOF Hall, paying rent of 40 dollars semi annually and covering janitorial services. On April 8, 1921, the two lodges consolidated adding some 2 dozen brothers to the rolls. During the Great Depression, membership declined across the country when fees could no longer be afforded. When social reforms of Roosevelt's New Deal began to take effect, there was less need for the work of the IOOF. And, lodges took on a greater social role for members. Cards, dart ball, singing, and picnics were enjoyed by the brotherhood. More than 300 members had at one time or another been part of Lodge No. 462 by the outbreak of WWII. Today there are 155 lodges in Ohio with more than 4,000 members and 187 Rebekah lodges with 8,000 members.

## SODUKO PUZZLE

	6	4	9			3		5
5								
3		2		5		8		
	5			7			3	
			5		1			
	9			4			6	
		7		1		4		8
								2
9		6			2	1	5	

*Sudoku Solution on page 11*

**The Liberty Center of Sandusky County would like to say THANK YOU to everyone who has supported us in any way this past year.**

Since opening, 3475 people found shelter at the Liberty Center. This past year 124 people lived at the shelter, 57 of them were single men or women, 67 were family members. Of the 67 family members 41 were children.

This year our Domestic Violence Victims' Advocate worked with 231 domestic violence victims helping them with crisis intervention, safety plans, education, legal process support, and for some, emergency shelter.

We could not do what we do without your support. Please consider making a donation to help change someone's life and bring hope to a hopeless situation.

Donations may be sent to:  
Liberty Center,  
1421 E State St., Fremont OH 43420  
Call 419-332-8777 for more information.



Sponsored by Holland CPA



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

*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 10-7, 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**



# Helen Marketti's Music Corner



By Helen R.  
Marketti



## An interview with Marshall Thompson of The Chi-Lites

The Chi-Lites were a R & B group that gave us powerful and memorable hits such as "Oh Girl", "Have You Seen Her", "Give It Away", "Are You My Woman (Tell Me So)" and "Stoned Out of My Mind". Marshall Thompson has been the driving force for The Chi-Lites for over sixty years. Singing on street corners in their home town of Chicago, hence the name, The Chi-Lites, Marshall has fond memories of his childhood. "Both of my parents played keyboard. By the time I was six years old, I had to learn to play an instrument. That was the rule in the household, we each had to learn to play something. I chose the drums. I loved listening to The Dells, The Flamingos, all



of those doo-wop groups back then because their harmonies were so strong and tight. Eventually I transitioned from drummer to singer."

Marshall continues, "I remember being at the Regal Theatre and Gladys Knight & The Pips were rehearsing. I was just watching, so in awe of them. For some reason I kept focusing on their drummer for that show, maybe he wouldn't be that good, maybe he would get sick and I could play for her. (laughs) Well, my dream came true because he left and I remember yelling

to Gladys that I could play the drums for her! She invited me to come up onstage and that's how I got my big break."

The original Chi-Lites group members were Eugene "Gene" Record, Robert "Squirrel" Lester, Creadel "Red" Jones and Marshall Thompson. Marshall is the last surviving member of the group as he carries on their legacy to this day. "We all knew each other as kids, we grew up together. We sang on the street corners of Chicago and all

the girls would gather around and scream. (laughs) Those were great memories. We finally got a record deal and signed with Brunswick Records. "Oh Girl" is our most popular song and we actually debuted the song for the first time on The Flip Wilson Show." "Oh Girl" has been ranked the 36th song of the century by BMI.

At 79 years old, Marshall recently accepted a star on The Hollywood Walk of Fame dedicated to The Chi-Lites. "I can't even begin to express what this has meant to me, to



my family and to the family members of Eugene, Robert and Creadel. I spoke two years ago at the ceremony for the late Jackie Wilson and never gave it a thought that The Chi-Lites would get a star in Hollywood. It is truly an honor."

Currently, Marshall is getting ready to go on the road and bring the music of The Chi-Lites back to dedicated fans around the country. "You have to keep moving, keep yourself going. This is what I love to do. Most recently, Mick Jagger had said that The Rolling Stones are going to release their cover version of The Chi-Lites, "Troubles a Comin'. This shows how our music still makes its mark."

In 2014, Marshall's memoir, The Last Man Standing (Anytime Enterprises, LLC) was published. It details the career of The Chi-Lites, along with the triumphs and tragedies of his life. There is a quote in Marshall's book that seems appropriate to close this article as he remembers his band mates. "May the memories we shared and the mark we left upon this world remain a hallmark to the future musicians and entertainers of this world."

[www.chi-litesofficial.com](http://www.chi-litesofficial.com)

[www.helenrosemarketti.com](http://www.helenrosemarketti.com)

## The Bellevue Hospital Foundation

### 36th Annual Lights of Love

Each light is \$5

Proceeds will benefit the Foundation.

Purchase Lights by Friday, December 17, 2021.

All contributions will be listed on the Hospital  
and Foundation websites.

More information: 419.483.4040; Ext. 4319

### Lights of Love 2021 - Each \$5 will light a Light of Love!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

☐ Cash ☐ Check (payable to TBH Foundation)

☐ Credit Card:

☐ Visa ☐ Mastercard ☐ Discover

**Credit Card Information:**

ACCT #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ 3-Digit Code: \_\_\_\_\_

Cardholder Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Mail to: The Bellevue Hospital Foundation  
1400 W. Main St., Bellevue, OH 44811

☐ In Honor of: ☐ In Memory of:  
Name: \_\_\_\_\_

☐ In Honor of: ☐ In Memory of:  
Name: \_\_\_\_\_

☐ In Honor of: ☐ In Memory of:  
Name: \_\_\_\_\_

☐ In Honor of: ☐ In Memory of:  
Name: \_\_\_\_\_

In Honor or Memory of @ \$5 each \$ \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

Online Orders: [www.tbhfoundation.com](http://www.tbhfoundation.com)





# We All Lie, at Times

By Robert  
Morton

## Will there be an end to Autism?

A decade ago, when I first wrote about the autism issue, one in eighty-eight children born in the U.S. were diagnosed with the disability, now it's one in 54, and over half suffer an intellectual disability. Today's American parents now face the rising chance that they will give birth to a baby with autism. This gloomy Centers for Disease Control report reveals that autism is the fastest growing childhood developmental disability ever... so why is it so underfunded and rarely mentioned by politicians?

Researchers are desperately attempting to isolate the cause. They know it is a neurological disorder with no real cure that lasts a lifetime since it stems from a chromosome abnormality involving brain neurotransmitters. They found autism is genetically transferable with a 15 percent chance of more than one family member having it, occurring four times more frequently in boys than in girls. There is also new evidence pointing to environmental factors, including pesticides, air pollution, and other environmental toxins that could impact brain development, which could lead to autism.

Autism comes from the Greek word meaning "self." Babies with the disorder prefer a solitary existence. It is hard for parents to get them to do the "oooo" back-and-forth communication, and quite often, these babies do not hold up their hands to be picked up like other infants. Instead, parents receive a "wet noodle" response, or the baby may grow as rigid as a board to avoid being picked up or touched. Autistic children can be spotted in birthday party videos, for they rarely do "declarative pointing" to get others interested in their newly opened gifts. The "point gaze" is missing as well — while playing, they rarely look up at their parents to read their faces, then look back at the toy. They may not respond to or look up at mom or dad until their name is called several times.

The fact that one in forty-five children falls somewhere along the autism disorder spectrum is both distressing and frightening for parents-to-be. It is beyond my comprehension as to why this national misfortune is rarely mentioned by either Republican or Democratic politicians.

Ironically, Geraldine Dawson, the chief science officer for "Autism Speaks," calls the situation a public health crisis that demands a coordinated national response, increased research (particularly in environmental-toxin risk factors), earlier screening, and better treatment.

For the sake of our children and parents-to-be, I hope our politicians heed Dawson's words. To find out more, Google "American Autism Association" or "National Autism Association."

*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.*



## Press Release



## Ride through Spiegel Grove in a horse-drawn sleigh or trolley this holiday season

This holiday season, ride through the wooded estate of President Rutherford B. Hayes in a horse-drawn sleigh, as the president did when he lived there, or a horse-drawn trolley.

Sleigh rides will be offered from 6 to 8 p.m. on Thursday, Dec. 9, during Lights of Spiegel Grove at the Hayes Presidential Library & Museums. Sleigh and trolley rides will be offered from 1 to 4 p.m. Sunday, Dec. 26; Monday, Dec. 27; Tuesday, Dec. 28; Thursday, Dec. 30; and Friday, Dec. 31.

Rides are by South Creek Clydesdales. The sleigh can hold up to four people. The trolley can fit 16-18 people.

Sleigh rides cost \$5.50 per rider ages 3 and older and free for ages 2 and younger. Trolley rides are \$4.50 per rider ages 3 and older and free for ages 2 and younger.

Tickets for the Dec. 9 rides are available online at <https://www.rbhayes.org/events/2021/12/09/events/lights-of-spiegel-grove/>. Tickets for the Dec. 26-28 and Dec. 30-31 rides are available online at <https://www.rbhayes.org/news/2021/10/18/general/ride-through-spiegel-grove-in-a-horse-drawn-sleigh-or-trolley-this-holiday-season/>.

Advance tickets are recommended. Tickets will also be sold the days of the rides at the museum front desk, pending availability. In-person sleigh and trolley ticket sales end at 7:45 p.m. on Dec. 9 and at 3:45 p.m. each day rides are offered during the week after Christmas.

If Hayes Presidential cancels the rides, refunds for the tickets will be issued. Otherwise, there are no refunds.

The sleigh rides are a long-standing holiday tradition at the Hayes Presidential Library & Museums. President Rutherford B. Hayes often rode in a horse-drawn sleigh and noted his excursions and how much he enjoyed them in his diaries, which are kept in the Hayes Presidential Library.

The sleigh and trolley rides and Lights of Spiegel Grove, where Hayes Presidential will light the museum Christmas tree, offer evening tours of the Hayes Home, a gingerbread contest and other activities, are part of Hayes Presidential's season of holiday events, called A Presidential Christmas. *For information on these events, visit <https://www.rbhayes.org/news/2021/10/18/general/a-presidential-christmas-everything-you-need-to-know-about-holiday-events-at-hayes-presidential/>.*

## OTTO-URBAN FLOWERS

"4th Generation Florist"

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



# 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

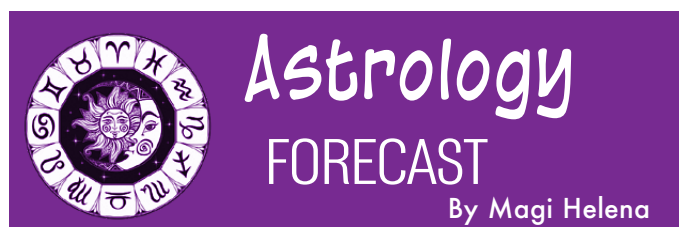
ANY ONE REGULARLY  
PRICED ITEM

(Some exclusions may apply.)



Expires 12/31/21





**ARIES (March 21-April 19):** There is no reason to continue engaging in an argument if someone is committed to misunderstanding the situation. Your honesty can be a catalyst to bring people together. Use your influence wisely for everyone's best benefit.

**TAURUS (April 20-May 20):** Hugs can produce harmony. A romantic nature may easily be expressed within your well feathered nest. Bonds of affection can be strengthened when you show you trust people with your secrets.

**GEMINI (May 21-June 20):** Follow the straightest and narrowest path. Attention to accuracy and following the rules can prevent criticism. Put your own affairs in good order and stay out of other people's business.

**CANCER (June 21-July 22):** Use your connections to your advantage. Gain attention by voicing inspiring ideas and someone might be persuaded that you are the best person for the job. You can solve puzzling problems in the upcoming month.

**LEO (July 23-Aug. 22):** You may choose to agree with those who seem difficult merely to keep the peace. Tap into your reservoir of kindness and charity to find the right words to placate those who might try your patience.

**VIRGO (Aug. 23-Sept. 22):** Keep the inspiration flowing. Loved ones may need some direction to avoid overthinking something. Offer interesting distractions and share your enthusiasms to maintain an air of optimism.

**LIBRA (Sept. 23-Oct. 22):** You may undertake every project with passion and painstaking attention to detail. When you offer suggestions in the spirit of teamwork rather than perfectionism, they are more likely to be well received.

**SCORPIO (Oct. 23-Nov. 21):** Pin the tail on the donkey without poking innocent bystanders. It is possible to make a point despite opposition. You might seem careless and carefree but remain accurate about important details.

**SAGITTARIUS (Nov. 22-Dec. 21):** Price is merely part of the problem. You may need to decide whether a low price is the sign of a bargain or a scam. Something new that attracts your attention could be overpriced or of doubtful value.

**CAPRICORN (Dec. 22-Jan. 19):** Power up by being positive. Expressing negatives might attract the very thing you do not want. Make it a point to concentrate on what you do want because it will be all your subconscious hears.

**AQUARIUS (Jan. 20-Feb. 18):** Just because the odds seem formidable doesn't mean you should quit. You may have just the qualifications or tools needed to save the day. Do not back down from a formidable contest.

**PISCES (Feb. 19-March 20):** Moderation versus extremes is the question. You have plenty of energy to get your goals accomplished but perhaps you should be more discreet about business and financial decisions.



**G**ood Morning! It's 6:07 a.m. as I take pen in hand to write this month's LIFESTYLES column. Scooter, our cat, opened one eye, looked at me, stretched and went back to sleep. Bernie is still sleeping, so I will enjoy the stillness of this early morning as I think of you, my readers.

What is going on at "the Old Garden House, you ask? Well, some bush trimming, fall garden clean-up tasks and porch swing-sitting time. No matter how busy I get, there is always time for that. This morning was so beautiful as the sunrise filled the eastern sky with streaks of beautiful color and the gentle breeze moved the leaves in the trees ever so slightly. Autumn in Ohio ---a great place to be.

Speaking of "porch swing- sitting time", my mind wanders back to my teenage years and the porch swing at my childhood home. It couldn't talk, it just listened and squeaked. So I told it all my problems, and you know what? They often were no longer problems. Just telling them out loud to an unresponsive object, I found the answer I needed and the problem was solved. Then came the adult time of my life and the porch swing-sitting time took on a whole new meaning. Today, as I sit with my husband, Bernie, we swing slowly, listen to the evening sounds and the squeak of the chains as the swing moves back and forth. We reach for each others hands and talk about so many things, past and present and our future. The sun sets, the breeze cools, and still we sit enjoying the stillness of the evening and our time together.

When you have eight children close together in age, they all are in pre-school and the lower elementary grades at the same time, then they all are in elementary school at the same time, then high school and off they go to college or the work force. In no time, they have found a life partner and wish to marry, and you are sewing a wedding gown or altering one bought at a bridal shop. Either way, it is a joyful invitation to be part of their adult lives and their very special wedding days.

Scooter, our cat, just found her favorite play toy which used to be identifiable as a mouse. Now it has no ears and only half a tail. It no longer squeaks but she still plays with it anyway. She grabs it with her front paws, rolls over on her back and kicks it with her back paws. She tosses it in the air, then pounces on it and the fun begins all over again.

Until next month, have a great holiday season. Enjoy the extra deep blue color in the sky and the beautiful orange, red and tan in the falling leaves. LIFE IS GOOD.

*(Grace wrote this for the Nov. issue but we got it too late to publish, so we are sharing it with you this month).*

**Humane Society of Sandusky County**  
**ANNUAL MEMBERSHIP DRIVE**

**Please join us in 2022 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



### Friendly feline’s sudden change in behavior leaves neighbor heartbroken

Dear Cathy, My neighbor adopted a pair of kittens a couple of years ago. I have periodically taken care of them when she goes away for work. I also have clipped their nails. All without any concerns or problems. Unfortunately, over the last year the female has become overly aggressive when I go over and I have no idea why? When I entered the home the other day, she hissed and lunged at me and bit my thigh pretty badly. Afterward, she followed me throughout the house hissing with her ears completely flat on her head. I absolutely adore these cats and am brokenhearted over the female's change in behavior. I have tried entering the home by placing treats on the floor. Do you have any idea what can be done so I can continue to care for these cats? -- Barbara, East Berlin, Connecticut

Dear Barbara, That’s a very strange change in behavior for a formerly friendly feline. While age sometimes can play a role in behavior changes, she is acting more like she’s in pain. Your neighbor should get her checked out by a veterinarian to make sure she hasn’t developed a health problem. If it’s not a health problem, then something is stressing her, either in the home or with your visits. Either way, you will need to rebuild trust with her. Buy feline pheromone spray and spray it all over yourself before you enter the house. Ask the neighbor if she will buy a pheromone collar for her female cat and a plug-in pheromone for the house. When used in combination, these products have a better calming effect. As for your interactions, don’t touch her again unless she invites you to pet her. Keep your distance until you restore trust with her but do talk sweetly to her and continue leaving her treats. Be patient. It can take months to rebuild feline friendships.

Dear Cathy, I am trying to determine what kind of food to feed my dog. He is a male, five-year-old, Maltese who weighs 22 pounds. How do I determine whether to feed wet or dry food? -- Gene, Virginia Beach, Virginia

Dear Gene, Many people think dogs need variety in their diets because we as people do. But dogs will happily eat the same food every day without complaint. If your dog doesn’t require a special prescription diet for a health problem, you can feed him dry, wet, or semi-moist food or a combination of them, depending on your budget. (Wet food tends to cost more than dry food.) It’s fine, for example, to top dry food with a little wet food. Just make sure the food’s nutritional label includes the phrase “complete and balanced,” which indicates the product is nutritionally-balanced and can be fed as the pet’s sole diet.

*(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.)*

As the bustling excitement of the holidays recedes, thoughts will inevitably return to New Year’s resolutions and goalsetting. Terra Community College’s Life Scholar Program is ready to help address those goals with classes offered to individuals 55+ during both day and evening hours.

For a comprehensive overview of offerings as described by the instructors, a Spring Sampler will be held on Jan.13 from 1 p.m. - 3 p.m. at the Neeley Center for the cost of five dollars. Assorted desserts and beverages will accompany explanations of a wide array of educational opportunities. For registration: call 1-800-826-2431 or email [learn@terra.edu](mailto:learn@terra.edu).

Health and wellness classes will be center stage in January. Certified fitness instructor Debbie Gallagher offers Fit for Life Body Works, a 30 minute program geared to strengthen and add flexibility to muscles with resistance type exercise using dynabands and hand weights to help prevent degenerative diseases on Monday and Wednesday mornings.

Angie Schroeder, a popular instructor certified in many areas, will offer both morning and evening sessions of Hatha Yoga on Tuesdays, along with her full body ballet fitness workout, Barre Hopping at 5 p.m. There will be evening Tai Chi for Stress Reduction and Sculpt and Spin, an indoor cycling class. Mat Pilates Plus , a dynamic, total body workout is scheduled for Thursday mornings.

Stacie Marquart welcomes both new and experienced students to Evening Yoga on Monday and Wednesday nights. She moves at a comfortable pace to progress through different poses that will help maintain flexibility and stability as one ages.

For a lively alternative, certified Zumba instructor, Johanna Mackey, proposes Ditch the Workout, Join the Fun! held on Wednesday evenings. This fitness program combines Latin and International music with dance moves to improve cardiovascular fitness.

If New Year resolutions tend toward a more thoughtful direction, one should consider Andrew Howard’s Partition of South Asia: ‘A most shameful flight’ which explores the end of British Imperialism and the evolution of nations in the subcontinent of South Asia and how the tumultuous events shaped the region today or An Introduction to Futurism with John Kruchmalny who will introduce the concept behind Futurism (a type of future forecasting.)

***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.***

◆ Complete Wellness Exams & Vaccines	◆ Digital Radiology From Dentistry To Full Body
◆ Full Range of Soft Tissue & Orthopedic Procedures Including Knee & Fracture Plating In a Full Surgical Suite	◆ Dental Procedures Including : Cleaning, Extractions, Polishing, Digital Imaging & Fluoride Treatments
◆ Comprehensive Diagnostics	◆ Private Comfort Room
◆ Computerized Records With Telemedicine Capabilities	◆ Class IV Therapy Laser & Ultrasound Options
◆ In-room Waiting & Checkout	◆ In-house Laboratory & Pharmacy
◆ Heartworm, Flea & Tick Prevention	◆ 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**  
**After Hours On Call Service Available 419-332-5871**



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



# IT'S TIME TO CARRY ON By Dr. Paul Silcox

As we look back on the close of 2021, no matter whether you are a liberal or conservative in your views or opinions, I think we can all sit back and say "Wow, I didn't see that coming. I wonder what's next?"

Remember back at the end of December of 2020, we had gone through 10 months of Covid-19 and it seemed our world had been turned upside down. We all enthusiastically welcomed 2021.

And now, as 2021 winds down and we again wait for the arrival of a new year, it may not be with as much enthusiasm as we had last year because of the gloom that seemed to hover on a daily basis. We see the prices rise for food, gas, EVERYTHING.

There are 2 signs I have on a wall in my office. The first is:

Sometimes the best thing you can do is not think, not wonder, not imagine, not obsess. Just breathe, and have faith that everything will work out for the best.

And for those that have a spiritual nature the second is:

Remember...

- God is a sovereign & loving God.
- When things go wrong & we doubt him, . . . See Rule #1

So in closing, for 2021, take a deep breath and hold on. It will get better. (Eventually)



**SILCOX  
ACUPUNCTURE  
& CHIROPRACTIC**

**Dr. Paul Silcox**

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

www.dr-silcox.com • plsilcoxdc@sbcglobal.net



**Pinnacle Hearing**

8153 Main Street, Old Fort • 419-939-3186

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

## PUZZLE SOLUTION

8	6	4	9	2	7	3	1	5
5	1	9	4	3	8	7	2	6
3	7	2	1	5	6	8	4	9
6	5	1	8	7	9	2	3	4
4	2	3	5	6	1	9	8	7
7	9	8	2	4	3	5	6	1
2	3	7	6	1	5	4	9	8
1	8	5	3	9	4	6	7	2
9	4	6	7	8	2	1	5	3

## Classifieds

### SERVICES

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

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

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

## IN YOUR OWN BACKYARD

**Santa is in the House on the corner of Front Street and Croghan Street in downtown Fremont in Dec. on Fridays from 5-7pm and Saturdays from 1-3pm.** Outside The Santa House is a mailbox for children to mail Christmas letters and receive a letter back from the North Pole from Nov. 26 - Dec. 20, no stamp required, but each envelope must have a return address.

**Downtown Fremont Inc. will be hosting a "Fire & Ice" Downtown Open House on Friday, Dec. 3 and Sat., Dec. 4.** Croghan Colonial Bank Holiday Market is Saturday, Dec. 4 from 11am-2pm. Terra State Community College "Fire & Ice" Holiday Parade is Dec. 4 starting at 6pm. Attendance to these events is free.

**Downtown Fremont: Dec. 3 & 4 is Downtown Fremont Open House. Dec. 4 Croghan Colonial Bank Holiday Market 11am-2pm and Terra State Community College Holiday Parade from 6-8pm.** Santa in the House in Dec. 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 20th for direct access to the North Pole. No stamp required, but return address is necessary for a letter from Santa to be mailed back.

**Trinity United Methodist Church, 204 N Wayne St. in Fremont is taking orders for cheeseballs through Dec. 5 with pick-up on Dec. 18 from 2-4 pm in the church Fellowship Hall.** The cost is \$7 each. To place an order call Steve at 419 332 8167. Reservations are being taken until Dec. 3 for the "Taste of the Season" dinner taking place on Dec. 12 at the church at 5:45 pm. Cost for the four-course dinner is \$14. The dinner will precede the Annual Holiday Concert at 7 pm which will feature the Fremont Ross High School Jazz Band along with other seasonal musical talents. The concert is free and open to the public with a free-will offering taken that will be donated. For dinner reservations call 419 332 8167 by Dec. 3.

Members and guests are welcome to attend the meeting of **Fremont Lions Club on Dec. 7** at the Fremont Eagles Hall, from noon-1 pm. Guest speaker is Kimberley Foreman, Sandusky County Treasurer. On Dec. 21, the group will not meet for a noon meeting but will gather in the evening at Victor's Catering (formerly Anjulina's) for dinner and a Christmas party at 6:30 pm. Reservations for dinner will be needed.

**Green Springs United Methodist Church, 117 N. Broadway St., invites you to our COOKIE WALK Dec. 11 from 9 AM til Noon or until supplies last.** Our bakers will have a variety of cookies and candies available for \$7a pound. We will also have homemade ham loaves for sale for \$7. Money raised will be donated to missions and local charities. For everyone's safety please wear your mask.

**Fremont Area Women's Connection will meet on Dec. 14, 11-1 pm** at Crystal Arbors Catering, 1800 E. State St. All ladies are invited to attend the "Feliz Navidad" program that will include music and a sing-along with the musical group, the Harvest Amigos. Guest speaker is Sandi Lemmon from Toledo who will share thoughts on "Reviving the Dying Art of Conversation." Cost of the luncheon is \$14 and reservations are needed by Dec. 9 by calling or texting Donna at 419 680 2251 or emailing Carrol at fawcluncheon@gmail.com. Reservations and cancellations must be reported in the same way.

**Fremont Tree and Beatification Commission is once again sponsoring the Annual Christmas/Holiday Decorating Contest!** Nominations may be submitted on our Facebook page or by texting or calling Rick at 419 307 8924. Feel free to nominate yourself! We will be **judging Dec. 19**, and posting the winners and nominees shortly afterwards; allowing the community plenty of time to drive the family around to enjoy the awe inspiring displays!

**December 31 New Years Eve Celebration** from 8pm-Midnight







**Bellevue: 419.483.4040 ~ Clyde: 419.547.0074**  
**Fremont, Republic, Green Springs: 419.639.2065**

## **24-Hour Emergency Care**

## **All Private Inpatient Rooms**

Anytime Fitness  
 Cancer Care & Infusion Services  
 Cardiac Rehabilitation  
 Cardiac Stress Testing  
 Cardiopulmonary Services  
 Centralized Scheduling  
 Childbirth Education Classes  
 Clyde Urgent Care  
 Community Wellness &  
     Educational Programs  
 CoolSculpting®  
 CT Scans  
 DEXA Bone Scans  
 Diabetes Self-Management &  
     Education  
 Diabetes Support Group  
 Diagnostic Imaging Center  
 Digital Mammography  
 Family Birthing Center  
 Family Health Services - Clyde  
 Fultz Medical Center for  
     Women's Health - Clyde

Gift Shop  
 Health Screenings  
 Hydrotherapy Pool  
 Inpatient & Outpatient Surgery  
 Laboratory Services  
 Medication Management Clinic  
 Neurosurgery & Pulmonology  
 Northwest Ohio Medical  
     Equipment  
 Nuclear Medicine  
 Nutrition Counseling  
 Occupational Health Center  
 Open Bore MRI  
 Pain Management Center  
 Physician Referral Services  
 Pulmonary Function Services  
 Rehabilitation Services - PT, OT,  
     Speech, Aquatic, Pediatric Therapy  
 Sleep Disorders Center  
 Speaker's Bureau  
 Specialty Physician Services  
 Stereotactic Breast Biopsy

Support Groups  
 The Bellevue Hospital  
     Foundation  
 The Reconstruction Institute  
 UTMC Heart & Vascular Center  
 Ultrasound Services  
 Vein & Body Specialists  
 Volunteers  
 Wellness & Walking Trail  
 Women's Imaging Center  
 Wound Reconstruction Center



**1400 West Main Street • P.O. Box 8004 • Bellevue, OH 44811-8004**  
**[www.bellevuehospital.com](http://www.bellevuehospital.com)**