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Lifestyles

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Vol. 23 Issue 12

DECEMBER 2022



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YEARS
1999-2022

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Lifestyles 2000

December 2022
Vol. 23 • Issue 12
www.lifestyles2000.net

Celebrating
23
YEARS



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My Dear Friends,

As we prepare to celebrate the magnificent mystery of the Birth of the Baby Jesus, I wish you the gifts of:

- M** - More time with your loved ones
- E** - Endurance for whatever lies ahead
- R** - Reverence for God's creation
- R** - Reconciliation to forgive others, to ask for forgiveness, and to forgive ourselves
- Y** - To be Young at heart

- C** - Childlike wonderment and joy
- H** - A Heart open to give love and receive love
- R** - Redemption to be a better person
- I** - Idealism to believe what can be done
- S** - Inner Serenity
- T** - Outer Tranquility
- M** - To see the Miraculous in the everyday
- A** - To feel the Angelic presence
- S** - To bask in the glow of the Sacred

May you have a truly blessed and holy Christmas.

With sincerity and thanksgiving,

Kathy

Happy Holidays!

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Lifestyles 2000

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Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to lifestyles2000@sbcglobal.net by the 20th monthly. Sorry, we cannot return phone calls and we will do our best to print those received. Press releases must be submitted as Word documents only. No PDF files please. We cannot run fliers, please write up your event and we will include "In Your Own Backyard." Please make sure all info is correct before sending.

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

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

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Publisher's Letter

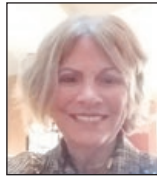
Merry Christmas!

I want to say thank you again to those of you who reach out with your cards and emails. I love hearing from readers, it makes me feel like you are all family. After 23 years I guess you are!

Please stay safe and well over the holiday season. Doesn't seem possible that we are close to wrapping up another year.

God bless, see you next month.

Joanne



Find Pete



Find Pete Winners:

The Nov. contest was a tough one, Old Fort Market was the answer but I had many comments saying it was really difficult. Needless to say, only 100 people got it right!

Winners are: Bonnie Karr, Becky Balsizer, Julie Toy, Clyde; Mary Luc, Diane Kepler, Edna Scherf, Ada Williams, Vicki Houdeshell, Randy Smith, Tom Klos, Julie Seitz, Janelle Havens, Tyler Bowles, Fremont; Melissa Clapp, Betty Moyer, John Artino, Bellevue; Marcia Moreland, Gibsonburg; Traci Ontko, Green Springs; Christine Tabbert, Oak Harbor; Sarah Eden, Vickery.

Find Pete Prizes:

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

Find Pete Contest Rules:

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

Holiday Recipe

I haven't tried these, but the recipe is so easy I thought it perfect for the holidays. Enjoy!

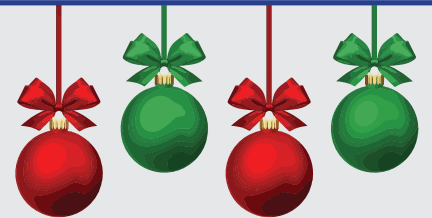
Sausage Balls

- 1/4 lb. fresh ground pork sausage
- 1/4 lb. fresh ground spicy pork sausage
- 2 oz. processed cheese sauce
- 3 cups buttermilk biscuit mix

Preheat oven to 325 degrees. In a medium bowl mix all of the ingredients, form into 1 inch balls. Place on a cookie sheet, bake 15-20 minutes.



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Love, Mom





Out to Lunch

By Lynn Urban

Since 1937 Bay Belle restaurant has been serving the small community of Bayview and the surrounding towns. They were known for the best breakfasts around and have many faithful customers. Now under new ownership, the previous building has been torn down and an exquisite new building is in its place. The new facility overlooks a beautiful view of the bay. It will be perfect in the summer, thanks to the large amount of outdoor seating.



There is also a brand-new bait shop attached for local fisherman. It's only been open a few weeks, so they're still working out the kinks as far as staffing, but they're doing a wonderful job with the food.

The staff they have are very friendly and excited to serve you. The presentation and variety on the menu is fantastic. The new place has a full bar serving cocktails, beer, and wine, along with an upscale menu featuring entrées from land and sea, as well as some of the chef's unique specials. The seafood dishes range from perch to lobster. The USDA choice steaks and chops are cooked to perfection. The juicy ½ lb. burger comes with fries for \$14.00. The soups are homemade, as well as the sauces on the pasta dishes, one of them being the chef's special, the lobster mac and cheese for \$25.00.

I had spaghetti and meatballs, all homemade. I would normally get that at an Italian restaurant, but I was hungry for spaghetti. I thought it was pretty good. The deep-dish pizzas are custom made with a homemade fluffy crust. A 12" pizza starts at \$12.00. Right now, it is open from 4-10 for dinner, and closed on Monday and Tuesdays, but they are planning to open for breakfast and lunch when possible.

Jill on Money

By Jill Schlesinger

Jobs, inflation, and the Fed

As we enter the homestretch for 2022, consumers, investors and Federal Reserve officials are saying "Good Riddance!" With 40 business days to go before we can close the chapter on the year, the themes remain the same: a resilient job market, stubbornly high inflation, and rising interest rates.

In October, the economy added 261,000 jobs and the unemployment rate drifted up to 3.7%. Although the employment landscape is solid, as we enter the fourth quarter of the year job growth is decelerating.

Over the past three months through October, monthly job creation has totaled nearly 290,000, down from the monthly average of 407,000 for the whole year, and a significant slowdown from the 2021 pace of 562,000.

Meanwhile, the number of Americans participating in the labor force is still low, at 62.2%, down from the 63.4% before COVID-19. Bill McBride of Calculated Risk notes that "the overall participation rate is impacted by both cyclical (recession) and demographic (aging population, younger people staying in school) reasons," which is why focusing on 25 to 54 year old workers makes sense.

In that age group, participation is "close to the pre-pandemic levels and indicate almost all of the prime age workers have returned to the labor force."

The most important aspect of the jobs report for the Federal Reserve is wages, which were up 4.7% from a year ago. October was the first month where annual wage growth was below 5% since December 2021. Yes, I know workers want higher wages, but the central bank wants to see wages come down in order to help alleviate the four-decade in inflation.

It seems like a long time ago that the Fed started its interest rate hikes, but it was just this past March -- then, the central bank was worried about the Russian invasion of Ukraine and chose a modest 0.25% increase in the fed funds rate. That action seems quaint, considering that the same officials have recently enacted four consecutive 0.75 percentage point increases, bringing the benchmark rate to a range of 3.75 to 4%, up from zero earlier this year.

Despite the Fed's best efforts, prices are up by more than 8% from a year ago.

The problem is one that the central bank acknowledged in the accompanying statement for the November meeting: there is a lag between the action of raising interest rates and how quickly those higher rates impact the economy.

This new addition to the official statement suggests that the central bank could pull back on the size of future rate hikes, though Chair Jerome Powell has noted repeatedly that the Fed still "has a ways to go"

before reaching the "terminal rate," which is the rate at the end of the hiking cycle.

Can the Fed get to that magical terminal rate without throwing the economy into a recession?

That's the question plaguing investors.

The economy contracted in the first half of the year, but came back in the third quarter, which more than erased the decline. But many Americans have buckled under the pressure of inflation, dipping into their pandemic savings in order to keep the wheels of the economy turning. As of September, the Personal Savings Rate dropped to 3.1%, down from the pre-pandemic level of 9.3% in February 2020.

With consumers under pressure and businesses preparing for a slowdown, most economists are penciling in at least a mild recession in the first half of next year. The reason is with every rate hike, there is a higher probability that the Fed's campaign will slow down the economy too much, tipping us into recession.

(Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at askjill@jillonmoney.com. Check her website at www.jillonmoney.com)

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Hayes Center Holiday Traditions

Make holiday memories by touring parts of the historic Hayes Home in the evening and discover the holiday traditions of President Rutherford and First Lady Lucy Hayes during Hayes Home Holidays tours offered on four nights in December.

This annual event will focus on the Hayes' customs, from Christmas to their wedding anniversary on Dec. 30 to New Year's Day, as well as the holiday traditions of the later generations of the family, who lived in the home until 1965.

Hayes Presidential is featuring the president's and first lady's holiday practices this year as part of President Hayes' 200th birthday celebration, which is from October 2022 through October 2023.

Tours are Sat. Dec. 17; Sunday, Dec. 18; Wed., Dec. 21; and Thurs., Dec. 22. Tour times are 5 p.m., 5:30 p.m., 6 p.m., 6:30 p.m., 7 p.m., 7:30 p.m. and 8 p.m.



The home will be lightly decorated for the holidays in a historically accurate manner, including a replica feather tree of the one the president and first lady had in their bedroom.

Advance tickets are recommended and can be purchased at rbhayes.org/news/2022/08/25/general/hayes-home-holidays-experience-christmas-traditions-of-rutherford-and-lucy-hayes-family/. Tickets will be sold at the museum front desk the nights of the event, pending availability.

If you need special accommodations for mobility or vision or hearing impairment, Hayes Presidential requests a notice of 72 hours. Please contact Kristina Smith, marketing/communications

manager, at 419-332-2081, ext. 217, or ksmith@rbhayes.org. Requests received with fewer than 72 hours of notice will be handled to the best of Hayes Presidential's ability.

Hayes Home Holidays is part of Hayes Presidential's season of holiday events, called A Presidential Christmas.

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

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American Civil War Museum of Ohio

By Denise L. Baldetti

THE DATE: April 12, 1861. **THE SETTING:** Charleston, South Carolina. Confederate troops fired cannons upon the Union's Fort Sumter, a fort built to protect Charleston Harbor. At the end of a 34 hour battle, incredibly no soldiers were killed. This skirmish marked the **BEGINNING OF THE AMERICAN CIVIL WAR.**

For decades the North and South feuded over the direction of the United States. Southern states wanted to secede from the United States and create a new nation. The federal government wanted to put down the rebellion and restore the country as one Union.

THE CIVIL WAR (1861-1865) was the deadliest and bloodiest military conflict in American history. Over 610,000+ soldiers died. If learning fascinating details behind events that occurred during these four years sparks your interest, the **AMERICAN CIVIL WAR MUSEUM OF OHIO** is a must see! Located in Tiffin, Ohio, this not-for-profit educational museum is a hidden gem. The Museum offers eight exhibit rooms with hands-on exhibits for adults and children. It also offers a research library, a theater (showing a 20 minute documentary, "*Ohio's Role in the Civil War*"), a spacious lobby and a gift shop. Currently, a traveling exhibit from the Hayes Presidential Center, "*Ohio Leads the Nation*" is also on display. Exhibits feature artifacts, dioramas, mannequins, AV & hands-on experiences and informational displays.

The museum is a wealth of fascinating, little-known tidbits of history. Here are a few interesting snippets from Civil War archives:

- **Desertion:** One in 9 Confederate soldiers and 1 in 10 Union soldiers deserted. In Ohio, 18,354 soldiers walked away from their posts during the four year war.
- **Rations:** Standard food eaten by soldiers was salt pork and hard tack. However, foraging for food by soldiers by raiding farms and houses to obtain additional food was common.

- **Drummer Boy:** Johnny Shiloh, a 9-year old farm boy from Newark, Ohio, ran away from home to join Union troops. He became known as the "Drummer Boy of Shiloh."
- **Reconnaissance Balloons:** The Union Army began using reconnaissance balloon flights in 1862 to spy from the skies on troop deployments and watch enemy movements from above.
- **Railroad War:** The Civil War is regarded as the first Railroad War. Railroad companies were very competitive with rival companies, causing major sabotage or attack issues.
- **Richmond Bread Riot of April 2, 1862:** More than 1,000 women marched and rioted in downtown Richmond, VA shouting "bread or blood!"
- **"Seeing the Elephant":** This term meant engaging in battle. Before many soldiers even had a chance to "see the elephant," bad water, food and poor sanitation conditions caused deaths of many soldiers.

Want to know more? **THE AMERICAN CIVIL WAR MUSEUM OF OHIO** is open Wednesdays thru Saturdays Noon - 4:00 p.m. from March thru December. Admission Rates: Adults \$6.00; Seniors 55+ \$5.00; Students \$3.00; Free for children under 6 years.



The US flag with the new state of West Virginia, admitted to the Union on July 4, 1863.



Gary C. Dundore, Executive Director, The American Civil War Museum of Ohio.



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Life Scholar

By Kathleen Nalley

The Life Scholar Program of Terra Community College will be wrapping up its season with a Holiday Gathering on Dec. 8th. Participants of Life Scholars, by the end of the fall catalog's selection of classes, have become a community of life learners. New students have started to recognize familiar faces with exchanged smiles merging into conversations and friendships. Instructors like Poetry-loving Larry Michaels remembers student preferences. "Don't worry, Kathleen, I've included a romantic poem for you." With light-hearted humor, both instructors and students create an atmosphere of comfortable learning. The Holiday Gathering will be a celebratory outlet for many interesting conversations to continue.

To prepare for the upcoming classes in 2023, Life Scholars Spring Sampler provides an overview of courses with light desserts and beverages on Thursday, Jan. 12 from 1-3pm at the Neeley Center. Cost is \$5. To register, call 419-559-2255 or email learn@terra.edu. by January 3rd.

With the Spring Catalog, new offerings and instructors will be added to a staple of favorites. New to the Arts and Crafts offerings will be some How To's for using a Cricut machine at the beginner level in February with Brenda Mazure and an old favorite (1970's) design element returning to homes is explored in an Introduction to Macrame' to be offered in May with Brandy Frank.

During April, a special series of fascinating Ohio history is offered by Jane Ann Turzillo in the classroom but presented by Zoom, will include Wicked Women of Ohio: Feminine wiles and treacherous smiles, Murder & Mayhem on Ohio Rails and Ohio Heists: Historic holdups, Train robberies, Jewel Stings and More.

Also, in April, Kelly Giebel-Stocker will provide tips about planning and traveling in a post-pandemic era. She will include travel changes and trends, rates and cruises in order to plan a deserved vacation.

Astronomy enthusiast and veteran eclipse observer, Don Murad, retired physics and astronomy high school teacher, will prepare students for upcoming solar eclipses coming to the USA with background to help one understand the mechanics of solar and lunar eclipses.

With the help of Tiffany Allen, Sous Chef, cooking class will resume with 30-minute or Less Dinners. Emily Riehle will make Valentine's Day special with a class to create Valentine Sweet Treats.

Instructor Jennifer Peace will present The Holocaust in Literature and The Jewish Lifecycle for new options in February.

With a New Year approaching, new opportunities through Life Scholars is a great choice.

Main Factors Causing School Violence

By Robert Morton

The highest number of school shootings ever reported in the U.S. occurred last year-there was a total of 93 school shootings and, interestingly, cyberbullying skyrocketed as well. The fact that cyberbullying doubled in the past decade caught my eye, for "being bullied or intimidated by peers" is one of the leading factors that researchers say leads to school violence.

A key factor in determining whether a student is about to commit an act of violence is finding out how recently he/she has committed or threatened violence against students, teachers, or administrators. It's difficult for school officials to accurately assess a student's violence proneness; however, a helpful resource for them is the therapeutic method described in the section entitled "School Violence" in the book "The Adolescent Psychotherapy Treatment Planner" by Arthur E. Jongsma, L. Mark Peterson, and William P. McInnis.

These researchers conducted a "violence autopsy"- they studied the lives of students who committed violence "after the fact" to determine what was going on before they lashed out. They uncovered eleven commonalities, and items 2, 3, and 10 makes me wonder how much cyberbullying may play in inflaming school violence. Intimidation by peers doesn't have to occur in the school hallways; it can occur at home, online.

1. Feels alienated from most students at school.
2. Subjected to bullying or intimidation from peers.
3. Subjected to ridicule, teasing, or rejection from peers.
4. Loss of temper has led to violent or aggressive behavior in the past. The more recent, the greater the likelihood violence may happen.
5. Engages in drug/alcohol abuse.
6. Has access to or a fascination with weapons.
7. Has a history of hurting animals.
8. Has history of conflict with authority figures.
9. Exhibits poor academic performance.
10. Feels disrespected by peers and adults.
11. Lacks close attachment to family members.

Robert Morton has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He authored three spy thriller novels: "MISSION OF VENGEANCE," "PENUMBRA DATABASE," and "THE SHADOW WAR"- they can be found in Kindle or paperback in

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, 3570 people found shelter at the Liberty Center. This past year 138 people lived at the shelter, 54 of them were single men or women, 84 were family members. Of the 84 family members 51 were children.

This year our Domestic Violence Victims' Advocate worked with 487 domestic violence victims helping them with crisis intervention, safety plans, education, legal process support, and for some, emergency shelter.

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Image of the Mind

By Alisa Florio

Did you know that our behavior patterns were formed before we were even born? They were shaped by our mothers and fathers, and their mothers and fathers, and their mothers and fathers. So in this way we can see that our habitual patterns are predominately shaped and molded before our birth, and passed down from generation to generation.

This is why we see families fall into these generational thinking patterns which are referred to by Bob Proctor, Sandy Gallagher, Mary Morrissey, and a hand full of others that I've had the honor of working, and training with on transformational thinking for more than 20 years now. It was through this material that I am sharing bits, and pieces with my audiences today that I've finally understood why things in my life have happened the way that they have.

These habitual behaviors that are pouring into us, and being expressed through us are referred to as paradigms. A paradigm is a mental program that has almost exclusive control over our habitual behavior. Some paradigms are good and some are not so good.

Now here we see a picture of a brand new baby arriving onto the scene and this baby does not have the ability to accept or reject thoughts that come into his mind. He or she absorbs everything in their surroundings, and it just is as it is. A child learns how to speak, how to crawl, and virtually everything else by his surroundings, and the people in it.

I think it is also important for us to understand that science and theology disagree on virtually almost everything except for this one thing, and that is, there is, "One, Finite, or Infinite Deity, Creator;" of all life forms. Different religions have a chosen name for who they believe to be their creator, but it still remains unanimous that there is one creator over all.

Both science and theology have also proven that we are designed to grow. Yet, the reality is; most people don't know how to tap into the ideas that will help them grow. They feel stuck, and may have people, or reminders from their past that have led them to fear stepping outside of the box that their paradigms hold them captive in. Most people spend their whole lives just trying to survive and make it safely to heaven, or to wherever they believe comes next.

I'd like to leave you with an exercise to think about, "What is it that you really want?" Some of us want new cars, or to make more money, to have stronger relationships, or better health. Next month I'll begin helping you organize your thoughts so that you can learn how to shape, and mold the way you think into getting you closer to what you want. Feel a big HUG from the universe!



Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): The most memorable masterpieces are inspired by memorable moments. In the upcoming month, you might be inspired or inspire someone else to make a great effort. Look forward to fun-filled gatherings with your tribe.

TAURUS (April 20-May 20): You may be attracted to the latest breakthroughs and trends since they could fill a need. The most up-to-the-minute news or technology may be fascinating. Test out something new in the month ahead.

GEMINI (May 21-June 20): Projects can trigger your desire to uphold the highest standards. During the upcoming month, you could set a steady pace and use your organizational skills to complete a plan. Loved ones may break up the monotony.

CANCER (June 21-July 22): Think your way out of a box. A boring routine might run contrary to your desires in the month ahead. If your bank account is just gathering dust, you may be tempted to break it open and invest your money so it can grow.

LEO (July 23-Aug. 22): Ask yourself if someone's possible disapproval is a good enough reason not to reach for your dreams. Avoid any obsession with complicated business strategies and aim toward fun and laughter.

VIRGO (Aug. 23-Sept. 22): Great ideas may occupy your mind. However, if you are breaking new ground, you might hit an obstacle too big to handle. Use patience to navigate the ups and downs and occasional dead ends.

LIBRA (Sept. 23-Oct. 22): Patience and understanding can pay off in the end. Put your stockpile of diplomacy to good use in the upcoming month. Someone may suspect your motives or push you a little too hard for comfort. Boundary up!

SCORPIO (Oct. 23-Nov. 21): Rethink your priorities. Money is good to have but how you spend it could become more important now. To improve your resources, focus on getting along with coworkers and earn their support.

SAGITTARIUS (Nov. 22-Dec. 21): In the month ahead, you can build a sophisticated strategy to support kindness and tolerance. Your sincerity can help you persuade loved ones to institute a positive change. Meet new people through a hobby.

CAPRICORN (Dec. 22-Jan. 19): You understand there are limits but you may be feeling willing to exceed them. You can accomplish a great deal in the month to come through sheer persistence. Extra effort can ensure that your job is on stable ground.

AQUARIUS (Jan. 20-Feb. 18): Any plan to become part of a group or a circle may require exercising mindfulness and diplomacy. Your thoughtful and cautious approach might be helpful when you attend social activities.

PISCES (Feb. 19-March 20): World-weary people may not appreciate your idealism. You could be tempted to sign a contract or make a commitment that takes advantage of your sympathies in the upcoming month. Avoid making impulse decisions.

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Merry Christmas & Happy New Year!



Help for dog that pulls hard on leash and chases grandchildren

Dear Cathy,

We adopted a 2-1/2-year-old boxer mix, and have had her for about five weeks now. She goes after cars, bicycles, and people jogging when we walk. She is a handful to hold back. We have a choker on her, but it doesn't help. She also has the habit of play biting. I have small grandchildren who like to run around the house, and she sometimes runs after them, knocking them down. -- Emilio, Ridge, New York

Dear Emilio,

You can address her lunging for people, animals, and cars through training and by using a head collar, like a Gentle Leader(R) or a Halti(R), when you take her for a walk. Instead of pulling on a collar and leash from her neck and shoulders - the strongest parts of her body, the head collar controls her movements around her muzzle, much like a horse harness, making it easier for you to control this behavior. Put the head collar on and take her for an immediate walk, so she gets used to it quicker.

Also, train her to "heel." Say the command, then make a sudden turn and walk in the opposite direction so she has to follow. When she does, use a clicker or her reward word to mark the correct behavior and give her a treat. Practice this on every walk until she learns to stay by your side.

As for the grandkids, they are triggering her prey drive to chase. To ensure the kids' safety and reduce your dog's play biting, teach the kids not to run or scream around the dog. If the kids need to run and scream, separate them so they are not playing together at that moment.

Dear Cathy,

Your recent column on changes in pet behavior after surgery was interesting. When my Lab, Zena, was six months old, she had a terrible accident on the beach that required emergency surgery. After bringing her back to the vacation rental that evening, someone walked by with a well-behaved shepherd, and Zena had an adverse reaction. I was shocked. Before that, she was a friendly pup. She had no fear or problems with people or animals. Since then, she has been horrible with other dogs. I learned to walk her in the opposite direction of other dogs.

A trainer said she was not aggressive but was in an "I'll get you before you get me" posture and agreed something happened at the vet's office that day. Maybe another dog approached her viciously in the post-op area or maybe on the way out to be reunited with me. It always bothered me that I never knew who or what had changed her that day. It was so sad. I had this beautiful dog until she died at age 13.

-- Susan, Bushkill Township, Pennsylvania

Dear Susan,

As I noted in the column about pets' changed behaviors after surgeries, it's not uncommon for dogs to develop fears or anxieties after traumas, surgeries, or extended illnesses. The behavior you describe sounds like "fear aggression," when a dog becomes confrontational out of fear of an approaching animal or person.

Knowing what changed a dog's behavior is not always possible. While Zena could have had a scary experience at the vet's office, the behavior changes more likely resulted from the accident on the beach. You didn't provide details but said it was a terrible experience for her. That's precisely the kind of experience that can make a dog fearful. It's no different from us experiencing something traumatic and then having a post-traumatic stress reaction when faced with similar triggers to the experience later on.

In the future -- and for anyone who has had a dog with severe behavior changes after a traumatic experience, illness, or surgery -- you can help your dog by building their confidence again. This involves more training to

reinforce the bond between pet and owner, and slowly reintroducing previously positive experiences to recondition the dog's reactions.

Begin by keeping the dog further away from the trigger to prevent a reaction. Move closer to the stimulus over time as your dog's tolerance increases. An example of this might be to take a dog to a pet store parking lot and stand at the far end where she can see other dogs but is not close enough to react to them. Each visit to the parking lot would result in getting closer and closer to the trigger to build the dog's confidence that those other people and animals are not a threat.

Thanks for taking care of Zena all those years.

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



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IN YOUR OWN BACKYARD

Blue Christmas Service - Come to remember and honor a loved one you have lost. St. John's Lutheran Church, 212 N. Clover St., Fremont on Sunday Dec. 11th, 4pm, light refreshments.

LIFT Churches-Breakfast in Bethlehem. Experience a journey through the Christmas story in a carnival-like event, complete with breakfast. St. John's Lutheran Church, Parish House, Sat, Dec. 10, 9-11 am.

Fremont Tree and Beautification Commission is sponsoring the Annual Christmas/Holiday Decorating Contest. Nominations of names or addresses may be submitted on our FB page or by texting Rick at 419-307-8924. Feel free to nominate yourself! We will be judging Dec. 18 and posting the addresses shortly afterwards; allowing the community plenty of time to drive the family around to enjoy the awe inspiring displays!

SCORTA Christmas Meeting, Dec 9, Crystal Arbors (Applewood Bistro) 1800 E. State St; Fremont. Cost: \$20 person; pay at door. Must pay if cancel after Dec. 1. Spouses welcome. New retirees welcome. No carryout. Doors open 11am, business mtg. 11:30, lunch at noon. North Coast Concert Band entertainment. Call/email Madi Doble at 419-307-1703 madidoble54@yahoo.com Deadline Dec.1, 9 A.M.

Dec 10th-Annual Cookie Sale with Vendor Fair on Saturday from 9am to 2pm at GS United Methodist Church, 117 Broadway St. in Green Springs. There are 10 vendors to help with your Christmas and specialty gifts. Come join the fun!

Fremont Lions Club will meet on Dec. 6 at noon at the Fremont Eagles Hall. Guest speaker is Dean Bliss, retired Fremont Police Chief who served for 6 years as the Chief and a total of 23 years with the Fremont Police Department. Students of the Month will also be present at this meeting. A Christmas party and dinner will be held on Dec. 20 at the Victor Event Center. Members and guests are welcome at all functions. Call Donna Thatcher, President at 419 332 3095 with any questions.

Trinity United Methodist Church, 204 N. Wayne St. Fremont will host a Christmas Concert on Dec. 4 at 7 pm. This free concert is open to the public and will feature the Terra State Fusion Band along with other musical talent. A free-will offering will be taken and donated, reception will follow.

The church is also accepting orders for the **Annual Cheeseball Sale** until December 4 with pick-up and payment on December 17 from 2-4 pm. The cost is \$8 each for Cheddar, Dried Beef, Horseradish, Onion and Pineapple. To place an order, call Steve at 419 332 8167 or Carol at 419 680 5758.

Fremont Area Women's Connection invites all women to enjoy a **"Holly, Jolly, Musical Christmas Celebration"** with the Harvest Amigos, Dec. 13th at Victor's Event Center, 2270 Hayes Ave, Fremont. Doors open at 10:30AM, lunch and program is 11-1pm. Annie McQuate-Truex from Mansfield, Ohio will share her life story "Holding Hands, Holding Hearts". Cost is \$14. To make your reservation before Dec. 9th call/text Donna @419-680-2251 or e-mail Carrol at fawcluncheon@gmail.com. Reservations as well as any necessary cancellations must be reported in the same way. Find out more about us on FB at FAS Fremont Area Stonecroft.

Kiwanis Club of Fremont meets the first Thursday of the month at The Back Lounge at The Strand Theater 5-6:30 pm and the other Thursdays 11:45-1:00 at the Fremont Elks Lodge. Guests are welcome. Speakers for this month are Dec.1, Social Gathering at The Strand Theater, Dec. 8, three guests will give a presentation on the Special Olympics, Dec. 15th is the Kiwanis Holiday Auction beginning at 6 pm with a social hour, Dec. 22 will be a program with a spiritual message, no meeting on Dec. 29. For more info, email sardisburchard@yahoo.com.

Gibsonburg area churches present a Drive-thru Nativity on Sat & Sun, Dec. 3 & 4, from 5:30-7:30 pm at Zion Lutheran Church, 500 S. Brentwood Ave, Gibsonburg. Come, view this free presentation of the Biblical Christmas Story as it "comes to life" in 9 scenes portrayed by families from the community. Drive slowly past each scene as you listen to the beautiful narration of Mary & Joseph's journey to Bethlehem for the birth of a son, Jesus, born to save all people from their sins. (Narration is available in sanitized CD or flash drive formats to accommodate all vehicles.)

Making a Difference

By Dr. Paul Silcox

Making a Difference

A young man walked on a shore littered with hundreds of starfish, beached and dying after a storm. He saw an old man ahead of him picking them up one at a time and throwing them back into the ocean as far as he could.

"Why do you bother?" the young man scoffed, "you're not saving enough to make a difference."

The old man listened politely. Then he bent over and picked up another starfish and sent it spinning back into the water and said,

"Made a difference to that one."

And so it goes with addiction. Not all will choose acupuncture as a method of helping with their recovery. But my job is to put it out there to make it available and train others so that more people will have access to it.

I've been fortunate to witness the transformation of recovery using acupuncture with several people. It's awesome to help make a make a difference in a person's life that's stuck in addiction.

So I'm just looking to make a difference in one more life. . . . again & again & again.

I've been talking about the National Acupuncture Detoxification Association and the NADA 5 needle protocol for addictions for the last couple years. Here is a general list of the benefits of NADA and the 5 Needle Protocol.

- Reduced cravings for alcohol and drugs
- Minimized withdrawal symptoms
- Increased calmness, better sleep, and less agitation
- Relief from stress and emotional trauma
- An easier connection with counseling
- A discovery of inner quiet and strength
- The combined application of acupuncture with counseling, education, medical support and self-help groups such as AA and NA enhances opportunities for long term success.

If you have questions about acupuncture helping with addictions or stress, call 419-307-8094. Or stop by the office for a free demonstration of how I'm trying to 'Make a Difference' in Fremont and Sandusky County.

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