

2000 Lifestyles

Free
Vol. 21 Issue 2
February 2020



One New Location Two Great Doctors

INTRODUCING

Community Health Services Third Avenue

Community Health Services is happy to announce that we are opening another Fremont location. Community Health Services Third Avenue, is conveniently located directly across the parking lot from ProMedica Fremont Memorial Hospital, at 605 Third Avenue, Building B, Suite F.

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Lifestyles 2000

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Camp Fire News and Notes

Were you one of the 10 people who took the "Freezin' For A Reason Plunge"? We want to thank you and also encourage others not to jump in the icy cold waters but to get outside and enjoy the winter months by looking for winter wildlife, going sledding, or just taking a hike to see the wonders of the Great Outdoors!

This winter we are encouraging youth to partake in our programs including our Parent's Night Out Events which are held every second Saturday of the month for free. Last month we explored worms and winter wildlife; this month we hope to get outside and see what great things you can see in winter. We are also excited to offer a try before you buy option to families interested in our before- and after- school programming with bussing to and from all (except Washington) elementary schools in Fremont City School District. Did you know this program also stays open for unexpected school closings? That's right, you can bring your child to Camp Fire for a fun day of Camp instead of scurrying to find a sitter! Follow us on Facebook, Instagram and Snapchat for events and programs going on at Camp Fire!

Uncork the Fun is Saturdy, March 21st! Tickets are on sale now. New this year we will be hosting the event at Anjulina's Banquet Hall. Purchase your tickets online through our website www.campfiresc.org and on our FB page www.facebook.com/campfiresc. Tickets this year are \$40 which includes; entry into the event, door prize drawings, grazing Dinner Buffet, 2 drink tickets (Wine, Beer, soda, water) and a signature wine glass to take home. Donations received support our annual youth programming.

We would like to thank all of our annual donors and United Way of Sandusky County for your continuing to give S'MORE support in Camp Fire Sandusky County.

Need a great place for a party, family get together, graduation, or a wedding? Come check out the recent changes at Misty Meadows. We can't wait to assist you in planning your special event.

For more details, volunteer opportunities, or any questions call 419-332-8641, or stop out to the Camp Fire office at 2100 Baker Rd to see what is going on!



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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.

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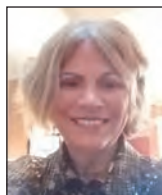
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Publisher's Letter

Happy Valentine's Day to our readers!

Miss Grace is back this month, I know people were worried about her when she didn't make an appearance last month. She is healthy and happily celebrating the new year!



We have added A's Family Restaurant to our Find Pete prizes, we also have a rack in the restaurant on East State Street in Fremont. Fremont's Share and Care is also now included in the prizes, and there is also a rack in their facility. If you prefer a specific gift card, be sure to mention it in your entry.

For those still looking, yes we are in the new Kroger's in Fremont. The rack is over by the pharmacy where all of the daily papers are stacked. Sadly it took me a month to find the rack, so good luck!

Enjoy your month, Joanne

PS A big congrats to Pottery Perfection for winning the Chamber of Commerce Small Business Award!

Find Pete

There were 165 entries this past month and the majority had it right, Pottery Perfection. If you haven't been, give them a visit, lots to do to show off your artistic abilities!

Find Pete Winners:

Winner of the Dairy Queen cake is Susan Hoffman of Fremont, a long time reader.

Other winners are: Thomas King, Corey McKnight, Cyndi Burroughs, Charles Schauder, Thomas Swinehart, Monica Heath, Jeremy Smith, Kylee Cleveland, Caedon Abalos, Fremont; Julie Seitz, Bellevue; Judy Coon, Alice Cook, Regina Freeman, Clyde; Shirley Swaisgood, Helena; Debra Baker, Becky Lauer, Gibsonburg; Barbara Kerbel, Woodville; Diane Stetler, Green Springs; Barbara Leimgruber, Bettsville.

Find Pete Prizes:

Prizes are from: Color Haven, Dairy Queen, Otto & Urban Florist, Pottery Perfection; A's Family Restaurant; Share & Care; Old Fort Market, The Calico Cat, Clyde. If you wish a specific prize, please include in your entry.

More prizes coming next month!

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.



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You're Never Too Old to Learn

By Kathleen Nalley

Life Scholar classes have hit the road! A new outreach program has taken classes from the campus of Terra State University and brought them to the community at the reasonable cost of Life Scholars. Popular instructor, Mike Gilbert, will be addressing favorite topics (Lincoln Assassination, Native Americans of NW Ohio, and Believe It or Not - World Haunts) in February at Clyde Gardens, Valley View Health Campus, and Portland Place while Larry Michaels will bring Fremont: the First 200 Years to the GLCAP Senior Center in Fremont. March will feature the Civil War again at Clyde Gardens and Dan Baker's crowd-drawing explanation of The Day the Music Died, a musically-infused presentation of the Buddy Holly tragedy and Don McLean's tribute song, "American Pie" to GLCAP. Classes range in cost from \$5 - \$10.

Bird Watching is another course better suited to an off-campus outdoor setting for instruction. Tom Kashmer, Executive Director & Founder of Green Creek Wildlife Society and Past President of Ohio Bird Banders Association leads a journey of discovery to follow seasonal migration of birds through NW Ohio at local public and private lands after a basic introduction of birding skills in the classroom. Northwest Ohio is considered one of the top five spring birding hotspots in the United States and Tom knows where and when to sight these delightful gifts of nature. He will share these secrets with his students.

After two weeks in the classroom creating container and fairy gardens, a field trip will be available to Kingwood Center in Mansfield to put students in the mood for Spring Gardening. The class session and April field trip can be selected individually or together.

New day trips this semester include outings to the metropolitan cultural centers of Columbus and Cleveland. Columbus sights include the Billy Ireland Cartoon Museum and the Franklin Park Conservatory with docent tours and special exhibits. In Cleveland, there will be a tour of the Picasso Exhibit at the Art Museum followed by a guided tour and special presentation at the Maltz Museum.

A long-planned adventure with overnight accommodations at the historic Lafayette Hotel in Marietta, Ohio, will occur in May. Educational visits feature the Newark Earthworks and Flint Ridge, a trip up the Ohio River Valley, and time for food at the Amish Door in Wilmot, Ohio. Spaces are limited and costs will vary depending on room choices.

To register, call 419-559-2255.



During all of the years that I have driven through Fostoria, I never paid attention to the restaurant at the corner on Main Street, I knew it was there, but never thought of stopping. But the last time we were going by we decided to look it up online to check out the menu. I always check that out first to see what a place has to offer before going. We also noticed a smoker outside.

I found out this place has been around since 1934 and has award winning barbeque. Amazingly enough, they are a 5 time Ohio State barbeque champ. They specialize in ribs, brisket and pulled pork, with a house made sweet and vinegar based savory sauce. It was delicious.

They are mainly a breakfast and lunch place, with their hours being 6 am to 2 pm daily, except Fridays, they are open until 8pm. That is their big rib night; a full rack at \$18.99 with potato and salad bar. Sunday hours are 8 am until 2pm. We were there on a Sunday, so I had breakfast, which consisted of an amazing homemade sausage gravy



and biscuit meal. It was also served with eggs for \$5.59.

Another dish that they are known for

are "Manhattens". No not the drink, they don't serve alcohol, but open faced beef or turkey dinners with mashed potatoes and gravy, for \$6.59. Kim tried this and said the shredded beef was so tender.

They also serve fresh hand pattied burgers and fresh cut fries. They strive to make everything homemade, including the meatloaf, soups, and the mac and cheese, that they fry on the grill. For dessert try a piece of homemade pie or cake.

This place is definitely worth stopping for. Check out the website at www.fostoriadells.com for the complete menu, or call at 419-435-9947

Jill on Money

By Jill Schlesinger

Market timing not the best use of your time

Just a year ago, stock investors were licking their wounds. U.S. indexes finished 2018 with losses - the S&P 500 was down 6.2%, the worst annual performance since the 2008 financial crisis.

Despite the corporate tax cut-powered economic growth of 2.9%, investors were unnerved by mercurial U.S. trade policy, the uncertainty of Brexit, a slowdown in China, and perhaps most critically, the Federal Reserve's four quarter-point short term interest rate increases.

2019 started with all of those factors in play, which led many business leaders, economists and analysts to talk openly about their fears of a recession. But as we now know, that's not exactly what happened. While economic growth did downshift to the post Great Recession trend of about 2.25%, the Federal Reserve reversed course and cut interest rates by a quarter of a percentage point in August, September and October.

Those three actions, along with other global central banks' accommodative monetary policies, helped global stock markets power higher in 2019.

Given that very few were able to accurately predict the performance of either 2018 or 2019, it's worth considering how the two years, along with the past two decades, make a great argument for why trying to time the market is just not worth it. In my book, "The Dumb Things Smart People Do with Their Money," I devoted a chapter to market timing, because I had encountered otherwise intelligent people trying "to predict short-term market movements-and failing. ... By trying to time the market, you're potentially making investment decisions that are based on emotions, and that are colored by your own individual biases and blind spots."

Of course, timing the market can be alluring. Who would not want to be the person, or hire the financial professional, who knows the exact moment when to get in and out of an investment? But it's a lot harder than it sounds.

What if you had poured over the financial press in 2018 and concluded that 2019 would be another bad year for stocks? Or what if you had bought into the idea that you could never, ever own a stock again after the horrible "lost decade" of the 2000s, during which the S&P 500 delivered annual returns of -2.7%? And yet, if you had bailed out of stocks before the next decade began, you would have missed out on the snappy 2010-2019 11.2% annual returns.

Even within the 2010s, there were moments when you might have doubted whether or not you should stick to your game plan. According to LPL Financial, during the past 10 years, the S&P 500 posted six corrections (a 10 percent decline from a 52-week high), including two 19 percent slides - one in October 2011, the other in December 2018. John Lynch, LPL Chief Investment Strategist noted that while "the volatility was uncomfortable, stocks ultimately bounced back to new highs each time."

Instead of trying to game out the peaks and valleys of any asset class, start off the new decade with a simple approach that I outlined in my book: "Decide upon your goals and your risk tolerance, craft a plan to allocate your investments accordingly across the different classes or types of investment using the appropriate index funds, and then stick with the plan. On a regular basis (quarterly, semiannually, or annually), rebalance your accounts, or activate auto-rebalancing if your retirement plan or financial institution offers it. If you need to rebalance manually, then rotate some of your higher-performing positions into those that lagged in order to maintain your preset allocation."



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A Breed Apart

The 8th Kentucky Cavalry was formed during the late summer of 1862 and mustered into Confederate service in September. The regiment became one of General John Hunt Morgan’s handpicked cavalry units.



In June 1863, Brigadier General John Hunt Morgan left his Tennessee camp on a raid with nearly 2,500 men, intending to divert the attention of the Union Army of the Ohio from southern forces in the state of Ohio. On July 8, 1863, Morgan crossed the Ohio River at Brandenburg, Kentucky and entered Indiana against orders. He raided, destroyed property, and stole food and horses. After his victory at the Battle of Corydon, Morgan headed eastward into Ohio where he terrorized its citizens. Pursuing him, was Union Brigadier General James Shackelford.

Worn and with Union forces closing in, Morgan headed for the Ohio River, searching for a ford. Hayes and his troops made a night march and boarded waiting steamers. He met Morgan’s men at Pomeroy, but when the cavalry raider



realized he was facing Union soldiers rather than local militia, Morgan took flight. On July 19, 1863, Morgan attempted to cross the Ohio River into West Virginia at Buffington’s Island Union forces of Brigadier General E. H. Hobson and Henry M. Judah captured between 800 and 1,200 of Morgan’s troops. Some three hundred escaped across the Ohio River.

Most of the men of the 8th Kentucky were among those captured at Buffington’s Island on July 19, 1863. Pictured here are Privates Jesse Spencer and John Van Meter. Both had enlisted at Winchester, Kentucky in the fall of 1862

After several days at Indiana’s Camp Morton, they, along with hundreds of Morgan’s Raiders, were imprisoned at Chicago’s Camp Douglas,

one of the worst Union prison camps. Captives suffered from malnutrition, disease, torture, and exposure.

Morgan’s Raiders were considered by the guards to be “a breed apart.” Excellent organizers and possessed of leadership skills, they frequently attempted to escape by tunneling, scaling the walls, and disguising themselves as civilians.

Spencer and Van Meter both were recaptured after escape attempts. They survived Camp Douglas and at war’s end were shipped to Point Lookout, Maryland and then south to City Point, Virginia. Still defiant, many of Morgan’s Raiders refused transportation and walked to their Kentucky homes.

Spencer and Van Meter’s photos are two of 25 taken by Camp Douglas photographer D. F. Brandon. They are part of an album originally owned by another 8th Kentucky prisoner.

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We are Celebrating Ella, the Great Dane's Birthday with a party including cake, ice cream, party hats and painting!
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Everyone is encouraged to bring a gift for the animals at the shelter!

Much needed items include 13 Gallon trash bags, Purinal Cat Chow Naturals, Bleach, HE Laundry Detergent, Friskies Canned Cat Food, Dog & Cat Toys, Postage Stamps, Paper Towels & Dryer Sheets.

Pre-Registration required, \$20
20% of all money raised will be donated to the Humane Society.

TO BE OR NOT TO BE - Binary or Nonbinary

By Kathy VanWey

Have you noticed the proliferation of terms having to do with gender? Or the kerfuffle about which pronouns people want used to describe themselves? Labels like binary, nonbinary, trans, and cisgender are becoming common. According to the University of Wisconsin Milwaukee LGBTQ+ website, pronouns like he/she and him/her can be replaced by gender neutral pronouns of zie and zim. His/her becomes zir, his/hers is zis with himself/herself is ziesel.

Recently Merriam-Webster announced that the Word of the Year for 2019 is "they." When we were growing up, they usually meant plural, two or more. On their website the company points out, "English famously lacks a gender-neutral singular pronoun to correspond with . . . {terms} like everyone or someone . . . {so} they have been used for this purpose for over 600 years." However, recently, ". . . they has also been used to refer to one person whose gender identity is nonbinary . . ." The words rolled around in my mind, "gender identity is nonbinary."

This called for more research. Did you know Facebook has over 50 classifications for gender identity? I discovered the deeper one delves into these matters, the more confusing and confounding the terms became. Let's try to keep it simple. Back to Merriam Webster's website.

Gender Identity means "a person's internal sense of being male, female, some combination of male and female, or neither male nor female." Gender Expression "refers to the way people convey their gender through mannerisms, behaviors, or expressions . . . {it} occurs so naturally it's unnoticeable. Except when gender expression doesn't match traditional notions of the gender assigned at birth."

One of the definitions of binary is, "the use of stable oppositions such as good and

evil," or male and female. Nonbinary is "relating to or being a person who identifies with or expresses a gender identity that is neither entirely male nor entirely female."

Now throw into the mix, "cisgender," also called cisgendered, or cis. This is "relating to or being a person whose gender identity corresponds with the sex the person had or was identified as having at birth." And transgender is a person whose "gender identity is opposite the sex the person had or was identified as having at birth."

So in the future if you hear someone say something like, "Zir family is totally binary and cis, but Dakota is nonbinary and questioning," you can somewhat translate. "Dakota's family is straight and they're comfortable with the gender they are, but Dakota hasn't decided if he's a he, or if she's a she, or if he wants to be a she, or she wants to be a he, or maybe doesn't want to be either he or she. However, Dakota has well over 50 other options to choose from."

To paraphrase Bette Davis, "Fasten your seatbelts. We're in for a bumpy ride."

DO YOU WORRY TOO MUCH... over nothing?

By Robert Morton

I enjoy how Crocodile Dundee handles problems that come his way. He says, "No worries, mate!". The Australian outback dude had the philosophy that worrying never fixes anything. Worrying and fear of failure seemed to be related, but just remember baseball great Hank Aaron. A great home-run hitter, he struck out twice for each homer. Life is a game where you can still achieve success without a smash hit every time you step up to the plate.

Researchers discovered that 40% of our worries are about things that haven't happened and probably never will; 30% relate to things over and past that can't be changed; 12% are unfounded worries about our health; 10 % involve petty things, and a minuscule 8% are legitimate worries that deserve our attention.

So, 92%, or practically all the worrying in America is wasted on the improbable, unchangeable, unfounded, and unimportant. Heed Crocodile Dundee's maxim, "No worries, mate!". He learned that if you can solve a problem, there's no need to worry about it and if you can't solve a problem, what's the use in worrying? Yes, most worrying is over nothing at all. Here's a mental activity that may prevent "worrying" from mastering you:

Take a pen and notepad, sit down, and start thinking about all your worries. Jot them down as they come to mind. Write down past worries that are no longer present as well as existing ones. Spend some time doing this. Look them over, one-by-one, and sort them into the 5 worry categories described above.

When you're done with the exercise, analyze your findings. How many of your worries fall into one or more of the trivial 92% categories? How many are in the legitimate 8% category? Avow to stop wasting your precious time agonizing and losing sleep over those matters in the 92%. You'll have more energy to tackle the things that really matter.

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 books: "Finding Happiness in America" and the spy thriller "Penumbra Database"- both can be found in Kindle or paperback at Amazon.com books.

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Astrology FORECAST

By Magi Helena

ARIES (Mar 21-Apr. 19): Even a free spirit needs to have boundaries. You may do as you please, but not at the cost of shirking responsibilities. Utilizing unorthodox methods may improve your chances for success.

TAURUS (Apr. 20-May 20): All knowledge is good knowledge. Anything you learn may be put to good use later, so pay attention. A trip down memory lane may show you how much you've grown and matured.

GEMINI (May 21-June 20): A soft sell makes the sale. Being too pushy or aggressive might drive people away, but a laid-back approach will seal the deal. You shouldn't assume that you're too old to learn a new skill.

CANCER (June 21-July 22): You get what you pay for. Bargain-hunting does you little good if you always end up with shoddy merchandise. It's better to spend a little extra to ensure you're getting quality.

LEO (July 23-Aug. 22): Avoid getting too comfortable. Just when you think you have a handle on which direction the wind is blowing, there's likely to be a change. Be alert and prepared and make plans that are flexible.

VIRGO (Aug. 23-Sept. 22): Charity begins at home. Focus on improvements in your house, or give aid and support to loved ones before committing to a cause that benefits others. Give yourself a pat on the back for all your hard work.

LIBRA (Sept. 23-Oct. 22): Know when to say when. Harmless flirtation may quickly spiral into something bigger if you don't maintain some semblance of control. However, this may not be a bad thing, depending on your status.

SCORPIO (Oct. 23-Nov. 21): Do things the old-fashioned way. You are better when excelling at a single project than when trying to multitask several jobs at once. Don't be too quick to turn down an opportunity.

SAGITTARIUS (Nov. 22-Dec. 21): Psych yourself up. Don't allow a few setbacks to get you down, as willpower and a positive attitude can go a long way in helping you plow ahead. You may be too unforgiving of your mistakes.

CAPRICORN (Dec. 22-Jan. 19): Every cloud has a silver lining. While your performance may not be what you had hoped for, your mistakes provide experience that you can build upon. Keep your eyes on the future.

AQUARIUS (Jan. 20-Feb. 18): Don't expect a lot of leeway. This will not be a good month for missing deadlines, owing money or being late, as you will not receive much sympathy. Stay on top of your commitments and responsibilities.

PISCES (Feb. 19-Mar. 20): Focus on what's important. If you only care about silly, petty issues, then you're likely to have silly, petty problems. Seek out those with a deeper understanding of life who can stimulate your mind.



Kiss-Me-Over-The-Garden-Gate

By Grace Nause

As you may have already guessed by this time, I'll try anything once – sometimes even twice. Among my do-it-yourself skills are: house painter, gardener, lawnmower, cook, baker, upholsterer, furniture refinisher, writer, home maker, tree and bush trimmer, and window washer. However, "I do not type and I do not have the internet. This gives me a problem with getting my hand printed column to LIFESTYLES editor, Joanne, on time and in the form it needs to be received – typed and emailed.

Can anyone solve this problem for me? Perhaps more than one person could help me and we could rotate months. I could bring or mail it to you hand printed and ask you to type and e-mail it for me. The 20th of each month is the deadline date by which she needs to receive it. If you can do this for me, and you live in the Fremont area, please call me at 419-332-7427. Thank you! I'm sure Joanne will appreciate your help as well.

We have a full schedule of teas that will be offered at The Old Garden House, 1045 S. Bloom Road, on the last Tuesday of the months of March through November. Tea will be served at 2 pm, except for the months of June and September when serving time is 6 pm for evening teas. Reservations are required, 419-332-7427. The March program will be presented by Viola Purdy, a Master Gardener, who will share her knowledge with us and answer our questions. In April, auctioneer Fred Wolf and his wife Pam will join us for tea and are the program presenters. Please bring a "White Elephant" item to be sold. We will furnish the "play money" for you to use in buying the items. The Wolfes are fun people and I know you will enjoy the afternoon.

What are your plans for The Old Garden House in the year 2020, you ask? Well, after much thought, and a realistic look at my life, I've made some decisions. No one really knows what the future holds. I recall the words I first heard spoken many years ago by a wise man who was 91 years old, his name was Tony. Rollie and I were newly married and were working hard to remodel an old farm house and to work our 40 acres of farm land in Oak Harbor. He volunteered to help us as his age and strength would allow. He ate lunch with us each day and shared stories of his past, his faith and his appreciation of his good health and love of the land. The advice he gave us one day at least 60 years ago was, "We should work like we will never die and live like we will die tomorrow."

Bernie and I not only want to share the work around here, we also wanted to share the joy of living the years we have left together. We are planning some trips to Indiana to visit my relatives there and some other far away states to visit, with some train travel is in the plans as well.

That said, here is the game plan, we will do teas as described elsewhere in this column, 4th grade school class visits as requested, and weddings in the yard or gardens or on the porch. This leaves us time to work in our vegetable garden or flower beds.

Keep a smile on your lips and a song in your heart and share the news that LIFE IS GOOD- because it is!



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Helen Marketti's Music Corner

By Helen R.
Marketti



Tommy James – Tommy James will be at The Marion Palace Theatre on Friday, February 14, 2020. (Marion, OH)

Tommy James & The Shondells have been a popular band with their many hits which include Crimson & Clover, Crystal Blue Persuasion, Mony Mony, Hanky Panky, I Think We're Alone Now, Draggin' The Line and many more. Tommy takes some time to discuss his career, current projects and his longevity in the music business.

Originally born in Dayton, Tommy grew up in Niles, Michigan.

"My music heroes were the first-generation rock stars, of course. Gene Vincent, Buddy Holly and Little Richard. I started digging rock and roll during the 50s when I was about nine years old. In fact, around that time my mother bought me a guitar. Prior to that I had played a ukulele since I was four," remembers Tommy. "I was always listening to the radio and playing the rock and roll songs that I could understand. I got my first electric guitar when I was ten years old. I started my first band when I was twelve.. I had two record deals before I was out of high school. I was 16 when I got my first hit song which was Hanky Panky. I definitely got an early start with my career and never wanted to do anything else.



Tommy recently had a new album released titled, ALIVE. "It was two years in the making and a labor of love," said Tommy. "It's all over the place musically. It has a little bit of everything. We did a new cover of, 'I Think We're Alone Now' and that version will be in the movie. More on that in a moment. It will be used as the closing credits in the film."

He continues, "We did a remake of Draggin' The Line which has a rap in it, done by award winning rapper, T.O.N.E.-Z. and Stevie Van Zandt lent his talents to the song, too. The first two songs charted for us on AC radio and we are back on Billboard. It's great to be back on the charts. It's been a long time!"

In 2010, Tommy's autobiography, "Me, The Mob and The Music" (Simon & Schuster, 2010) was released. "The book came out nine years ago and it's still selling. It has been amazing how it has been accepted by the fans as well as the media. It's essentially an autobiography with about two-thirds of it devoted to our crazy, tumultuous and sometimes dangerous relationship with Roulette Records which was the music label where I had most of my hits," said Tommy. "The reason it was tumultuous was because while Roulette Records was a functioning indie label and a pretty good one, it was

also a front for the Genovese crime family. We didn't know that when we first signed with Roulette. After a while, I started learning who we were dealing with and I started seeing people in person whom I recognized from TV! Morris Levy was the head of Roulette Records. He was an associate. I would see different guys hanging out at Morris's office. It was like a social club. Then a week later I would see some of these same guys doing the perp walk out of a warehouse in New Jersey. They were being arrested and I would say, "Hey, isn't that the same guy we just met last week in Morris's office? And it turned out it was and then we realized who we were dealing with."

"Anyway, the book is being made into a movie. After the film, it's going to be a musical on Broadway. That's the plan," said Tommy. "Right now, the film may be released in another 18 to 24 months. That's how long it takes. Currently, they are doing the casting. I have no idea at this point who is going to play me but what I have found interesting is that many young male actors have started out in rock bands and many of them are guitar players! I may have a cameo appearance. Who knows, I may be an elevator operator or a bartender. I'm way too old now to play Tommy James." (laughs)

When asked about his influence on the 60s generation and his many hit songs that came out of the era Tommy said, "The 60s was the most creative and the most explosive time for music. I have my own radio show on SiriusXM called, Gettin' Together with Tommy James every Sunday evening from 5 to 8 pm. It's on the 60s on 6 channel. What many people may not realize is that there was so much music being created during the 60s that there wasn't enough room for it. So, the philosophy of my show is we play the songs people didn't get to hear often or at all. We play the rarities."

"I have to say looking back, I have had a great career. I can't believe I have been doing this for over 50 years! I have a web site, Facebook and Twitter. I sincerely would like to thank the fans and the good Lord for my career and its longevity. I think its great that fans are still interested and new fans who discover our music. They are the ones that keep the machine going."

www.tommyjames.com

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Limit access to things puppies like to chew when you aren't around to teach them

Dear Cathy,

We've always had multiple dogs and now own a black lab who is 9 months old. She is the easiest puppy in the world to potty train, but I have never had a dog chew so much. We have toys and chewies all over the floor and in a toy box, and yet I have lost three pairs of shoes, Christmas decorations, gloves, plants and baskets.

I have a spray that is supposed to taste awful that I am spraying on things and also in her mouth, so she realizes it is nasty. I don't want to have to crate her again. She is with our 11-year-old dog during the day on the main level of the house. Do you have any ideas on how to stop the chewing?

- Jeri, Oshkosh, Wisconsin

Dear Jeri,

Your girl will be a puppy until she is about 18 months to 2 years old, and puppies like to chew. Labs are easy to train though, so here is what I suggest.

Reduce her access to things she can chew. Be vigilant about keeping closets closed, shoes put away, and doors shut to rooms when you can't be present to supervise her. She can't learn right from wrong when you are not around to tell her, so she develops the chewing habit when you're not home or around.

When you are away from home, keep her in a pet-proofed room so she doesn't have access to things she can chew. Leave her with things she is allowed to chew, like stuffed animals or a Kong with treats frozen inside to keep her mind busy. (Don't leave food treats if it will cause your two dogs to fight.)

When you are home, make sure there are things around that she can chew, but shouldn't, and train her to "drop it" or "leave it" if she goes after one. For example, if she picks up a shoe, tell her to "drop it" and hold out a treat so she will. When she drops it, give her a reward word like "bingo" to let her know she did what you asked, followed by the treat. Pick up the shoe and put it back to its original location. If she wanders over to it again, tell her to "leave it," followed by the reward word and treat again.

Put one of the toys she can chew in front of her along with a treat. It won't take long for her to learn what she is allowed to chew and not chew.

Keep in mind, corrections are always verbal, and training is always positive. I say this because you mention spraying what I can only assume is Bitter Apple into her mouth. Bitter Apple is an awful scent sprayed on items to discourage a dog from chewing. So, continue using the Bitter Apple on items you don't want her to chew, but do not spray any of it in her mouth, as that is a form of punishment and doesn't teach her anything. In fact, she may chew more just to get the awful taste out of her mouth.

Train her when you are home as to what is off-limits and what is allowed; pet-proof a room/area that she can be in when you are not home; leave her with toys she can chew; and be patient, as she is still a puppy and will eventually outgrow this behavior with the proper supervision and guidance from you.

Dear Cathy,

I'm curious as to why dog owners apparently feel their dogs can urinate wherever the urge occurs. I've observed dogs urinate on my trees, lawn and flowers while their owners calmly look on.

- Howard, Oceanside, New York

Dear Howard,

Most of the time people are walking their dogs so the dogs can relieve themselves. Male dogs in particular like to mark everything. It's how they communicate with other dogs who have taken that same walk.

While dog owners can't control when their dog decides to urinate or defecate, they always should clean up their animal's feces and avoid yards whose owners might be upset if their dogs urinates there. If it bothers you, have a gentle talk with your neighbors and ask them to steer clear of your yard. If it helps, though, I have not seen a plant die from a dog peeing on it.

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The Grand Entrance of CBD to Our World

By Dr. Silcox

I first learned of benefits of CBD in late 2017, first as a pain reliever, but also because I have a sister with MS who discovered less pain and anxiety while taking it.

It became under scrutiny in Congress and the restrictions weren't lifted to be legally sold until the middle of 2019. Since that time this market has grown so rapidly. People wanting to get CBD don't have a lot of information to go on other than price, and good strength, or good quality and as in most things, if you don't know what you're looking for and you go only on price, it's a crap-shoot.

First you need to know that there are different types of CBD receptors in the body that can get the benefits

of different types of CBD's derived from industrial hemp. These CBD body receptors are located in the eyes, brain, heart and blood vessels, digestive system, bones and joints. In order to get the most number of CBD cannabinoid types from the hemp, a gentle carbon dioxide extraction method that the oils retain their full spectrum of CBD types.

In addition, flavanoids give many plants flavors and terpenoids give many plants their smells. Smells related to the hemp plant are referred to as Terpenes. The terpenes in the newest CBD product I carry are biased more towards relaxation and recovery, in addition to remarkable qualities of pain relief.

The newest of the CBD products I carry is called TruestYou. It's the strongest I have available, but the company makes a smaller bottle in a 10 day trial size available for \$50, 66ml full spectrum CBD per serving, and it's THC free. Excellent quality, Excellent strength, Reasonably priced, the TruestYou trial size.

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Fremont Area Women's Connection will host the monthly luncheon at Anjulina's Catering on Feb. 11, 11-1 pm. "Hearts and Art" is the theme with a feature on The Open House, located in downtown Fremont. The guest speaker is Leslie Hintz from Perrysburg, Ohio sharing her story of "Riding the Rollercoaster of Life with Hands Held High!". All area women are invited to attend.

For reservations, call/text Donna at 419 680 2253 or email Carrol at fawcluncheon@gmail.com by Feb. 6. The cost is \$12. Any cancellation also needs to be reported to Donna or Carrol.

Sandusky County Republican Women will meet on Feb. 20 at 6:30 pm at the Sandusky County Township

House on St. Rt. 19. New officers will be installed. Membership dues are due and may be brought to the meeting, membership is \$30 and includes membership in the local, state and national Federation of Republican Women and associate membership for men who wish to support the local group is \$20. Plans for upcoming events will be discussed.

Mt. Carmel UMC: Feb. 29th, -Bean Supper from 5pm-7pm. Featuring eat in and take out full dinner menu of Ham and Beans (or homemade soup), applesauce, cole slaw, dessert.

Fremont Toastmasters meet 1st & 3rd Thursdays of each month, (Feb. 6/20) , 7:30 p.m. at Fremont Alliance Church, 936 No. Brush St. (Use the main entrance from the back parking lot.) Toastmasters helps improve communication and develop leader skills, thus enhancing your self-confidence. For additional info contact rahmscherf@gmail.com. Guests are welcome.

"Short Stacks for a Tall Cause", Humane Society fundraiser, Sat., March 7th at Fremont Applebee's. Tickets at the shelter or at the door. Serving begins at 8am to 10am, cost is \$8 per person.

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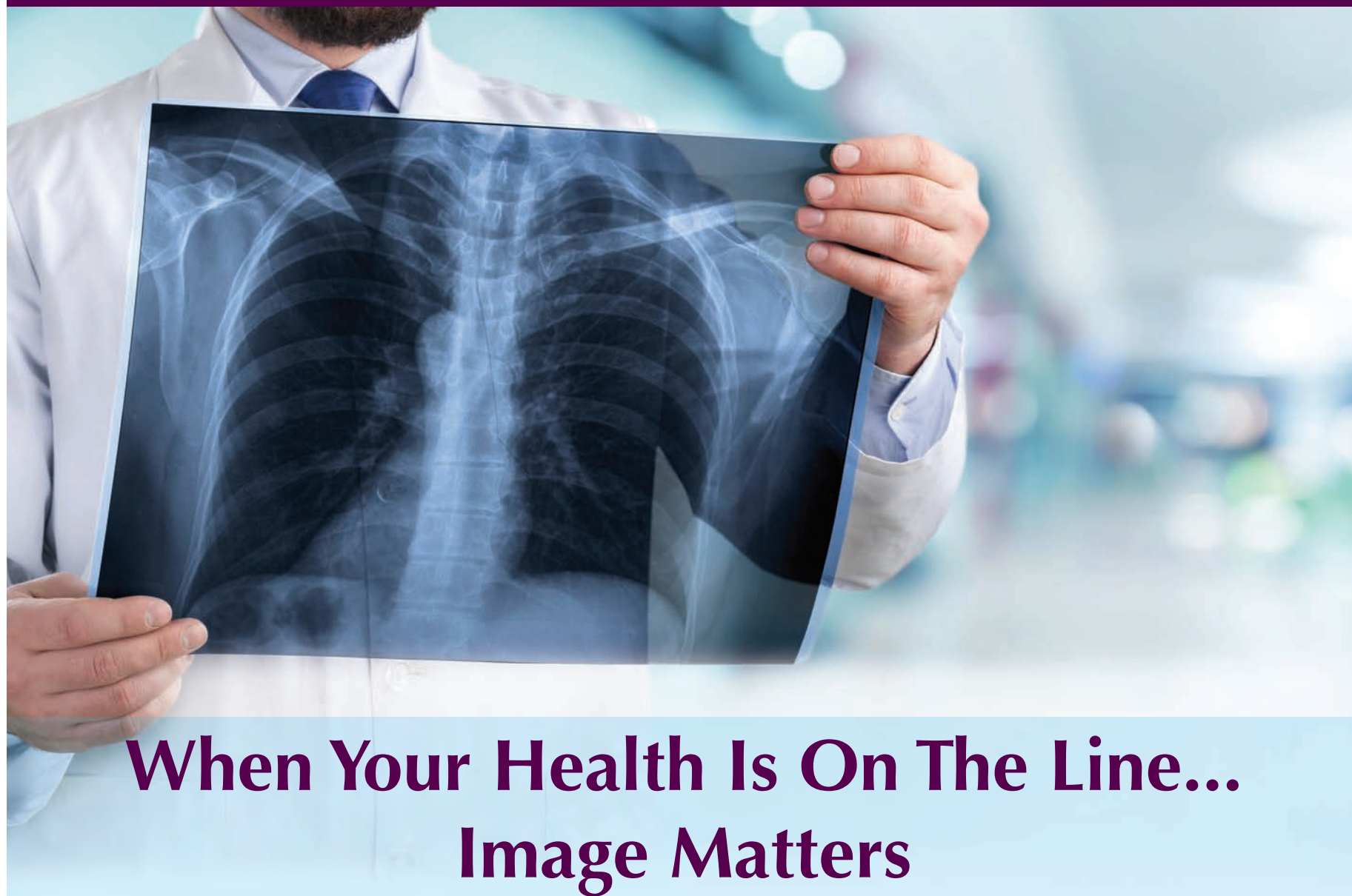


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