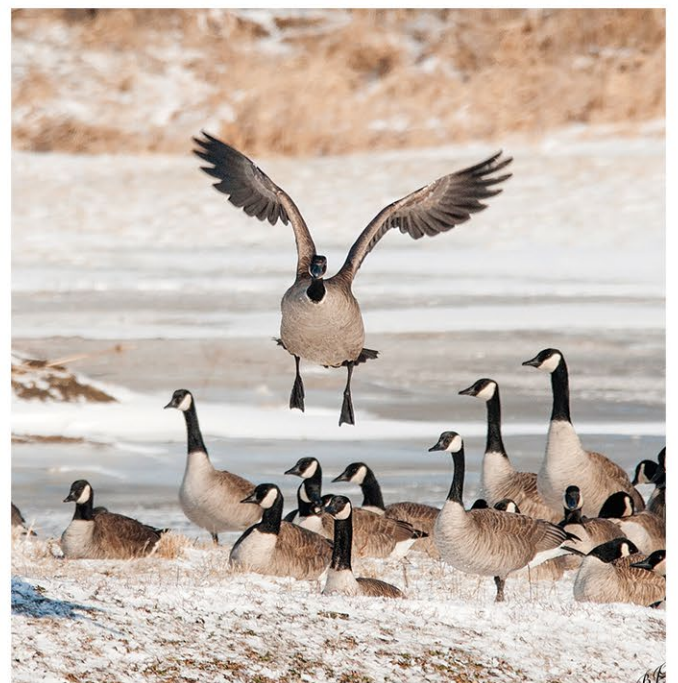
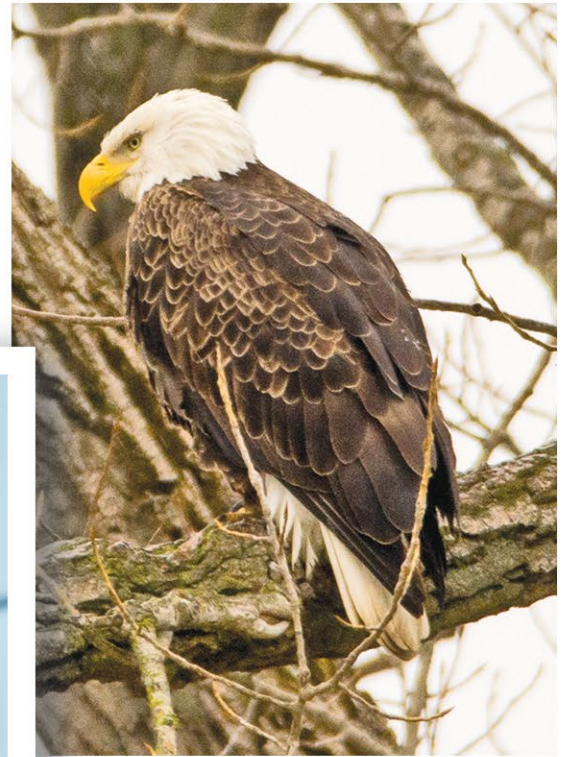
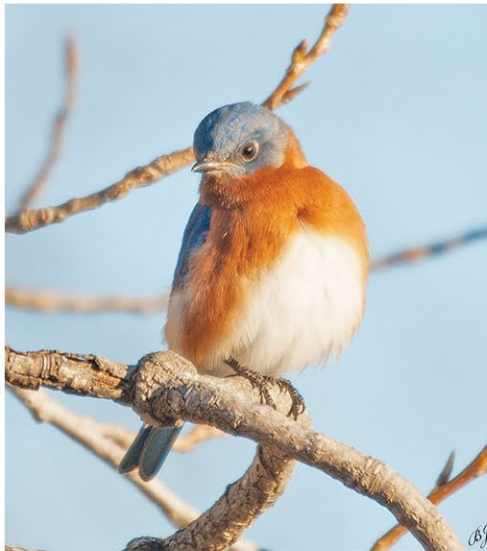


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Lifestyles 2000

February 2021
Vol. 22 • Issue 2

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

Front Cover: Photos taken in Northwest Ohio, courtesy of Brad Dolch. Cover design by Envision Graphic Design.

Camp Fire News



Camp Fire

Light the fire within

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Ready to Blast off to Outer Space!? Camp Fire has recently been awarded an opportunity to partner with NASA to provide Camp Fire Spark Discovery Labs to 5th through 8th-grade students in and around Sandusky County. Fremont City School students will be provided the opportunity to partake in this program after-school at various locations, all other schools can partake in this program at Camp Fire Sandusky County! This is an experience that will be out of this world so register today! The program starts on February 1st.

Parents did you know we are still offering our Free Parents Night Out Program, with added safety implementations due to COVID? That's right every third Saturday of the month through June your K-6th grade children have the opportunity to engage in a fun, educational program provided thanks to a generous grant from the Family and Children First Council! Spaces are limited and pre-registration is required! We are also excited to offer a try before you buy option to families interested in our EEZ School or before- and after- school programming with bussing to and from all elementary school in Fremont City School District to Camp Fire Main office! Did you know this program also stays open for unexpected school closings and during those out of school Hybrid days? That's right you can bring your child to Camp Fire for a fun day of Educational Coaching instead of trying to play teacher and parent! Follow us on Facebook, Instagram, and Snapchat for events and programs going on at Camp Fire!

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! The impact you provide to our youth and programs is priceless! Thank You!

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
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Dear Readers,

Happy Valentine's Day!

Thanks for picking up
Lifestyles2000.



Ms. Grace has been ill so couldn't write this month, but promised she will be back next month. Helen Marketti couldn't get an interview in time, but will also be back in March.

Stay warm and stay healthy.

Joanne

Find Pete



Find Pete Winners:

Okay, that was much too easy, so hopefully this month it will be harder. There were 115 correct answers, the answer was Vault Investment. Thanks for entering.

Winners are: Brian Smith, Caedon Abalos, Teresa Roth, Becke Schutt, Mickey Perkins, Kimberly Warren, Don Behlmer, Jim Coleman, Patti Saam, Bob Wells, Fremont; Julie Toy, Judy Coon, Angela Missig, Tammy Taylor, Marsha Clapp, Tracy Cenkus, Clyde; Alesha Charvarria, Kansas; Elizabeth Stager, Oak Harbor. Rita Osmon, Bellevue; Sharon Miller, Bettsville.

Find Pete Prizes:

Prizes are from: Lilie Beans, Otto & Urban Florist, Pottery Perfection; 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.

Life Scholar

By Holly Hoffman

Life Scholars at Terra State Community College is excited to kick off the spring season with a wide variety of topics, the return of some of our favorite instructors, and introduce several new instructors. Our fitness classes are off in full swing and the next session will begin the first week of March with both in-person and virtual offerings. Looking to try something new? Check out a fitness class one time for only \$7. We offer a variety of fitness classes including Yoga, Fit for Life Body Works, STRONG Nation™, Barre, Pilates, Cycling, and Tai Chi.

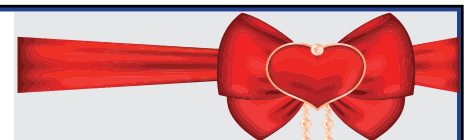
In February, we welcome back instructors Gil Aromas, owner of the Ballroom Dance Company for ballroom dance, Senior Dance with Kathie Kolesar, technology instructors Tim Wasserman and Karen Fiske. Karen will begin with a Microsoft Windows Basics class for those who need a better understanding of Windows and how to use it. Tim will be bringing back his Video Chats class that has become so popular during this past year, as we all try to learn how to use online video chats with our family and friends. Tim is also putting a new twist on technology by bringing us a special class this month on the history of technology in the early 20th century. This class will discuss both positive and negative impacts emerging technologies have had on people's daily lives since the 1900s. Tim has taught classes for the Kern Center for many years and stated "he has always been someone who has helped people with technology and enjoys learning about new technology." We are excited to have Tim back again this spring.

We are also excited to announce a new instructor, Kari Boroff. With Kari's experience and comprehensive research as an art historian, she will be teaching two classes in February. On February 9th, she will lecture on the CoBrA art movement examining the group's central ideas, inspiration from children's art, from the art of so-called "primitives," from art of the mentally unstable, and their rebellion against the dominant culture of bourgeoisie. On February 16th Kari will lecture on the women of Abstract Expressionism and explore the origins of the group, the artists' different working methods, and gender discrimination that women endured.

For more information on all of our spring classes, or to register, please call us at 419-559-2255, or email learn@terra.edu.



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Out to Lunch

By Lynn Urban

Ask anyone around the Oak Harbor/Toussaint area how the pizza is at Porkys and they will tell you, "it's the best". Since I've been there, I've found many people love this place and go there for pizza, especially in the summer. It is practically on the lake located on Route 2 just west of Davis Bessie, next to the Toussaint river.

If you really want to pig out, start with their famous piggy knuckles, which are fresh from the oven garlic butter knots. You might not want to talk to anyone after all that garlic, but they sure smell good. All the dough and sauces are made fresh daily.



The pizza comes out thick and hot piled high with toppings and oozing with cheese. The sizes

range from 8 inch personal size to an 18 inch family size. They've got many specialty pizzas and made to order pies that you customize yourself.

If you're not in the mood for pizza, try an oven toasted sub, or a ½ pound fresh burger. A half sub of any size is just \$5.95, and they are loaded with meats, cheeses, and toppings. I had a half steak and cheese sub and it was extremely good. You can also go for a low carb option and turn any large sub into a wrap. On the lighter side, they've got a selection of full dinner salads, such as a grilled chicken salad, BBQ chicken chunk salad, cheeseburger salad, or a anti-pasta salad. The wings and chicken chunks are another favorite, which are smothered in one of their signature sauces.

A full bar is also available at this family friendly restaurant.

And remember those garlic knots? For dessert they take that dough, bake it, and coat it with cinnamon, sugar, and topped with vanilla icing. You can't help but leave this place full and completely satisfied.

Jill on Money

By Jill Schlesinger

Retire Smart

As we attempt to put the dumpster fire of the year known as 2020 in the rear view mirror, it's time for the annual ritual of making -- and more importantly -- keeping resolutions. Despite a pandemic; a roller coaster stock market; and an emotional election, the most common financial resolutions for 2021 remain the same, according to Fidelity Investments' annual survey: Americans hope to save more, pay down debt and spend less. The one obvious sign of COVID-19's impact was the fact that 38% of respondents said that they would be in "Survival Mode" in 2021.

For the survivalists, as well as everyone else, the start of the year is an ideal time to review what's coming in and more importantly, what's going out. To track your cash flow, download a free app like Mint or Clarity Money or use your bank's app. The idea is to figure out where you stand now, how much money is available to help achieve your resolutions, and then you can create an actionable plan to fulfill them.

Since COVID-19 hit, delineating financial priorities has become more important than ever. In the past, I have turned to what I like to call "The Big Three" to help you think about your financial goals. The first is fund an emergency reserve that can cover 6-12 months of your living expenses (more than 8-in-10 Americans say this is their number one financial resolution for 2021). The second is to reduce credit card or other high interest debt. And the third of "The Big Three" is to fund retirement plans to the best of your ability, especially if you are entitled to a company match.

Until the pandemic hit, I had advocated giving "The Big Three" equal weight, but given the results of a Pew Research Center survey, which found that "one-in-four adults have had trouble paying their bills since the coronavirus outbreak started" and "a third have dipped into savings or retirement accounts to make ends meet," I think focusing on funding the emergency reserve should take precedence over the other two.

You can use technology to help you out. Start by automatically transferring a set amount of money from your checking to your emergency reserve fund. Once you have accomplished that goal, you can direct the same amount of money and make automatic payments to accelerate your debt pay-down; and finally, use an employer based retirement plan or IRA to help jump start your long term retirement savings.

This is usually the paragraph where I try to guilt you into drafting your will, power of attorney and health care proxy. But if that process seems too daunting, you can start with an easy task: update your beneficiary designations. The basic idea behind naming a beneficiary is to make the transfer of money upon death quick, easy, and clear. Like a will, thoughtfully considering who will be your beneficiary allows you to have control over how your assets will pass to your heirs. While in most cases, a beneficiary is a spouse, a child or another family member; you can also choose a trustee of a trust, an estate or a charity to be a beneficiary. The most common accounts that provide for the options of naming the person (or people) who will inherit the account value upon your death are: retirement accounts, pension plans, life insurance policies, and annuity contracts. Certain non-retirement accounts called "Transfer on Death" or "Payable on Death" also allow you to name beneficiaries.

Finally, the Fidelity study asked respondents who said they were able to keep their 2019 financial resolutions to share the secrets to their success, which included "setting clear, specific and achievable goals." Go get 'em!

(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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Press Release



Rehabilitation Clinic Opening Soon

P.T. Services Rehabilitation Inc. is pleased to announce the opening of a new outpatient clinic at 1800 W. State Street in Fremont. Skilled staff will be available for physical, occupational, speech, and massage therapies. Additionally, popular wellness programs will continue at this location. Therapists provide assessment and treatment for neurological conditions, orthopedic rehabilitation, and physical injuries. Pediatric programming will also be available to support child development from birth through adulthood. P. T. Services Rehabilitation Inc. has served Sandusky County for over 45 years. They will continue a tradition of excellence in rehabilitation and wellness programs for all ages.

The clinic will be open beginning February 2021. For information about services, wellness classes or to schedule a therapy appointment call 419-332-6709.

OPENING FEBRUARY 2021



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Solution on page 11.



Undiagnosed adults with ADHD

By Robert Morton

Many consider ADHD a “childhood” disorder that vanishes upon reaching adulthood. Not so, and that’s why adult ADHD has gone undiagnosed for so many. It is not surprising that many are discovered only after their children are diagnosed.

Years ago, at the Child Study Center where I worked, one father told me that the very symptoms his middle school son had - inattention, hyperactivity, distractibility, and impulsiveness- were replicas of what he himself had as a child. And he confessed they still affect him. He described how his impulsive, distractible (could not focus long enough to read a short magazine article), and restless behaviors were currently impairing his social life, marriage, and job performance.

It is not surprising, since 30 to 50 percent of ADHD children grow into ADHD adults- an abnormally high proportion of the 9 million ADHD adults have similar-diagnosed children. Twin studies reveal a strong, genetic role.

I encouraged him to obtain a thorough diagnosis since these manifestations complicated his life so much. It is tricky to diagnose between true and mistaken ADHD in adults because one must rule out other possible causes of the restlessness and impulsivity, such as an anxiety or mood disorder. If sufficient evidence indicates that the above-mentioned ADHD behaviors have occurred in various aspects of your life (home, school, neighborhood, and family get-togethers) since childhood, starting at or before age 7 (origin of ADHD in adulthood never happens), your chances for proper diagnosis and treatment will increase greatly.

Many intelligent and capable adults truly fit the ADHD profile. Their impulsive, distractible, and restless manners make it fatiguing for them to perform certain tasks which others do with ease: finishing magazine articles; holding chats with people without regrettably saying the wrong thing at the wrong time; finishing detailed tasks; receiving job recognition and promotions; making good grades in school; and, not surprisingly, maintaining an adequate self-esteem.

If you think you may suffer from adult ADHD, there are a few Google online ADHD questionnaires and self-checklist quizzes. If you score positively, take the results with you to your next doctor’s appointment and have a frank discussion on how they affect your social, family, and work domains.

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.



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MY MOTHER'S RECIPE

Slow Cooker Chicken & Wild Rice Soup

(Courtesy of Cooking Professionally)

February can be brutal so soup is a necessity, this recipe looks easy and the result looks delicious, enjoy!

Ingredients:

- 1 1/2 pounds boneless skinless chicken breasts
- salt and pepper to taste
- 6 cups chicken broth
- 1 cup uncooked wild rice
- 3 cloves garlic, minced
- 1 small white onion, diced
- 3 carrots, peeled and diced
- 3 stalks celery, diced
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 2 bay leaves
- 1/4 cup unsalted butter
- 3 Tablespoons all-purpose flour
- 1 cup milk
- 1 cup half and half
- chopped fresh parsley

Directions:

- **Step 1** – Season chicken with salt and pepper, to taste. Place chicken into your slow cooker.
- **Step 2** – Stir in chicken broth, wild rice, garlic, onion, carrots, celery, thyme, rosemary, and bay leaves; season with salt and pepper, to taste. Cover and cook on LOW for 6-8 hours or for 4 hours on HIGH.
- **Step 3** – Remove chicken from the slow cooker and shred.
- **Step 4** – Melt butter in a saucepan over medium heat. Whisk in flour until lightly browned (about 30 seconds). Whisk in milk and half and half, whisking constantly, until slightly thickened (about 5 minutes).
- **Step 5** – Stir chicken and milk mixture into the slow cooker. If the soup is too thick, add more milk as needed.
- **Step 6** – Serve warm, garnished with parsley.



The Wisdom of the Bible

Men and women are constantly seeking to excel in knowledge. While it is true that the educational system of this nation is defaulting, yet an elite few are still making advancements in many fields of learning. Technology has advanced to unparalleled accuracy.

The most brilliant minds still need to reckon with the propensities of the carnal nature within them. Success is not the ultimate. How does a person cope with fear, pain, accidents and death? The providential realities and circumstances of life put us on one level. Without God, without a Savior, without the Holy Spirit, without the Bible, we are destined to fail in the end and come to judgement hopelessly lost.

The Psalmist David found the answer to true success and true wisdom. Psalm 119:98-100, "Though through thy commandments hast made me wiser than mine enemies...I have more understanding than all my teachers for thy testimonies are my meditation. I understand more than the ancients, because I keep thy precepts. "

Was David boasting? No, he was declaring a universal truth. Those who give heed to the words of God and keep the commandments, learn the answers to the questions that still bewilder the worldly mind. Will you be wise? Do you want true wisdom? Come back to God and hear His word.

Revival Meetings at the Rising Sun Mennonite Church, 238 SR 23, Feb. 1-7, 7:30 pm. Everyone welcome!

For info: Steven Horst 419-355-9409

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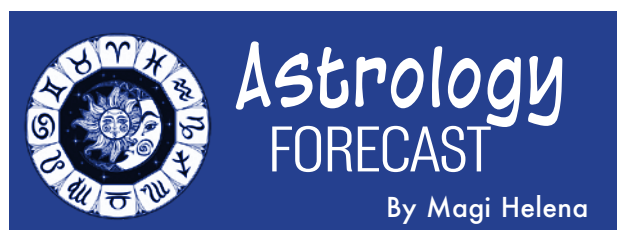
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ARIES (March 21-April 19): Prioritize your tasks. Now is a good time to put in the extra effort to accomplish your goals. Take advantage of every opportunity to meet people who might appreciate your talents.

TAURUS (April 20-May 20): Going overboard because you are filled with enthusiasm and passion might not go over well with some people. You could be misunderstood, but a loyal partner is likely to stand by you.

GEMINI (May 21-June 20): The happiness you enjoy could depend on the quality of your attitude. Turn any negative thought into a positive affirmation. You may need to ask for advice or forgiveness at the end of the month.

CANCER (June 21-July 22): Time to get organized. Maintain order in your life and keep the checkbook balanced during the upcoming month. A loved one may be motivated to achieve financial security and could have less time to spend with you.

LEO (July 23-Aug. 22): Be strong and flexible to offset any feelings of weakness or being stuck. The second half of the month may give you a chance to handle tricky relationship issues with a more evenhanded amount of cooperation and generosity.

VIRGO (Aug. 23-Sept. 22): You might channel the spirit of the Three Musketeers, as a "one for all and all for one" attitude could help you get along in business activities. Demonstrate your affection so a loved one doesn't feel taken for granted.

LIBRA (Sept. 23-Oct. 22): Don't assume that you are stuck or unable to overcome a situation. As the month expands, you might find that other choices are available, and issues that are confusing to you could become clear as a bell.

SCORPIO (Oct. 23-Nov. 21): Since life changes, try to roll with it. Meeting a variety of people who bring out the best in you can uplift your spirits. Wait until after the middle of the week for major purchases and financial decisions.

SAGITTARIUS (Nov. 22-Dec. 21): Your month ahead may have a slow start but improves day by day. You might vacillate between underestimating and overestimating expenses and income. Better alternatives may become obvious over time.

CAPRICORN (Dec. 22-Jan. 19): Gaining experience and knowledge happens over time and helps you encompass your future. Organization might aid you in using your time and resources efficiently.

AQUARIUS (Jan. 20-Feb. 18): You may become more focused on achieving a sense of security. Be open-minded but notice and remember red flags. Kindness always has to coexist with boundaries.

PISCES (Feb. 19-March 20): Happiness that holds a relationship together can strengthen over time with patience and kindness. Perfect attunement might not be possible in the early part of the month, when it's best to avoid rushing the process or forcing growth.

History Notebook

By Nan Card

Sinking of the Sultana

On April 27, 1865, America experienced its greatest maritime disaster. More people died in the boiler explosion of the Cincinnati-built steamer "Sultana" than were killed in the sinking of the "Titanic" in 1912.

Most of those who died were Union soldiers who had been imprisoned for months or years at Andersonville and Cahaba. At war's end these weak, sick, emaciated prisoners – most from Ohio, Michigan, Tennessee, Indiana and Kentucky, were bound for Cairo, Illinois, and then home to their families. At Vicksburg, they were herded aboard the "Sultana," a vessel built to carry 376 passengers. But Captain J. Cass Mason encouraged the Army to cram on as many soldiers as possible; he stood to gain as much as \$10,000 from the government. With the more than 2300 soldiers were some 100 civilian passengers, a crew of 85, and 100 head of cattle!

Shortly before departure, the "Sultana's" leaking boilers were quickly repaired. It wasn't until midnight that the massively overloaded ship headed out into the swollen waters of the Mississippi. She fought strong currents all the way to Memphis. About 2 a. m., in the dark of



night and just north of Memphis, the boilers exploded. The force hurled many of the sleeping passengers into the cold water. Most were scalded and suffering from burns caused by flames and showering hot coals. Screams echoed into the night air. Many, weakened and desperately injured, quickly slid below the surface. Others could not or did not have the strength to swim. Some clung to trees along the shoreline. The lucky ones floated on the "Sultana's" debris.

Rescue operations continued through the night and all the following day. Because of the Army's poor records at Vicksburg, it is estimated that only seven to eight hundred survived. As many as 300 of those died later from burns and exposure. Only 18 of the crew and passengers survived. As the weeks and months passed, bodies were still found in the Mississippi – some beyond Vicksburg.

Ironically, most of the families who were anxiously awaiting their loved ones' return, did not learn of their fate until several weeks later. The disaster was overshadowed by the events surrounding the end of the war and President Lincoln's assassination. America's prominent newspapers, mostly located in the East, gave scant coverage to the disaster.

While this list may not be complete, the following soldiers who either lived in Sandusky County or enlisted from the county were aboard the "Sultana." The asterisk indicates those who were believed killed in the explosion: Morris Aubrey*, Jacob Brandt*, Ira Crane*, William Duke, Samuel Hague*, William H. Kirk*, Byron E.* and William McIntyre*, Michael Statler*, Alexander Shoemaker, Emanuel Shoe*, Thomas Flinn*, Austin Fisher, Charles Tearne and William Trimmer – all of the 72nd Ohio; Abraham Hoofnagle*, John Donmire*, and John Fleagle* 100th Ohio; Adam Dilling* 101st Ohio; and John Hudson* 65th Ohio.

While the Army and the nation wanted to put death and the war behind them, survivors never forgot. A strong bond developed among

them. They gathered together experiences and created lists of the lost. The first reunion was held in Fostoria, Ohio, on the 20th anniversary of the destruction. They elected Sam Raudebaugh of Lindsey, Ohio, their president. From that date on, the Sultana Association held reunions nearly every April at Fremont, Upper Sandusky, Toledo, Sandusky and in Coldwater and Hillsdale, Michigan. Veterans from Kentucky and Tennessee held reunions in the South as well. But sadly, their efforts for government pensions, medical care, and a even a small memorial proved futile.

Profiles by Alisa

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Why do some cats bite and what to do about it?

Dear Cathy,

How do I stop my eight-month-old cat from biting me? I think he wants attention but that's a lousy way to get it. He doesn't bite my partner, just me. Also, are there any ways to keep the same kitten from pulling all the toilet paper off the rolls?

-Judy, Tucson, Arizona

Dear Judy,

An eight-month-old kitten is probably biting because he is teething, and his gums are sore. It's likely just a phase, but phases need to be monitored and managed to ensure they don't become habits.

Cat play is nothing more than a display of a feline's hunting behaviors, which means they stalk, pounce, and bite things when playing. To avoid getting bitten, never use your hands as playthings. Keep stuffed socks, feathered wands, and other cat toys handy to quickly distract and play with your cat instead. This will keep your hands free from bites and your cat happy and content.

Some cats though, take biting a step further. One minute, you're petting your cat and having a happy moment, the next your cat nails you with their claws or mouth. This is always a scary moment for the pet parent who wonders what on earth they did to deserve a bite? Or they wonder what's wrong with their cat?

There is nothing wrong with your cat and cat is not misbehaving. But as a pet parent, you did do something wrong. You likely stroked your cat above his level of tolerance while your partner may stroke the cat below his level of tolerance. Cats are extremely sensitive to touch and other stimuli and when they are overstimulated, biting is often their go-to to tell you to stop petting them or remove the stimulus in the room. It's called petting-induced or overstimulation aggression and is fairly common among cats. This behavior has nothing to do with how the cat feels about you, but with what is happening around them.

Be respectful of your feline's tolerance for touch. Some cats might tolerate five minutes of petting, another cat may only tolerate five strokes, before they turn and bite the hand that feeds them. There are warning signs, like ears that twitch back, dilated pupils, and a rigid, slow-moving tail. Learn your cat's tolerance for touch and don't pet him one stroke more. It's instinctive to want to pet your cat, but sometimes you have to override your instincts to abide by your feline's wishes. Cats generally are content sleeping on your lap and maintaining contact with you in that way. Even if you are not petting your cat, you both will still benefit from the close contact.

Pent-up energy also can contribute to overstimulation aggression. Exercise helps. Make sure your feline has lots of toys, a cat tree, and at least 10 minutes of playtime/exercise, twice daily. If cats are tired from play, they are less likely to be aggressive and/or bite.

To address your second question, there are covers you can mount on the wall to keep your cat from unrolling the toilet paper. You also can put the toilet paper on the roller, so the paper has to be pulled from the back of the roll, making it harder, but not impossible, to pull on. You also can place it out of your cat's reach, like in a basket on the counter or on the tank of the commode.

(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.)

Humane Society of Sandusky County

Pet of the Month



Cookie

is a 6 year old Akita mix weighing in at just under 100 pounds! She is on a weight loss journey, but don't be fooled by her size, she's all fluff!

Cookie was rescued from another shelter and came to them as a stray, so her history is unknown. She has shown us that she is a super sweet girl who loves attention. She does not like other dogs however, so she would need a home where she can be the center of attention. She is very intelligent and has a tendency to be a bit stubborn. She knows commands sit and shake, loves long walks and to play fetch with her Kong, but she can't do that right now. Cookie tore her ACL and had surgery to repair it so she can run and play again.

The cost of the surgery Cookie had to repair her torn ACL is \$2,500. She will need a foster home for her post surgery recovery and rehabilitation, which will take 11-12 weeks. We require that this home have no other dogs or stairs.



We are asking for donations to help offset the cost of her surgery. Please find our PayPal account on our website (www.humanesandusky.co.org) or mail checks to 1315 N River Rd, Fremont, OH 43420. If you are interested in fostering to adopt Cookie, please call the shelter at 419-334-4517 or visit the shelter to meet her. We show dogs Monday through Friday 1-4:30 pm and Saturday 1-3:30 pm. Please note, we do not offer same day adoptions.

Her adoption fee is \$150, this includes her spay, heartworm test, vaccines current, deworming, heartworm/flea prevention and micro chipped. Her dog license is also required to be purchased for Sandusky County residents at time of adoption, which is an additional \$20.75.

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Wrinkles. Ugh! Hate em!

By Dr. Paul Silcox

The telltale signs of aging slowly creep in when we're least expecting them. Many times it's so slow that we don't even notice it until it's well underway. A conservative non-surgical approach using acupuncture can improve the face and neck's muscle tone and address the underlying imbalances that contribute to the aging process.

According to Traditional Chinese Medicine, wrinkles begin with an imbalance and fundamental weakness of "Qi". Qi is the energy that circulates through the body with a series of pathways to different organs. Just like blood taking oxygen and nutrients through the arteries and veins. And electricity travels through the nerves. Qi is the body's natural energy flow is that takes that oxygen, nutrients, and electricity to all cells, tissue, muscles, and organs.

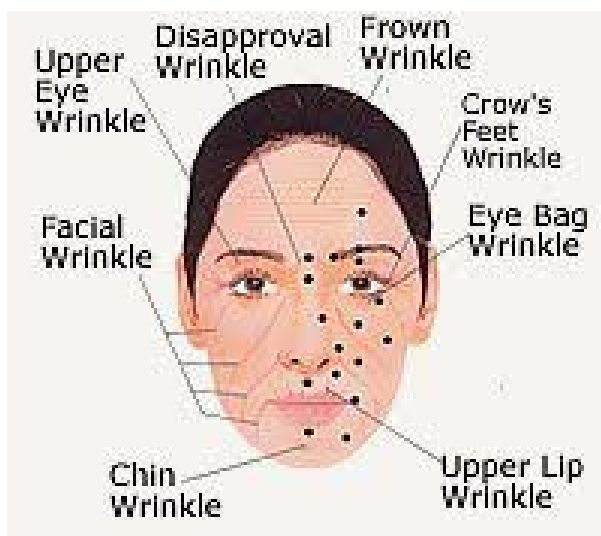
As we get older, factors such as diet, digestion, circulation issues, emotional and environmental stressors, and smoking can all play a role in skin aging.

Give your skin a Lift.

Acupuncture tightens pores, improves muscle tone and dermal contraction, and enhances and increases the skin's elasticity. It can reduce signs of aging by strengthening and stimulating the body's energy circulation, especially those of the face. Through a succession of treatments, you will look and feel more energetic, vibrant, and healthy. Acupuncture treatments can be combined with home exercises and acupressure in the order of maximum results.

Facial rejuvenation with acupuncture and TCM is virtually painless and non-surgical method to reduce the signs of aging. Before using drugs or surgery to improve appearance, consider acupuncture. It's an effective, natural, safe, drug-free, and painless alternative. It helps your body to help you look and feel younger.

Facial Rejuvenation helps bring that Qi to the surface as an outward expression of the life energy in you.



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MAKING THE MOST OF AMERICA SAVES WEEK

By Erin Thompson

This year, America Saves Week runs from February 22 - 26. The week is an opportunity for organizations to promote good financial habits. It's also a great time for people to assess their own saving status, as planning and saving are key to a successful retirement.

Each day of the week will focus on a different aspect of saving:

- **Monday** - Save Automatically
- **Tuesday** - Save for the Unexpected
- **Wednesday** - Save to Retire
- **Thursday** - Save by Reducing Debt
- **Friday** - Save as a Family

It's never too early to start planning for your retirement. Set a goal, make a plan, and save automatically. People with a plan are twice as likely to save successfully. Pledge to save for America Saves Week at www.americasavesweek.org.

We have many tools to help you with your goals as you save for retirement. You can access our online information and resources at www.ssa.gov/benefits/retirement. It's never too late for you and your loved ones to begin saving. Younger workers may think they have time to put off saving for their future, but the sooner they begin, the more their money can grow. Visit our website for young workers at www.ssa.gov/people/earlycareer for resources that can help you secure today and tomorrow.



PUZZLE SOLUTION

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



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