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FEBRUARY 2022

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YEARS

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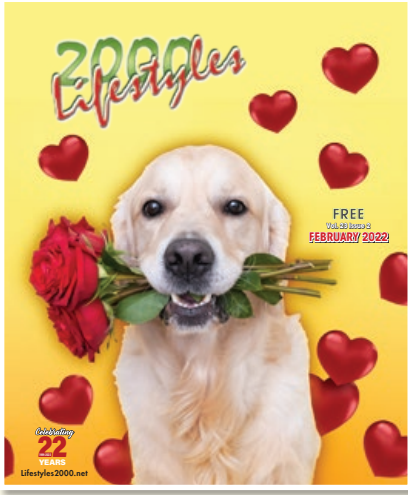
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Lifestyles 2000

February 2022
Vol. 23 • Issue 2
www.lifestyles2000.net

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AMERICA'S TEST KITCHEN

These mini muffins are so sweet they might end up being the apple of your eye

A good snack to keep on hand, these mini muffins can be stored at room temp for a few days or frozen so you can have them whenever you need them.

If muffins are frozen, thaw at room temperature, and then refresh muffins by placing them on a rimmed baking sheet and warming them in a 300-degree oven for about 10 minutes. It's just that easy!

Fun fact! The oldest apple there are many kinds of apples, from McIntosh to Pink Lady, Fuji to Golden Delicious. Which ones are your favorites? "Heirloom" apples are apples that have been grown for more than 50 years. The oldest kind of apple, the Decio, is from Italy. It dates back more than 1,500 years, a long time ago! A Roman general named Ezio supposedly took it with him as he chased Attila the Hun.



- | | |
|---|---|
| • Applesauce Mini Muffins-Makes 24 mini muffins | • 1 cup unsweetened applesauce |
| • Vegetable oil spray | • 8 tablespoons unsalted butter, melted and cooled |
| • 1 1/2 cups (7 1/2 ounces) all-purpose flour | • 1/2 cup (3 1/2 ounces) sugar, plus extra for sprinkling |
| • 1 teaspoon baking soda | • 1/4 cup apple cider or apple juice |
| • 1/2 teaspoon salt | • 1 large egg |
| • 1/2 teaspoon ground cinnamon | |

1. Adjust oven rack to the middle position and heat oven to 375 degrees. Spray a mini muffin tin well with vegetable oil spray.
2. In a large bowl, whisk together flour, baking soda, salt and cinnamon.
3. In a medium bowl, whisk applesauce, melted butter, sugar, cider, and egg until well combined.
4. Add applesauce mixture to flour mixture and use a rubber spatula to gently stir until just combined and no dry flour is visible. Do not overmix.
5. Scoop the batter into each muffin tin cup with 2 spoons (fill muffin cups to the top). Sprinkle the top of the muffins with a little extra sugar.
6. Bake until muffins are deep golden brown and a toothpick inserted in the center of one muffin comes out clean, 12 to 14 minutes.
7. Place muffin tin on a cooling rack and let muffins cool for 15 minutes. Gently wiggle muffins to loosen from muffin tin and transfer directly to the cooling rack. Let muffins cool for at least 5 minutes.

(For 25 years, home cooks have relied on America's Test Kitchen for rigorously tested recipes developed by professional test cooks and vetted by 60,000 at-home recipe testers. The family of brands -- which includes Cook's Illustrated, Cook's Country, and America's Test Kitchen Kids -- offers reliable recipes for cooks of all ages and skill levels. See more online at www.americastestkitchen.com/TCA.)

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

*Happy February and
Happy Valentine's
Day to all of you!*



Just a reminder, we are still receiving contest entries with no address. Without an address you can't win as we mail the gift cards.

Have a great month and stay safe.

Joanne

Find Pete



Find Pete Winners:

There were 135 entries, the majority had the right answer. Again, some entries had no address, please if one is not included you cannot win a prize!

Winners are: Jennifer DeWalt, Ralph Willey, Donna Henkel, Brenda Butzier, Don Behlmer, Gina Grove, Donna Hetrick, Betty Sanchez, Dorothy Conine, Davi Anderson, Larry Bennett, Fremont; John Artino, Bellevue; Joan Gable, Tammy Taylor, Karen Langley, Bob Kessler, Heidi Clevinger Jeanie Kimmet; Diane Stetler, Green Springs; Christine Tabbert, Port Clinton. Congrats!

Find Pete Prizes:

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

Find Pete Contest Rules:

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

Time with Harry & Meghan

By Kathy
VanWey

Really?! Has any other couple enjoyed and/or endured as much publicity as Harry and Meghan? Remember the fairy-tale romance started with a blind date? Soon they were jet-setting around the world. This was followed with the engagement, a magnificent wedding, and a year later a bouncing baby boy, Archie.

Were they living happily ever after? As in all fairy tales, there was a murky underside. The couple stated the British media had been unfair. Among other issues were family drama and a massive case of 'I-want-my-own-way.' They announced they were stepping down from their royal duties and moving to North America to become financially independent and escape the unrelenting publicity.

In quest of the financial goal they created The Archewell Foundation, plus they hammered out lucrative deals with Spotify, Netflix and several others. Netflix made two movies on their lives. Harry and Meghan: Becoming Royal, and Harry and Meghan: The Royal Romance. Keep in mind, they don't want publicity.

In an effort "to share their truth," the couple granted a two-hour interview to Oprah. This produced a memorable meme. Queen Elizabeth is riding in a limousine. She is holding what appears to be a Smith & Wesson M&P complete with silencer. It reads, "When you spend £32 million on your granddaughter's wedding, and she trashes you to Oprah."

This summer we were treated to yet another movie, Harry and Meghan: Escaping the Palace. I read a couple of Twitter reviews. One was complimentary, and another said, "I know I should be crying, but I was laughing too hard." Again, they don't want the publicity.

Folks, the couple only met in July of 2016, just over five years ago! So far there are three movies to document their lives together. Can you imagine what the future flicks will be? Harry & Meghan: Raising Rebellious Royal Teens: H&M: Midlife, Menopause and Royal Mental Confusion; and H&M: Aches, Arthritis, and Royal Pains.

Incidentally, The Archewell Foundation is generous with their employees. With the birth of daughter, Lilibet, they each receive a 20-week parental leave.

Recently TIME Magazine named Harry & Meghan as the Top Icons of 2021. Congratulations. Go live "your truth" happily ever after. Also, that unwanted, pesky publicity, take a TIME-OUT! We all need it!

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Out to Lunch

By Lynn Urban

If you like Mediterranean/Greek food, you've got to try Zingo's Mediterranean in downtown Perrysburg. They've got great food at reasonable prices. If you are new to this kind of food, don't worry, the staff is very friendly and are happy to explain the menu when you place your order at the counter. Then take a seat and they will bring it to your table.



The menu may sound foreign to you with dishes like Tabbouli, Hummus, Falafel, or Fatoosh, but these dishes are made up of fresh vegetables and grains that are all familiar with most people. It's a fact that the Mediterranean diet is a very healthy way of eating. There are a lot of vegetarian dishes and some gluten free, but they also use a lot of chicken and beef, such as in the Kabobs and Gyro sandwiches. All soups are homemade as well as the specialty sauces. The salads are as fresh as can be and loaded with lots of veggies and feta cheese, also with homemade dressings. The junk salad has everything in it including grilled chicken and gyro meat and topped with toasted pita chips and creamy balsamic dressing. For an appetizer, try the stuffed grape leaves. I was a little leery, but they were very good, they're kind of like a Greek sushi. The menu includes salads, soups, sandwiches, and dinner entrees. The desserts are all homemade. I always bring home baklava, it's the best ever. They also make a delicious carrot cupcake, a vegan chocolate cupcake, and fresh baked cookies.

They are open from 11-8 Monday through Saturday and closed on Sunday. I've been there twice and I would definitely go back.

Jill on Money

By Jill Schlesinger

What's new for 2022?

It may have taken a brutal twenty-two months of a pandemic to do it, but when it comes to personal finances, there is one silver lining of the New Year: 84% of Americans say that they have learned to stop worrying about what they can't control. That tidbit was just one data point that jumped out from the Fidelity Investments Annual Financial Resolutions Study for 2022.

Before we get too jazzed about these results, the survey was conducted Oct. 18-24, 2021, long before we all had to learn how to pronounce Omicron. That said, one positive outcome of enduring the near two-year COVID era is that when faced with a financial crisis, we now understand that the old saying, "KISS" -- or "Keep It Simple Stupid," really works. When encountering a difficult financial crunch, the Fidelity respondents said that the best solution is to reduce expenses (54%) -- and then to dip into those precious and vital emergency savings (39%). Notably, the survey also found that compared to last year, stress levels -- those things keeping people up at night -- have "significantly decreased."

We don't know why financial stressors are down, but the government's massive stimulus efforts have helped a lot. The extra money, along with surging economic growth and job opportunities aplenty, has helped many to let go of money-related anxieties. The combination has also boosted our general moods, with 72% of respondents confident that they'll be in a better financial position in 2022 and 6 in 10 Americans are optimistic about the future. Despite the more upbeat outlook, Americans are concerned about rising prices, with respondents citing inflation as the top concern for 2022. For workers, it's time to ask the boss for raise. This is a tight labor market, with 11 million job openings, which means that the power has shifted from employers to workers. To use the newfound leverage, conduct research for your industry and your specific job to find out the range of what people like you earn. Respectfully ask your boss if she can do better for you and if not, it may be time to seek another position.

For retirees, it's a more difficult, because while you will see a 5.9% increase in Social Security benefits, Medicare Part B, which covers doctors and outpatient care, will jump by a whopping 14.55%. As a result, 2022 may not be a great year to assist those adult children.

Finally, the one aspect of what's new in 2022 is what is not new. Diane Swonk, Grant Thornton Chief Economist noted "Living through the pandemic has been a bit like being Bill Murray's character in the 1993 film Groundhog Day. We emerged from the first wave of infections and lockdowns hoping to return to the world we left behind only to realize we were entering a loop of recurring infections and disruptions that proved hard to escape."

As the world adjusts to yet another variant, it's time to address financial resolutions in a more informed way. The COVID period has provided a crash course in how to identify financial priorities, and it has also shown us which expenses are critical and which are not. When I talk about resolutions, I usually trot out my "Big Three" (1) Fund an emergency reserve that can cover 6-12 months of your living expenses (2) Reduce credit card or other high interest debt, and (3) Fund retirement plans to the best of your ability, especially if you have a company match.

Until the pandemic, I advocated an equal weight for each of the three, but what's new in 2022 is that funding the emergency reserve should take precedence over the other two.

(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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Mayo Clinic: Does CBD live up to its claims?

Michael Schuh, Pharm.D., R.Ph.,
Mayo Foundation for Medical
Education and Research

DEAR MAYO CLINIC: For years, I have been hearing about the advantages of taking CBD products for sleep, pain and just about anything that ails you. I now see these products everywhere being sold over the counter in drug stores. Is CBD beneficial, and does it live up to its claims?

ANSWER: CBD is one of the main cannabinoids found in the marijuana, or cannabis, plant. Overall, more than 500 compounds and more than 100 cannabinoids are in a marijuana plant.

Products made with CBD in the U.S. retail market should not contain THC, the psychoactive ingredient in marijuana that produces a high. These products are supposed to be only derived from the marijuana strain cannabis sativa, which naturally has less than 0.3% of THC.

CBD is available by prescription commercially alone or as an added ingredient in many over-the-counter products. These products are legal at the federal level as long as the CBD is derived from a cannabis sativa plant grown in the U.S. from a company with a specially issued license. The products are illegal if derived from the higher THC-containing cannabis indica strain or a sativa plant not grown in the U.S.

Although CBD claims to have many beneficial effects, the Food and Drug Administration (FDA) classifies it under its orphan drug designation. This is a special status designation that must meet criteria of therapy for a rare disease or is used so infrequently that it may not be a profitable product because of low use or demand.

CBD has primarily been marketed as an anti-convulsant agent for rare seizure disorders, though some newer indications are being investigated.

At this time, nonprescription CBD products lack consistent oversight to ensure their purity and safety, or verify manufacturer claims. The CBD that you can buy over the counter is regulated more like herbal supplements than medications. This is because the FDA only enforces quality and safety standards if a safety issue arises once a product is on the market.

The standards for CBD products, like herbal supplements, are based on manufacturers making ethical and honest claims. You cannot rely on the amount of CBD listed on labels, unless assessed by an independent party such as the United States Pharmacopeial Convention. In addition, you cannot be assured that CBD is free from contaminants such as THC, pesticides or heavy metals.

At this time, CBD cannot be rated for any condition other than epilepsy due to lack of evidence. This is true even though it is used for, or claimed to be effective for, many other conditions.

CBD is a central nervous system depressant, so it can make you drowsy. However, its long half-life in the body of 50-60 hours makes it undesirable as a sleep aid. Half-life is defined as how long half of the drug is eliminated after one

dose. Sleep aids are best suited to medications with shorter half-lives, so fatigue and drowsiness are not experienced into the next day. Other common side effects are decreased appetite, fever, increased liver function tests, anemia, fatigue and gait disturbances.

CBD is also metabolized in a complex way by many enzymes in the body, while it interferes with other enzymes that metabolize other drugs, making CBD a substance to use carefully if you take other over-the-counter or prescription medications.

Current research indicates that CBD is not as beneficial as claimed. While research is ongoing into CBD as a treatment for a wide range of conditions, including cancer, hepatitis, Parkinson's disease, diabetes, certain rare inherited disorders and some psychiatric disorders, future indications may result in CBD not being classified as an orphan drug. Until better evidence indicates that more common uses are safe and effective, CBD will continue to be a product that lacks evidence to support claims of efficacy for many conditions.

Before you try nonprescription CBD for any medical concern, you should speak with your health care provider or pharmacist about whether it would be safe and effective for you. Also, your health provider may be able to help you determine which product to purchase. -- Michael Schuh, Pharm.D., R.Ph., Pharmacy, Mayo Clinic, Jacksonville, Florida

(Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to MayoClinicQ&A@mayo.edu. For more information, visit www.mayoclinic.org.)



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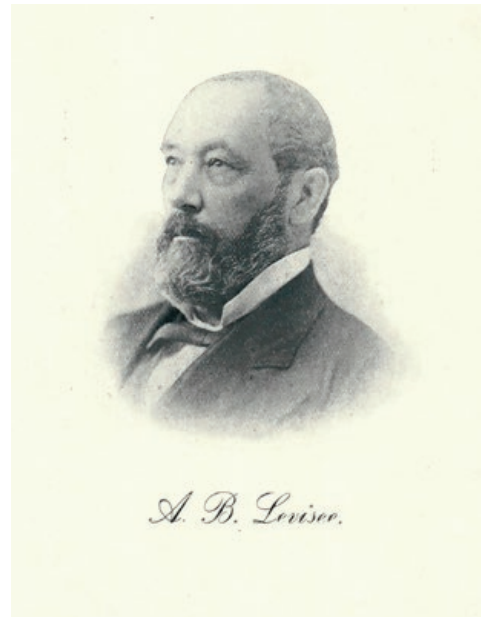
History Notebook

By Nan Card

The Life and Times of Judge Aaron Levisse

Few Sandusky County pioneers led a more eventful life than Aaron Levisse. Born in Livingston County, New York in 1821, Levisse moved to Sandusky County at the age of 10. Bright, energetic, and the youngest of 11 children, Levisse was forced to find his own way in the world. He eventually attended the University of Michigan which led directly to teaching positions in Louisiana and then Alabama. Hungering for more education, Levisse came north once more to study law in New York before returning to Talladega where he became head of the Female Collegiate Institute of Talladega.

The following year, he married Persia Willis who had grown up at "Thornhill," a 2600-acre cotton plantation nearby. After their marriage, the couple moved to Shreveport where Aaron opened a law practice and presented his bride with their new home, also called "Thornhill." The couple had only one son, Leonidas.



Aaron continued to practice law in Shreveport and was elected judge of his district. Although respected by those who knew him, Judge Levisse lost support when he took a stand against the South's secession movement. Despite his unpopularity he remained in the South throughout the war, eventually serving the Confederacy as an attache to the Inspector General. After Persia's death in 1862, "Thornhill" served as a Confederate military hospital.

During the Reconstruction era, he was elected successively as a judge and state legislator from the district that includes Shreveport. Levisse presided over the trial of Ku Klux Klan members who murdered an African American for casting a vote for Ulysses S. Grant in the 1868 presidential election. He assumed his duties as a legislator in 1874 at the height of an armed conflict between Republican supporters and the White League over control of the state legislature.

He served as one of six Louisiana presidential electors during the controversial Hayes/Tilden election. Levisse refused a bribe to cast his vote for Democrat Tilden. But on the appointed December day when the presidential electors were to cast their votes at New Orleans, Levisse and another elector were snowed in at the Red River. It was not until more than a year later, when the Democratic Congress was continuing its investigation of the disputed election that he learned his signature had been forged and then sent on to Washington!

Humane Society of Sandusky County

Shelter Tails



By Joanne McDowell

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Another year has passed for our local shelter and we are so pleased that even with covid, our donations have continued to support our facility and the animals that are rescued. In the past year we rescued dogs locally and from Cleveland (our local dog population is down thanks to spay/neuter!), over 400 cats, guinea pigs, birds, rabbits and hamsters. Sadly we don't have the room for every cat and our waiting list is now over 200 cats.

Every county has a problem with the cat overpopulation; please if you have a cat keep it indoors and spay or neuter. The Humane Society has a low cost spay/neuter program that works with a local vet, vouchers can be purchased at the shelter. There is also a program in Toledo called Humane Ohio that offers very low rates, you can call them at 419-266-5607 to make an appointment. They are located on Alexis Road. In Upper Sandusky there is Hope Clinic that also offers low rates, they can be reached at 419-294-4477 for an appointment.

The annual meeting will be March 16th at the shelter at 6pm, everyone is invited to learn about our successes in 2021. If you would like to be a member, the application is on this page. Thank you for your support!

Having lost a second wife during the Civil War and another shortly after marriage, Levisse moved with his son to the Pacific Northwest and then the Dakota Territory. It was here that he again opened a law practice. He also performed a massive work by preparing and publishing an annotated edition of the legal codes adopted by the state of South Dakota. In 1893, Judge Levisse's life came full circle. He returned to Sandusky County, where he lived out his final years, dying in 1907. The diary, detailing the eventful life of Judge Levisse can be found at the Library of Congress. The original "Thornhill" plantation and the Shreveport estate named "Thornhill," built for his first wife Persia, still survive.

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The Cold War Spy vs. Spy Days By Robert Morton

During the Cold War espionage game between America's CIA officers and Soviet KGB spies, many unusual events unfolded. Here are a few:

A CIA officer knew that his Moscow flat was bugged as he called friends to arrange a dinner date. While driving to the restaurant, he noticed that the car behind him was KGB surveillance (They followed him everywhere). Unfortunately, he and his wife got lost, so they decided to get behind the KGB vehicle... and it took him straight to the restaurant!

During the eighties, the CIA secretly pumped funds into abstract expressionists, such as Jackson Pollack and Mark Rothko, in an attempt to make American freedom and expression art popular in contrast to rigid Soviet art. Yes, ultra-liberal artists had unknowingly worked for the CIA.

In 1981 a CIA undercover operative escaped Iran using a fake German passport, but he was detained because it used the middle initial "H", and German passports did not use initials. His quick thinking saved his life- he said it stood for "Hitler" and he had special permission to use an initial. It worked.

The Soviet KGB used an incredibly subtle trick to identify hundreds of spies: Americans would use good-quality, rust-proof staples on their documents, whereas actual Russians used cheap staples that left a rust stain behind.

In 1962, Project Cold feet was an operation where two CIA operatives airdropped onto an abandoned Soviet research station on an ice floe, retrieved files on advanced submarine detection systems, and were extracted via a Fulton Skyhook recovery system attached to a modified B-17. Several years later, the CIA raised a sunken Soviet nuclear submarine from the ocean with a huge ship outfitted with a giant claw, after convincing billionaire Howard Hughes to claim that he built the ship to mine manganese from the sea floor- the ship was named the Hughes Glomar Explorer.

Is the CIA in your neighborhood? During the Cold War, and still today, the Agency maintains safe houses to house Russian defectors and to keep them safe from GRU assassins while they are debriefed. Some are rented, some are owned by the Agency, but they blend in well into the neighborhood.

The CIA does not always use money to gain vital secrets. Afghan warlords offered a goldmine of information on Taliban activities in exchange for Viagra pills.

Still a mystery. In 1978, former CIA deputy director John Paisley's sailboat was found empty, and his body was discovered in the Chesapeake Bay, weighted down by diving belts with a bullet hole in the head. He monitored Soviet military movements and nuclear capabilities. Suicide or a KGB murder?

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.

SODUKO PUZZLE

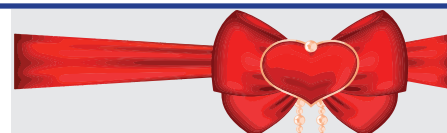
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Answer on page 10.



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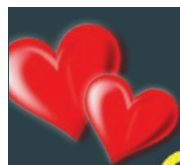
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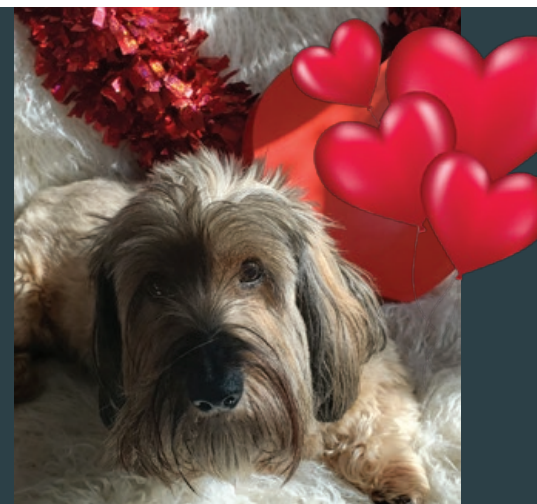



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Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): Keep your focus and stay in your lane during the first two days of the month. Remain alert for situations where you can make wise financial decisions. You should be at your most attractive at the end of the month.

TAURUS (April 20-May 20): Business success is feedback from the marketplace. Your mind may be focused on getting the best terms or making more income as this month, but your interest may turn to social outings.

GEMINI (May 21-June 20): You would be wise to review messages and conditions before you take action as the month begins. Someone may easily misunderstand your words. A partner or loved one can lead you on the right path.

CANCER (June 21-July 22): Tomorrow's full moon is in your sign. You may begin to become more aware of how the pieces of the puzzles fit together. A loved one's powerful ambitions may have a great deal of influence on your routines.

LEO (July 23-Aug. 22): If you want to enjoy positive results, you need to keep feeding action into your intentions. Once you put your projects into motion, they will tend to stay in motion. By the middle of the month your social life should become more intense.

VIRGO (Aug. 23-Sept. 22): There may be several opportunities to achieve your dreams as this month unfolds. By being more observant of investment trends, you can improve your buying power. A friend may have some excellent strategies to share.

LIBRA (Sept. 23-Oct. 22): The first few days of this week might be the best time to negotiate for better terms and conditions or to deal with family financial affairs. Your romantic partner may be more attentive and affectionate.

SCORPIO (Oct. 23-Nov. 21): Pay attention to any financial strategies that a partner or spouse presents. By working closely together to kick off a joint business venture or investment project, you can make your future more secure.

SAGITTARIUS (Nov. 22-Dec. 21): In the month ahead, you may learn new techniques that make your work more satisfying or your wallet fatter. Put moneymaking ideas into motion as soon as possible to make it easier to achieve your goals.

CAPRICORN (Dec. 22-Jan. 19): Make dreams come true. Your sense of purpose and efforts toward making a meaningful life may consume much of your time. Share your goals and passions with a helpful and loyal partner.

AQUARIUS (Jan. 20-Feb. 18): Paying attention to the tiniest details can prevent stress and pay dividends in the end. A loved one or family member may be more ambitious than usual. Consider a protective strategy.

PISCES (Feb. 19-March 20): With the proper tools, your tasks can be completed much more easily. This is a good day to make sure you are adequately prepared for upcoming projects. The end of the month is the best time to make personal purchases.

Life Scholar

By Kathleen Nalley

Terra State graduate, Pat Gerber, returns to the classroom for a series of classes spring semester to address her passion for "doing right by seniors" in an environment of misinformation. The classes are offered under the umbrella of the Kern Center's Life Scholars and Lifelong Learning programs which open them to a broader age range of audience.

As a member of the "sandwich generation" herself, Pat explains that her role as caregiver to a parent whose medical issues now require an understanding and knowledgeable advocate while still having a seventeen-year-old at home, reinforces the stressful roles some family members now face. Adult children "find themselves suddenly faced with helping their parents with major decisions about health care and financial choices." These are complex issues and highly individualized based on the parent's past employment, benefits, and legal decisions.

After graduating from Terra in 1987 in business management, she worked for an attorney addressing senior concerns and later chose to become a licensed insurance agent and certified Medicare specialist, the latter requiring yearly training and testing. Asked about why she became interested in the area, she explained, "I've seen so many seniors taken advantage of... it hurt my heart." In addition to her work, she has volunteered with Adult Protective Services of Ottawa County, the Alzheimer's Association, and the local United Way Board. She will share 10 Warning Signs of Alzheimer's at a future Eilene Perry Learning Table.

From a favorite past seminar, she says that "ASK, Always Seeking Knowledge" is a personal slogan. "I try to be proactive as opposed to reactive, so teaching these classes makes sense and use of what I've learned."

Navigate Your Financial Life is a series of five sessions that address developing personal timelines for overall financial planning with consideration of Medicare and health insurance (including health savings accounts), social security and retirement plans, protecting your estate, establishing your legacy, and discussions of long-term care, the need for Power of Attorney, life insurance and how to create goals to make one's wishes reality.

Social Security Workshop will answer common questions about benefits and decisions. She will address misconceptions that can lead to additional costs.

Medicare Workshop will provide a framework to understand how Medicare works, what options are available and to help participants make informed decisions. "Just understanding enrollment options and types can be confusing."

Rather than less-than-reliable television ads, those interested should consider registering at 419.559.2255 or Learn.Terra.edu for answers.

Healthy Living

Sugar count

The glycemic index (GI) ranks carbohydrates according to how they affect blood sugar and insulin.

The numbers

- Using a scale of 0 to 100 (100 equals pure glucose), the index shows how quickly foods cause blood sugar to rise
- Rise in blood sugar signals the body to secrete insulin to lower the sugar level, primarily by converting excess sugar to stored fat

Higher number, faster rise

GI for average portion of some foods

Banana	52
Oreo cookie	64
White bread	70
Baked potato	85

Source: Harvard Health Publications, Nutrition Data Graphic: TNS



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Dear Cathy,

Regarding your column about cats with excessive grooming, I had a cat that had the same issue and through a lot of testing, we discovered she was allergic to storage mites that are found in most dry foods. Most cats have no issue with it, but some do. The solution suggested was to freeze the food for at least 24 hours to kill the storage mites. This has done the trick for my kitty. Her coat is soft and shiny, her grooming is now normal, not excessive, and all her sores are gone.
-- Karen, Bristol, Tennessee

Dear Karen,

That's wonderful. It's always great when you can identify the problem.

Storage mites are found in foods with grains and cereals, i.e. dry dog and cat food. While it doesn't affect most pets, it can cause allergies for some. Freezing new food until your cat (or dog) needs to eat it, is one way to reduce exposure since most commercial bags of pet food and treats (you might be happy to know) are not contaminated with storage mites until they are opened and stored (improperly) in the home. While freezing kills the mites, however, their little mite carcasses and feces remain and that may still be an allergy irritant for some dogs and cats.

So, what else can pet owners control do to mitigate storage mites in their pet's dry food? In addition to storing the dry food it in the freezer, pet owners can store it in airtight containers in a cool, dry environment. Wash food storage containers in hot water and soap between replenishing the container to prevent cross-contamination. Don't purchase bags of food (or treats) with holes or tears in them, and don't keep extra bags of food around the house.

Canned food free of cereals and grains may also be an option with cats or dogs with sensitivities, but as a single source of food, it also can be expensive to buy and cause weight gain for some pets. While there are dry grain-free diets, they may not be ideal for every dog and cat. So, before switching to any new diets, let your veterinarian diagnose the problem, and then discuss diet options with them or a veterinary nutritionist.

Dear Cathy,

I read the letter from Marge from Riverhead about boarding her dog. It's sad what happened to her beloved dog. Another option she can explore is Rover. My sister turned me onto them. She used them when she went on a trip and had a very positive experience. I use this service three times per week as my dog needs medications and to be let out and fed at 3 p.m. while I am at work. The Rover person stays for an hour each day, and my dog is great. She would do overnights as well. If Marge is comfortable having someone stay in her home, this would be a great option where her dog can remain in her familiar surroundings. -- Donna, Massapequa Park, New York

Dear Donna,

Finding a great pet sitter or a friend or family member for your pet to stay with are always good options because most pets are happiest remaining in their homes and living their normal routines. I don't think Marge had any friends or family who could care for her dog, so it would be useful for her to begin developing a relationship with a pet sitter or other caretaker before her next vacation. I have been lucky to find great pet sitters through the years and often maintain relationships with two to three at a time, so I am never without coverage for my pets. Having this resource was invaluable when I had to go to the hospital for an emergency overnight stay. I texted my pet sitters from the emergency room, and they coordinated coverage for my dogs and cat until I made it home from the hospital. They were awesome and it kept me from worrying about my pets during my hospital stay

You never know when you will need someone to watch your pet, so it's always best to find and your resources in advance, both for emergencies and planned trips. By searching long before you need the resource, you can "audition" them (the pet sitter, the friend, the family member, the kennel) to see if they are a good fit for your pet. It's much easier for a pet to adjust to their human being gone if they know a pet sitter or have visited a kennel in advance of a trip.

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.)

PUZZLE SOLUTION

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

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For 44 years there's never been an issue over what I was going to be doing next year, practicing chiropractic. Now that that's over, I am changing emphasis. I mentioned last month the National Acupuncture Detoxification Association (NADA), this is about my Do-Over

In October 2017 I took a training class through NADA to be certified as an Acupuncture Detoxification Specialist (ADS). My hope was to work with addiction treatment centers providing the acupuncture addiction protocol and training others. Currently there are two local agencies that have expressed an interest in this alternative treatment approach.

I used to think that addiction was a matter of weakness, or a lack of determination. Now I understand that it is a disease process that has to do with the inappropriate functioning of the pleasure/reward centers in the deepest regions of the brain. At first I had a hard time accepting that five acupuncture needles in each ear could have any effect on addiction and these powerful opiate drugs. But now I have witnessed that this technique helps to open the pathways of an addict back to their pre-addicted self.

This is a drawing my son made about 13 years ago, it looks like a dead tree. That's how society usually perceives a drug addict, they're of no value. Many people who work in the addiction treatment field know that deep down, there is a good person crying to get out. Some do, many don't.



I had a horticulturist tell me that this picture represents a dormant tree. I prefer that viewpoint, it represents potential. The reason I do is because I have seen really nice people come out of a person that I wasn't too fond of when they were mired down in addiction.

This picture is the same but has two leaves sprouting from it, but the important thing is it represents new life! That's what NADA is capable of doing. I've seen it. I know it's real. My Do-Over is to work to revive this tree out of its dormant state and get many more leaves on it.

In the South American country of Paraguay, there is a small village called Cateura. It became famous worldwide because in their poverty they got good at re-purposing worthless and useless items and turning them into musical instruments. They formed an orchestra. They got so good that they were invited to play in many countries around the world. CBS 60 Minutes did a Sunday night segment on them. Their conductor said "The world sends us junk, and we send back beautiful music"

Have you ever noticed that some words are spelled one way here in America and another way in England? i.e. A. jail E. gaol, A. curb E. kerb, A. theater E. theatre, A. color E. colour In Paraguay, it's called Cateura, in Ohio, I call it Katura. Katura Rehab & Training Center of Ohio. Making something useful out of junk is cool. Helping an addict with a life Do-Over is awesome!



IN YOUR OWN BACKYARD

Fremont Area Women's Connection will meet on Feb. 8, 11-1 pm at the Victor Event Center, 2270 Hayes Ave. (formerly Anjulina's). All ladies are invited to attend the luncheon and enjoy the program that will include Donna McNemar, owner of Coco Beans Candy Cupcakes & More in downtown Fremont. Guest speaker is Terri Sevinsky from Cleveland who will share her story of being "An Optimistic Pessimist". Cost of the luncheon is \$14.00 and reservations are needed by Feb. 4 by calling/texting Donna at 419 680 2251 or emailing Carrol at fawcluncheon@gmail.com. Reservations and cancellations must be reported in the same way. (Please note the new location.)

Fremont Lions Club will meet on Feb. 1 & 15 at the Fremont Eagles Hall at noon. Speaker on Feb.1 will be Jon Detwiler, the Superintendent of Fremont City Schools, who will provide a general overview of the school district. On Feb.15, Tom Anway, the Director of Operations for Fremont City Schools, will provide an overview of the school building projects. Students of the Month from Fremont Ross High School and Bishop Hoffman School will also be present. Members and guest are welcome.

Sandusky County Republican Women will meet at 6 pm on Feb. 10 at the Sandusky County Township House, 2207 Oak Harbor Rd. Judge Brad Smith will install the officers for the 2022-2023 term that includes: President Kimberley Foreman, Vice President Mary Ann Reser, Secretary Emily Novitski and Treasurer Beth Tischler. Current and former members, associate members and prospective members are welcome to attend.

Clyde Public Library is having a huge book sale with a large assortment of books, magazines, CDs, DVDs, Children's books. Dates are Feb. 17, 18, & 19th. Thurs. hours, 12pm to 8pm, Friday hours, 9am to 5 pm and Saturday hours, 9am to 3pm. Fill a bag for \$3. The library is at 222 West Buckeye St, Clyde.

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