

# 2000 Lifestyles

**FREE**

Vol. 24 Issue 2

**FEBRUARY 2023**



*Celebrating*  
**23**  
1999-2022  
**YEARS**

[Lifestyles2000.net](http://Lifestyles2000.net)

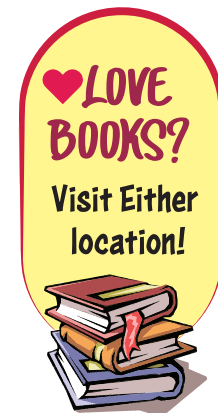


# SANDUSKY COUNTY SHARE AND CARE CENTER



NEIGHBORS HELPING NEIGHBORS

"For I am not ashamed of the gospel,  
because it is the power of God that brings salvation  
to everyone who believes." Romans 1:16



Prom, Homecoming, Wedding,  
Special Event Dresses, Fancy Shoes, Suit Coats  
and Pants, visit Twice Blessed!



"Follow us on Facebook  
Sandusky County Share and Care"

Dollars spent here support families in our community.

**HOURS:** Tues & Thursdays 10 am-7 pm,  
First and Third Saturdays 10 am-3 pm  
Cash, Credit and Debit Cards Accepted.

Please bring your gently used clothing, household items,  
etc to this location only.

## SHARE AND CARE

129 Bidwell Ave.  
Downtown Fremont

419-334-2832

## TWICE BLESSED

1209 Oak Harbor Rd.  
(Next to Hart Medical)  
Fremont

567-342-3034

## HOURS:

Monday & Wednesdays 10 am-7 pm &  
Second Saturday 10 am-3 pm

Cash, debit and credit cards accepted

No donations accepted at this location please.

2000  
Lifestyles

**ADVERTISE**  
and be seen!

- Monthly Publication
- Website • Facebook



For advertising  
information call 567-342-3117 or  
email [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net)

## 2023 NIGHT TO SHINE REGISTRATION IS OPEN!

Night to Shine is an unforgettable prom-like night experience  
centered on God's love for people with special needs, ages 14 and older.

February 10, 2023 at Terra State Community College

This is such an exciting evening for these honored guests who will experience  
things such as hair and makeup stations, fancy shoe shines, corsages and bou-  
tonnières, a delicious sit down dinner and of course, dancing to a live band! It is a  
beautiful evening for a lot of very deserving special people. And it's all Free!

Visit [www.newhopevineyard.org/nts](http://www.newhopevineyard.org/nts)





# Lifestyles 2000

February 2023  
Vol. 24 • Issue 2  
[www.lifestyles2000.net](http://www.lifestyles2000.net)

Celebrating  
**23**  
YEARS  
1999-2022



## NEWS & NOTES

2023 Night to Shine . . . . .	2
Life Scholar, Kathleen Nalley . . . . .	8

## ENTERTAINMENT:

Time Will Tell, Kathy VanWey . . . . .	3
Out to Lunch, Lynn Urban . . . . .	5
History Notebook, Nan Card . . . . .	6
Out & About: Rural Libraries, Denice Baldetti . . . . .	7
Astrology Forecast, Magi Helena . . . . .	9
In Your Own Backyard . . . . .	11

## HEALTHY LIVING

What Makes You Happy, Robert Morton . . . . .	8
Mayo Clinic . . . . .	9
Making a Difference, Dr. Paul Silcox . . . . .	11

## HOME & HEARTH

America's Test Kitchen, BBQ Chicken . . . . .	4
Jill on Money, Jill Schlesinger . . . . .	5
Image of the Mind, Alisa Florio . . . . .	6
My Pet World, Cathy Rosenthal . . . . .	10

**Available locations:** Fremont - Cookie Lady, Root's Poultry, Kroger's, Subway, Hasselbach Meats, Bark Creek Pantry, Dairy Queen; Gibsonburg Kirwen's Grocery; Oak Harbor IGA; Clyde Subway, Drug Mart, Miller's Grocery, Bellevue Hospital, Bellevue Goodwill, and East of Chicago Pizza or go online to: [Lifestyles2000.net](http://Lifestyles2000.net).

# Time Will Tell

By Kathy  
VanWey

The classic Bible stories teach us about the human condition: love, betrayal, jealousy, forgiveness and even sibling rivalry. Cain kills Abel over jealousy because God liked Abel's offering more.

In a story of "Mom liked you best," Rebekah thought her husband Isaac was wrong in giving the birthright and inheritance to the oldest, Esau, which was customary. Instead she arranged for her favorite, Jacob to receive it.

Jacob had twelve sons, ten with his first wife and two with his beloved Rachel. The "Golden Boy," Joseph came from this union and was given a beautiful multicolored coat. In a nightmare version of The Brady Bunch Goes Bad Ass, he is almost murdered, but then sold into slavery. In all these God uses the situation to lead His Chosen People closer to him.

In the Prodigal Son, the spoiled brat asks for his inheritance early to go live an early version of drugs, sex, and rock-n-roll. The dependable son gets dumped on with the extra responsibilities while dad patiently watches for a sighting. Finally the brat shows up and Dad gives him a ring and throws a huge party. Is Mr. Dependable ticked off? You better believe it! Dad assures him that all he has will be his but explains that the son was lost and now was found. Besides being broke and humiliated the brat is also repentant.

Jesus is teaching us about love and forgiveness, and it is TIMELESS. Do you see the parallel of the story with what the Royal Family has gone through with Harry and Meghan? Their disputes have become international tabloid fodder.

The late Queen Elizabeth II, and King Charles III have shown incredible patience and unconditional love while Prince William's restraint has been extraordinary. The young couple and their children will always be welcome into the family fold. However, the King does have the option of never giving Archie or Lilibeth titles, and he can strip Prince Harry and Meghan of theirs. The Duke and Duchess of Sussex would be plain old H&M Windsor or H&M Wales.

If their titles were taken away, would Netflix and Spotify continue to support them financially? Would the Hollywood A-listers and the New York Elite shower them with more humanitarian awards? Would there be more speaking gigs at the UN? Or would they end up like the Prodigal Son - broke, humiliated, repentant? Time will tell.





# Lifestyles 2000

## PUBLISHER/EDITOR

Joanne McDowell

## SALES

Joanne McDowell

567-342-3117

email: [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net)

## GRAPHIC DESIGN

Martha Blumel, Envision Graphic Design

## ADVERTISING/ GENERAL INFORMATION

For advertising and general information  
call 567-342-3117 or  
email [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net)

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

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

Lifestyles 2000 reserves the right to refuse any advertising for any reason. The opinions expressed by the contributors and writers do not necessarily reflect the opinions of the paper.

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

Distribution of the paper does not constitute an endorsement of products, information or services. Neither the advertisers nor the publisher are responsible for omissions, misinformation, typographical errors, etc. herein contained.

Lifestyles 2000  
30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

We are one month closer to spring, my favorite time of the year. As I type this there is snow falling and the sun



is no where to be found! Yesterday it was 54 degrees, only in Ohio!

Enjoy the month and be thankful for each day. We are so glad you picked up our new issue.

God bless,

Joanne

## Find Pete



### Find Pete Winners:

There were only 100 correct answers for the January contest; the answer was Great Lakes Physicians.

Winners are: Brian Smith, Connie Hetrick, Patti Saam, Dave Post, Beth Wurgess, Jacoby Miles, Linda Stine, Barbara Behrendsen, Donna Hetrick, Marsha Cook, Elaine Franks, Fremont; Denice Klask, Dave Miller, Clara Rineboldl, Karen Langley, Clyde; Brooks Babione, Burgoon. Congrats!

### Find Pete Prizes:

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

### Find Pete Contest Rules:

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

## February Recipe

### Barbecue chicken ... indoors? No, we're not pulling your leg! (Get it?)

Staff, America's Test Kitchen

It might not be outdoor grilling season, but you can still enjoy barbecue chicken! Start by making a sweet and tangy barbecue sauce in a skillet and then cook the chicken right in the sauce to help it absorb lots of great flavor. Two forks make quick work of shredding (or "pulling") the cooked chicken (it's even quicker if you ask the kids to help!)

### Pulled Barbecue Chicken Sandwiches, Serves 4

- 1/2 cup ketchup
- 1 tablespoon molasses
- 1 tablespoon Dijon mustard
- 1 tablespoon cider vinegar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon vegetable oil
- 2 tablespoons finely chopped shallot
- 3/4 teaspoon chili powder
- 1/4 teaspoon salt
- 2 (8- ounce) boneless, skinless chicken breasts, cut in half lengthwise
- 4 hamburger buns
- Pickle chips (optional)



1. In a liquid measuring cup, whisk together ketchup, molasses, mustard, vinegar and Worcestershire sauce. Set aside.
2. In a 12-inch skillet, heat oil over medium heat for 1 minute (oil should be hot but not smoking). Add shallot, chili powder, and salt. Cook, stirring occasionally, until shallot is softened, about 3 minutes. Stir in ketchup mixture, scraping up any browned bits.
3. Add chicken to skillet. Bring mixture to boil. Reduce heat to medium-low, cover, and simmer for 4 minutes.
4. Flip chicken pieces over. Cover and simmer until chicken registers 165 degrees on instant-read thermometer, 4 to 6 minutes. Turn off heat.
5. Transfer chicken to a large plate. Let cool slightly, then use 2 forks to shred chicken into bite-size pieces. Return shredded chicken to skillet and stir to coat with sauce.
6. Heat chicken over medium heat until warmed through, 1 to 2 minutes. Evenly divide shredded chicken between hamburger buns. Top with pickle chips, if using, and serve.





# Out to Lunch

By Lynn Urban

I'd written about this little restaurant in downtown Green Springs a couple of years ago when it was Papa Jimmies, it was good then. Now it's under new ownership, so Joanne recommended I give it a try. It's called Big C's Smokehouse and Pizza.

If you like smoked meats, this is the place for you! The ribs and chicken are fall off the bone tender and full of flavor. The BBQ sauces are a tasty addition. They also have an equally tender smoked brisket. All dinners are served with two sides and cornbread. Some of the house made sides that are different are; cheesy potatoes, which are really good, mac & cheese, and pea salad, along with Cole slaw, fresh cut fries, and baked beans. All go well with BBQ.



Some of the sandwiches, are made from the smoked meats, like pulled pork, pulled chicken and brisket. Monday night is burger night with special prices. Another specialty is their pizza with their homemade sauce. The crust is a potato crust that is light and soft on the inside and crispy on the outside. The prices are good. A 12" specialty pizza that serves 3 is only \$9.50. There are specials every night and breakfast is served all day only on Sunday. For dessert they have a special dessert called the big nut. It's a slice of pie with a brownie bottom and a filling of peanut butter and cream cheese mixture with crushed butterfinger on top. The friendly waitress talked us right into that. It's so rich and decadent that it took us three days to finish it.

They are closed on Wednesdays, and open all other days from 11am to 8 pm. Give them a try, and while there you can pick up the newest issue of Lifestyles!

## Jill on Money

By Jill Schlesinger

### Kickstart your great money reset

Amid the scary, early days of the pandemic, I decided to increase the frequency of my Jill on Money podcast from a bi-weekly to a daily show.

The new schedule was a response to the thousands of emails pouring in, as people were anxious, confused and needed help making sense of their financial choices in a highly uncertain time.

Those early inquiries morphed into a different type of question than I had previously never received in the dozen years of hosting a personal finance show: Is this really how I want to live? To answer, I would walk listeners through a series of probing questions to help them understand the options that existed.

These conversations prompted me to write a book, *The Great Money Reset*, a "guide to getting real and building your best life," which will be available on January 24. Over the next few weeks, I will be sharing snippets of the book to help you kick-start your personal transition, to break through whatever is holding you back and to help you thrive.

I open the book with a universal fact: To reset to a new place, you have to understand where you are today. In addition to tallying up what you have saved and any obligations that you have accumulated, you also need a detailed understanding of your spending habits.

I continue to be surprised at how many people discount the idea of focusing on consumption and/or are too ashamed about their spending habits to examine what's really going on behind the behavior. Here's an excerpt of one of my favorite chapters of *The Great Money Reset*:

"You might think you must blow your life savings to make a big change. Maybe not. People from all walks of life are rethinking their consumption habits. You can do the same, with an eye toward reducing expenses and directing those resources toward your dreams...

"There's a powerful secret to achieving your dreams that I've been applying for some time, with considerable success. For the price of this book, I'm happy to let you in on it. It's a behavioral strategy that's simple, easy to apply, and guaranteed to work. Anyone can use it to feel more empowered financially, irrespective of where they live, how much they earn, or what they do for a living. So, are you ready? The secret to achieving your dreams is... spend less.

"Rather than arriving at ironclad judgments about any particular consumption choice, it's most helpful simply to become more mindful of how we're spending our hard-earned money and how it makes us feel.

"Uncovering our spending rules isn't straightforward -- it leads us into the complex netherworld that is our emotions. Here are some questions I recommend asking to

help you understand your consumer behavior and the underlying psychology as completely as possible:

"Question #1: What do I really need in my life, and what do I only think I need?"

"Many of us create rules premised on the idea that we require certain goods or services to be happy and healthy. We all must make purchases corresponding to the lower rungs of the psychologist Abraham Maslow's famous hierarchy of needs -- food, water, a safe place to live, heat, healthcare, and so on. When it comes to higher-order needs such as our need to feel connected to others or our need to be creative and feel self-actualized, our required purchases become less obvious."

*(The excerpts are from the forthcoming *The Great Money Reset* by Jill Schlesinger. Copyright (c) 2023 by the author and reprinted by permission of St. Martin's Publishing Group. Available for purchase at the retailer of your choice: <https://www.jillonmoney.com/the-great-money-reset>)*

*(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](mailto:askjill@jillonmoney.com). Check her website at [www.jillonmoney.com](http://www.jillonmoney.com))*



8080 Main Street, Old Fort  
419-992-4666  
Mon-Fri 7:30am-6pm  
Sat 8am-5pm - Sun 10am-2pm



#### Freezer to Crockpot Meals

Variety of meals to choose from for a delicious and hot meal. Each meal serves 4-6 people.

**Ready to bake lasagna and meatloaf**



### Isn't It Time For A Second Opinion On Your Finances?

Typical 60/40 Portfolio Was Down ~16% In 2022, Worst Performance Since 1937

**Call Jerome Wiggins For Your Complementary Portfolio Review Now!**

**419-355-0279**

Strategic Wealth Partners  
528 3rd Avenue | Fremont OH 43420  
[swpconnect.com](http://swpconnect.com)

Investment advisory services offered through Strategy Wealth Partners LTD, a Registered Investment Advisor





# History *Notebook*

By Nan Card


## Carrot Cake to Die For

Although I love to eat, I hate cooking. I have always considered it a waste of time. Several distant friends, who are sensational cooks, keep sending me recipes. They tell me they are all tried and true favorites. Each seems to have a title: Laura's meatballs, Annie's apple crisp, and Carol's sourdough bread, etc.



I eventually broke down and bought the ingredients for Kay's Hot Chicken Salad. I was spurred on, knowing I could use the wonderful Root's cubed white meat of chicken that I dearly love. Kay's recipe was easier than I thought. The hot chicken salad was out of this world. Everyone loved it. I was quite proud and I admit I've made it numerous times since.

When an email arrived with a recipe for Kay's Fudge! I thought if this is half as good as her other recipe, it will be great! I put it aside, planning to make some over the holidays. I gave up making Christmas cookies years ago, but I still make some batches of fudge for a few close friends. It did not turn out well at all. I emailed my friend and told her the sad news about Kay's Fudge recipe.

 She replied and said perhaps she did not copy the recipe correctly. It turns out, it was not Kay of the Hot Chicken Salad, but Kay Andrews who had passed away in Logan City, Utah in 2019. My friend had found the recipe on Tik Tok which featured a Find-a-grave photo of Kay Andrews' fudge recipe engraved on her tombstone!

Now my love for history and genealogy has taken me to cemeteries from Maine to Illinois and Ohio to Nebraska. I have seen many interesting stones and inscriptions, but NEVER a recipe. It turns out there are more out there than I knew, including one for blueberry pie, cheese dip, carrot cake, date and nut bread, snickerdoodles, spritz cookies, and even apricot ice cream!

It began with Rosemary Grant's ghostly archives on Tik Tok. While she was performing an archival internship and working with D.C. cemetery records, she discovered recipes on tombstones. Actually, Rosemary says, it is more common than one realizes. Recipes appear on tombstones around the world.

Rosemary not only locates and copies recipes from the grave, but she also makes each one! As a tribute to the maker, she sometimes returns to the cemetery with her finished product in hand. So far, her favorite is Naomi Miller Dawson's spritz cookies inscribed on her tombstone in the Green-wood Cemetery in Brooklyn.

What a special way to celebrate the life of someone who gave much love and warmth to others by sharing their favorite recipe! (I am certain there is no chance of that for me!).

# Image of the Mind

By Alisa Floria

By Alisa Floria

Love is the strongest of all emotions, and the biggest motivator in any Kingdom. Without love we wouldn't witness man reaching these heights of success. Love takes us on journeys. Love can erase time, and melt fears. Love can heal, and it can create. Love is a builder, and a breaker. It is because of love that man will push



himself to places he never thought possible. Love is the number 1 component needed in every story. Love celebrates life, and the reason for it. It's through life that we experience love, and through love that we experience life. Love is what gives man the desire to grow into a version bigger than himself.

Napoleon Hill wrote that love lingers, as a guide and influencer long after the source of stimulation has faded. Every person who has been moved by genuine love knows that it leaves enduring traces upon the human heart. The effect of love endures because love is spiritual in nature. The man who cannot be stimulated to great heights of achievement by love, is hopeless—he is dead, though he may seem alive.

It's up to oneself as to how they use & apply the greatest force ever known to the beholder... Self expression on the frequency of love...

My name is Alisa Florio. Many of you have met me as a local artist in the Hair & Makeup industry over the past 39 years. I started doing hair in the 80's listening to my clients stories after going through surgeries, chemo, fires, accidents, and I've wiped many tears from women who were severely abused.

I soon realized that it was just as important to help people heal the scars from the inside as it was to heal the scars on the outside. Life took me on a 20 year journey to help heal one's SELF IMAGERY from the inside/out.

Traveling 3-4 times a year gave me opportunities to climb the ladder of education up to Train The Trainer in the permanent makeup arts as I circled the industry doing stage work, picking the brains of my colleagues working alongside plastic surgeons, and dermatologists; and now for the past 20 yrs. collecting knowledge in the study of self transformation. Now that you know me may I ask...

Did you know the Universe has to respond to the energy we put out? It's the Law. There are 7 Laws that govern our Universe. These laws are absolute, and cannot be altered by money nor man. Would you like to know what these laws are? What if I told you that you can use these laws to live a life you love, would you want to hear more? STAY TUNED.

A promotional banner for Lilie Beans. The background is dark blue. On the left, the text "Lilie Beans" is written in a large, yellow, cursive font, with "Fine fashions for you and your home." in a smaller, yellow, sans-serif font below it. A decorative floral graphic is centered below the text. At the bottom left, the address "1200 Oak Harbor Rd, Fremont" and phone number "419-355-1111" are listed in white. In the center, a yellow coupon with a dashed orange border contains the text "PRESENT THIS COUPON AND SAVE 25% OFF ANY ONE REGULARLY PRICED ITEM." in green and red, with a disclaimer in small black text below. On the right, a photo of a small, fluffy, light-colored dog with dark ears is shown, surrounded by red heart graphics and decorative swirls.





# Rural Libraries Trio Reveal Hidden Community Treasures!

By Denice L. Baldetti

Nestled amongst the 16,000 public libraries across the United States are about 4,000 rural library systems. According to the Institute of Museum and Library Services, rural and small-town libraries serve at least 30 million Americans. The impact of small community libraries is immense. Spotlighted here are three small-town branch libraries in our area that are branches of the Fremont Birchard Public Library System.

## Woodville Public Library, est. 1937

Boasting over 18,000 items for adults and children, this library at one time was home to the Woodville State Bank. There is still a bank vault (used for storage) located in the library. Unique to the library location is the Woodville Historical Society Museum, which is located directly next door to the museum.



*Children's Area at Woodville, Ohio Branch Library*

Library Director, Rene Dix, has served as its librarian for over 30+ years, and is well entrenched within the local community. She wears many hats! One of her favorite attractions for this library is raising and displaying monarch and swallowtail butterflies each summer. On display will be three stages: egg, caterpillar, and mature butterfly. After the butterflies are fully grown, Rene opens the library back door and a kaleidoscope of butterflies are released.

This library boasts craft classes, painting classes, monthly book discussions, dozens of puzzle swaps and so much more. The most popular items borrowed are DVD's, mysteries/suspense novels and new book releases.

## Green Springs Public Library, est. 1921

The impact of rural libraries is vital to close-knit communities. This is very evident at the Green Springs library, where it has become the hub of the community. Lots of families come in to use the library and its technology resources.



*Entrance to Green Springs, Ohio Branch Library*

This library has recently noticed a new local resident visitor. A two-month old golden retriever puppy loves to hang out and entertain patrons!

An Adult Craft Club is very popular at the Green Springs branch and has a waiting list for participants. It is held on the fourth Tuesday of every month. Library Director, Laurie Bolling, creates each craft and oversees each creative event. The next event will be held on February 28th, 2023. The recent cookie decorating and exchange events were also very popular. Laurie recommends signing up in advance to reserve a spot at the Adult Craft Club!

The collection itself boasts about 14,000 items available to borrow. Popular book

subjects with high circulation are cookbooks and craft books. Another perk at this library are the book sale carts. For only 50 cents a book, patrons can increase their own personal library collections!

## Gibsonburg Public Library, est. 1936

Weekly Story Time is one of the popular events held at this library, where director Carol Montgomery presents preschool and early elementary story hours.

One unusual twist to her presentations is Yoga and breathing techniques, which she shares with her younger patrons!

According to librarian, Kayleigh Brewer, the



*Reading Statue at Gibsonburg, Ohio Branch Library*

giant Alphabet Carpet is a magnet for younger children to learn their ABC's by marching and singing at each letter.

A highlight at this library is Monthly "Foodies Night." A different recipe book is featured each month. Patrons select one recipe to make and bring in for Foodies Night. Foodies Night is held the first Monday of every month.

The Gibsonburg Library serves as a community hub and houses over 22,000 items for loan. Monthly Boy Scouts and Girl Scout meetings are held in the library meeting room. According to Kayleigh, "The coolest thing is that we offer services to the community."

For more information about these libraries, hours and program schedules, call:

**The Woodville Library:** 419-849-2744

**The Green Springs Library:** 419-639-2014

**The Gibsonburg Library :** 419-637-2173

**PROFILES BY ALISA**  
CORRECTIVE SOLUTIONS  
**419-680-1486**

**PERMANENT MAKEUP**

Needling  
Removal of Imperfections  
DermaPlaning  
Scalp MicroPigmentation

**YOU ARE WORTH CELEBRATING**  
profilesbyalisa.com





# Life Scholar

By Kathleen Nalley

The Life Scholar Program of Terra Community College provides more than just classroom experiences. Partnering with J.B. Tours of Ohio, the spring semester offers five upcoming trips starting Feb. 16. All provide motorcoach transportation, meals, and escort. Prices vary.

The Feb. 16 trip will be a theater experience in Springboro, Ohio at the LaComedia Dinner Theatre for a performance of Little Women. The Ohio Star Theater in Sugarcreek, Ohio hosts a Jeff Allen 2.0 Tour, buffet meal and opportunity to shop locally for participants. The first overnight trip is destined for Williamstown, Kentucky to view the ARK ENCOUNTER, Creation Museum, and a dinner cruise on the Ohio River. For sports lovers, the Tigers vs. Cleveland Guardians game at Progressive Field on May 10 will include club seat tickets for a comfortable start to the season. Details and registration are available by calling 419-559-2255 for both trips and classes.

New to the curriculum are four evening classes starting Feb. 14 introducing the Cricut machine, a new favorite crafting tool which aids in cutting attractive letters and figures for use in multiple ways. Students may bring their own machine to class or use the one provided by the college to make labels, design on a shirt, create a stencil for a wooden sign or a glass item for etching, and a student's choice project. Instructor Brenda Mazur will familiarize students with resources available for making one of her favorite crafts, scrapbooking, asking class members to remember to bring along some favorite photos to use in several scrapbooking pages. Evening sessions will allow for increased participation by those with daytime work and commitments.

A monthly Saturday class will introduce Canvas Painting: "Spring into Painting" with step by step instructions to create lovely art pieces under the guidance of Carol K. Hoffman during each session.

Painting topics will include Snow on the Farm, Sugar House, High Country Farm, House by Lake, and Homeward Bound/Ducks in water-mixable oil or tube acrylic. One can refer to the catalog to view the actual designs.

A new instructor this semester, Jennifer Peace, will provide insight into The Holocaust in Literature on Feb. 16 and The Jewish Lifecycle Feb. 23. The first will be a discussion-based class sharing both fiction and non-fiction works, such as Night by Elie Wiesel and Man's Search for Meaning by Viktor Frankl. The second class will focus on the history and traditions of Jewish celebrations.

**Remember Your  
Valentine on Feb. 14th!**

Valentine  
Arrangements  
Roses • Candy  
Teddy Bears

**ORDER EARLY**



**OTTO-URBAN FLORIST**

905 E. State-Fremont  
419-332-9275

# What Makes You Happy?

By Robert Morton

There is no one-size-fits-all answer to this question, as what makes people happy can vary greatly from person to person. However, some research suggests that certain activities and lifestyle choices may promote happiness for many people. These include:

- Cultivating positive relationships and social connections
- Engaging in regular physical exercise
- Practicing mindfulness or meditation
- Setting and working towards personal goals
- Engaging in activities that bring a sense of purpose or meaning
- Finding ways to manage stress and negative emotions
- Focusing on the present moment and practicing gratitude
- Making time for leisure and relaxation

It's important to note that happiness is a complex and multifaceted concept and it's important for individuals to find what works for them. However, research has uncovered some common characteristics of happy people:

- **Positive outlook:** Happy people tend to have a positive perspective on life and focus on the good things in their lives.
- **Resilience:** They are able to bounce back from difficult situations and challenges.
- **Gratitude:** They tend to be grateful for what they have, rather than focusing on what they lack.
- **Strong social support:** They have strong relationships with friends and family, and feel a sense of belonging and connection to others.
- **Emotional intelligence:** They are able to understand and manage their own emotions, as well as those of others.
- **Optimism:** They tend to expect good things to happen in the future and to believe that they have the power to make positive changes in their lives.
- **Sense of purpose:** They have a clear sense of what they want to achieve in life and feel motivated to work towards their goals.
- **Flexibility:** They are able to adapt to change and uncertainty.

It's important to note that these are generalizations and not every happy person will have all of these traits, and that some unhappy people may have some of them. Also, happiness is not a fixed state and can change over time.

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



## Infusion Services at The Bellevue Hospital offers on-site quality care in a private, outpatient setting

- Staffed by compassionate nurses specially trained to administer IV medications
- Conveniently located on the first floor of the hospital
- Offers privacy in a comfortable and relaxed setting, surrounded by natural lighting

**Infusion Service Hours:**  
Monday – Friday  
8 a.m. – 4 p.m.

**For more information, call:**  
**419.484.5440**



1400 West Main Street • Bellevue, OH • [bellevuehospital.com](http://bellevuehospital.com)





## What is the benefit of cochlear implants over hearing aids?

**DEAR MAYO CLINIC:** I'm 70 years old and have worn hearing aids for about a decade. Over the past several years, my hearing seems to be getting worse. Although I have tried several different kinds of hearing aids, I feel as if they are not effective any longer. A friend suggested I ask an audiologist about cochlear implants. I thought those were just for people who are deaf. Could a cochlear implant help someone like me? How does it work?

**ANSWER:** A cochlear implant could be a good alternative to hearing aids in your situation. It's true that when they were introduced in the 1980s, cochlear implants mainly were used for people who had complete hearing loss. Today, however, they often are used to help people who have more advanced hearing loss that cannot be corrected with hearing aids.

Your ear has three areas: the outer, middle and inner ear. Sound waves pass through the outer ear and cause the eardrum to vibrate. The eardrum and three small bones of the middle ear transmit the vibrations as they travel to the inner ear. Within the inner ear, the vibrations pass through fluid in a snail-shaped structure, called the cochlea.

Inside the cochlea are thousands of tiny sensors, called hair cells, that turn the vibrations into electrical signals that are sent to your brain through your auditory nerve. The vibrations of different sounds affect these tiny hairs in different ways, causing the nerve cells to send different signals to your brain. That's how you distinguish one sound from another.

In most people who develop hearing loss, the hair cells in the cochlea are damaged or missing, usually due to aging, exposure to loud noise or for genetic reasons. That means the electrical signals can't be transmitted efficiently to the brain, and the result is hearing loss. A cochlear implant replaces the function of the hair cells by sending electrical signals directly to the hearing nerve and giving the brain the ability to perceive sound once again.

The implant has two main pieces: an external processor that fits behind your ear and an internal receiver implanted under the skin behind your ear. The processor captures and processes sound signals and then sends those signals to the receiver. The receiver sends the signals to tiny electrodes that are placed directly into the cochlea when the device is implanted. Those signals are received by the auditory nerve and directed to your brain, and your brain interprets those signals as sound. All parts of a cochlear implant are small, and the processor that fits behind your ear looks similar to a hearing aid. Because of the small size of these devices, they are relatively inconspicuous, particularly in people with long hair.

Cochlear implantation requires a consultation with an otolaryngology surgeon who would perform a relatively short outpatient surgical procedure. A small incision is made behind the ear to insert the device. Most people experience little discomfort from the surgery, and its overall risk is low.

Once a patient has had a chance to heal -- usually several weeks after surgery -- an audiologist connects the processor to the implant for the first time. The patient should be able to hear immediately, but many cochlear implant users report that they needed to adjust to the sounds that they hear with their implant. This adjustment process often takes at least six months, with many patients reporting that the sound quality and their ability to understand speech continue to improve for a year or more.

Cochlear implants are a well-established technology. At first, physicians and researchers only recommended them for people who had total hearing loss. Over the years, though, research has shown that cochlear implants can be useful for people who still have some hearing or who have useful hearing in only one ear. They can be particularly helpful for people who have difficulty understanding speech in everyday listening situations, despite using good hearing aids.

Talk to a health care professional who specializes in hearing loss to find out if you would be a good candidate for a cochlear implant. Most people who receive a cochlear implant find that they can communicate better with the people around them, and more fully participate in conversations and other daily activities that require the ability to hear clearly. -- Joseph Breen, M.D., Otolaryngology -- Head and Neck Surgery, 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](mailto:MayoClinicQ&A@mayo.edu). For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).)



## Astrology FORECAST

By Magi Helena

**ARIES (March 21-April 19):** Avoid working at cross purposes with faithful family and friends. Exaggerating the details or going overboard to be friendly can throw you off your stride. Double-check information before acting.

**TAURUS (April 20-May 20):** Some people may admire your originality, but social activities could fall flat. Your unconventional attitudes, while sometimes misunderstood, are likely to be accepted by the people closest to you.

**GEMINI (May 21-June 20):** Even the most ambitious workaholic needs a break. If your time or energy are scarce, you might need to rely on friends to come up with fun ideas. Remember you can enjoy yourself without spending money.

**CANCER (June 21-July 22):** Someone might be triggered by your eagerness to take the lead in group activities. Otherwise, your sympathy and thoughtfulness could break the ice on many social and business occasions.

**LEO (July 23-Aug. 22):** Treat everyone with the same respect and consideration that you expect to be shown in return. You and a partner will be able to make smart business and financial decisions if you avoid voicing unhelpful criticisms.

**VIRGO (Aug. 23-Sept. 22):** Take advantage of the knowledge and innovative suggestions you receive from your supporters. Create practical strategies that will improve your future and make your dreams a reality.

**LIBRA (Sept. 23-Oct. 22):** As the month unfolds, your business sense grows better and better, so plan accordingly. Generous and tolerant partners and loved ones could provide an opportunity for you to shine and the inspiration to be more ambitious.

**SCORPIO (Oct. 23-Nov. 21):** Deploy diplomacy on a daily basis. You may think you have the freedom to express unvarnished opinions but you should avoid confrontations and criticisms. Steer clear of gossip at all times.

**SAGITTARIUS (Nov. 22-Dec. 21):** Spending more dollars to prove a point is pointless; let go of the opinions and judgments of others. Do enough soul-seeking to understand your own values and let them guide you. Don't over-spend late in the coming month.

**CAPRICORN (Dec. 22-Jan. 19):** Turn on the cruise control once you are sure you are on the right track. A key relationship might experience ups and downs. Do not let a family argument distract you from your goals.

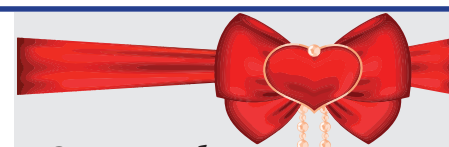
**AQUARIUS (Jan. 20-Feb. 18):** A whisper in your ear from a detractor may mean the time is not yet ripe. Perfect details and polish your performance before you launch a new project. Your business sense is enhanced in the middle of the month.

**PISCES (Feb. 19-March 20):** Feeling gratitude for what you do have is more effective at both manifestation and feeling better inside than complaining about what you lack. Someone might share some excellent ideas and practical solutions.



**Volunteers  
of America®**

**Bethesda Care Center**  
600 North Brush Street  
Fremont, OH 43420  
[www.bethesdacare.org](http://www.bethesdacare.org)  
Phone: 419-334-9521



***Our residents  
are the HEART  
of our Senior living &  
rehab community.  
Call Admissions today for  
more information.***

**Happy Valentine's Day!**

**Find us on Facebook at Bethesda Care Center**





## Why do dogs and cats get the 'zoomies'?

Dear Cathy,

We have an adorable eight-month-old Havanese. She is sweet and lovable most of the time, but then she has a daily episode in the late afternoon when she acts like a maniac. She runs, jumps, growls, shows her teeth, and tries to nip and bite us. It lasts for about an hour. We usually put her in her crate until she calms down. She then returns to her charming self after the episode. Our trainer has called this behavior the "zoomies" and thinks she will grow out of it. Any suggestions on what we can do?

-- Michael, Port Jefferson, New York

Dear Michael,

If your dog has a clean bill of health from your veterinarian, then your trainer is probably right; your dog has the "zoomies." Zoomies is a term used to describe the frenetic behavior that occurs when a dog (or cat) has pent-up energy and literally "zooms" all around the house. It is more common in younger dogs and cats because they naturally have more energy than older pets.

Your puppy may or may not grow out of it, though. Dogs can have the zoomies well into their adult lives. But there is something you can do. Recognize it as a sign that your dog (or cat) needs more playtime and exercise. If you know this happens every day around the same time, you can pre-empt this behavior by taking her for a walk or playing with her for at least 30 minutes. If you offer playtime and exercise before she gets the zoomies, you will help burn up some of that youthful energy before she has to try to do it herself.

Dear Cathy,

We love our dog dearly, but he is terrified of thunderstorms and barks when they occur. We have tried Thundershirts(R), pheromones, CBD oils, and tranquilizers. Harley is 10 years old but has been reacting to storms since he was six when we adopted him. Please help. We don't know what else we can do?

-- Phyllis, Las Vegas, Nevada

Dear Phyllis,

I have had three dogs in my life with noise phobia and know how stressful this is for any family with a dog afraid of storms and fireworks. You're trying all the right things, but sometimes you must combine some of these things simultaneously to reduce her anxiety. In other words, one thing may not help, but two or three things combined may be what she needs. So, you may have to try a Thundershirt(R), a pheromone collar and/or spray tranquilizers, and sound therapy - like providing white noise or keeping a radio or TV on - to help drown out the noise.

While you can reduce her stress when storms occur, you will never completely eliminate her fear and anxiety. Keep looking for the right combination of things that will, at the very least, reduce her overall reaction to storms.

Dear Cathy,

In the Arizona Daily Star on December 16, 2022, you had a question about a nine-year-old terrier mix with breathing problems. We had a lab mix years ago who had breathing problems and was diagnosed with congestive heart failure. She would tilt her head back to breathe, and if she tried to lie down, she would get back up immediately. Despite medication, we lost her when she was 13 due to her heart condition.

Our last dog, "Gracie," also had a breathing problem. Her problem was different. We had taken her to an oncologist for mast cell tumors. At the time, we had just started noticing she was having difficulty breathing. When I asked the vet about it, she said it sounded like laryngeal paralysis. At 10 years old, Gracie had surgery to address it, and it significantly improved her life. We hand-fed her in small amounts to prevent aspiration. We lost her at age 13 due to bone cancer in her lower left jaw. It was devastating.

Diane's story said she had been to three vets. That's unacceptable; she needs to try a different vet, perhaps at a specialty clinic. I wish her luck. -- Pat & Bill, Tucson, Arizona

Dear Pat and Bill,

Thank you for sharing your story. As pet owners, we are our pet's best advocates. Even if three vets said her dog was OK, if she (or any pet owner) sees their pet struggling to breathe or having any other major health problem, they should return to their vet or find yet another vet to get to the bottom of what's happening.

Pet owners can also look for a holistic veterinarian for complementary and alternative therapies to traditional veterinary medicine.

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

## Humane Society of Sandusky County ANNUAL MEMBERSHIP DRIVE



Please join us in 2023  
and support your local shelter!

Membership is \$30 per year or  
choose to be one of the following:

**Pet Sponsorship – \$45**

**Pet Pal – \$100**

**Pet Patron – \$250**

**Animal Angel – \$500**

Please, we need your help to continue to  
operate this facility!

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Phone# \_\_\_\_\_

Email \_\_\_\_\_

Mail to:

The Humane Society Shelter,  
1315 North River Road, Fremont, OH 43420  
419-334-4517

[www.humanesanduskyco.org](http://www.humanesanduskyco.org)  
Sponsored by Holland CPA

*It is our desire to provide the highest quality medical  
and surgical care to our patients and offer the best  
possible service to our clients.*



3032 Napoleon Road Fremont, Ohio  
[wwh@northcoastvets.com](mailto:wwh@northcoastvets.com)  
419-332-5871

- Wellness Exams & Vaccines
- Full range of Soft Tissue & Orthopedic Procedures including Knee & Fracture Plating in a full surgical suite
- In-room waiting & Checkout
- Heartworm, Flea & Tick Prevention
- Digital Radiography
- Equine Services
- Comprehensive Diagnostics
- Dental Procedures including: Cleaning, Extractions, Polishing, Radiographs & Fluoride Treatments
- Private Comfort Room
- In-house Laboratory & Pharmacy
- Ultrasound & Class IV Therapy Laser

Visit us online at [www.westviewvethospital.com](http://www.westviewvethospital.com) to meet our Veterinarians & Staff, take a look around, or link to our online store. You can also find us on Facebook!

Monday - Thursday 8am - 6pm, Friday 8am - 5pm, Saturday 8am - 12pm, Closed Sundays  
After hours On-Call Service Available 419-332-5871





# Making a Difference

By Dr. Paul  
Silcox

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

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

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

"Made a difference to that one."

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

When my son died from heroin and fentanyl poisoning in November 2016, I had no idea that something like acupuncture could have any effect on addiction from drugs like heroin, fentanyl, cocaine, Oxycodone, OxyContin, Percocet, etc. But now I know better.

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

The primary purpose of Katura Recovery is just looking to make a difference in one more life. . . . again & again & again.



**Katura Recovery  
& Training Services**

**Dr. P.L. Silcox, DC**  
Acupuncture Practitioner

728 N. Stone St.  
Fremont,  
419-307-8094

*Alternative Addiction  
Treatment Without Medication.*

And to train others in Ohio to keep it going when I'm gone. For a brochure on the free services provided at Katura Recovery, stop by the office at 728 N. Stone St. in Fremont.

If you work at a drug treatment facility in Sandusky County and would like to learn more about the NADA protocol, its history and how it is used in 30+ states and dozens of countries around the world, stop in at the office, I'd love to give you a demonstration.

## Classifieds SERVICES

**Darlene's Cleaning Service:** Homes, Offices, Small Businesses. References, \$20 per hour. Call Darlene, 419-603-2704. You Dirty It, I'll Clean It.

**Dust-Free Cleaning:** References, insured, \$30 per hour, 4 hour minimum. Call 419 603 6667.

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

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



**Pinnacle Hearing**

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



**Aaron Burks, Au. D.  
Doctor of Audiology**

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

## IN YOUR OWN BACKYARD

**Fremont Lions Club will meet on Feb. 7 at noon** at the Fremont Eagles Hall.

Guest speaker is Bruce Chambers at the Drone Academy of Tiffin University.

On February 21, Sandusky County Commissioners Charlie Schwochow,

Scott Miller and Russ Zimmerman will be the guest speakers along with

the Students of the Month from Fremont Ross and St. Joseph High Schools.

Fremont Lions will host a Zone meeting for area clubs on Feb. 23 at the Victor

Center beginning at 6 pm with a Taco Bar followed by the meeting at 7 pm.

Members and guests are always welcome. Call Donna Thatcher, president at

419-332-3095 with questions.

**Fremont Area Women's Connection's Ladies Luncheon is Valentines**

**Day, Tues. Feb. 14th** at Victor's Event Center 2270 Hayes Ave.

We invite all women to get a special delivery from our feature: "Mailman

Sonny and the 419." Amy Gardner from Luna Pier, Michigan will share her story

"Laughter to Joy."

Doors open at 10:30AM for coffee and socializing. Lunch and program is 11-1pm.

Cost is \$14. Make your reservation before Friday, Feb.10th. Call/text Donna at

419-680-2251 or e-mail Carrol at fawcluncheon@gmail.com. Reservations/

cancellations must be reported in the same way.

**Sandusky County Republican Women will meet on Feb. 16 at**

**5 pm** at the Sandusky Township Hall, 2207 Oak Harbor Rd. Members

and guests are welcome to attend this first meeting of the year.

Dues for 2023 are \$30 and include membership in the local, Ohio Federation

and National Federation of Republican Women. For more info

call Kim Foreman, president at 419-603-1503.

**Soup Cook Off: Feb. 25th, 11am-1pm,** Mt. Carmel United

Methodist Church, CR 183, Clyde, Free to the Public!

**BACKSTAGE  
LOUNGE**

**AND THE  
STRAND**

**Hot Food &  
Cold Drinks**

**Dine In or Carry Out**

**419.355.8548**

**Wednesdays and Thursdays 11am until 8pm**

**Fridays and Saturdays 11am until 10pm**

**Kitchen Closes At 9pm**

**REAR ENTRANCE, DOWNTOWN FREMONT, 220 S. FRONT ST.**





# THE BELLEVUE HOSPITAL

# WELCOMES

***Todd Tamlyn, M.D.***  
*Board Certified General Surgeon*

**Dr. Todd Tamlyn** has joined the staff of The Bellevue Hospital and specializes in minimally invasive robotic surgery. He has extensive experience utilizing the da Vinci® robotic platform and seeks to incorporate the latest technological advancements for the best surgical outcomes for his patients.

Dr. Tamlyn also has advanced training in wound care and provides treatment for a wide variety of challenges related to wound healing.

**Medical School:**

University of North Dakota School of Medicine, Grand Forks, ND

**Residency:**

Akron General Medical Center, Akron, OH

***Now Accepting New Patients***

**Physician Referral Is Required**



**419.484.5430**

***Todd Tamlyn, M.D.***  
*Board Certified General Surgeon*

**102 Commerce Park Dr. Suite D • Bellevue, OH 44811 • [bellevuehospital.com](http://bellevuehospital.com)**