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Free

Vol. 21 Issue 1
January 2020

Happy New Year!
1999-2020

MAKE 2020 THE YEAR THAT YOU MAKE

SMALL Changes for BIG Results



TRY THE ONE FOR ONE CHALLENGE!

Four Easy Steps to Get Started:

- 1** Substitute one fruit or vegetable for one typical snack like chips or cookies once a day.
- 2** Substitute water for pop or a sugary drink once a day. Add fresh lemon or/and cucumber slices to make it fancy!
- 3** Substitute one ten minute walk for ten minutes of television. If you can get 10 minutes of sunlight, that's a bonus!
- 4** Substitute 10 minutes of quiet relaxation for 10 minutes of screen time (such as Facebook, gaming or Twitter).

DO IT EVERY DAY. Once you've established these habits, you'll start noticing that small changes can really impact the way you feel. And, you might just do a little more!

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Lifestyles 2000

January 2020
Vol. 21 • Issue 1
www.lifestyles2000.net



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Lifestyles 2000 is available at Memorial Hospital, Subways in Fremont & Clyde, Bellevue Hospital, Denny’s, Frisch’s, The Garrison, Kroger’s, Clyde Drug Mart, and numerous location in Sandusky County.

Relay for Life

by Amanda Branstrator

I would like to take a moment to welcome everyone to Relay for Life 2020. I know that sounds strange since Relay isn’t until June 13, 2020 but over the next few months, I am hoping to introduce everyone to Relay, who we are and what we do. That way on June 13th, you will feel comfortable enough to join us!

What is Relay for Life?

Relay for Life is part of the American Cancer Society. Lots of people think that it is just a run that you can participate in, but we are so much more than just that one day event. Relay for Life fundraises all year long. Each Relay, which can cover more than one county, has multiple teams that raise money to be used by the American Cancer Society for research and programs.

What do we do?

Our teams are dedicated to raising funds that can be used in research across the country as well as locally. University of Toledo was granted \$792,000 recently for cancer research. Your fundraising dollars are also used for programs like Road to Recovery which pairs drivers with cancer patients who need a ride to treatment. Funds are also used at Hope Lodge. There are multiple Hope Lodges across the country. The closest one to Sandusky County is in Cleveland. Hope Lodge is where cancer patients can stay while undergoing treatment. There is no cost to patients staying at Hope Lodge. Teams have also been known to collect supplies for those staying at Hope Lodge as this can make patients and caregivers stay a little bit easier and brighter.



How can you help?

Start by checking us out on Facebook. Relay for Life of Sandusky County. This is where you will find all our current fundraisers. We love to see new people join! We are also on Instagram [rfl_sanduskycounty](https://www.instagram.com/rfl_sanduskycounty). Our website is www.relayforlife.org/sandco and is also always up to date with our fundraisers. You can also join us as new team or just a new member. Our January meeting is set for January 9 at 5:30 pm. Meetings are at Stylecrest Headquarters in the conference room. Everyone is welcome to join us at the meetings. Welcome to Relay!



Bethesda Care Center
600 North Brush Street
Fremont, OH 43420
www.bethesdacare.org
Phone: 419-334-9521



*Your friends at
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want to wish you a
HAPPY NEW YEAR!*

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Lifestyles 2000

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

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

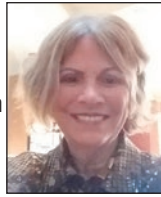
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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Happy New Year to our readers! It just seems like yesterday that we were in 1999 and holding our breath for Y2K, and then nothing happened and we began this new century.



We hope you enjoy this issue and our new writer, Kathy VanWey, whose articles make me smile. Bob Morton is also back telling us how to find happiness.

Yes we are in the new Kroger store, the rack is on the wall near the Pharmacy, right next to the lottery machines.

Be safe and God bless you and yours,

Joanne

Find Pete



There were only 100 entries for December and several of those were incorrect. The correct answer was Bark Creek Pantry, one of the hardest finds we have had in some time. Congrats to those who found him!

Find Pete Winners:

Winner of the Dairy Queen cake was Lynn Fox of Gibsonburg.

Winners are: Margaret Harkness, Franklin Losey, Cody Rinebold, Sandy Smith, Clyde; Lisa Kelly, Helena; Roger Gahn, Christopher Franks, Ron Molyet, Davon Thompson, Janelle Havens, Joanne Kovaleski, Beth Wurgess, Connie Hetrick, Karen Cook, Fremont; Susan Tucker, Oak Harbor; Karen Perry, Vickery.

Thanks for entering!

Find Pete Prizes:

Prizes are from Otto-Urban Flowers, Pottery Perfection in Fremont. The Calico Cat in Clyde, and Old Fort Market in Old Fort. If you wish a specific prize, please list in your entry. Remember to add "Celebrating 20 Years" to your entry to win a Dairy Queen cake.

Find Pete Contest Rules:

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

The Community Fortress-Immediate Entry Shelter

By Lynette Kirsch

There has been a need in our community for an immediate entry homeless shelter. A shelter of this type allows people who are in immediate crisis a safe place to sleep for the night.

The shelter has opened officially at 410 Birchard Avenue in downtown Fremont. Guests can enter the shelter each evening from 7-9 pm, Tuesday evenings through Saturday evenings. The entrance for the shelter is on the Arch Street side.

The shelter's purpose is to allow the homeless of our community-a safe place to sleep, get warm, shower, and have meals. We are looking for volunteers and staff so that the shelter can operate seven days a week. The shelter phone number is 419-552-1813. If you are interested in volunteering, please call and leave a message.

Those needing a place to stay show up during intake hours with their identification and fill out basic information. They stay overnight until 7 am the following morning. If needed, they are welcome to stay multiple nights. Shelter guests must be considerate to the neighborhood, be respectful to staff, and follow the rules of the shelter. No alcohol, drugs, weapons or bad behavior will be tolerated. Sexual Offenders may NOT stay at the shelter.

Shelter guests will be given resources to help them on their journey to self-sufficiency. The Community Fortress is a 501C-3 Non-Profit that is Board governed. The shelter serves in a non-discriminatory manner for those needing a safe place to stay. Men, woman and children are welcome. The shelter is being staffed by paid employees, Board Members and community members willing to help others.

Financial contributions to pay staff, utilities and food expenses are much appreciated, they may be mailed to: The Community Fortress, PO Box 378, Fremont, OH 43420.

We also have office space for rent on the main and first floor of our building. Renting those spaces will help us support the needs of the shelter. Help with meals and supplies are also very much appreciated.

We have been blessed to serve some amazing needs already and are grateful to be able to help those temporarily with housing needs. If you are interested in learning more, or would like a tour, please call the shelter at 419-552-1813, visit our facebook page-Community Fortress or our website-www.communityfortress.org.



Neighbors Helping Neighbors

Sandusky County Share and Care/ Fremont Salvation Army Unit



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**"Follow us on Facebook-Sandusky County Share and Care"
Tues 10-3, Thursdays 10-7, 1st & 3rd Saturday 10-3 pm**

**129 Bidwell Ave - Downtown Fremont
419-334-2832**







We are so fortunate that downtown Fremont is growing all the time, with activities, shopping and great restaurants. I thought when the Amish deli went out it would be a great loss, but it wasn't long before a new deli moved in.

For those of you who haven't tried Loco Deli, you are missing a really nice breakfast and lunch spot, especially for folks working downtown. Some of the items on the breakfast menu are: breakfast pizza, burgers, burritos, as well as the traditional bacon and eggs, or a pancake breakfast. The sausage gravy that is on the pizza is homemade. A breakfast sandwich with egg, meat, and cheese is only \$3.00, and breakfast is served all day.



I have had a few different lunches including the turkey and cheddar wrap, the cuban made with pork, ham and

swiss, and the chicken picante tacos, all very good and reasonably priced. My favorite is their roasted shredded pork sandwich, so good you don't need any sauce on it. It's served with homemade cole slaw for \$6.00. Almost everything is made from scratch including the daily soups. Only quality Boars Head meats and cheeses are used for all of their sandwiches, subs, and wraps.

They make a few desserts and cookies, but the most popular treat is the sinful Swiss Cake Roll. They are brought in from a local bakery in Sandusky, are gluten free, and come in different flavors such as vanilla, peanut butter, and amaretto.

While you are waiting for your food to be freshly made, you can check out the art work that is for sale by local artists. They open daily at 7 a.m. until 2:30, except Thursday, they are open until 7 p.m. They are closed Sunday. It's definitely worth checking out.

Jill on Money

By Jill Schlesinger

Charitable giving the smart way

This is the most popular month for charitable gifts. Before you start the process, consider these six important steps:

Confirm that the charity is legitimate and financially sound. Access the IRS's Exempt Organizations Select Check Tool to confirm that the organization is a registered public 501(c)(3) organization and has legitimate IRS Employer Identification Number. Then see what experts say about the organization and how much of your donation goes to supporting programs, versus salaries and marketing. The Better Business Bureau's Wise Giving Alliance, Charity Watch, GuideStar, Charity Navigator and GiveWell are helpful resources.

Ditch the cash: Never send cash donations or wire money to someone claiming to be a charity. If you are planning to send a check, your payments must be postmarked by midnight Dec. 31 to qualify for a deduction, and pledges aren't deductible until paid.

Donations made with a credit card are deductible as of the date the account is charged, so if you are a little late in the process, you probably should stick to credit cards.

Let the bull run: U.S. stock indexes are up over 20% this year, which makes it a great time to gift appreciated securities from a taxable investment account. Doing so allows you to write off the current market value (not just what you paid) and escape taxes on the accumulated gains.

Use the tax code: If you want a tax advantage from your giving, you have to itemize deductions. One way to get there is to "bunch" or "bundle" future gifts into one year. One way to accomplish this is by establishing a donor advised fund, which allows you to make multiple years' worth of donations up front.

An added bonus of DAFs is that you can contribute appreciated securities from a taxable investment account, as well as cash.

Divert RMDs: For those who are 70 and older and need to withdraw money from an IRA account, consider a qualified charitable distribution, which allows you to direct some or all of your required minimum distribution to a public charity (not to a private

foundation, nor to a charitable supporting organization or a donor-advised fund).

You don't get to count a QCD towards an itemized charitable deduction, but you avoid being taxed on the money. As a result, using a QCD may be a smart way to give, because it can minimize your adjusted gross income and a number of benefits, like Medicare premiums and taxation of Social Security, key off AGI.

You can transfer up to \$100,000 a year from your IRA and you can give away more money than your actual RMD amount. A QCD can be tricky, which is why working with a CPA or CFP can be crucial.

Keep good records: For any cash or property valued at \$250 or more, you must have a receipt (bank record, payroll deduction or written communication) identifying the organization, the date and amount of the contribution and a description of the property.



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— January 2020 Schedule —

January 1st & 6th—Closed



January 8th—Indoor/
Outdoor Wooden Gnome
Class \$30.00

January 11th—Closed at
3 pm for Our Family Christmas

January 12th—Beginner Scrapbook Class
with Danielle Wagner \$30

January 14th—Paint me a story: Guest
Reader, Dr. Regina Vincent-Williams,
Motivational speaker, Actress and
Community Volunteer \$10



January 16th—Winter
Trees Platter Class
with Joni \$30

January 23rd—
Lots of Love Canvas
with Trish \$35



January 28th—Paint Me A Story:
Guest Reader, Chris
Shay, Paramedic for
Sandusky County EMS
"The Shih Tzu Who
Knew Jiu-Jitsu"



200 South Front St., Fremont, 567-342-2207



Make a New Year's Resolution to "Be Happy!" by Robert Morton

The annual "World Happiness Report" from the United Nations revealed that the U.S. dropped in the rankings for the third straight year and, despite a strong economy and low crime rate, we are now the 19th happiest nation on Earth. That's America's worst showing ever.

Happiness levels in America remained stagnant over the past 50 years while our living standards grew. Are we forgetting that we all possess the ingredients for happiness? Even though scientists search for a genetic link that suggests some may embody a greater propensity for happiness than others, the fact remains that joyfulness resides in each of us. If your DNA threads lead to a propensity for downheartedness, then you will simply have to burrow deeper to unearth the happiness within. It's there, waiting for you to discover it!

Happiness or glumness dwell within both the healthy and ailing, rich and penniless, smart and dull, or the handsome and unattractive. Happy people discover that cheerfulness must be learned and practiced daily or it will wither away. They take responsibility for their own contentment and don't allow the upcoming 2020 elections, the government, their boss, social attackers and gossip, or a myriad of other external events to upset them for very long.

Ever notice how people who remain in high spirits at the office or shop deliver more than what life pays them to do? They reach beyond their own selfish needs to extend small courtesies that inspire the lives of others. They dream dreams, set worthy goals, remain committed to paying the price to achieve them, and enjoy the gallant journey toward reaching them.

Your road to happiness must be an active process since life doesn't devote itself to making you happy. By design, it is the manner in which you have traveled through life that makes you who you are today. If you passively sit back, complain, and wait for happiness to arrive, you will never encounter it...even if it knocks on your door, which it rarely does.

The happiest people I've met laugh through life's little irritations. Zig Ziglar wrote about a man who bought a lemon of a used car and drove it back onto the used car lot a week later and said to the upbeat and persuasive salesman, "Could you please tell me about this car again? Sometimes I get so discouraged with it!"

The natural order dictates that disappointing things will happen to you and fairness, peace and justice will not always go your way, so you need to be encouraged... like Zig Ziglar. Happiness is not the absence of problems- it's how you deal with them. You will only be as happy as you make up your mind to be, so don't allow life's upsets to rob you of the power to discover your good side.

I've counseled many people who have found happiness despite past upsets and current injustices. Traumatic events licked the red off their candy canes, but they discovered the free, miracle cure which has no bad side effects... a resolve to be happy! They didn't purchase a prescription drug at the local pharmacy to find happiness, they simply unearthed it from deep inside themselves, for it only flows in one direction, from the inside/out.

Robert Morton has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He authored two books: "Finding Happiness in America" and the spy thriller "Penumbra Database"- both can be found in Kindle or paperback at Amazon.com books.

"Sandoostee" meaning – "at the cold water" (Wyandot)

The Sandusky River runs 150 miles cutting through the heart of the county as it heads north to the Great Lakes. The area was first settled by the Native Americans, then the Fur Traders with establishment of Fort Stephenson and then the arrival of pioneer life. Sandusky County was thus cut out of the wilderness. Starting at York's Crossing in the east to Hamer's Corner, Stem Town, Croghansville, Sandusky, Gibsonburg and ending in the west at Woodville. Sandusky County has a vast history, and we would love to share that history with you.

In 2020 Sandusky County turns 200 years old join us in celebrating at our events which take place throughout the year!

- | | |
|--|----------------|
| • Birthday Bash | 4-1-2020 |
| • Bicentennial Ball | 5-16-2020 |
| • Bicentennial Bike Ride | 6-6-2020 |
| • State of Eight Vintage Baseball Tournament | 8-1 & 2-2020 |
| • Black Swamp Historical Festival | 8-7 & 8-2020 |
| • Bicentennial Days at the Fair | 8-22-2020 |
| • Bicentennial Fall Family Festival | 9-26 & 27-2020 |
| • Bootleggers Ball | 11-7-2020 |

Make sure to follow our website for event locations and times www.bicentennial2020.org. There will also be a traveling museum that will be going around the county to different events.



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ARIES (Mar 21-Apr. 19): History doesn't need to repeat itself. If you see that you are headed down a similar, ill-advised path that has previously caused trouble, you could change your course of action. Trusted sources give good advice.

TAURUS (Apr. 20-May 20): Help shoulder someone's burden. Offer all the aid and support you can when it comes to the needs of a loved one or close friend. You may reach a breakthrough of understanding with a love interest.

GEMINI (May 21-June 20): There's no criteria for true love. Having preconceived notions about your "ideal" mate may lead you on a wild goose chase for a fantasy that doesn't truly exist. Consider giving someone a chance before judging them.

CANCER (June 21-July 22): You might notice a co-worker's habits seem more productive than yours and try to improve your processes this month by emulating the work ethic of someone with a successful track record. Minor sacrifices could improve your personal economy.

LEO (July 23-Aug. 22): Let it all hang out. Dedicate your day to doing the things you enjoy most in life, as the week ahead may not be very generous with personal time. Look for projects that require creativity and imagination.

VIRGO (Aug. 23-Sept. 22): You don't have to do everything yourself. Friends or loved ones could be more than happy to add their two cents about key decisions, so don't hesitate to ask for advice. Give a love interest room to breathe.

LIBRA (Sept. 23-Oct. 22.): Welcome constructive criticism, as it may be to your benefit. Run your ideas by friends or colleagues to get feedback as to whether you should greenlight a project. People with honest opinions are better than yes-men.

SCORPIO (Oct. 23-Nov. 21): The early bird gets the worm. You can accomplish any objective you set for yourself by starting the day off with the right attitude and staying motivated and enthusiastic. Hang around positive, upbeat people to build your momentum.

SAGITTARIUS (Nov. 22-Dec. 21): Dare to be different. A little change in your appearance or style could go a long way toward improving your confidence, self-esteem and holiday cheer. Look for bargains that might help ease Santa's financial burden.

CAPRICORN (Dec. 22-Jan. 19): The best choice may not be the most popular one. The consensus may be against your better judgment, but in the end, you have an obligation to do what is right. Have faith that you'll be proven correct.

AQUARIUS (Jan. 20-Feb. 18): Stand on your own two feet. Others could follow you based on your obvious merits, rather than because of who you know. Be receptive to other people's thoughts and ideas when faced with a leadership role.

PISCES (Feb. 19-Mar. 20): Try it, you might like it. Be open to experiencing things that are new or different to you, and you may discover a whole new world you had no idea existed. Public appearances may yield fringe benefits.

Digging Deeper Can Reveal an Important Key to Treatment

By Dr. Silcox

This year I've had the privilege of being a practicing doctor of chiropractic, for 42 years. I remember 32 years ago I attended a seminar in Chicago and the multi-day speaker said the average career span for a chiropractor was 42 years. I remember thinking, "Oh my, that's a long time, I don't know if I'll make it!" And yet, here I sit, 42 years later thinking, "Where did the time go?"

One of the best teaching tools I have had, has been from patients who have told me that they have been to numerous doctors, but they didn't feel that they were able to communicate well with the doctor, or that the doctor just didn't hear the patient sitting in front of them.

For example, within the last month, a patient came into the office complaining of neck pain and headaches of a migraine type. She was in her early 40's and had migraines almost daily since she was 13 years old. I could actually see the pain in her eyes.

During the course of taking her history, I naturally asked about old injuries. No auto accidents. No old high school sports injuries. No falls on the ice hitting her head. But then she said, "You know, the only thing that sticks out in my mind was she I was 3 years old, I dove into a pool and it was shallow and I hit my head on the bottom of the pool and it dazed me. My dad happened to see it and jumped in to get me up to the surface before I drowned"

In my mind, that could be an important bit of information. She said that she felt that her head was extremely tight and that was where she was getting her headaches. At the base of the skull. I explained my thoughts and the treatment that I felt would be a good approach to helping her. She said that no other doctor she had been to that had asked about anything going back to her childhood.

In less than a month, she has gone from almost daily migraines from the base of the skull radiating to over the eyes; to only 4 headaches over the last 2 weeks, and they could be controlled with simple over-the-counter, Excedrin, not the prescription pain meds that make her groggy. She is excited about the future.

I know she is going to have a Merry Christmas. In spite of losing my one and only son 3 years ago, I know I will get through it with my girlfriend and my daughter, her family, and my sisters and their families. I again, truly hope and pray for peace and fulfillment for all of you reading this. Merry Christmas to all, and to all, a blessed rest of 2019!

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Helen Marketti's Music Corner

Good Lovin' My Life as a Rascal

An interview with original Rascal band member, Gene Cornish.

By Helen R.
Marketti



The Rascals were a well-known and well-loved rock band during the 60s with their signature hits such as Good Lovin', A Beautiful Morning, People Got to Be Free, How Can I Be Sure, I've Been Lonely Too Long, Groovin' and many more.

Original member, Gene Cornish discusses his recent autobiography, Good Lovin' My Life as a Rascal (Gene Cornish with Stephen Miller) (S and G Publishing, 2019). Foreword written by Felix Cavaliere of The Rascals.

Gene is originally from Canada. He moved to the United States with his mother Ada and his stepfather, Ted Cornish when he was very young. His real father had left the family before Gene was born.

As Gene grew up, he became interested in music and more particularly in playing the guitar. The first song he learned to play on the guitar was "Singing the Blues" by Guy Mitchell. One day he was stuck inside his home due to a snow storm in Rochester, New York playing checkers with his grandfather when a cool looking guy with a guitar slung over his shoulder came on the TV. This was a defining moment for Gene because this young man on television was Elvis Presley. "He sang, 'Heartbreak Hotel' and that was an enlightening moment, the beginning of my own journey. I was hooked. Then it went from Elvis to the Everly Brothers to Ricky Nelson to Jerry Lee Lewis," remembers Gene. "It was about Rockabilly at the time. It was the style of music I first learned to play."

"My mom took me to see Buddy Holly in 1958. I was fourteen years old at the time. He was playing at The Auditorium Theatre in Rochester. On the same bill was The Everly Brothers and Duane Eddy. I remember it was Phil Everly's birthday. The entire audience sang Happy Birthday. I was thrilled," recalls Gene. "There were two shows that day. I asked my mom if we could come back for the evening show. The tickets were only \$2.50. I remember turning to my mom and telling her that what these guys were doing was what I wanted to do with my life, that I was going to become famous. I promised her I would be on the Ed Sullivan Show. I was going to buy her a Cadillac. And several years later I did exactly what I said!"

Gene had a wonderful relationship with his stepfather, Ted Cornish so much so that Gene refers to him as his dad. Ted was a huge supporter of Gene wanting to be a musician and encouraged him to follow the pathway he wanted. "We had a bait and tackle shop," said Gene. "My father worked sixteen hours a day. We sold hunting and fishing equipment. He made sure I had everything. He did it all for me. When I became famous with The Rascals it was my joy and honor to buy a new home and a new car for my parents because of all they had done for me."

While Gene was enjoying great success in the mid to later 60s with The Rascals, his biological father had surfaced. "My real father worked for the Canadian government as a courier. I think I met him once when I was about four years old. Anyway, he found out where I lived and had left a letter. He wanted to let me know that he was proud of me and my success. He said he never wanted to impose upon my life or make me uncomfortable. I didn't respond to his letter. I didn't know what to say. And to be honest, I regret that now. I guess I didn't want my stepfather to know my real dad had been in contact. I never told my mom. I did learn from an uncle how my dad was doing from time to time but we were never in direct contact."

Gene said The Rascals had 5 years of being together and making an impact with their music. It was a great experience for him to be part of a band with bandmates he considers brothers.

"The Rascals were Felix Cavaliere, Eddie Brigati, Dino Danelli and myself. It's grateful and humbling when people approach me and say how much they have enjoyed the music of our band. Felix and I are extremely close to this day. These were my brothers through thick and thin," said Gene. "The late 50s through the entire 60s was the greatest music generation. If you listen to the music which are too many artists to mention but you had The Four Seasons, The Beatles, The Beach Boys, Motown, Cream, The Lovin' Spoonful, Aretha Franklin and on and on. The artists were there and present. It was a friendly competition between all of us. But everyone including The Rascals kept their eye on The Beatles because they set the pace. They set the bar."

The Rascals missed out on playing at The Monterey Pop Festival as they were scheduled to play for the Henry Ford family. They missed out on Woodstock too because they were recording an album. "We had no idea these historical events would be filmed and would start a movement," said Gene.

Gene had several "dark" years where drugs took over his life. At one point he was nearly homeless and sold his guitars to support his habits. Remembering what his dad told him at an early age regarding opportunities, "Opportunity comes silently at night. If you're prepared, it hits you on the head. You have to have sense, faith and trust. If you're not prepared or tuned in, it will go by silently and you will never know. My dad was a smart man."

Gene has fond memories of Cleveland. It was a thrill for him to be inducted into the Rock & Roll Hall of Fame with The Rascals in 1997. For a while Gene was in a band called Fotomaker with Wally Bryson of The Raspberries. "Cleveland is such a great musical town. I remember when Fotomaker debuted at The Agora in 1978. I have good memories of Cleveland."

Gene had been touring with Felix Cavaliere during the summer of 2018 when he went into cardiac arrest onstage in Billings, Montana. "I remember not feeling

well that day. When we started the show, I started to feel dizzy. The room began to spin and then everything went black. That's the last thing I remember. The next moment I am waking up in the hospital. Right now, I am taking it easy. I am currently in physical rehab to regain muscle strength. I can't tour at this time but I plan on returning to the stage, God willing, one of these days. Instead of making music, I am telling my story."

Gene's autobiography is quite a detailed journey where he holds nothing back. It's honest and open with reminiscing great times and dark days. It's a book for every Rascals and music fan. "I am humble guy from Canada. I was able to make my dreams come true through the love and support of my parents. I was prepared for the opportunity. It was all about the music and wanting to be a rock star. It was a lot of work, too. (laughs) I am blessed to have been in The Rascals and grateful to Felix for writing those great songs. Whatever your dreams are, work on them because they can come true. You have to put in the work but it can happen. We carry on. Felix, Eddie, Dino and myself. We were The Rascals."



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Special bowls can help slow down fast drinkers

Dear Cathy,

My Chihuahua/Jack Russell mix drinks his water much too quickly. He starts coughing and wheezing as the water goes down the wrong pipe. I hold him on my lap, hold his chest and slap his back. It helps but only after much coughing.

Any suggestions that might help the little guy? He drinks from a raised water bowl alongside his food bowl. Water is changed a few times daily. - Larry, Westbury, New York

Dear Larry,

There are special bowls designed to slow down fast-drinking dogs. Slowdown bowls have something in the middle of the water dish, so the dog has to nudge around it to drink. Floater bowls have a floating disk in the water bowl. When the dog's tongue nudges the disk, it sinks a bit and the water rises up for the dog to drink, which keeps them from gulping water.

There is also a bowl called a StayDry Dog Water Dish. While it's designed for dogs that splash water all over the place, it could be useful for dogs who like to gulp water, too. It's a closed water dish that brings water to the surface via a grooved spinning wheel that's activated when a dog licks it.

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A New Year's Resolution For 2020 - Oh Fudge! By Kathy VanWey

One thing the past twenty years has brought us is a massive growth in the lack of civility, especially in our language. We hear the increased usage of cusswords and F-bombs on TV, the movies, and casual conversation. Most of our mothers instructed us not to swear. Some of us didn't know what the F-bomb meant until adulthood.

Remember the scene in the movie, The Christmas Story, where Ralphie's dad is changing the tire? When the bolts go flying Ralphie means to say, "Oh fudge," but instead drops the F-bomb. Even though he had heard his old man say it countless times, momma ensures Ralphie gets the "no swearing allowed" lesson by putting a bar of Lifebuoy in his mouth.

Admittedly, I've been known to cut loose with a barrage of colorful wordage. Unfortunately in today's "anything goes" society, the F-bomb is not only for exclamation, it's also become an adverb, adjective, verb and noun.

The 'S' and 'D' four-letter words should be included. I'm a huge defender of the First Amendment, but the use of this type of language is simply a bad habit. One that need to be replaced with a good habit, and different words. It's a new year's resolution that doesn't require us to exercise or sacrifice sugar, chocolate and caffeine

For the 'D' word we could use darn, drat, and dang. For the 'S' word there's shoot, shucks and tough stuff. Phooey, fiddlesticks, or Ralphie's "Oh fudge," can replace the F-bomb. Or we could go with old-fashioned, time-honored phrases like oh my goodness or leapin' lizards.

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Holy Toledo, Jumpin' Jehosaphat, Lord have mercy, and For the love of Pete, have a heavenly ring to them. By Pete I mean St. Peter, not Pete McDowell. You can ask Joanne if he's a saint.

There are the older TV shows to draw Gomer's "Gall-lee," or Mork's "Shazbot! My mom's favorite was, "Judas Priest," the phrase, not the band. Personally, I like the gentle, southern double-slam, "Bless their pea-pickin' little hearts."

Occasionally there are the obnoxious, offensive speakers who decide the tasteless F-word doesn't convey the viciousness and venom they need to express, so they downgrade to the ultra-disgusting MF-bomb. Too bad their mothers didn't wash their mouths with Lifebuoy. "Bless their pea-pickin' little hearts."



You're Never Too Old to Learn

By Kathleen Nalley

Two BGSU alumni will be teaching two very different subject areas during the Life Scholars spring semester. Joan Eckerman will apply her bachelor's degree in music education and masters in voice performance to guide students through the opera, Porgy and Bess and Tony Award Winning Musicals while Craig Shoup will address Fake News: Learn How to Spot It. His educational background encompasses an associate degree in Digital Media Technology, BS in Broadcast Journalism with a minor in Film Studies. Both instructors bring real -world experience to the exploration of these topics.

Joan has been a familiar face in our community for fifteen years. She is the Hayes Presidential Library and Museum's special events and volunteer coordinator. As an adjunct instructor at Terra, she has taught voice lessons since 2005. In nearby Toledo, she has performed with Toledo Repertoire Theater and Village Players. Other stage experience included the lead in "Hello Dolly," all three women's lead roles in "Carousel," Aunt Eller in "Oklahoma" and a dramatic role as Agnes in "Agnes of God." Before coming to work in Fremont, Joan was hired as the resident artist at the Toledo Opera and worked as the education and outreach coordinator. She sang a small role in "Romeo & Juliet" and in performances at local schools with the outreach troupe.

When asked about her upcoming classes, Joan cited "Porgy and Bess" as an American opera with its first premier on a Broadway stage. This noteworthy Gershwin opera will be best enjoyed if the viewer has a good working knowledge of what the production and characters are all about. This one session class precedes a viewing of the Metropolitan Opera's production at Fallen Timbers in January. The class of musicals will last four sessions and "Paint a picture of the history of the musical as well as a picture of what's going on in our country at the time it was written, starting in the 1950's."

Craig Shoup's tenure with Gannett Publishing's local News Messenger has garnered him seven AP awards in the last five years, most recently for his investigative reporting. His belief that accessing objective news in the present journalistic environment is especially challenging will drive the class instruction for this three-session evening class. "I want students to take fake news seriously, and understand how to be cautious when navigating social media, especially fake websites and misuse of photo shop."

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