

The background of the entire cover is a light blue gradient, decorated with numerous gold streamers and small gold and red confetti pieces. At the top, the magazine title '2000 Lifestyles' is written in a large, stylized font. The '2000' is in a brown, blocky font with a slight shadow, while 'Lifestyles' is in a flowing, orange script font with a green outline. Below the title, the text 'FREE Vol. 23 Issue 1 JANUARY 2022' is printed in a clean, sans-serif font. Further down, 'Happy New Year!' is written in a large, red, cursive script. In the center, the year '2022' is depicted as four large, gold, metallic balloons. At the bottom center, a red 3D gift box is shown open, with gold and red confetti spilling out of it. In the bottom left corner, there is a small logo for 'Celebrating 22 YEARS 1999-2022'. In the bottom right corner, the website 'Lifestyles2000.net' is printed.

2000 Lifestyles

**FREE**  
Vol. 23 Issue 1  
**JANUARY 2022**

*Happy New Year!*

2022

*Celebrating*  
**22**  
1999-2022  
**YEARS**

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WE'RE CELEBRATING

# 50 Years of Caring!

## In 2022 Community Health Services is celebrating our 50th Anniversary!

Community Health Services started as a small migrant clinic in 1972 and was located at 410 Birchard Avenue for 45 years. Since that time, a lot has changed, and CHS has grown to be a leading health care provider in this region.

### A Few Facts About Community Health Services Today

- CHS has nine locations in six counties
- CHS offers medical, dental and behavioral health services
- CHS has 32 medical, dental, and behavioral health providers
- CHS has approximately 44,000 patient visits a year across our system
- Our main campus, which opened in 2017, has 15 medical exam rooms, five behavioral health offices and 12 dental operatories

**THANK YOU** for your support over the years. It is a privilege to serve this community, and care for generations of families. As we celebrate throughout the year, we hope you will participate in some of the activities we have planned.



Starting in January, we will be posting on Facebook and our Website with pictures and tributes to the many people who contributed so much to our history and the community. Please follow us for the latest news, upcoming events and updates.



**Joe Liszak,**  
Chief Executive Officer

### 25 Years of Leadership

On January 1, 2022, Joe Liszak will mark his 25th year with Community Health Services.

Under his leadership, CHS has evolved from one clinic to nine sites in six counties.

His commitment to excellence in everything we do, is only surpassed by his commitment to providing the best possible care to the people we serve.

Thank you Joe for your countless contributions. Your work has impacted the lives of thousands of people in this community and throughout Northwest Ohio.



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Lifestyles 2000

January 2022  
Vol. 23 • Issue 1  
www.lifestyles2000.net



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AMERICA’S TEST KITCHEN

**Lighthouse Inn Potatoes** -- chunks of soft potatoes baked in a rich cream sauce and topped with golden bread crumbs -- originated at an iconic hotel and restaurant located in New London, a popular seaside town in southeastern Connecticut. Executive Chef Leon “Wally” Walden, who worked there for nearly 50 years before his 1992 death, was known for many of his dishes, but Lighthouse Inn Potatoes was perhaps his most beloved offering.

One of America’s Test Kitchen’s test cooks grew up eating this dish at every holiday and was determined to make a version she -- and everyone else -- could make at home. To do so, she cooked starchy russet potatoes in light cream and butter and added a bit of baking soda to neutralize the potatoes’ tannins (and aid in creating a velvety, unbroken sauce). After topping the potato mixture with buttery cheesy bread crumbs, she baked the dish until the potatoes were bubbling and the bread crumbs were golden brown.



This homemade version is as good as the original -- the potatoes are tender, the sauce is silky and rich, and the topping is salty, crunchy and satisfying. And based on the response from others who have made this recipe -- now one of our most popular -- we’re confident it would make Chef Walden proud.

- Lighthouse Inn Potatoes-Serves 8 to 10
  - 2 ounces Parmesan cheese, grated (1 cup)
  - 1 cup panko bread crumbs
  - 4 tablespoons unsalted butter, melted, plus 6 tablespoons cut into 6 pieces
- Salt
  - Pepper
  - 2 1/2 pounds russet potatoes, peeled and cut into 1-inch chunks
  - 3 cups light cream, divided
  - 1/8 teaspoon baking soda
1. Adjust an oven rack to the middle position and heat oven to 375 degrees. Combine Parmesan, panko, melted butter and 1/4 teaspoon salt in a bowl; set aside.
  2. Bring potatoes, 2 1/2 cups cream, 1/8 teaspoon baking soda, 2 teaspoons salt and 1 teaspoon pepper to boil in a large saucepan over medium-high heat. Reduce heat to low and cook at a bare simmer, stirring often, until paring knife slides easily into potatoes without them crumbling, 20 to 25 minutes.
  3. Off heat, stir the remaining 1/2 cup cream and remaining 6 tablespoons butter into the potato mixture until the butter has melted, about 1 minute. Transfer the potato mixture to a 13-by 9-inch baking dish. Sprinkle the Parmesan-panko mixture over top. Bake, uncovered, until bubbling around the edges and the surface is golden brown, 15 to 20 minutes. Let cool for at least 15 minutes. Serve.

**Recipe notes:** To make ahead: After the potato mixture has been transferred to a baking dish, let it cool completely, cover with aluminum foil, and refrigerate for up to 24 hours. Before applying the topping, bake, covered, until heated through, about 35 minutes. Apply the topping and continue to bake, uncovered, 15 to 20 minutes longer.

**A note on ingredients:** We prefer the texture of light cream for this recipe, but heavy cream will also work. Do not use half-and-half; it has a tendency to break. Grate the Parmesan on a rasp-style grater. Our favorite panko bread crumbs are from Ian’s.



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## Publisher's Letter

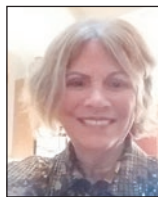
Happy 2022!

We made it through another year thanks to all of our readers and advertisers. Thank you all so very much, we wish you health, happiness and much success in the coming year.

We will do our best to bring you great reading in the new year and look forward to celebrating 23 years in May.

God bless,

Joanne & Pete



## Find Pete



### Find Pete Winners:

There were over 150 correct entries for Dec., the correct answer was Pinnacle Hearing.

Winners are: Kylee Cleveland, Karen Gerwin, Andrea Butzier, Betty Behlmer, Cindy Scranton, JoAnn Fish, Jim McGue, Marsha Cook, Shelly Johnson, Louann Loomis, Linda Gegorski, Fremont; Deeanna Miller, Matthew Wasserman, Donna Lloyd, Clyde; John Ferstler, Mandy Smith, Tiffin; Julie Swaisgood, Lindsey; Debra Schultz; Lynn Fox, Shelly Bedford, Gibsonburg. 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. One entry per household. Deadline is the 20th monthly. Please do not send the ad.



## Kiss Me Over the Garden Gate

By Grace Nause

A belated Merry Christmas and a Happy New Year to all! We welcome 2022 with its promise of a new year, a new beginning, or a new chance to do the same old things that continue to bring us joy, happiness, and a sense of worth. We can choose a new beginning, a new job, a new relationship, a new career or a new attitude. Perhaps our heart tells us that we really don't need all that "new". We have been blessed with the "old", well-worn, well-loved and it is still alive in our hearts. Let's appreciate our place in time, and move on to 2022 with joy and excitement. Let's be thankful for the privilege of living in America – the land of the free and the home of the brave. We shall always strive to appreciate and defend our God given rights. America, we love you!

Have any of my readers read a book from the, "Chicken Soup for The Woman" series? I am finishing my second book from the collection—Chicken Soup for the Soul at Work. I have read Chicken Soup for the Women's Soul. Authors of the short 2,3 or 4-page stories contained in the collection include, Mother Teresa, Whoopie Goldberg, Dave Thomas, and Alex Haley. It's a quick read, easily picked up and read while the potatoes are boiling and the roast is finishing baking in the oven.

Christmas was celebrated with family here on Christmas Eve and we joined Bernie's family on Christmas Day to celebrate with them. Christmas is my favorite holiday of the year. We remember and celebrate the birth of Jesus. We go home for Christmas or, as in our case, we have a house full of adult children, now mother's and dad's and their spouses and our grandchildren: the young ones, the grade school grandkids as well as the high school age grandkids, the college ones and the young married ones with their spouses as well. We love every minute of the day and of the evening. We are blessed with a big family and a home big enough to hold them as we "come home" together. A blessing indeed!

Scooter, our house cat, thinks she owns the place. She is a very good house-broken cat and she loves the attention our family and guests give her. She made herself a "kitty door" in the bottom of the screen door. It works very well as she pushes it open and crawls out and pushes it open to come in. The screen is solid except for the flap to her "kitty door." So, Scooter and her kitty door are here to stay.

We wish our readers the best New Year ever as we celebrate 2022.



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# Out to Lunch

By Lynn Urban

How does a warm gingerbread latte on a cold North coast day sound? Or how about cooling off with a sweet fruit slushy while sitting outside on a summer day with a view of the waterfront?

That can happen at Mr. Smith's coffee house in the historic district in downtown Sandusky, located at 140 Columbus Avenue. This cozy coffee shop has a tremendous selection of coffees and more. It is a popular place to relax on one of the couches while reading a book from their library of books and magazines and have the barista make you a hand-crafted coffee, chia, cocoa, espresso, or a specialty drink.



The wi-fi is available to do any studying or work on your computer. It's a nice place to meet friends for a lunch of one of their many delicious made to order sandwiches, wraps, salads, and soups.

If you're an early riser, stop in for a breakfast bagel, croissant sandwich, pastry, or homemade muffin on your way to work or shopping. Also, grab a homemade cookie on your way out. Breakfast sandwiches are under \$4.00, as well as a slice of homemade Quiche. Lunch sandwiches average around \$7.00, and a bowl of soup runs \$4.75. The fresh coffee beans are a specialty grade arabica bean and are roasted in house and sold by the pound. There is always a seasonal favorite.

Hours are Monday through Friday from 7am to 3pm. The kitchen closes at 2:30pm.

While you're there, check out the local unique art that line the walls, all of it is for sale.

# Jill on Money

By Jill Schlesinger

## Year-end money moves for 2021

It's time for my annual year-end money move column. While I have written about this topic previously, some of it bears repeating. Additionally, there are some new aspects to the planning process due to various government efforts amid COVID.

Think about 2021 taxes NOW: You can kiss those IRS tax filing extensions goodbye. In 2022 we will return to the April 15 deadline, which means now is the perfect time to determine where you stand. Use the IRS's withholding estimator to see if you have had enough money set aside to pay your tax bill in April. If not, notify your payroll department to increase your withholding through the end of the year. If you are not working or are self-employed, you may want to make an estimated tax payment to reduce or eliminate potential tax penalties.

You should also keep end of year documents including: Letter 6419, 2021 Total Advance Child Tax Credit Payments, to reconcile advance child tax credit payments; Letter 6475, Your 2021 Economic Impact Payment, to determine eligibility to claim the recovery rebate credit; and Form 1095-A, Health Insurance Marketplace Statement, to reconcile advance premium tax credits for Marketplace coverage.

Calculate Remote Work Tax Implications: For a second year, there will be a tax headache for those who moved outside of their cities or states of residence. You will need to compile the number of days worked in any states, cities, counties, municipalities, school districts or other jurisdictions you've worked remotely in during 2021. Then check your primary state's rules about other jurisdictions and make the adjustments to tax withholding that are needed.

Be Careful with the Home Office Deduction: The 2017 Tax Cuts and Jobs Act eliminated the employee business expense deduction through December 31, 2025. However, if you are self-employed, then the home office deduction is still available. To qualify, there must be exclusive use of a portion of the home for conducting business on a regular basis and the home/apartment must be the taxpayer's principal place of business.

Evaluate Outstanding Student Loans: Federal student loan forbearance concludes on January 31, 2022. To prepare, go to <https://studentaid.gov/announcements-events/covid-19>. There, you will be able to update your contact information, review a Loan Simulator to find a repayment plan that's best for you, and consider an income-driven repayment (IDR) plan, which could make your payments more affordable, but also may add time to the loan.

Consider a Roth Conversion: If you had lower income in 2021, it may be time to convert from a traditional IRA into a Roth, because your tax liability could be lower today, than in the future. The conversion amount adds to your taxable income, so pay attention to IRS tax brackets. Next, make sure you have non-retirement funds available to pay the tax due. Once you convert to a Roth, your money will grow tax-free and when you retire and withdraw the money, there will be no tax due. Because Roth plans are not subject to Required Minimum Distributions (RMDs), many use them to help control future taxation of Social Security benefits and/or increased costs of Medicare, which are income tested.

About those RMDs...: The one-year respite from taking RMDs is OVER. That means that you need to take your RMD from retirement accounts before the end of the calendar year, or else you will pay a whopping penalty.

Slash Your Tax Bill with Uncle Sam's Help: The best way to reduce your tax liability is to maximize your pretax retirement plan contributions before the end of the year. Most employer plans allow you to increase your contributions but be sure to readjust after the New Year.

*(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))*



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# Battle of the Bulge

By Kathy VanWey

Sorry WWII aficionados, not that one. I'm talking the spare tires around bellies and hips. To make it worst, it's that time of the season. We are bombarded with commercials screaming, "Start your New Year out right!" Just sign up for Doctor's Weight Loss, Weight Watchers, Nutrisystem, GoLo, Noom, Calibrate, and lose those ugly, unwanted pounds. Who said our weight was ugly? Granted, what we call pleasingly plump physicians call morbid obesity. Killjoys.

Anyhow, I was purging several of my bookshelves. Obviously, I had binged heavily on Barnes and Noble. There was the Scarsdale Diet. That's the one where the Doc was murdered by his lover because he was two-timing her. Some of the side effects were constipation, nausea, and profound irritability leading to homicidal rages. There was Doc Siegal's cookie diet where you ate a couple of his pricey concoctions to curb the hunger. It worked. A whole box totally killed the appetite. Then there was the Atkins Diet. Hunk Rob Lowe is hawking snacks and shakes for them. I remember telling my Doc, "The good news is I lost ten pounds on Atkins. Bad news is I gained 15."

Some of the other titles were the Low-Fat Diet, South Beach, 17-Day Revolution, Paleo, Ultra Metabolism, Pink, Blood Sugar, Body Type, and the Daniel Plan. Friends had told me about their success with Keto and Intermittent Fasting. Good for them.

I researched old fad diets. OMG! Remember Oprah doing Optifast? The pounds packed on faster than they came off. There were also the Carnation Instant Drink, Jack LaLanne, Metracal, and Grapefruit. Somehow, I missed the Sleeping Beauty, Eggs and Wine, and Sexy Pineapple Diets. I'm guessing you ate sexy pineapple along with a sexy frittata, while sipping a marvelous merlot. As you slept the weight dropped off. That's a fairy tale all right. But the real nightmare was the old calorie-counting. God help us! Talk about homicidal rages.

An ad in a 1970's issue of LIFE magazine proclaimed The Sugar Diet. It read, "Sugar keeps your energy up and appetite down. And it provides energy for exercise too." Surprise! Paid for by The Sugar Association. This led to the exponential growth of the American Diabetes Association.

We all know what know how to fight the Battle of the Bulge - diet and exercise. All we need is the heavy artillery of discipline and willpower. I'm all out of artillery, but I did lose 30 pounds of ugly books. Happy New Year!



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## Looking Ahead...

It is somewhat exciting to be standing on the threshold of a new year. The expanse of unlive time stretched out before us is shrouded in mystery. It is only as each day unfolds that reality settles upon us that we live or die.

But how we live or die is the crucial element for the moment. The poet says, "the lives of good men remind us we can make our lives sublime, and departing leave behind us footprints on the sands of time". Yes, footprints that will inspire someone else to take courage and face the difficulties and seemingly impossible tasks.

While much of our time is consumed in the mundane and routine duties of working, eating and sleeping, let's not forget that our God can turn these into opportunities of Christian service. The secret of success is not earning another dollar. Rather it is the Christian art of forgetting yourself and making life more pleasant for your married partner, the children, the sick and suffering, the elderly and feeble. It is taking time It is taking time to thank your Savior, the Lord Jesus Christ for his love and mercy. It is remembering to pray for the multitudes, who are destitute of love and care.

The year before us will be rich or lean, according to our own investment of time. Let's remember to say the kind word, to lend a helping hand, to lift the heavy load off another's weary shoulders. Let's blaze a path that others can follow and be better for following.

In looking back we see the failures of the past year. If we look to God for His wisdom, those same failures can be turned into stepping stones to lift us higher into paths of joy and love and service for our Master. May this be our resolve.

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"Therefore, if anyone is in Christ, the new creation has come:  
The old has gone, the new is here!" 2 Cor. 5:17

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# Helen Marketti's Music Corner



By Helen R.  
Marketti



## My Ticket to Ride – How I Ran Away to England to Meet The Beatles and Got Rock and Roll Banned in Cleveland

An Interview with author, Janice Mitchell

The year is 1963 and it was a day that began like any other. Janice Mitchell was on Christmas break from high school, sitting at the kitchen table working on an essay and listening to the transistor radio. In a few moments, her life was about to change. Radio DJ, Jerry G, station KYW (Cleveland) had just made an announcement about a new singing group who call themselves



The Beatles. He went on to say they were from England and played, "I Want to Hold Your Hand" on the air. Janice was spellbound by the song, the way it sounded, their voices, their music, their name and thereafter a story of devoted fandom would emerge.

She and her best friend Marty (Martha Schendel) saw The Beatles play at Public Hall on September 15, 1964. Prior to this special event, they had been on a steady diet of teen magazines focusing on The Beatles, their likes, their dislikes, playing their records and soaking up every bit of information they could regarding these four lads from Liverpool. There was a plan in place that had been in the making for a period of time.

On September 16, 1964, Janice and Marty skipped school, boarded a plane and left Cleveland behind to live in "Beatleland" (England) where they would live happily ever after. Janice had withdrawn all the money from her bank account and Marty was using the money that



was saved for her college education. Janice was the mastermind behind the entire detailed plan which is explained with depth and emotion in her recent book, "My Ticket to Ride" (Gray & Company, Publishers, Cleveland, 2021)

The missing teenagers became an international news story that Janice and Marty were totally oblivious to as they were enjoying new friends, boyfriends, clubs and the atmosphere of Liverpool and London's Soho district. Janice's plan was to work for Beatles manager, Brian Epstein because certainly he would need someone to help run his

office. She had sent him a letter of inquiry but had never heard back. This book is an absolute must for any Beatles fan. It is a continuous page-turner because we want to know what happens next.

What makes The Beatles special? "People have tried to answer that question for decades," said Janice. "They were incredible. Hearing them was life-transforming for me from the very moment

I heard, "I Want to Hold Your Hand". It made me feel energized, full of love and full of hope. I think that's why they influenced so many. They influenced the world. The Beatles wrote songs about love and relationships. They weren't afraid to express themselves."

"I loved my time in Liverpool and London. I can't really compare the two cities because they are so different. I didn't get to spend much time in Liverpool but my original plan was to stay in Beatleland forever so I always thought I would return. I loved everything about London," she explains.

Once Janice and Marty were discovered by the British Bobbies (London police) their exciting journey had come to an end as they were transferred back to the United States. "The London authorities treated us with care and respect. Once we were back in the United States, the Cleveland Police, at the time, humiliated us. There was a definite message being sent about the evil power of rock and roll music. We didn't deserve that kind of treatment."

Janice continues, "I remember Toots (Aunt Margaret) told me never to speak about this again when we returned home. She said I dragged their name through the mud. I was even instructed by the school principal that if any of my classmates mentioned my adventure that they were to be reported. Beatlemania was banned in Cleveland. I never brought it up again because I didn't want to cause an uproar with anyone."

While the journey over fifty years ago did not bring about an actual meeting with The Beatles, they were aware of the news story at that time. Janice recently learned that Ringo Starr has a copy of her book through a mutual friend.

After several years of living in New York City, Janice returned to Cleveland after September 11. "I tried to find some normalcy after the tragedy but it was difficult. Upon returning to Cleveland, I felt a heavy weight on my shoulders. It was facing all of the ghosts from the past where I was forced to keep quiet. I felt like that 16-year-old all over again. One day in 2016, I was listening to the radio...once again...and it was announced that Paul McCartney was going on tour and would stop in Cleveland. It was then that I decided I would write a book about this adventure, this adventure that I loved so much and was a big part of my life. Many years have gone by and there was no authority figure trying to tell me otherwise any longer. Encouraged by a friend to tell my story, I wrote the book which was very therapeutic."

Janice Mitchell is a retired federal investigator, a private investigator and adjunct professor. She has worked high profile capital, criminal and civil cases in New York City and international investigations. She now lives in her hometown of Cleveland and is currently working on a second book about her career as an investigator. She will always be a life-long Beatles fan.

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## How to get a dog to potty while on a leash

Dear Cathy,

A few weeks ago, I adopted an eight-month-old mixed breed rescue dog. She is sweet, loving and very smart. She does, however, have an odd quirk. We go for long walks (an hour or more) once or twice a day. Never once has she gone to the bathroom while out on a walk. When we're heading home and get to our block, she starts to run like crazy, and when we get to our house, she makes a bee-line straight to the backyard, where she immediately does her business. She goes out in the yard several times daily to do her business with no problem. I am concerned that in the future if we go on a trip with her, or, if a relative without a yard (an apartment) babysits and walks her, there may be a problem. Have you ever encountered this issue before? How should we manage this? -- Carol, Massapequa, New York

Dear Carol,

I rarely get this question. It's usually people complaining their dogs relieve themselves too much on a walk -- or neighbors without pets complaining about their neighbor's dogs going potty in their yard. To get a dog comfortable relieving herself while on a leash, you have to train her to "go potty" on command. Introduce her to commands and marker/reward words through basic training. Tell her to sit and then say use a marker/reward word, like Bingo, which marks the correct behavior and tells her she is about to get a treat. Then, give her a treat.

Once she understands what a command and the marker/reward word mean, you can use this training to teach her to go potty on command. Whenever she pees or poops in the yard, give a command, like "go potty," accompanied by the marker/reward word and treat. Once she understands what you expect of her, put a leash on her and take her into the backyard and tell her to "go potty." She may be hesitant at first, but if she knows she will get a treat for complying she will eventually do it. Once she gets comfortable going potty while on a leash in your backyard, take her for a walk and stop in a few places and tell her to "go potty." It can take a few weeks or a month or more of consistent training for her to understand what you want her to do. But she can learn to do this if you are consistent with the training.

Dear Cathy,

We have a 2-1/2-year-old beagle/lab mix that consistently licks the rug/floor (you name it) after she finishes her food. We feed her Hill's Science Diet small bites for her age and weight. She eats the food very well and we have changed the flavors, but she still licks. Any suggestions on what we might try or do? Do you think the licking is at all harmful for our Pepper? -- Frank, South Windsor, Connecticut

Dear Frank,

Excessive licking could be from allergies to food, grasses or pollens, gum or tooth pain, boredom, or anxiety. Rule out health problems, like the gum or tooth problems, first. Dogs often lick when in pain because it releases endorphins and can make them feel better temporarily.

If it were a food allergy, she would mostly be licking herself. Instead, you say she is licking everything else, so I am more inclined to think it's related to boredom or anxiety. Get her a canine pheromone collar to wear and/or put plug-in canine pheromones in your home. Then introduce her to more daily walks, basic training, and puzzle-based toys to keep her mind busy. Start with something easy -- like a treat-dispensing toy that she can push around the room, and gradually increase the level of difficulty to keep her mind active and challenged.

If she is healthy and none of these ideas work, talk to your veterinarian about anti-anxiety medication and combine it with the training until she breaks the habit.

*(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.)*



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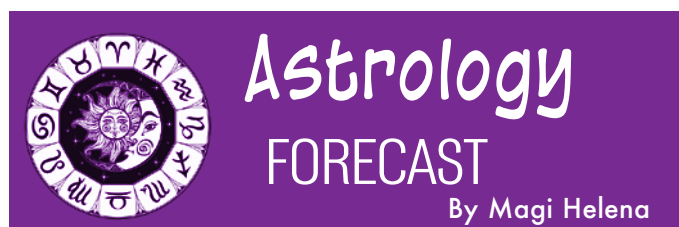
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**ARIES (March 21-April 19):** Be courageous in the face of challenging situations. Your companions may be impressed by your ingenuity if you take the lead. Enjoy games or sports that honor the rules of fair play.

**TAURUS (April 20-May 20):** You may flirt with risky activities, but it's a better bet to delight loved ones with your desire for harmless fun. Doing things or going places that allow you to be more active may be at the top of your to-do list.

**GEMINI (May 21-June 20):** Treasure warm and cozy moments with friends or family. The holiday mood should enrich your working environment and physical activities. A business outing could spread good cheer and enrich your spirits.

**CANCER (June 21-July 22):** You may have a blind spot where a friend is concerned. Someone might prove to be more practical and ambitious than you imagined. In the month ahead, you and a loved one might share the same goals and dreams.

**LEO (July 23-Aug. 22):** Take pride in doing a good job-- anything worth doing is worth doing well. If you prepare for upcoming celebrations, your powers of concentration are probably honed to a sharp point.

**VIRGO (Aug. 23-Sept. 22):** Remain sympathetic if you sense someone's confusion and play the part of explainer-in-chief. Add finishing touches to key projects as the month unfolds. Plan to wrap up loose ends and start the new year right.

**LIBRA (Sept. 23-Oct. 22):** Even small sacrifices can be worthwhile if they build up your financial security. Confusing or complex situations could cause some disharmony. Remember that experience is the best teacher.

**SCORPIO (Oct. 23-Nov. 21):** Some creative ideas may escape your grasp because you may be more interested in taking immediate action. This may be a good time to make major financial decisions or to finalize agreements before the new year begins.

**SAGITTARIUS (Nov. 22-Dec. 21):** Accepting changes is a way to widen your horizons. The latest information or technology may make your life easier. You can be wiser than usual, especially when dealing with family affairs.

**CAPRICORN (Dec. 22-Jan. 19):** Meditate on ways to develop a positive cash flow as the end of the year looms on the horizon. The images in your mind might turn into reality when an opportunity arrives. Unexpected invitations may arrive.

**AQUARIUS (Jan. 20-Feb. 18):** Some thought can show you how you can honor end-of-the-year traditions while simultaneously introducing exciting new elements. In the month ahead, a tense situation can become a springboard to positive actions.

**PISCES (Feb. 19-March 20):** Make the spreading of good cheer a top priority in the upcoming month. Your sympathy and kindness will likely be respected and appreciated. Avoid interactions with negative people to help increase harmony in your life.

## Children's Curiosity and Guns Don't Mix

by Robert Morton

Many children have responsible parents who are hunters, and shotguns, deer rifles and pistols are stored in their homes. Neighbors don't want to make these gun-owning homes off-limits to their own children, but Sandy Hook Elementary School lingers in their minds. Twenty first graders and six educators were slain, and the tragedy welded the easy availability of guns into the minds of many.

Aside from Sandy Hook, what about the non-violent, accidental gun tragedies among children? The FBI estimates that Americans buy 12 million guns every year. There's a lot of them around and for every 10 children killed each year, one is killed by a firearm. Yes, guns account for 10% of all deaths among kids from age 5 to 14. A few years back, 1,400 children under age 18 were killed by guns and for each of these fatalities, almost 5 children received nonfatal firearm injuries. Many of these curious children had access to household firearms that were stored loaded or in unlocked places.

It would be wise for parents to know if guns are secured in a locked place at the homes their children visit, especially in a country where almost as many people are killed by guns as by motor vehicles. The FBI reported that 31,236 firearm-related deaths and 36,361 motor vehicle-related deaths occurred in 2009... and the gap is closing. In fact, in ten states, more people are slain by guns each year than are killed in car crashes.

Unintentional injuries, suicide, and homicide among youth occur when young people have easy access to firearms, especially when they're not properly stored- 90% of fatal firearm incidents involving children occur within the home, and 40% of all firearm incidents occur in a room where a firearm is stored. Researchers also uncovered via interviews that twice as many firearm deaths among children and youth under age 18 occur in states with the highest proportion of people living in households with loaded firearms (Miller).

Through surveys, it was found that a third of adults in America keep firearms in their home, and nearly 2 million children and youth in the United States under age 18 are living with loaded and unlocked household firearms. So, it is crucial that parents ask two questions: Do you know if the parents of your children's friends are firearm owners? If so, do you know what their firearm safety precautions are?

*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.*

## Life Scholar

By Kathleen Nalley

Undecided about which Life Scholar class to take this semester? The answer will be found at the Spring Sampler scheduled Jan. 13 from 1-3p.m. at the Neeley Center on Terra Community College campus. Instructors provide an overview of each class. Cost is \$5. All that is required is to call to register at 419.559.2255 or email [Learn@Terra.edu](mailto:Learn@Terra.edu). Catalogs are available online at the website [Learn.Terra.edu](http://Learn.Terra.edu).

While a wide variety of fitness classes begin in January, understanding the importance of physical activity will be explored at the Eilene Perry Learning Table with Angie Schroeder from 12- 1 p.m. on Mon., Jan. 10th. This brown bag lunch format is free, with coffee and cookies provided to supplement each participant's own lunch. Angie will review Physical Activity Guidelines for Americans. Research suggests that physical activity fosters healthy growth and development and reduces the risk of a large number of chronic diseases. She will summarize both the rationale and recommendations.

The Lifelong Learning Book Club is always welcoming new members for robust book discussion. The \$20 registration fee covers a year's worth of reading and monthly lunchtime discussions. January's book choice is David McCullough's 1776 and in February, The Marriage of Opposites by Alice Hoffman will be discussed. March's pick is The Yellow House by Patricia Falvey.

A new series offered by the Sandusky County Chapter of the National Ladies Homestead Gathering provides practical solutions to improve self-reliance. In January's class, Light up the New Year, participants will learn and make a variety of three candles to take home: an emergency candle, dipped candle, and a scented jar candle. February's topic, Seed Saving, Starting, and Shoveling, provides an in-depth lecture on the art of growing plants from seed to flower with a take home starter kit of assorted heirloom seeds. March's Babies on the Farm addresses keeping chickens, ducks, rabbits, quail, and more, from small scale coops to free ranging friends. April's Violet Jelly! Spring Foraging and Canning for Beginners will introduce basics of spring foraging in the wild and how to both gather and prepare food options, like Violet Jelly and other recipes. The series concludes with Building Blocks of Biodiversity, as students learn about beneficial bugs and how to attract them to a small garden.

*The Life Scholar Program is continually building curriculum topics of wide interest. Check out the latest catalog and explore the possibilities.*



## The Next Level

By Dr. Paul  
Silcox

For most of us, we work and work and work. We put food on our table, clothes on our back, a roof over our head and wheels under us. And the next thing you know, forty years fly by. We look forward to a different set of "3 R's" Rest, Relaxation and eventually, Retirement.

I started a chiropractic practice in Fremont in 1990 and was here for 21 years. I left Fremont for four years as I was trying to practice in a different manner that would be less physically demanding on my shoulders. It didn't work out. I came back to Fremont in 2015 and have truly enjoyed being a part of this community.

Two years ago x-rays of my shoulders proved that I needed to begin planning on my stopping chiropractic. Now, that time is here. I have ended my chiropractic practice as of December 23, 2021 after nearly forty-four years. But, retirement isn't on my calendar just yet. It'll just be different and with a different purpose.

I have been practicing acupuncture for ten years. I first started it so that it would be easier on my shoulders and extend my working life. After a few short years, I was wishing I had learned it earlier. Most of you also know that in November of 2016, my eyes were opened as to the Opioid Epidemic with the loss of my son, Joe.

I soon became one of the local voices trying to wake people up that this evil was upon us and it was winning. I began talking in schools and civic groups and helping to get funding for our Drug Task Force. Then, Covid-19 hit and things ground to a halt-except for the drug epidemic. Deaths in the U.S. have more than doubled in the last two years.

In 2016 I didn't know acupuncture could have any effect on drug addiction. I learned about it in early 2017 and treated one person (for five months) who has been sober for five years now. In January 2020, I began working with another (for five months) and she has been sober for two years.

The Next Level for me will be continuing to work with acupuncture, relieving pain and improving function. But on a deeper level, I see the increasing need in Sandusky County with people that are either mired down in addiction, or have lost their battle. My goal is to work with those who are seeking to get their lives back in a way that my son was never able to experience.

Next month, I'll talk about the National Acupuncture Detoxification Association and the help it can offer an addict.

## IN YOUR OWN BACKYARD

**Fremont Area Women's Connection will meet on Jan. 11, 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 Brenda Kuieck who will explain the activities offered at the Senior Center. Guest speaker is Lisa Haley from West Salem, Ohio who will share her story of "Surviving Life's Surprises". Cost of the luncheon is \$14.00 and reservations are needed by Jan. 6 by calling or texting Donna at 419 680 2251 or emailing Carrol at fawcluncheon@gmail.com. Reservations as well as any necessary cancellations must be reported in the same way. Please note the new location for the luncheons. Fremont Area Women's Connection is affiliated with Stonecroft Ministries.

**Fremont Lions Club will meet on Jan. 4 and 18 at the Fremont Eagles**

**Hall at noon.** Speaker on Jan. 4 will be Beth Hannam, the Executive Director of the Sandusky County Economic Development Corporation. On Jan. 18, Joan Eardly, the Education Coordinator at the Hayes Presidential Center will be the speaker. Students of the Month from Fremont Ross High School and Bishop Hoffman School will also be present.

In December, the members enjoyed having Sandusky County Treasurer, Kimberley Foreman speak to the group. They also enjoyed a Christmas party at the new Victor Event Center. Members and guests are always welcome at the meetings. For more info call Colleen Carmack, president at 419 680 3722,

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