

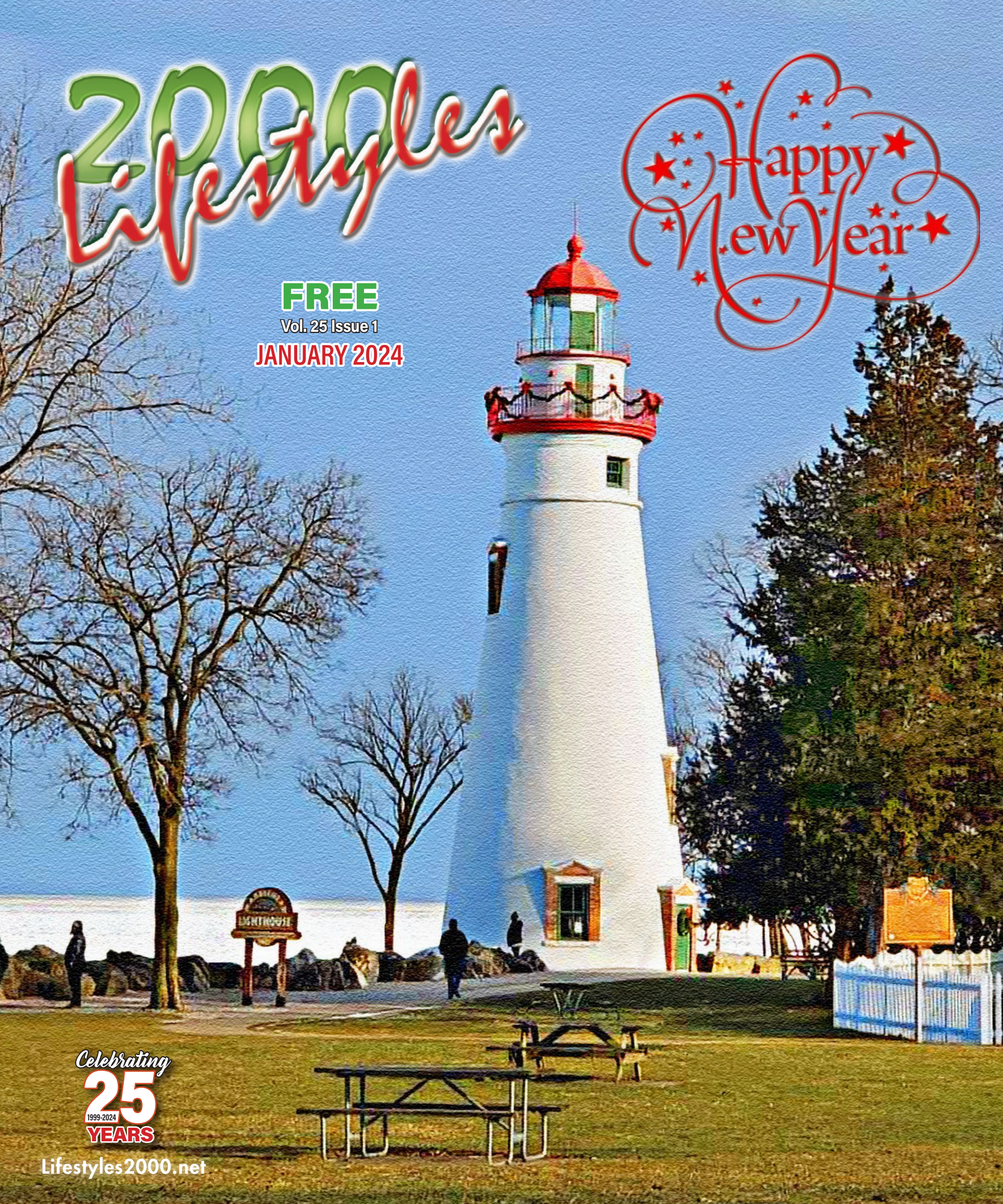
2000 Lifestyles

FREE

Vol. 25 Issue 1

JANUARY 2024

Happy
New Year



Celebrating
25
1999-2024
YEARS

Lifestyles2000.net



2023 Auxiliary Christmas Greetings

THANK YOU FOR SUPPORTING THE PROMEDICA MEMORIAL HOSPITAL GOLDEN THREADS SENIOR PROGRAM FUND

Tom and Pat Appleby	Jay and Barb Engler	John and Susan Hoffman	Pat and Taylor Miller	Barbara Smola
Gaye Ann Baker	Connie and Tim Fishbaugh	Ron House	Ken and Gina Miller	Suzanne Spriggs
Rick and Kathy Barbour	Sylvan and Cherell Fisher	Gary Ashton and Katie Huy	Mr. and Mrs. William (Skip) Morley	Neil and Leslie Staib
Barbara and Larry Behrendsen	Sharon and Dennis Fitzgerald	Anne Irick	Lynn and Bob Moyer	Joan Steinle
David and Mary Lou Blausey	Jerry and Rosemary Foos	Cliff and Jean Johnson	Stan and Jadlynne Moyer	Howard and Kay Stierwalt
Eunice Boedeker	Jean Foos	Bette and Gary Kaltenbach	Anna Oddo	Jim and Kellye Stierwalt
Karol and Arnold Boedeker	Mark and Ann Foos	Jeannine Keating	Dr. Ralph and Rina Oxley	Nancy J. Stoner
Dorothy Borys	Richard and Janice Foos	Richard and MaryAnn Keiser	Rene Parman	Mick and Shirley Swaisgood
Mr. and Mrs. Ron Boudler	Gary and Mary Franks	Tom and Dorothy L Kern	Jeff and Kim Partin	Tom and Barb Swedersky
Lee and Sharon Bowden	Kathy and Kenny Franks	Mary Ellen Kettner	Pat Picciuto	In Memory of Nancy R. Tipton
Gay and Rose Bowden	Margene Frey	The Vic Kline Family	Michele and David Plihall	Phil and Carol Trick
Larry Bowers (Miss You)	Jeff and Mary Kay Gabel	Carole L. Klingman	Phyllis Reed	Dudley and Linda Tucker
Janet Hogue Bowles	Mike and Beth Gabel	Daryl and Cate Knipp	Bob and Sandie Reed	Jim and Connie Warner
Parmelia Boyer	Richard Garvin	Bill Keating and Debbie Koebel	Dale and Kay Reiter	Pat Wasserman
Sue Brickner	Jim and Linda Gegorski	Eunice M. Koebel	Juanita and Ned Robinette	Richard and Laurie Wasserman
Jon and Kathy Brough	Jeanette Gleba	Roger and Patricia Koppelman	Wally and Carol Ronski	In Memory of John Farizel from Carol Wasserman-Farizel
Brubaker Acres	Joan Godfred	Doris Krienke	In memory of Frank Ronski	Jim and Marcia Weaver
Beth Butzin and Ted Overmyer	Ann Gottron	Steve and Sonya Lagrou	Judy Rowe	Judy Weickert
Martha Camden	Dennis and Janet Haas	John Lauer	Anthony and RuthAnn Ruggiero	Noreta Weigman
Clark Associates, Inc./Jerry E. Clark	Mike and Shirley Haaser	Josh Lauer	Steve and Carol Rusch	Neal and Joan Wensinger
Diana Clinebell	Bill and Laurie Halm	Cheryl Laugherty	Nancy Sattler	Marilyn Weyant
Gary and Karen Cooper	Jim Hammer	Eleanor Lee	Gary and Pat Schaaf	Bob and Mary Wilkerson
The Copley Family	Diann Hamons	Joan Lehman	Dick and Ann Schepflin	Judy Williams
Robert C. and Mary Lou Corthell	Mike and Sue Hartenstein	Thomas Leite	Shirley A. Schmidt	Arnold Wilson
Tom and Joyce Craig	Dale Haslinger	Ted and Ruth Anne Luc	Ned and Margie Schnee	Bob and Ann Woolf
Elaine Crawfoot	Ken and Cindy Haslinger	Mike and Shirley McCarthy	In Memory of Glen Moore	Dennis and Denise Woolley
Lawrence and Karen Cronin	John and Brenda Havens	J and C	Barbara Sharp	Jim and Mary Yeager
Paula Daniel	Barry and Brenda Hawk	Scott and Kathy McCord	Steven and Becky Shively	Berta Zilles
Ray and Dorothy Darr	Diane and Hal Hawk	Patty McCormack	Jill Simpson	Bob and Lil Zilles
Dr. Andrew Peterson	Charles and Laurie Heid	Ross and Blanche McCormick	Jolyn Smith	
Jim and Sophia Draeger	Tom Hoffert	Jim and Marge McGue	Ken and Jane Smith	
Susie Elmer	Marlene Hoffman	Linda Mierke	Pat Smith	

 **PROMEDICA**
MEMORIAL HOSPITAL

715 S. Taft Avenue | Fremont, OH 43420 | 419-332-7321 | promedica.org





Lifestyles 2000

January 2024
Vol. 25 • Issue 1
www.lifestyles2000.net

Celebrating
25
YEARS



NEWS & NOTES:

Life Scholar, Kathleen Nalley	7
Hayes Presidential Center, Kristina Smith	9
Free Firelands Concert	10
Camp Fire Winter Camps	11

ENTERTAINMENT:

History Notebook, Nan Card	4
Out to Lunch: Slater's, Lynn Urban	5
Astrology Forecast, Magi Helena	9
In Your Own Backyard	11

HEALTHY LIVING:

Image of the Mind, Alisa Florio	3
Mayo Clinic: Exercise Safely in Cold Weather	7
New Year-Looking Back to Look Ahead, Dr. Paul Silcox	11

HOME & HEARTH:

12 Acres in Ohio, Gena Husman, Robin Arnold	5
Jill on Money, Jill Schlesinger	6
My 2 Cents: Unelected, Unaccountable & Unconfirmed Kathy Van Wey	8
New Research on Happiness, Robert Morton	8
My Pet World, Cathy Rosemthal	10

Cover photo by Judy Ford: Judy is a 40 year resident of Sandusky County. Judy says, "Photography is my therapy and my passion! My favorite place is behind the lens. Nature and animals are my favorite subjects, if it has legs I love to take its picture!" Judy has done weddings, senior photos and family sittings, but spends most of her time around the marshes and water. judy.knipp@yahoo.com or Judy Ford on FB.

Available locations: Fremont - Cookie Lady, Root's Poultry, Kroger's, Subway, Share and Care, 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... and many more! Or go online to: Lifestyles2000.net.

Image of the Mind

By Alisa Florio

Here we are in new beginnings once again. A new year with promises of change we all want to experience. The question isn't, *"Do I want things in my life to change?"* It's, *"Can I make the change, and stay here?"*

Lasting change begins with a desire, then we think about what this change would mean for us, and the people around us. Emotions bubble up as we reflect the, "WHY'S," for the changes we seek. And then our stumbling comes on the, "HOW'S," to make the change.

These 2 things are the power punch behind a New Years wish we can keep:

1. Connect with your SUPER HUMAN side; the "I AM," that dwells within YOU!
2. LOVE YOURSELF, then LOVE OTHERS as you love you!

It's difficult to change on our own, and stay consistent. Most people give up rather than press forward into the unknown trusting the process. Send your worries up to the one who can manage them, and you stay focused on where you're going. Keep your thoughts on the life you seek! The world tries to keep pull strings on us. This is where we break the holds by realizing that we need help to live out the fullest version of who we were created to become.

To really love ourselves begins with understanding why we make the decisions we do, and what level of thinking we make our decisions from. Are we making decisions from a lower self image, or are we making our decisions from the person we aspire to become. Make your decisions from this person you strive to be, and you will become that person!

Our lives reflect our thoughts. Think of the life you love, and you will be walking towards it!

I want to leave you with a New Year's exercise... every time your thoughts want to keep you in your current condition; holding you back from living an expression of life you would love... take abrupt action by stepping back as you put your hand out in front of you, and shout out to that voice in your head, "Oh no you don't! That was the old me, the new me has arrived, and here I AM!" As you watch yourself grow you will love not only your life, but helping others to love their lives too!

Wishing you all the Happiest New Year with many more to come! Feel a big hug from the great, "I AM," and from His universe that surrounds you!



PROFILES BY ALISA

Timeless Permanent Makeup
1450 Oak Harbor Rd. Fremont, OH
profilesbyalisa.com

Call for your appointment today 419-680-1486



Lifestyles 2000

PUBLISHER/EDITOR

Joanne McDowell

SALES

Joanne McDowell

567-342-3117

email: 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

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.

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

Dear Readers,

Thank you so much for the love and kindness you sent my way this past month. Your emails, FB messages and cards were wonderful! I am sure Pete was well pleased with all the responses to his passing. I am also happy that you all agreed that we shouldn't retire "Pete" from the contest.

I look forward to a new year and our 25th Anniversary coming up this May.

Wishing you all a healthy, happy, prosperous 2024!

Joanne



Find Pete



Find Pete Winners:

There were less correct answers than usual as it was a tough one to find. Pete was located in the Bellevue ad on the back cover, in the FB logo.

Winners are: Lisa Doebel, Regina Freeman, Clyde; Joe Luc, Karen Perry, Steve Billow, Corrina Rodd, Lisa Deters, Barbara Behrendsen, Larry McElfresh, Donna Henkel, Linda Gegorski, Deb Shearn, Bill Herr, Fremont; Mark/Ann Foos, Helena; Liz Lieb, Jackie Dunn, Oak Harbor; Carl Hoffman, Burgoon; Susan Decker, Bellevue;

Thanks for entering and thanks for the beautiful remarks about Pete and Tucker on many of your entries.

Find Pete Prizes:

Twenty entries are chosen monthly for the following prizes: \$5 gift certificates for Old Fort Market, 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. Twenty prizes given monthly. One entry per household. **Deadline is the 20th monthly.** Please do not send the ad.

History Notebook

By Nan Card

John H. Martin: Buffalo Soldier

In July 1866, the United States Congress authorized the formation of the first peacetime all-black regiments in the U.S. Army. The regiments, composed of the 9th and 10th Cavalry and the 24th Infantry (reorganized from the 39th and 40th) and the 25th Infantry (reorganized from the 38th and 41st).



According to the Buffalo Soldiers National Museum in Houston, Texas, the nickname derived from the Cheyenne warriors in the winter of 1877, who thought the soldiers fought like "wild buffalo." However, Colonel Benjamin Grierson, who commanded the 10th Cavalry, recalled the name much earlier, during the 1871 campaign against the Comanches. They thought the soldiers' curly hair like that of the bison. Another source comes from the Plains tribes. They gave them the name because of the bison coats worn by the troops in winter. Eventually, all four regiments proudly became known as the Buffalo Soldiers.

John H. Martin was born in 1848 in Cleveland, Ohio, to Robert and Emily (Hall) Martin. He had served with the United States Colored Troops during the Civil War.

His regiment, the 25th Infantry, had disbanded along with other USCT regiments in the fall of 1865. But Martin, like many USCT veterans chose to re-enlist with the newly formed black regiments. According to his obituary, John Martin served as a musician in the 25th Infantry for fifteen years.

The regiments were stationed at Army posts in the Southwest and on the Great Plains. They fought during the Indian Wars, built wagon roads, constructed telegraph lines, protected settlements, served as scouts, and escorted the U.S. mail. Portions of the Buffalo Soldier regiments fought the Apaches in New Mexico and pursued Victorio in Mexico. Despite their courageous service, many experienced racial prejudice from settlers as well as members of the U.S. Army. The first black commissioned officer to lead the Buffalo Soldiers was Henry O. Flipper, the first African American graduate of West Point in 1877. At least 18 Buffalo Soldiers received the Medal of Honor during the Indian Wars.

Following his service, Martin returned to Ohio. On November 4, 1885, he married Mary Ann Davison at Oberlin, Ohio, the daughter of James and Lucy Bell Roberson, originally from West Virginia. The couple settled in Fremont, Ohio on Sandusky Avenue and then Whittlesey Street. Martin was employed for many years as a silver polisher at Claus Shear Works. They were the parents of five children. Mary Ann passed away in 1922. John Martin spent his final days at the Soldiers' and Sailors' Home in Sandusky, Ohio. He died there March 26, 1926 at the age of seventy-seven. Both he and Mary Ann are buried in Fremont's Oakwood Cemetery.



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



*Your friends at
Bethesda Care Center
want to wish you a
Happy New Year!*

Find us on Facebook at Bethesda Care Center





Out to Lunch

By Lynn Urban

How does it sound to take a break in the middle of the week to listen to some jazz music while enjoying a good meal? You can do that at Slater's in Port Clinton located on Perry Street.

On Thursdays it's trivia night and there is always entertainment on the weekends at this family-owned pub. The friendly staff is sure to get your meal out fast and hot. The large menu consists of tempting appetizers, pasta choices, wings, sandwiches, salads, and dinners and a full bar. They were voted best burger in Ottawa County. That, along with fresh cut fries, runs you \$12.00. The Lake Erie perch is fresh, breaded and fried to perfection.



We ordered the boneless wings with lemon pepper rub, and they were very good and seasoned just right. Another good appetizer we tried were the humus nachos, for \$10.00. I noticed other people saying how much they liked them. These were made on pita bread and topped with black bean salsa, lettuce, and feta cheese. For a dinner entree, I ordered the spinach artichoke stuffed chicken breast, with wild rice pilaf and homemade coleslaw. I had enough for lunch the next day.

To top it off, they've got two decadent desserts, a caramel cake sundae, and a brownie sundae. Unfortunately I did not try either one, because I was completely satisfied with my delicious meal. Stop by any day of the week for a very good lunch or dinner.

12 Acres in Ohio

By Robin Arnold
and Gena Husman

Grab a Camera and Go Outside

The holidays are winding down and now we're facing the long winter months ahead. Some days will be dark and gloomy, but some days will still be bright and sunny...perfect days to grab your camera and step out. Nature is waiting just outside your door! You might not even have to leave your house...check out the chipmunk holding a slice of apple in its paws that Robin photographed right outside the window.

Robin has always done the photos for our stories and she used to carry around a tripod and photo gear weighing several pounds just to get a bird or animal shot. A few years ago she suffered a shoulder injury and was unable to raise her arm to lift her camera. That sidelined her until just recently, when she discovered a lightweight digital camera system. Most of the photos in our recent articles have been taken with this camera. In her enthusiasm over this little gem, she inspired me to get back into photography after decades—the common interest that brought us together in the first place.

We have spent the last few months exploring new subjects, new methods, and new "old" methods—besides digital, we are shooting some black and white film again, and are processing our own B&W rolls at home. It has been a learning experience for us—and one that was not always successful at first...Robin ruined 2 rolls of my film while loading

it into the developing tank! (She has since gotten better.) Once we have the film developed we just scan the negatives into our computer, edit our scans, and print a finished print. There is a certain amount of satisfaction in the process...maybe it is the nostalgic look that a picture taken on film has that is lacking in today's tack-sharp digital photos.

Our photography has evolved over the years. It has always opened our eyes to the beauty of nature, but this time around, it's not just about birds... Robin no longer spends all her time looking up into trees searching for "the bird shot." It's about noticing the little yellow flowers poking out of the dirt in front of a tree, dew glistening on a perfectly woven spider web, the patterns fall leaves make against a tree trunk, and beautiful landscapes. For us, photography has become a spiritual process because it has made us slow down and really look around, and appreciate all the other beautiful things in nature. Wandering around in nature is a "stress-reliever," and for a little while, at least, we allow ourselves to leave our "worldly" problems at home.

Cameras and nature compliment each other. Taking photos is an excellent way to keep track of the birds that come to our feeders, and the growth of the natural habitat that has occurred on our land. A picture helps to document the natural world around us and validates the "tall tale" about the "red-haired" raccoon or the "grinning" snapping turtle. The photos we have included with our stories over the years have documented the changes that have occurred on our 12 acres and the birds and animals we have seen.

You don't need 12 acres and woods to explore nature...treasures can be found in a small backyard, at your bird feeder, or a walk through your neighborhood. We are fortunate to have numerous city, state and federal parks, and nature preserves in our area that are open year-round.

No matter what your skill level, your photographs of your special places and subjects will always be meaningful to you. The walls in our little house are brightened by Robin's photos and paintings, and remind us of happy times and memorable days as we plow through the long, cold, gray days of winter.

Wishing you all a prosperous and Happy New Year!





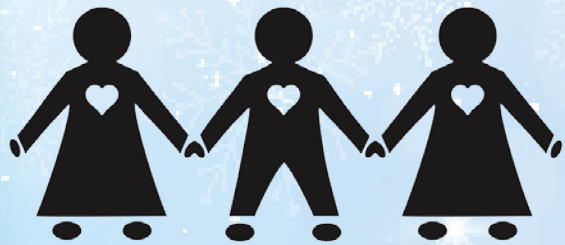
Our Mission Is You!

 **Elmwood**
**Assisted Living &
Skilled Nursing
of Fremont**

Join Team Elmwood!
Apply Online! 

1545 Fangboner Rd.

SANDUSKY COUNTY SHARE AND CARE CENTER



NEIGHBORS HELPING NEIGHBORS

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

Wishing you a Joyous New Year!

Gently used clothing, glassware, crafts, books,
toys, jewelry, shoes and so much more.



"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:** ★ ★
Mondays and Thursdays 10 am-7 pm
First Saturday 10 am-3 pm
Cash, debit and credit cards accepted
No donations accepted at this location please.

Jill on Money

By Jill Schlesinger

In a recent talk about my book, *The Great Money Reset*, there were some notable questions which I think are worth covering before you start working on your 2024 life and financial resolutions.

Why do people want to Reset?

People seek to change direction for lots of different reasons.

There are those who start a career with high hopes and then quickly realize that their expectations are out of whack with reality. Others are happy for decades, but at some point, become burned out. There are also many who toil away and recognize that they may have an opportunity to do something completely different and want to take a leap and do it.

Sometimes these desires percolate over time, while in other cases there is a prompt — or a nudge... like a life event (birth, death, marriage, divorce) or an external wake up call, like a natural disaster or a once-in-a-century pandemic.

I feel stuck — How can I start the process?

To reset to a new place, you have to understand where you are today. Only then can you break through and take meaningful action.

Take a good, hard look at what you own, what you owe, your total income and how much you are spending. The process should provide you with more control, allowing you to take

smarter, more thoughtful, and perhaps more nuanced risks. What if a spouse/partner can't get on board with a Reset?

The sand in the gears of change can be our doubting selves, a spouse, or a well-meaning family member. They might be worried that a Reset could upend the status quo, even if the status quo is not ideal.

Presuming that you have run the numbers and have concrete proof that a Reset is possible, then it is possible that you, your partner or whoever is casting doubt on the plan, is simply fearful of change.

This is a totally NORMAL response, and one that can be overcome, perhaps with the assistance of an objective third party, like a fiduciary financial adviser, or maybe even a psychologist.

Do you miss your former career and being an entrepreneur?

This question followed my recounting of my 2008-2009 Reset. For the prior 14 years, I had owned and operated a successful independent financial advisory firm, but felt unsettled.

I interrogated which parts of my career that I liked and importantly, what I did not like. In the process, I realized that helping clients work towards their financial goals was fulfilling; and the media work that I was doing was a fun and challenging way to reach even more people. However,

owning and operating a company was not for me. (You have to read the book for the full story!)

The good news is that my Reset allows me to talk to real people about their financial goals, and to help them navigate whatever stands in the way of achieving what they want. I also am able to demystify some of the news of the day and deliver it in ways that make sense to a broad audience.

As far as my entrepreneurial spirit, it is alive and well! I am able to explore new opportunities and ways to expand my platform.

The most recent example is the launch of a new weekly YouTube show called *Jill on Money* powered by The Compound. The program came about after I appeared on an episode of an investing podcast called *The Compound and Friends*, hosted by the dynamic duo of Josh Brown and Michael Batnick.

The three of us recognized that we had something special together and began working on ways to collaborate, which is how many business ideas become realities.

(Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at askjill@jillonmoney.com. Check her website at www.jillonmoney.com)

©2023 Tribune Content Agency, LLC



Exercise safety in cold weather

DEAR MAYO CLINIC: I work out at least three days per week at the gym, but I also like to exercise and run outside. Although I know better than to be outdoors in a winter storm, do you have any tips for exercising safely outdoors in cold weather?

ANSWER: It is great that you are dedicated to staying healthy through exercise. Being active at all ages is recommended to improve overall health.

It's easy to lose motivation to exercise when it's cold outside. However, you can remain active and exercise safely, especially outdoors, during the winter. A general rule to follow when exercising in the cold is to work your way slowly into the exercises. Also, start with lower loads or intensity.

Here are five additional helpful tips for staying active outdoors during the winter.

1. Make sure you check the weather forecast and dress appropriately before exercising outdoors. Weather conditions with air temperatures below zero F or extreme windchills may prohibit safe activities outside, even when wearing appropriate clothing. The risk of frostbite significantly increases when the air temperature is below 5 F. You also should avoid exercising in the rain, as getting wet increases your vulnerability to cold. On days with extreme weather conditions, limit your workout. Or take a break or exercise inside.
2. A proper warmup is essential, and warmup time should be doubled, as it takes longer for your muscles to acclimate in the cold. Also, perform the aerobic part of your warmup before static stretching to help with muscle flexibility. When working out, ramp up slowly to your preferred intensity and be sure to work in a cooldown period to promote recovery and reduce blood pooling.
3. Know if any other medical conditions put you at elevated risk for cold weather injuries, and be aware of cold weather issues. If you have medical conditions such as Raynaud's disease, lung or heart disease, or lupus, consider consulting with your primary care team to determine appropriate precautions. Be mindful if you have exercise-induced asthma, as cold weather may aggravate these types of medical conditions. Also, be aware of the signs of hypothermia and frostbite, as well as appropriate treatments. If you start to develop signs of hypothermia or frostbite, get out of the cold immediately and slowly warm the affected area.
4. Dress warmly and in layers when exercising outdoors in the cold. Multiple layers with warm materials, such as wool or fleece, can add warmth. Avoid cotton next to the skin, as it can stay wet and cold. Also make sure to protect your hands and feet. As the temperature drops, blood pools in your body's core, which leaves your hands, feet and head at risk of frostbite. Hats, ski masks, gloves, large shoes with thermal socks, and earmuffs are great accessories to keep your extremities warm during the winter.
5. Hydration while exercising in colder temperatures is just as important, or more important, than in warm temperatures. That's because cold air is dryer than warm air. You should hydrate before, during and after your workout. While water or a sports drink is fine if your workout is an hour or less, for longer workouts you also should have a drink with electrolytes, such as a sports beverage. It is easy to become dehydrated in the cold, but it is harder to notice the symptoms.

Although it may be hard to stay motivated to exercise outside during the winter, everyone knows how good it feels after a great workout. You're encouraged to continue to exercise and stay fit using your favorite workout routines throughout the year. If you have specific questions or find you need additional support, consider speaking to a certified sports medicine specialist.

As you decide how best to exercise during the winter, be sure to be aware of your surroundings to avoid any unnecessary risks. If you have any health issues, it is advisable to talk with your primary health care professional before starting any new outdoor activities. — Kelechi Okoroha, M.D., Orthopedic Surgery, Mayo Clinic, Rochester, Minnesota.

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

One way to address New Year's resolutions is to sign up to be a member of the Life Scholar Program at Terra State Community College and take advantage of the half price membership fee for spring just to see how much you enjoy it! Exercise more? Check. Lots of classes to pick from. Challenge yourself to learn more? Check. History, literature, science, religion, popular culture classes galore! Learn a new hobby? Check. Many art and music options are available. Make new friends? Join the book club, the writing group, play Mahjong or explore new and old restaurants monthly at Dinner Club. Check! Opportunity is just down Napoleon Road at the campus of Terra State Community College. To view the catalog or register, email learn@terra.edu, call the office at 419.559.2255, or go online to learn.terra.edu.

Another way to learn what's new for spring is to register for the Spring Sampler held on Jan. 11th from 1-3 p.m. and enjoy a beverage and dessert while hearing an overview of spring classes for only \$7. It provides an opportunity to meet the instructors and ask questions. Remember, no homework or tests in Life Scholars.

New to the health and wellness area will be an opportunity to take a class using the benefits of the Silver Sneakers Program through many health insurance providers. In partnership with the YMCA, shared instructors will offer approved classes on campus such as: **Hatha Yoga, Cardio Drums, Circuit with Jen, Cycling, Silver Sneakers Classic, Chair Yoga, Cardio Dance, Wall Pilates and Nutrition as We Age.**

Fridays are special for peer sharing groups to meet. These regular gatherings inspire personal growth, practice, and refinement of one's craft, facilitated by classmates open to sharing. **Bring Your Own Brush** provides the opportunity to paint with watercolors weekly with others. **Mah Jongg: Open Play** was established to provide regular opportunities for play, after a class united new and experienced players both. **All Write, All Write** brings writers together every other week to review, encourage and critique one another's work with skill exercises intermixed. **The Lifelong Learning Book Club** meets monthly, with January's selection Robert Kolken's *Hidden Vally Road* and February's choice by Anthony Doerr – *The Shell Collector*.

Other classes offered in February include: **Forensic Psychology – It's a lot More Than Profiling** on Feb. 12&21, **Eleanor Roosevelt** on Feb. 15th, and **Rutherford B. Hayes** on Feb. 27th. Start completing those New Year's resolutions now.

Humane Society of Sandusky County
ANNUAL MEMBERSHIP DRIVE



Please support the shelter - we need your help!!

Please join us in 2024 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
Sponsored by Holland CPA

My 2 Cents

By Kathy VanWey

Unelected, Unaccountable & Unconfirmed

Have you noticed that some politicians with the help of armies of lobbyists have turned to appointing people who were never elected by the American people. These appointees then do the dirty work.

While doing the research, it became obvious we needed to take a few steps back to see who the major players are in these schemes because their names show up repeatedly. First, we have John Kerry. On January 20, 2021 he was appointed Special Presidential Envoy for Climate with authority over energy policy and climate policy in the executive branch. He is also a member of the US National Security Council. He was the former Secretary of State, a Presidential candidate, and was instrumental in the Paris Climate Agreement. He attended the international COP28 (Convention on Climate Change Conferences,) held in Dubai for almost two weeks ending Dec 12, 2023. It was attended by 70,000 delegates.

On September 2, 2022, The White House (WH.gov) reported that President Biden announced his Senior Clean Energy and Climate Team. Former National Climate Advisor and Assistant to the President, Ali Zaidi, a climate expert and political advisor. John Podesta was appointed to serve as Senior Advisor to the President for Clean Energy Innovation and Implementation. He's a long-time political advisor to the Clintons and the Obamas. (WH.gov 9-2-22). Reporting on this appointment, on 9-3-22, NPR.com stated that "Podesta will oversee \$369 billion budget in climate related incentives and funding in the Inflation Reduction Act." In his Wikipedia biography, comment on this latest appointment reads, "Podesta will have a budget of \$370-\$783 billion. This was referenced by the NYT 9-5-22.

You might remember that last September, Energy Secretary Jennifer Granholm quietly appointed Jeff Marootian as Senior Counsel. His office oversees regulations for gas stoves and other home appliances. Ten days later the American Gas Furnace manufacturers were hit with new regulations. As Senator Barrasso (R. Wyo) said, "... an unelected, unaccountable and unconfirmed bureaucrat who is carrying out President Biden's orders ... (foxnews.com, 9-19-23)

On November 17, 2023, a grant of \$169 million was given to 15 sites to produce electric heat pumps. John Podesta, the White House clean energy czar praised President Biden for using the 1950 Defense Protection Act to increase production of domestic green energy technologies. Notice only 15 sites? Wonder how they were chosen? Hmmm. (WH.gov. 11-17-23). Thirty-plus years ago I invested in an electric heat pump. It was pricey to buy and pricey to run.

The key words here are "unelected, unaccountable and unconfirmed." Neither Kerry in this current position, Podesta, Zaidi, nor Marootian have been elected, accountable or confirmed. And they're making many of the decisions we and our descendants will live with for decades.

New research on Happiness

By Robert Morton

Happiness is basically feeling good and satisfied in life. It's not just about being happy all the time; it's a mix of positive vibes, a sense of direction, and feeling content overall.

Your happiness level affects everything! Your health, how well you get along with people, how productive you are, and even how long you might live – it's all linked to how happy you feel.

So, happiness isn't the avoidance of feeling sad or angry at times. It's more about having a bunch of good emotions, feeling like your life has meaning, and being satisfied with how things are going.

Scientists found that our genes and the type of person we are play a role in how happy we feel. It turns out, about half of how happy we usually are might be because of our genes. That means some of us might just naturally tend to be happier than others.

But it's not just about genetics. It also has a lot to do with the kind of person we are. Things like being optimistic, bouncing back from tough times, and feeling thankful – those personality traits can make a big difference in how happy we end up feeling.

Hmmm... half our happiness comes from our genes, from our family tree. Does that mean that we can blame our 'down days' on our great-great-grandma's genes? Or, has our ancestral genes molded us into one of those persons who sees the glass half full, who bounces back like a champ after a bad day, and who throws 'thank-you's' around like confetti? If so, keep spreading those good vibes!"

Researchers also found that hanging out with pals and having healthy family relationships can seriously boost happiness levels. But it's not just about having a million friends; it's about having solid, quality connections that really make the difference. So, it's not about how many buddies you have; it's about how awesome those friendships are!

They also investigated how important money really is for our happiness. Having enough money for basics like food and shelter matters a lot, but what really brings long-lasting happiness are experiences rather than just having lots of stuff.

So, instead of thinking that buying things will make us super happy, they say it's the experiences we have—like traveling to new places, diving into hobbies we love, or doing things that feel meaningful—that make us happier in the long run. Turns out, memories beat material things when it comes to feeling good inside.

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," "THE SHADOW WAR," and "PENUMBRA DATABASE"- they can be found in Kindle or paperback in Amazon.com books.



8080 Main Street
Old Fort
419-992-4666

Mon-Fri
7:30am-6pm
Sat 8am-5pm
Sun 10am-2pm

Heat and Eat items everyday.
Homemade and fully cooked -
ready to be heated and eaten.

Crockpot Meals
Homemade Meatloaf

Enjoy our famous homemade sandwich
spread and shredded sandwiches everyday.

Check out our "Hey, What's For Lunch Video"
on Monday mornings. Follow us on FB.

Now Accepting New Patients



Apoorva Chawla, M.D.

Board Certified in Internal Medicine and Medical Oncology

- Specializes in hematology and oncological treatment for breast, lung, gastrointestinal and prostate cancers, and lymphoma and myeloma
- Serves as the Medical Director of Cancer Care Services for The Bellevue Hospital's hematology/oncology clinic

The Toledo Clinic Cancer Centers

The Bellevue Hospital
EST. 1917
Quality Care, Close To Home

419.484.5440

1400 West Main Street • Bellevue, OH 44811 • bellevuehospital.com





ARIES (March 21-April 19): Now could be the time to let your enthusiasm show. Try not to be afraid when it comes to making the first move when it comes to love. It can be ok to get your hands dirty when putting together something for some family fun.

TAURUS (April 20-May 20): If someone thinks you are a bit eccentric, you may be pleasantly surprised to learn they find you amusing rather than annoying. Your skills could be on full display and may get the opportunity to take control and save the day.

GEMINI (May 21-June 20): Your friends may monopolize your time or take up space you usually reserve for family time. Participation in a group event could put you at odds with a relative who might have other plans. Try to divide your time fairly.

CANCER (June 21-July 22): Being in harmony with a special someone could have you humming a happy tune all day. You might be set on following family traditions but remain flexible enough to accept other people's opinions or customs.

LEO (July 23-Aug. 22): Generosity much like love must come from your heart. You could help fulfill someone else's daydreams by giving freely whenever you can. Logic may not always hold sway when emotions are concerned.

VIRGO (Aug. 23-Sept. 22): Sometimes you can get caught up in a moment if disappointment disturbs your harmony. Do your best to remember the many times your expectations may have been exceeded by loved ones to help put things into perspective.

LIBRA (Sept. 23-Oct. 22): Merriment can be facilitated if you are willing to experiment with some new ways to bring people together. Finding loving harmony with your tribe could help make great memories to treasure for years to come.

SCORPIO (Oct. 23-Nov. 21): Tender feelings within a romantic relationship or close friendship could be magnified right now. You can enjoy a deepened sense of intimacy as you share in merrymaking with loved ones. Do your best to keep the peace.

SAGITTARIUS (Nov. 22-Dec. 21): Sentimentality may have a special place in your home. You could be filled with seasonal spirit but might need to have more practical considerations to deal with, such as cooking or keeping an eye on the weather reports.

CAPRICORN (Dec. 22-Jan. 19): Someone who seems unapproachable could have a gentle side hiding underneath. You may find it easier to call a truce now. You might be in a take-charge mood and feeling enthusiastic about preparing for a celebration.

AQUARIUS (Jan. 20-Feb. 18): When the weather outside is frightful be grateful if you have the freedom to remain snug and cozy indoors. Prepare some extra treats if you feel there may not be enough to go around at a gathering.

PISCES (Feb. 19-March 20): If at first you do not succeed, you can still try again. Your resolve to be more understanding might weaken if faced with confusing reactions from others. Continue to be kind and try not to be concerned by mixed signals.

Rutherford B. Hayes Presidential Library & Museums

By Kristina Smith

Civil War reunion photo, stole made by local furrier among HPLM's 2023 acquisitions

FREMONT – A historic photo of one of President Rutherford B. Hayes' Civil War regiment reunions, a fur stole and presidential campaign memorabilia were some of the artifacts and manuscripts the Hayes Presidential Library & Museums acquired this year.

The manuscripts department received a photo of the 23rd Ohio Volunteer Infantry's 1893 reunion at Lakeside from a private collection. The picture shows the first reunion of Hayes' regiment after his death, which was in January 1883.

"This photograph fills a gap in our collection of materials documenting the 23rd Ohio Volunteer Infantry's proud history," said Julie Mayle, Hayes Presidential curator of manuscripts. "The comradeship and friendships established between these men during the Civil War endured for decades, and their reunions are an important part of the regiment's story."

The 23rd had many reunions, sometimes at Spiegel Grove, and Hayes and First Lady Lucy Hayes regularly attended. President Hayes, who ended the war as brevet major general of the 23rd, felt his Civil War service was his greatest accomplishment in life.

The artifacts collection gained a mink stole created by Bixler's furs in Fremont and various items from presidential campaigns through the years.

Bixler's Furs opened in 1946 on Port Clinton Road in Fremont and later relocated to West State Street. It closed in the mid-'60s.

"While the focus of our collecting policy centers on President Hayes and his life and times, we do occasionally collect pieces that preserve our local history," said Kevin Moore, Hayes Presidential curator of artifacts. "This stole is a good illustration of the Fremont of yesteryear. It also serves as an example of ecological history, a testament to environmentally harmful practices that have undergone a great deal of reform. Preserving that history aligns with honoring Hayes's loves of both local history and nature."

Hayes Presidential also received a donation of several items of campaign memorabilia from various presidential campaigns and party conventions. Items include a red, white and blue telephone used in the 1996 Democratic National Convention in Chicago and labeled with convention logos, various presidential campaign pins and buttons, sunglasses and a cigar.

The items include campaign pieces from Presidents Harry Truman, John F. Kennedy, Lyndon Johnson, George H.W. Bush and Bill Clinton. There are also items from candidates who lost their bid for election.

"While not specific to Hayes, this collection showcases the ever-evolving process of running for president," Moore said. "These items are already being used by our Teen Museum Council to craft a display on the history of presidential conventions and campaigning."

Hayes Presidential has more than 20,000 artifacts, and not all of them are on display. Some of these items will be used in special displays or exhibits, such as the Teen Museum Council project coming in the spring, or for educational purposes during tours and events.

The Hayes Presidential Library & Museums is America's first presidential library and the forerunner for the federal presidential library system. It is partially funded by the state of Ohio and affiliated with the Ohio History Connection. The Hayes Presidential Library & Museums is located at Spiegel Grove at the corner of Hayes and Buckland avenues.

For information, call 419-332-2081, or visit rbhayes.org. Like HPLM on Facebook at [@rbhayespres](https://www.facebook.com/rbhayespres) and follow on Twitter and Instagram at [@rbhayespres](https://www.instagram.com/rbhayespres).



This mink stole was created at Bixler's Furs in Fremont.



This photo shows the 23rd Ohio Volunteer Infantry reunion in 1893. This was President Hayes' Civil War regiment. He died before this reunion, although he and his wife, Lucy, attended many others.



This phone was used in the 1996 Democratic National Convention in Chicago.



Dear Cathy,

We have six cats and two dogs. My dilemma is one of our cats is severely overweight. Their feeding is free-range, which works for five of the cats. Cat number six, Tiny, though, is over 18 pounds. He waddles and is so large. The weight affects his breathing, and when he uses the bathroom, he soils himself. He cannot clean his back end at all.

We have tried to pick up food bowls when the other five are not asking for food, so that Tiny doesn't help himself to their food. Tiny has his own feeding station with measured food for the day. When we were picking up food during the day, though, the other five cats lost weight they could not afford to lose, but Tiny never seemed to lose any.

We love Tiny very much and would hate to lose him due to his unhealthy weight. Please help. We're willing to do almost anything to help Tiny be healthier.

— Rathje, Fredericksburg, Virginia

Dear Rathje,

There are many reasons for cat obesity, including low-quality diets, lack of exercise, illnesses like hypothyroidism, and medications. Be sure to have Tiny checked by a vet for medical causes, since treatment could help stabilize his weight.

The next step is to address Tiny's diet. There are over-the-counter and prescription weight management cat foods that have fewer calories per volume, which will keep him satiated too. Wet food also has fewer calories per volume than dry food, so a simple switch like that may help. A veterinarian should oversee any food changes or restrictions to ensure Tiny continues to receive proper nutrition.

Another suggestion is to purchase automatic feeders for every cat. I know that can be costly for six cats, but they do help when trying to manage an individual cat's food consumption in a home with multiple cats. These automatic feeders connect to each cat's microchip and will only open if the cat with the matching microchip stands in front of the bowl. Cats learn quickly which feeder belongs to them and where they need to stand to get the feeder to open. This is often the best option to control consumption for one cat while at the same time ensuring all the cats continue to get proper nutrition.

Finally, make sure Tiny is getting enough exercise. Play with Tiny three times a day for 10 minutes each time. Use toys that encourage Tiny to wiggle and pounce. If Tiny is open to walking on a harness, you can take him for walks in the backyard too.

Most of all don't get discouraged. Weight loss should be very gradual. Each little step you take will help Tiny regain his health.

Dear Cathy,

As the mom of a 15-year-old Schnoodle, I look forward to your column in Newsday each week. I was hoping that you could address a particular issue. Every day on Facebook, in the newspaper, and on posters, there are stories of heartbroken owners who have lost their pets.

I don't understand how any owner who loves their pet does not always keep a collar with identifying information on it. My Henri (actually Henrietta) wears a collar with our phone number printed on it and a small tag attached to the collar with her name and our phone

number. The collar is lightweight, and the tag is plastic, which never bothers her. She wears her collar 24/7 (except for baths and grooming), and it has never caused her a problem or irritation. She also has a microchip, but if someone did find her, it would be much easier for them to call our number from the tag.

Yet every day, there are dogs found lost and injured without any identification on them and stories of owners desperately looking for them. Putting a tag on one's pet is such a simple thing to do, but so important. I can't understand how any loving pet owner would neglect to have identification on their dog at all times in case the unexpected does happen. It breaks my heart to see photos of these "beloved pets" sitting in shelters frightened and bewildered. Thanks for letting me vent.

— Donna, Massapequa, New York

Dear Donna,

Well said. A collar and a tag are the simplest things any pet owner can do to ensure their pet's safe return home. Since collars can sometimes wiggle off lost dogs and cats, microchipping one's pet is essential too. Giving an ID tag and/or a gift certificate for a microchip would make for a great gift for friends and family with pets this holiday season.

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

©2023 Tribune Content Agency, LLC.

Free Firelands Concert

The Firelands Symphony Orchestra presents their free annual family concert for all ages. The family concert, which has a wild west theme this year, will be held on Sunday, January 14 at Norwalk's Ernsthausen Performing Arts Center. The concert will begin at 4 p.m., with free children and family activities beginning at 3 p.m.

This concert is completely free and open to the public, thanks to the generosity of: Randolph J. & Estelle M. Dorn Foundation, Geotrac Foundation, and Ohio Arts Council.

At 3 p.m., before the concert, children and families can enjoy hands on musical activities, including making their own instruments, coloring, bean bag toss, instrument displays, lasso activities, and a real saddle photo booth. The FSO will be offering bandanas for the children and encourage attendees to wear boots, hats, plaid shirts, and any other western style wear!

The concert, which begins at 4 p.m., will feature the Firelands Symphony Orchestra, under the direction of Music Director and Conductor Carl Topilow. The concert will have family friendly programming with a western and cowboy theme from film, orchestra, and popular culture.

Pieces in the program include William Tell Overture, Pops Hoedown, Theme from The Magnificent Seven, Old MacDonald, Cowboys Overture, Sandpaper Ballet, Orange Blossom Special, Syncopated Clock, and Hoedown from Rodeo.

While the concert is free and open to the public, free-will donations will be accepted. Parking is available at the venue at Ernsthausen Performing Arts Center, which is located at Norwalk High School.



- **Wellness Exams & Vaccines**
- **Full range of soft tissue and orthopedic procedures**
- **In- room waiting and checkout**
- **Heartworm, flea, and tick prevention**
- **Digital radiography**
- **Comprehensive diagnostics**
- **Equine services**

- **Dental procedures including: cleanings, extractions, polishing, radiographs, & fluoride treatments.**
- **In-house laboratory and pharmacy**
- **Ultrasound and Class IV Laser Therapy**
- **Private Comfort Room**
- **State-of-the-art facilities**



Westview Veterinary Hospital, Inc.
3032 Napoleon Road
Fremont, Ohio 43420
419-532-5871

Monday-Thursday 8am-6pm, Friday 8am-5pm, Saturday 8am-12pm, Sunday Closed
After hours on-call service available 419-332-5871

NEW YEAR – LOOKING BACK TO LOOK AHEAD (AGAIN!)

By Dr. Paul Silcox

Five years ago, I submitted an article with the same name. But you know, . . . as I think back on the last five years and I compare it to any other five year segments of my life, this seems to be the most bizarre that I can remember. The upheaval of life in America, the changes in social climate, the political climate, the health climate, the "climate" climate. It's CRAZY! Oh for the Good Ole days!

I've been fortunate to have had the perspective of visiting several countries in Europe, Africa, South America, Central America,

Mexico and Haiti. I've traveled a little bit during the last five years, but its never seemed to have as much affect in the countries that I've visited as what we've experienced in America.

But as much as I've traveled and seen over the last 45years, and over the last 5 years, I can say with the utmost confidence, that there is NO PLACE on earth that I would rather live than here in the United States of America. Even with all the chaos that is taking place in America, we have SO MUCH to be thankful for and I can honestly say, there is no place can hold a candle to life here in the USA.

When that Walleye was waiting to be dropped in Port Clinton, time was suspended for a few seconds to remind us before it hits bottom, and we pop the champagne and celebrate the new year, to stop and reflect on the year that has gone by. To have an excited anticipation of the year to come, that's what New Year's is all about – getting another chance. A chance to do better. To fix the mistakes we made last year. To look back on what we didn't get done and then set out to do more.

So, when that Walleye drops at midnight on December 31st, remember, that was a New Beginning for you. Don't waste it!

IN YOUR OWN BACKYARD

Kiwanis Club of Fremont meets every Thursday 11:45-1 at the Fremont Elks Lodge except for the first Thursday of the month where they meet at The Back Lounge of The Strand Theater 5- 6:30 pm. Guests are welcome. Programs for this month are Jan. 4 – Social Gathering at The Strand, Jan. 11 – Video series on Ohio's 88 Counties by Bill Young, Jan. 18 – Program to be determined, Jan. 25 – Susan Frye will speak about the ACE Mentoring Program. For more info, email sardisbirchard@yahoo.com

Fremont Lions Club will meet on Jan. 16 at noon at the Fremont Eagles Hall. The guest speaker is Andrea Gibson, the Executive Director of the Sandusky County Communities Foundation. On Jan. 31, a business meeting will take place at noon. Guests are always welcome at the meetings. For more info, call Lions Secretary, Donna Thatcher, 419-332-3095.

The Fremont MS support group will meet Monday, Jan. 8 @ 6:30pm at the Sandusky County YMCA, 1000 North St., Fremont.

Conversation will include our own personal MS journey as well as how the Society can benefit you. Facilitator is Dana Roca, Ambassador for the National Multiple Sclerosis Society. Please contact danaroca8@gmail.com or 804-467-9881 with any questions. Please Bring a guest. Refreshments will be provided.



Katura Recovery & Training Services

Dr. P.L. Silcox, DC
Acupuncture Practitioner

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

*Alternative Addiction
Treatment Without Medication.*

Pinnacle Hearing

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



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

Classifieds

SERVICES & SALES

Dust Free Cleaning: Now doing commercial accounts as well as residential! References, \$25 per hour, 5 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.



Camp Fire

Light the fire within



Camp Fire's winter camps and programs provide engaging learning opportunities and interactive experiences that help young people find their spark! They are designed to enable young people to develop physical, mental, and social skills essential for the rest of their lives.

For the winter, Campfire is offering some fantastic ways for your child to grow. Just look at the camps and programs they are offering: a babysitting course, a cooking camp concentrating on STEM, and an art camp using textiles concentrating on the art, science, and math of knitting and crocheting. Other camps include independent living skills and an eight-week STEM camp where campers will experiment with chemical reactions, electricity, and magnetism. Other programs include Teens in Action/Youth Move, the popular Parents Night Out, and School is Out, Camp is In.

The long-term benefits of these programs are valuable activities that complement the educational, artistic, and social interests that occupy kids throughout the winter months. Camp Fire's camps can enhance and reinforce the learning kids accomplish throughout the school year by strengthening their sense of independence and self-confidence.

Camp Fire is beneficial to every camper who attends. They reinforce the idea that there is no such thing as failure, only the chance to try new things. These camps are full of experiences that make an impact and will last a lifetime! So, join them to strengthen our local youth for the life challenges that may come their way. To sign up for Camp Fire programs, visit www.campfire.org for information and registration today!

Camp Fire Sandusky County is located at 2100 Baker Rd., right here in Fremont.





Emergency Care You Can Count On

Committed to providing quality emergency care when you need it most.

24 hours per day, seven days a week.

- Dedicated Team
- Excellence in Emergency Care Based Measures
- Recently Renovated Space



1400 West Main Street • Bellevue, OH 44811

419.483.4040 • bellevuehospital.com