

I'm bothered by recent research revealing that excessive social media usage can hinder true relationships. A study conducted at a leading university found that individuals who spent more time on social media reported feeling lonelier and less satisfied with their real-life relationships.

In today's wacky world of social media, we've become masters of digital connections on Facebook, Instagram, and Twitter to enhance our relationships. But amidst the LOLs and OMGs, we forget the value of good of face-to-face interactions.

Call me old-fashioned, but online virtual celebrations bug me. My nephew celebrated his job promotion on Facebook, and suddenly, his notifications exploded like confetti cannons. Friends from high school, his neighbor's dog walker, and a zillion people I don't know showered him with virtual applause. I think an actual high-five and group hug would've been better. Those genuine in-person interactions can make us feel like rockstars, minus the need for a Wi-Fi connection.

Support networks have hopped on the digital bandwagon, so when my faucet decided to mimic Niagara Falls, I took to a home improvement Facebook group, hoping for some virtual wisdom to rescue me from the watery chaos. I must admit, the comments flooded in (pun intended), with some ingenious solutions.

But I remember when the same thing happened years ago when social media didn't exist. My neighbor, a plumber, appeared at our doorstep, wielding a trusty wrench and saved the day. In gratitude, I treated him to a well-deserved beer. You can't treat an emoji to a round of drinks, my friends, no matter how hard you try!

I'm also tired of seeing so many perfect couples when scrolling on social media, especially the ones kissing under a waterfall, riding unicorns, and looking effortlessly glamorous. The last I heard, unicorns don't exist, and nobody looks flawless 24/7. I wish those picture-perfect posts had a pile of dirty laundry and a sink full of dirty dishes in the background. I enjoy the genuine human connections I have offline, imperfections and all.

So, let's listen to those researchers who say that too much online social media usage reduces not only face-to-face interactions but intimacy as well. I guess if we strike a proper balance between the virtual and the real, we'll find ourselves LOLing, BRBing, and OMGing in our genuine, real-life interactions like never before!

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

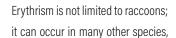
Red-Haired Bandit

A raccoon with red fur is surely a raccoon of a different color...but, it's still a raccoon. Coming back from one of her evening walks around the property, Robin showed me an image on her camera and said, "Look at this...is it just me, or is there something different about this raccoon? I don't remember them being this color!" It was a raccoon with reddish-brown fur, and she'd seen it sitting under a tree at the back of our property, gnawing on an ear of corn it had stolen from a nearby neighbor's field. She was able to take several photos of it because it either didn't know she was there, or it didn't seem to care that she was. When it finished eating, it got up and ambled off.

"Wow!" was my first reaction. "No, it's not just you—I've never seen one with red fur, either. Actually, it's more of a cinnamon color." All the raccoons either of us had ever seen were gray with a black mask and tail stripes. The only resemblances to a normal-colored raccoon were the dark stripes on the tail and the dark mask—and of course, the size and shape.

Curious, and wondering if we had some rare animal running around here, we looked it up on the internet. After researching several reputable websites—including the ODNR website—we found that raccoons are usually gray or black, and although rare, red, blond, and albino ones have occasionally been seen. The unusual reddish pigmentation is created by a genetic condition called "erythrism," which causes an absence of normal pigment and/or excessive production of others—in this case,

a reddish pigment. This condition runs in families, so one or both of its parents had red fur. Erythrism is not harmful to the animal—it doesn't affect their life expectancy—but it does make them a prime target for fur trappers because of their beautiful fur.





too, and can show up in fur, hair, skin, feathers, and eggshells. Although not common, it has also been documented in katydids, and grasshoppers. As an interesting side note, the combination of red hair and red freckles in humans is thought to be a form of erythrism, too.

We're not sure if this raccoon is a permanent resident here and we've just never seen it before, or if it was just passing through, but we are definitely keeping an eye out in hopes of seeing it again!





Lifestyles 2000

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Celebrating 24



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Billionaries Behind The Gas Stove Bans By Kathy VanWey

As I continued to 'Follow the Money,' a childhood memory from 1957 surfaced. I was on a beach building a sandcastle when someone strolled by saying, "Keep digging and you'll end up in China." Guess what? The research led to a plethora of dark money NGOs, Non-Governmental Organizations. They seem to be incestuously and internationally breeding with the goals of changing and devaluing our standard of life.

Remember the Climate Imperative Foundation (CIF)? It's tied in with Rewiring America and the Windward Foundation. It was founded in 2020 by Hal Harvey with a \$20M grant from the Silicon Valley Community Foundation (Bryce). Harvey was quoted as saying, "... [a] gas stove crackdown has significant financial stake in green energy." In its first year, CIF pushed \$8.6M to an undisclosed recipient to help produce an energy report published by China...Energy Administration." In 2022 tax filings CIF reported \$221.5M from eight anonymous donors. A 167% increase of one year (foxnews). By the way, two CIF grant recipients were the American Lung Association and Consumer Reports (Bryce).

Tom Pyle, President of the Institute for Energy Research's declared, "What is imperative based on the amount of money being moved in and out of foundations and for-profit businesses including in China is that the CIF should be investigated by the IRS. Our national security, our energy security, our economy, and our personal freedoms are all at risk from the left's green agenda" (foxnews).

The Rocky Mountain Institute (RMI) counts on the Jeff Bezos millions. RMI published the study by Talon Gruenwald about 12.7M children possibly getting childhood asthma from gas stoves that Secretary Granholm quoted. It should be noted that Gruenwald's master's degree is in international affairs (freebeacon). If you're concerned about the fumes when the stove is in use, crack open a window, or purchase a gas alarm. Michael Bloomberg pours millions into the Sierra Club. It's Beyond Carbon initiative has a goal of closing all domestic coal plants by 2030 and stopping the use of gas as a transitional fuel." Both agencies are heavily involved with the Chinese (Bryce).

Why is China doing this to us besides its quest for world domination? In two words, natural gas. We have it and they want it (americanthinker). And why besides greed and arrogance, are the billionaires helping them? In the words of Albert Camus, "the welfare of the people . . . has always been the alibi of tyrants . . . giving the servants of tyranny a good conscious."





Lifestyles 2000

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> Lifestyles 2000 30 Ponds Side Drive Fremont, OH 43420

Publisher's Letter

Welcome to our July issue.

In May I made my yearly trip to LA and visited my wonderful family who reside there, my grandson and son Ryan, as well as



Kayden's mom and stepdad. My trip is included in this issue, as lucky me, I spent a day at Jeopardy! and the Sony movie lot. (Not to mention four fabulous birthday dinners!)

12 Acres is back again this month, I know many of you enjoyed their article in June. So good to have them writing for us again.

Enjoy the weather and stay safe.

God bless, Joanne

Find Pete

Find Pete Winners:

There were 156 entries, and most were correct, Drown's Farm Market was the answer. Congrats to our winners.

Winners of gift certificates are: Mary Hoffman, Burgoon; Charles Schauder, Jordabella Langley, Annette Moore, Kurt Henkel, Connie Hetrick, Nancy O'Brien, Fremont; Becky Balsizer, Clyde; Kathy Gillmor, Old Fort; Andrea Krupp, Bellevue

Miller Boat Line RT ticket: Eddie Juliano, Bellevue; Terri Chagnon, Kendra Klos, Tammy Taylor, Clyde; John Bedford, Lynn Fox, Gibsonburg; Becky Wagner, Fremont.

African Safari: Sharon Miller, Bettsville; Donna Lloyd, Jean Jackson, Clyde; Christopher Franks, Fremont; Paula Renfro, Green Springs; Robbie McPeek, Bellevue.

Find Pete Prizes:

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

Win a round trip ticket on Miller Boat Line or 2 passes to African Safari by mentioning 24 years on 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, 0H 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.

Life Scholar

By Kathleen Nalley

For the second year, Life Scholars of Terra Community College is partnering with JB Tours to plan educational and high interest trips for its senior students. September trips begin with the Guardians Baseball Game on the 26th, an Ashtabula Trip the 28th and 29th, and Grumpy Old Men Dinner Theater, also, on the 28th. With an avid new interest in all things bourbon, a tour was developed for October 23-26 to include the Kentucky Derby Museum at Churchill Down, the Fraser History and Louisville Slugger Museums, Evan Williams Distillery tour and tasting, Marker's Mark Distillery tour, and Heaven Hill Distillery admission. For details and costs, a quick call to Life Scholars office at 419.559.2255 can provide answers and begin an autumn travel itinerary.

Life Scholar volunteers will assist with KidsCollege July 17-20. Openings for both students and volunteers are available by calling the office.

The best way to preview the classes offered Fall Semester is to attend the **Life Scholars Fall Sampler** scheduled for Thursday, Sept. 7 from 10AM-noon. Instructors will provide an overview of their courses while members enjoy a continental breakfast for only a \$5 charge. Registration is required by calling the office or emailing learn@terra.edu.

Each year, new instructors and new topics emerge. This year is no exception. Ellen Kennedy from the National Museum of the Great Lakes will present a program Sept. 14 about **Haunted Put-N-Bay** with stories of sightings of the lighthouse keeper Sam Anderson who jumped to his death in 1898 while others claim the spirit, Benny, tosses things around the Put-N-Bay Brewery and Distillery.

Also, new to the Terra program will be Dr. Andrew Howard who will introduce **Koh-I-Noor: The History of the World's Most Infamous Diamond**. This diamond is presently set within the crown of the Queen

Mother in the Tower of London, but its return has been demanded by multiple countries tied to its turbulent past. Myth, legend, and a curse surround this priceless jewel's background. A session on Sept. 11 should resolve some of the mysteries associated with it.

Familiar instructors Kent McClary, Tony Dotson and Janet McClary will devote two sessions to The Truth is Stranger than the Movie! Alfred Hitchcock's "Psycho." Since it is not well-known, the actual frightening real-life case which was the basis of the book and classic movie will be presented by our own popular movie sleuths, followed by a viewing of the film.

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By Lynn Urban By Mayo Foundation for Medical Education and Research

Reducing Stress

Mayo Clinic

DEAR MAYO CLINIC: I am a working mom of two teenagers. I have a career that requires long hours, and I struggle with juggling work and home responsibilities. I don't get to the gym as often as I'd like. I'm having more episodes of headache and struggling with sleep. I also realized I am coping with stress by eating more than normal. I'd like to find ways to improve my health and better manage my stress. Do you have any tips?

ANSWER: Your body is hardwired to react to stress in ways meant to protect you against threats from predators and other aggressors. Such threats are rare today, but that doesn't mean that life is free of stress. As you noted, work and general everyday triggers can cause stress. You likely face many demands each day, such as taking on a huge workload, paying the bills and taking care of your family. Your body treats these so-called minor hassles as threats. As a result, you may feel as if you're constantly under attack.

Chronic stress can wreak havoc on your mind and body. It's great that you are already thinking about how to control your stress. First, though, it's helpful to understand your body's natural stress response.

When you encounter a perceived threat — such as a large dog barking at you during your morning walk — your hypothalamus, a tiny region at your brain's base, sets off an alarm system in your body. Through a combination of nerve and hormonal signals, this system prompts your adrenal glands, located atop your kidneys, to release a surge of hormones, including adrenaline and cortisol.

Adrenaline increases your heart rate, elevates your blood pressure and boosts energy supplies. Cortisol, the primary stress hormone, increases sugars (glucose) in the bloodstream, enhances your brain's use of glucose and increases the availability of substances that repair tissues.

Cortisol also curbs functions that would be nonessential or harmful in a fight-or-flight situation. It alters immune system responses and suppresses the digestive system, the reproductive system and growth processes. This complex natural alarm system also communicates with the brain regions that control mood, motivation and fear.

The body's stress response system is usually self-limiting. Once a perceived threat has passed, hormone levels return to normal. As adrenaline and cortisol levels drop, your heart rate and blood pressure return to baseline levels, and other systems resume their regular activities.

But when stressors are always present and you constantly feel under attack, that fight-or-flight reaction stays turned on.

The long-term activation of the stress response system and the overexposure to cortisol and other stress hormones that follows can disrupt almost all of your body's processes. This puts you at increased risk of many health problems, including:

Anxiety-Depression-Digestive problems-Headaches-Muscle tension and pain-Heart disease, heart attack, high blood pressure and stroke-Sleep problems-weight gain-memory and concentration impairment

You already have recognized that there are better ways to cope with your life stressors, so congratulations for being open-minded.

While you may not be able to change your current situation, such as your demanding job, you can take steps to manage the impact of stress and stressful events. First, learn to identify what causes you stress and then identify ways to take care of yourself physically and emotionally in the face of stressful situations.

Some stress management strategies include:

Eating a healthy diet. Keep healthier snacks at the ready, such as cut-up fruits and vegetables versus bags of chips or cookies.

Getting active. Schedule time to go to the gym and make it a part of your day that you commit to not scheduling over. Or skip the gym and take a walk after dinner together as a family. This can help you find time to connect and provide much-needed relaxation.

Practicing relaxation techniques. Relaxation techniques such as yoga, deep breathing, massage and meditation all may reduce stress symptoms.

This restaurant is a nice, cozy, family-owned restaurant

If you ask a group of your friends what's their favorite food,

more than likely many of them will say Mexican. I found a

new favorite in Tiffin, at 271 South Sandusky Avenue. Even though the restaurant is called Casa Express Mexican

serving some of the best Mexican food around, and with reasonable prices and fast friendly service. It also has a small beer garden outside the back door, that is lit up for summer evening dining.

Food and Beer, it's not fast food.



As with most Mexican restaurants you start out with chips and

homemade salsa, which had just the right amount of heat. I was surprised to see how many options of meats and fish there were for the tacos, burritos, enchiladas, nachos; they offer shredded chicken, grilled chicken, ground beef, steak, pork, chorizo, shrimp, and fish. The fajita combos are interesting too, with different combinations of meat and shrimp starting at \$12.99. You can also build your own bowl or salad; with a base of rice or lettuce and all the fixings you would like, for \$9.99.

The bar is well stocked with a variety of liquors and forty flavors of margaritas. Some flavors I wouldn't even think about drinking. If you aren't full from the large portions they serve, you can order a traditional Mexican dessert, like fried ice cream, flan, or a churro. I didn't try any desserts, I already had leftovers to take home. Next time I will, because I definitely plan to go back.

They have a FB page and also a website.

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Keeping a journal. Writing about your thoughts or what you're grateful for in your life can be relaxing.

Taking time for hobbies. Reading; listening to music; or watching your favorite show or movie, whether with friends, family or by yourself, can reduce feelings of stress.

Finding humor. Having a sense of humor and finding ways to include laughter in your life, such as watching funny movies or looking at joke websites, can be quite cathartic.

Organizing and prioritizing. Try organizing and prioritizing what you need to accomplish at home and at work. Remove tasks that aren't necessary. Talk to your loved ones about how they can aid you in meeting your demands.

Avoid unhealthy ways of managing your stress, such as using alcohol, tobacco or drugs. If you feel that you need more assistance, seek professional counseling, which can help you develop specific coping strategies to manage stress.

The rewards for learning to manage stress can include peace of mind, less stress and anxiety, a better quality of life, improvement in conditions such as high blood pressure, better self-control and focus, and better relationships. And it might even lead to a longer, healthier life. — Compiled by Mayo Clinic staff



My birthday trip to LA was to include a weekend in Palm Springs, but that was not to be, the writer's strike happened and plans changed. It turned out to be a great "game changer" as what is better than spending a

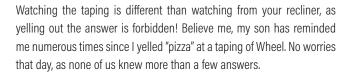


day on the SONY movie lot with your son, grandson and his other grandmother, Vickie

My youngest son Ryan is a graduate of the class of Ross High 1992. He has spent the last twenty-four years at Jeopardy, beginning his career as a researcher. Today he is the game show manager, which is indeed a plus as we got a look behind the scene before the taping began.

We enjoyed the taping of the final two shows of the 39th season, which are to air

July 27th and 28th. I know the camera swept across us more than once, so we'll watch to see if we made a TV appearance.



My grandson Kayden had a moment of embarrassment when Jimmy, the stage manager, spotted him in the audience and pointed him out to everyone. Kayden attended SONY daycare and used to play in his dad's office as a toddler.

Ken was amazing, he came out and took questions from the audience at every break and credited Alex with his own success. (Sadly, we didn't see James, as Celebrity Jeopardy had ended).

Jeopardy! has won 43 Emmys, the most of any game show. There is a case filled with the statues in the hallway, along with other memorabilia. (Photo shown is from the hallway.)

The SONY Lot has a museum with the set of Seinfeld, one of my favorite 90's comedies. Seen in the photo above are Rvan and Kavden on the set. There was also Spiderman climbing down a wall

and costumes from as far back as "Married with Children".

The museum isn't huge, but you should visit if you are on the lot. The Ghostbusters car, the station wagon from the Goldberg's, and several others used in TV series and movies can be

We ended the day with Vietnamese food at a restaurant down the street, the first of my four

birthday dinners. So happy I visited, being with family is the best! Be sure to watch for us later this month.





Gabby Gardener

By Karen Langley

* Roses are Red, Violets are Blue, Sugar is Sweet and so are You." I think that was the first poem I ever heard and definitely the first one to memorize. So this Gabby gardener is going to talk about Roses.

Roses are the symbol of love. What woman doesn't love getting a dozen red roses? Hint, hint, hubbies! Getting those are easy, call up a florist, order online or stop by your grocer. But what if you want to grow your own?

Let me give you some thorny advice on starting your rose garden.

First off there are so many types, colors, and fragrances to roses. Today's hybrid roses have winter hardiness and resist diseases than its predecessors, but still have that nostalgic fragrance and big blooms loaded with petals.

- **Selection:** Check plant tags for the hardiness of the rose varieties.
- **Location:** Roses require full sun and good drainage
- Water: Roses need deep watering during dry spells. Keep water off of their leaves to prevent disease.
- Pests: One common pest is the Japanese beetle, which will devour the leaves. If you see the bugs, pluck them off and toss them in a bucket of soapy water.
- **Pruning:** Early spring cut back before new growth emerges. This will encourage new growth and control the size and shape of the plant.

If you don't want to grow your own or don't have a yard with full sun, you can go visit a rose garden. There is one here in Ohio called Park of Roses in Whetstone Park, Columbus, Ohio. Remember to Take Time to Smell the Roses!

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July 30, 12pm Music by: Bradley

Entsminger's fresh concessions from Bradner

July 27-29 (times vary) Wiener wagon from

July 30, 11am Chappy's Snappy dogs

Yoga with April Halm. Times on FB

Beginners paint along class by The Open House (Days and times to be



Image of the Mind

By Alisa Florio

DESIRE - This is the starting point of all achievement The first step towards riches

We fuse with success when success meets desire. Desire is not a hope. It is not a wish. It is a consuming obsession in one's life. A burning desire held within him, or herself to achieve something of significant importance.



A keen, pulsating desire which transcends everything else.

Here is a story of a great warrior who faced a situation which made it necessary for him to make a decision insuring his success on the battlefield. He was getting ready to send his armies against a powerful foe who's men outnumbered his

own. He loaded his soldiers into boats, sailed to the enemy's country, unloaded the soldiers and equipment, then gave the order to burn the ships that had carried them. Addressing his men before the first battle, he said, "You see those boats going up in smoke? That means we cannot leave these shores alive unless we win! Now we have no choice—we win—or we perish! What do you think happened? They won.

Every person who wins in any undertaking must be willing to burn his ships by cutting all sources of retreat. This is the only way one can be sure of maintaining the state of mind known as a BURNING.

DESIRE TO WIN.

The Law of Perpetual Transmutation is where energy moves into physical form. Just like this great warrior held an image in his mind of successfully conquering his enemy. There was no retreat. No alternative action. There was only a burning desire. This warrior and his men held an image in their minds of what they wanted; TO WIN.

With this law you must first have a desire; then hold the images in your mind of the success you desire. The images you hold in your mind most often materialize in results in your life.

It's probably safe to say, the majority of people have a desire to attract money through some form of successful action when they reach the age of understanding the purpose of money. Wishing will not bring riches. But



Hosted by: The Lindsey Homecoming Board, an Ohio Non-Profit Corp.

desiring riches with an obsessive state of mind, then planning definite ways and means to achieve riches, backed with persistence that does not recognize failure, will bring riches.

The method by which DESIRE for riches can be transmuted into financial freedom consists of definite, practical steps to ensure success. Stay tuned. Feel a big hug from the universe!



"..a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace."

- Ecclesiastes 3:7

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The Merry-Go-Round Museum

Tucked away in downtown Sandusky, Ohio is a hidden museum filled with whimsy, color, music and fun. Interestingly, the idea for this unique museum gem was sparked by four carousel postage stamps! Whimsical horses and a menagerie of different animals are housed in the high spirited *Merry-Go-Round Museum!*





A block of four U.S. carousel stamps, issued in 1988, had its first day of issue ceremony at the former post office building at 301 Jackson Street in Sandusky, Ohio. This ceremony was considered the biggest philatelic event of 1988. Twelve years later this museum, inspired by those stamps, opened its doors to the public. A step through its doors will entice visitors to explore wooden sculpture fantasies that are frozen in time.

The golden age of the wooden carousels was a time period between the early 1800's until about the 1930's. During this time about 6,000 wooden carousels were built in the United States. Today, unfortunately only about 150 of these historical treasures remain. Most other carousels were abandoned, destroyed by fire or flood, or broken up and sold to collectors.

One particular collection within the Merry-Go-Round Museum is the Charlotte Dinger collection. The museum houses several dozen carved



animals that belong to the Dinger family. In 1972, Charlotte fell in love with the brightly painted horses, lions and camels that once graced merry-go-rounds in amusement parks across the United States. She traveled far to find old carousel animals, then resurrected and refurbished them into pieces of renowned art. With single-minded determination, she taught the world to love carousels and became an internationally recognized expert on carousels. She is the author of the book, *Art of the Carousel*.

Within the relaxed, fun-loving atmosphere of this museum is a fully restored Allan Herschell carousel. Visitors can experience the thrill of riding on animals and listening to band organ music as they whirl around and become magically transported back in time to joyful childhood memories! Tour guides share information about the carousel, its history and exhibits on display.

There is also a fascinating animal wood carver named Ed on premises. Visitors can watch as he skillfully carves his next carousel creation. A few of his amazing carvings are located on the museum's merry-go-round.

'Good to Know' Carousel Terms:

- Trappings carved decorations on a carousel animal: saddles, bridles, and secondary figures.
- Lead Horse animal selected as the point to begin collecting tickets, typically the most elaborately decorated animal.
- **Stander** stationary animal, three or four feet on the platform.
- **Jumper** animal with all four legs off the platform.
- Chariot stationary bench
- Scenery Panels boards decorated by carvings or paintings on the carousel's center pole area.



Be sure to add this museum to your bucket list! Open year round. Hours from Memorial Day thru Labor Day: Mon. thru Sat. 10 am - 4 pm and Sun. Noon to 4 pm. Off-Season Hours: 11 am to 4 pm. Admission: Adults \$6.00; Seniors \$5.00; Children 4-14 \$4.00. Under 4 free. Phone: 419-626-6111.

Visit them online at www.merrygoroundmuseum.org.







Helen Marketti's Music Corner





Revolver: An Echo of a Dream

Larry Cesare shares an interesting story of being part of one of the first Beatle-tribute bands in the Norwalk and surrounding areas.

"I am originally from Norwalk and have one younger brother, Bob. My dad was a railroader and my mom was a home maker. We lived a comfortable life. My father was a very accomplished accordionist," remembers Larry. "When I was a kid, I did dream about being a musician. Thankfully both of my parents fell into line with the interest Bob and I had with The Beatles. They bought my first electric guitar and bought my brother a drum kit which was almost exactly like Ringo Starr's."

"Bob and I played in many bands in Norwalk and surrounding areas for many years. I started a band in the 60s with a grade school friend of mine. We called ourselves, "US". It seemed fitting at the time since there were bands called "THEM" and of course, "THE WHO". We were one of the first rock and roll bands in the area," said Larry.

He continues, "My brother Bob collected vintage music equipment. He started amassing the kind of equipment that The Beatles used. (Hofner bass, Vox amplifier, Rickenbacker guitar and Ludwig drums). A lot of the gear was made in the 50s and 60s and was no longer being produced but Bob was able to find the gear!"

"We started playing around with the equipment with a friend of ours and discovered that we kind of sounded like The Beatles. The idea then came to mind that maybe we could play Beatles music. It was 1980 by this time and bands were not covering Beatles music," said Larry. "We decided to see the Broadway touring production of Beatlemania. We were impressed by their performance and thought we could play Beatles music, too."

"We decided to recreate The Beatles concert experience from 1964 to 1966. We already had the vintage gear so we added the suits, the boots and we had our own mop top haircuts. We played two sets of songs with 12 songs in each set. Our goal was to present The Beatles early music with technical accuracy which included "their look", accents, stage banter and so forth. Once we started performing around the area, people were going nuts! Crowds were quite diverse. The audiences would get happily lost in the illusion. Beatles tribute bands offer people an escape, to relive memories or simply be in the moment. We can comfort ourselves in their music. I feel Revolver started something with Beatles tribute bands. We had a pivotal role in getting the ball rolling. Now there are many Beatles tribute bands."

Larry explains why Revolver was the chosen name for their band, "The Revolver album marked the end of the early Beatles music because after that, they started getting into a more avantgarde style with Sgt. Pepper and so forth."

"The original infatuation with The Beatles was partly a matter of timing when they



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appeared on The Ed Sullivan Show. The nation was still recovering from President Kennedy's assassination. The mood of our country was dark for a while. As the 60s continued, the Vietnam War was raging and there were more assassinations with Malcom X, Martin Luther King and Robert Kennedy. It was a



time of uneasiness. The Beatles were like a ray of sunshine, a respite, offering a sense of hope. They were a positive experience in the midst of all the craziness," said Larry.

What do you want people to know or remember about Revolver?

"That we were a couple of boys from Norwalk, Ohio that breathed life into Beatles music in this area. We have stepped away from the stage so to speak but it's nice to see other "Beatle bands" continue to carry the torch," explains Larry. "I hope we can keep the spirit of the 60s music alive. During that time music matured, creativity blossomed and originality reigned. The music shaped the culture. We have never seen anything like that before and it may never happen again."



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** Why Pet World

By Cathy Rosenthal

Dear Cathy,

My two-year-old Rottweiler is peeing on and around almost everything in my home for no obvious reason. I have two Rottweilers (both from the same litter), and the other one does nothing of the sort. It's not like he has to pee; he lifts his leg and spritzes on furniture, table legs, carpets, the walls, and even on his own feeding tray.

I've tried "stay away" sprays and blocking him from areas where he does this, but nothing helps. I put him immediately in his crate when he does this, and he knows he's done something wrong. Any suggestions? I'm at my breaking point. He's ruining my home. — Frances, Elmhurst, New York

Dear Frances.

That "guilty look" is not an admission of guilt as you and I know it, but him reacting solely to your displeasure with him. He is not likely making a connection that he has done anything wrong, only that you're mad at him.

There are many reasons your dog may be marking.

If your dog is not neutered, he is doing what sexually mature male dogs do. They never quite empty their bladder because they need small bits of urine to continually mark their territory. The urine attracts females and tells other male dogs to stay away. The fact that your other dog is not doing this tells me that the one doing it is the more dominant dog. This behavior generally develops when neutering is delayed until after sexual maturity.

If your dog is neutered, then your dog may be asserting dominance over the other dog in the home. Dogs also may mark territory when they're anxious, when there is stress in the house, when there is conflict among pets, when there is a new baby or family member, when there is a job loss, or when they can see other animals outside, etc.

So, what can you do? Neuter both dogs right away if they are not already. Neutering after sexual maturity can sometimes reduce marking, depending

on how ingrained this habit is for your dog.

Clean offenses with enzymatic cleaners to remove all biologicals and the lingering odor. Continue to use "stay away" sprays.

Remove dirty laundry, shoes, purses, etc., from the floor as these are everyday items that can be targeted.

Resolve stresses between family members or animals if they exist. Doggie calming chews and relaxation videos can help create a calmer environment. You can also use pheromone collars or plug-ins to create a more relaxed setting.

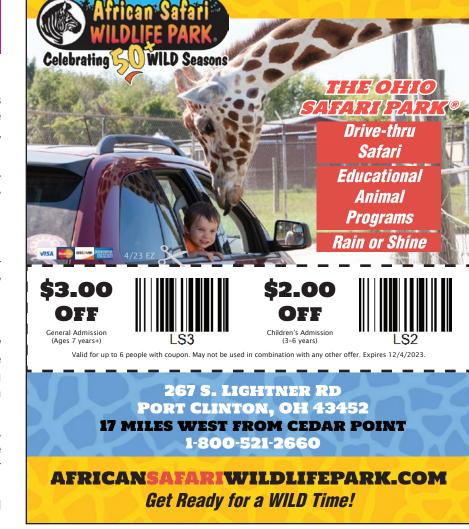
If a new person has moved in, let that person feed, groom, and play with your dog. If it's a new baby, make sure you give your dog lots of attention when the baby is around.

Cover any windows or doors where your dog can see other animals outside. If a dog is frustrated that they can't get to another animal outside, they may mark in the home.

Train him. Training builds a dog's confidence and reduces anxiety, which can lead to marking.

Finally, restrict access to parts of the home when you can't supervise him. Interrupt him in the act, when possible, by making a loud noise or clapping. Then take him outside and praise and treat him when he urinates.

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BEMER CIRCULATION THERAPY

continued

By Dr. Paul Silcox

Three months ago, I wrote an article about **BEMER** circulation therapy that helps blood flow in the smallest blood vessels. Capillaries are part of the arterial side of circulation that sends oxygen and nutrients from the heart and lungs out to all parts of the body. I know from my experience and medical training that often diagnosed chronic conditions decrease local blood flow that perpetuates the condition and/or inhibits its healing. However, I've seen that the **BEMER** unit works extremely good with many chronic conditions.

After the April article, my **BEMER** rental unit has been rented out a total of nearly 2 months. One person had a chronic foot problem of the great toe for 3 years that began to feel better after two weeks and so he rented for 3 more weeks to make sure before he bought a unit. The next person is a woman in her 70's with both knee replacements and bursitis in her hips. After a week she was feeling so much that she rented another week to make sure and she bought a unit for her long term better health. The third person was an ARMY veteran with service related injuries to the neck and mid back for 15 years. This was the first time he had been able to use the **BEMER** twice a day for 9 days. He had stated that he definitely had less chronic pain and that although the pain wasn't completely gone, he didn't have to take any pain meds for the week.

Research studies have shown favorable response with symptoms associated with neurological conditions that produce plaques in the brain when **BEMER** therapy is applied. In addition I have read research about favorable response in conditions of diabetes with **BEMER** therapy. I have had patients report to me that they could feel the warmth of increased blood flow in their feet as the **BEMER** is being applied.

I want to let Fremont know, that I just learned **BEMER** has announced a sale price of \$3990 on a complete **BEMER** unit for personal home use. This price is in effect til July 16th. If you'd like to learn about the **BEMER** rental program, to see what kind of benefits you might receive by increasing your circulation, stop in for a demo or call 419-307-8094 and leave a message if I can't answer right away. You'll be glad you did.

AND HAPPY 247TH BIRTHDAY AMERICA!!!



III IN YOUR OWN BACKYARD

The Ottawa County Community Foundation (OCCF) invites friends across the county to attend its first Doing Good Gala, a live auction fundraiser to be held at Catawba Island Club Pavilion, Tues., July 25, 6 pm - sunset. Proceeds of the "battle of the paddles" will help further OCCF's countywide efforts to aid nonprofit organizations and local students through annual community grants and scholarships.

The gala will include a casual strolling supper, live music by Blues Deville, reverse raffle (need not be present to win) and, if Mother Nature approves, a beautiful Lake Erie sunset. Auctioneer Len Partin will auction off a dozen top-tier items, including a two-night stay for two couples at Alexander Valley Vineyards Historic Schoolhouse near Healdsburg in Sonoma, CA. Also on the auction block is a weekend for 6 at Winery Estate Lodge in Winchester, VA, a "Chopped Dinner Experience" for 6 couples, three nights at "The Old Salt" Lakeside cottage (which sleeps 13), lunch at Rattlesnake Island, marina stays at Sandusky Yacht Club and Miller Marina at Put-in-Bay, a shopping party at Fabulous Female Boutique, dining cards and much more. For more info contact Brenda Haas at 412-736-0210

Kiwanis Club of Fremont meets every Thursday 11:45 - 1 pm at the Fremont Elks Lodge except for the first Thurs. 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 July 6 - Social Gathering at The Strand Theater, July 13 - Speaker to be determined, July 20 - Angie Ruth will speak with the club about the Sandusky County WIC program, July 27 - Speaker to be determined. For more info, email sardisbirchard@yahoo.com

Sandusky County Historical Society: Sunday, July 16th, 2 PM, Mike Gilbert will present a program on the history of the Indians in our area at 514 Birchard Ave, Fremont. August 6th, 2 PM, Ken Hammontree will present, in costume, a program about Tecumseh.

The Lindsey Sunflower and Homecoming Festival will be held on Saturday, July 29th from 10 am to 9 pm in the Wendelle C. Miller Park. The festival is being held in conjunction with a local sunflower field, The Suns Flower, and the county parks district's Creek Bend Farm, where additional activities will be held. The festival will include live entertainment, a 5K race, bingo, a cornhole tournament, contests and kids' games, craft vendors and food trucks. More info can be found on Facebook (Lindsey Sunflower and Homecoming Festival) or at lindseyhomecomingfestival.com. The festival is hosted by The Lindsey Homecoming Board, an Ohio Non-profit Corporation.

Downtown Fremont Events: July 1, Car Show 5-8pm; July 15, Farmers Market & Living Off the Grid Event, 9am-1pm.



Sandusky County Republican Women will meet on July 20 at 5 pm at the Sandusky Township Hall, 2207 Oak Harbor Road, Fremont. Guest speaker is Marisa Moya, the Executive Director of Heartbeat Hope Medical. Members and guests are welcome to attend.

United Way of Sandusky County is hosting the 14th Annual Cancer Care Fundraiser – Men Against Cancer – A Men's Night Out, on August 3rd at the Fremont Country Club. Doors open at 5pm.

Tickets for the event are \$100 and include a BBQ dinner, open bar, and entry into Bourbon door prizes. Joe Liszak, CEO of Community Health Services, will be serving as the Master of Ceremonies for the evening and an honored guest will also be in attendance to share his story.

Proceeds will benefit the Sandusky County Cancer Care Fund, which was established in 2007 to financially assist those in our county who are going through cancer treatment. Funds are used to pay medical bills, provide gas cards, utility assistance, and other special needs. Since its inception, over \$575,000 of support has been provided to over 1,060 Sandusky County residents.

Reservations, call the **United Way of Sandusky County** at 419-334-8938; or email Rachel McCoy at marketing@uwsandco.org; or our website or FB page. The deadline for reservations is July 21.

Fremont Area Women's Connection welcomes you to our Ladies' Luncheon, July 11th at Victor's Event Center, 2270 Hayes Avenue. Featuring Deb Noftzinger of the SC Park's District. Our speaker, Connie Rhodebeck of Mount Vernon, Ohio reflects on the surprising gifts of lasting friendship.

The doors open at 10:30am for coffee and socializing. Lunch and program is 11-1pm, cost is \$14. Reservations due Friday, July 7th. Call/text Donna at 419-680-2251 or e-mail Carrol at fawcluncheon@gmail.com. Reservations/ cancellations must be reported in the same way.

Trinity United Methodist Church, Fremont will host a "Party in the Park" on July 23, 2-6 pm at Conner Park, Rusch Shelter House. The public is welcome to join in various activities for the enjoyment of kids and adults. Enjoy music provided by Johnny Jukebox and enjoy a grilled hot dog while watching those brave ones (including Pastor Andrea) sitting in the Dunk Tank.

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Andrius Giedraitis, M.D.

Pain Management Physician

Dr. Andrius Giedraitis (Dr. G) has joined the staff of The Bellevue Hospital's Pain Management Center. He is a board certified and fellowship-trained pain management physician and offers a balanced approach to evaluating, diagnosing and treating many types of chronic pain concerns.

Dr. G. creates a tailored care plan specific to each diagnosis and designed with the goal of decreasing pain and increasing functionality for patients. He currently practices at Blanchard Valley Hospital in Findlay and Community Hospitals and Wellness Centers in Bryan.

He completed his residency in anesthesiology and his fellowship in interventional pain management at the University of Pittsburgh Medical Center, Pittsburgh, PA.

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