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Vol. 21 Issue 7

**JULY 2020**

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# Lifestyles 2000

July 2020  
Vol. 21 • Issue 7

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Celebrating  
**21**  
YEARS



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# Black Sheep are Really Unique Winners

By Robert Morton

How can anyone be a "black sheep"? How we are created makes us all winners, for we didn't arrive on planet earth by serendipity means.

By metaphysical design, millions of sperm cells, each which would have to be magnified a thousand times for our eyes to behold, struggled to reach an egg that was smaller than the point of a needle. Only one survived, while millions of its challengers weakened and perished in the struggle. This sperm, and its egg, contained dozens of chromosomes, each wrapped in Jell-O like beads strung together. Each bead housed hundreds of genes. One grappling sperm cell, out of millions, made each of us! It, miraculously, bonded with an egg containing a tiny nucleus.

The Natural Order dictates that you are born to be a unique champion, so why define your worthiness by comparing yourself to others? You possess an incomparable uniqueness that no one else has! Maybe the term "black sheep" isn't so derogatory and shouldn't symbolize worthlessness. After all, the fleece on a black sheep is just as warm and cuddly as that on a white sheep, and it doesn't show the dirt like white ones do. Maybe shepherds despised them because their fleeces couldn't be dyed like those of white sheep.

I looked up "black sheep" in the Folk-Lore Record (1878) where there is a long-standing English country tradition that considers black sheep to be omens of good fortune. It included this piece: "We speak figuratively of the one black sheep that is the cause of sorrow in a family; but in its reality it is regarded by the Sussex shepherd as an omen of good luck to his flock."

So there! You're an omen of good luck! You have the power to do the best you can, with what you've got, at any point in time. Don't forget that you have a naturally imposed uniqueness from the nearly 8 billion other human beings inhabiting the earth, an individuality that was intended by design the moment the microscopic struggle began.

*Robert Morton, M.Ed., Ed.S. has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in The School of Leadership & Policy Studies at Bowling Green State University. He authored three books: "Finding Happiness in America" and two spy thrillers- "Penumbra Database" and "Mission of Vengeance", all available in paperback or Kindle in Amazon.com books.*

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# Lifestyles 2000

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

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

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## Publisher's Letter

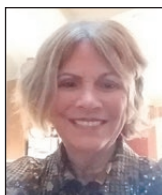
Happy 4th of July!

We are praying that the violence that is taking place in our country will have ended by July 4th and that we will begin to heal. There is so much to be thankful for, we are the best country in the world and we should celebrate how fortunate we are, even though this year has indeed been a struggle.

Thank you for being a reader and for picking us up, also thank you to our wonderful advertisers who make it happen..

God bless,

Joanne



## Find Pete



Wow, less than 100 correct answers! Was it really that difficult? "Pete" was hidden on a mask in the CHS ad on the inside front cover.

## Find Pete Winners:

Our lucky winners are: Tom Swedersky, Marsha Cook, Rose McKnight, Donna Henkel, Andriana Vasquez, Diane Schwochow, Donna Hetrick, Betty Sterling, Fremont; Mary Ottney, Gibsonburg; Linda Hayman, Republic; Michelle Thrasher, Risingsun; Paula Chambers, Andie Dodson, Carrie White, Clyde; Karen Perry, Vickery; Amber Smith, Bettsville; Suzy Hainer, Bellevue

African Safari winners are: Nate Binder, Fremont; Brenda Cox, Bellevue; Elizabeth Hammer, Helena.

## Find Pete Prizes:

**Extra Chance to Win a Trip for 6 to African Safari!** – Mention "21 Years" in your Find Pete entry and be qualified to win a \$140 gift card to African Safair-3 to be given away. Prizes are from: Color Haven, Otto & Urban Florist, Pottery Perfection; A's Family Restaurant; Share & Care Fremont; Old Fort Market, The Calico Cat, Clyde. If you wish a specific prize, please include in your entry.

## Find Pete Contest Rules:

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



## Gabby Gardener

By Patti Saam

### Moles and Voles...the irritating little varmints

So the other day, I had a phone call from Dr. Silcox, he wanted to know a good way to get rid of voles. I told him to put chewing gum down their hole or to set traps. But it got me thinking, there must be other ways. And there is! One method is to puncture their tunnels and every so often, put chili powder into the hole. They do not like this at all!

Another trick that seems to work well is to place glass bottles in your garden. Fill them 1/2 full with water and place them throughout your garden. When the wind blows across the top of the bottle, the noise will scare the moles and voles away. I actually think this sounds cool, no pun intended! It is very windy where I live and I plan on trying this.

You can also fill their holes with human hair and chopped garlic. I had actually heard of the hair before, but forgot to mention that to Dr. Silcox. And if you have been out fishing, place a piece of raw fish sprinkled with salt into their runs. They will want nothing to do with it and will leave the area. And I love this idea...in one of their holes, place a couple of ex-lax chocolates. I'm not sure exactly what happens, but they leave....maybe rather quickly!

Some people put kerosene on a paper towel in their hole. Others drop cotton balls soaked in castor oil in their runs. You can also set out mole traps, put a little peanut butter in and wait. They love it and will go right in. I've done the traps, they work pretty well. Or, sometimes your dog will do your dirty work for you. They can feel the little varmints underground and will start digging to get them out. Our cats will catch them too, but they must not taste very good because they never eat them. So, Dr. Silcox, I hope these ideas help you with your varmint problem!

*RFD Garden Club meets the 3rd Tuesday of every month. Our meetings are at 7pm and usually in a members home or at a scheduled event. If you have any questions, please call Patti Saam at 419-307-7776.*



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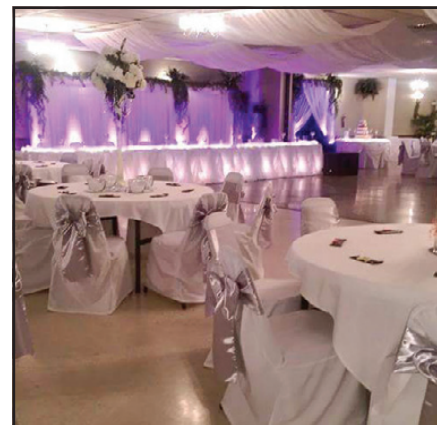
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## Out to Lunch

By Lynn Urban

Recently, on a trip to Norwalk for an auction, I wanted to grab lunch before we went there. I usually go on the internet to see what restaurants are near by and what is recommended. I came across the family owned Star Diner at 46 Cleveland Road.

When you drive by it looks like a little house. You wouldn't know from the outside that it is a cute 50's style diner on the inside, complete with the black and white checkered theme. It's your classic diner with good diner food and a great personality. Even if it is full, which is often, the staff is very friendly and quick at taking your order and getting the food out fast and hot.



Once a truck stop, along with rooms for rent, this diner has become a local favorite for many in the area. They are open everyday from 5 a.m. until 2 p.m. and 7 a.m. til 2 p.m. on Sunday. Breakfast is served all day as well as lunch, and it is cash only. Everything that can be homemade, is, along with the fresh baked pies and muffins. For breakfast the homemade savory sausage gravy served on top of shredded hash brown potatoes is a winner, for only \$4.69. Also the Western Omelette, hash browns and toast was good. I got the half order for \$6.99 and it was plenty. The trash potatoes is another favorite.

For lunch the ½ lb. Cheeseburger topped with everything is a deal at \$5.99, add fresh fries and creamy cole slaw for \$2.49. The prices are very reasonable and the food is good. I've been there twice and have been pleased both times. It's gotten many rave reviews on their website from everyone who has been there. It's a must try if ever in the area for breakfast or lunch

They were voted best breakfast for 2019. Good food, good prices, in a friendly atmosphere. Possibly due to the pandemic, they have set up some tables and chairs outside, or maybe they do that every summer. They are also taking precautions in the inside.

## Jill on Money

By Jill Schlesinger

### Return Smart: Making sense of the May jobs report

In a startling reversal, the Labor Department reported that the economy added 2.5 million jobs in May, versus the 8 million drop in payrolls that was expected. The report may signal that the worst of the economic impact from coronavirus occurred in April, when 20.7 million Americans were sidelined. But just because the worst is over, does not mean that the economy is set to return to pre-pandemic levels any time soon. In other words, let's not pop the champagne and celebrate just yet - there are a lot of aspects of the report that underscore that we have a long way to go.

The monthly jobs report is compiled from two separate surveys: one that asks businesses whether they have hired or cut positions; and the other asks households whether or not they were working in the previous month. The latter is the data from which the unemployment rate is determined, but it can suffer from some technical issues, which result from the reasons that respondents say they are not working.

BLS reported that the unemployment rate dropped to 13.3% in May, from 14.7% in April. However, the Labor Department itself warned that the headline rate could be understated. That's because a large number of workers who were classified as employed but absent from work due to COVID-19 were NOT counted as unemployed. According to economist Joel Naroff, "the questionnaire allowed for a response that would essentially classify those workers in the same way as those on vacation, on jury duty or taking care of a relative. As a consequence, there was a huge undercount of those unemployed."

The Labor Department spelled out the problem at the end of the report, saying that if those workers were properly classified "the overall unemployment rate would have been about 3 percentage points higher than reported (on a not seasonally adjusted basis)." Monthly reports are subject to two subsequent revisions, so don't be surprised if these numbers change.

As always, it is better to keep an eye on the broader unemployment rate, which includes part-time workers who seek full time work (10.6 million, up by 6.3 million since February) and those who gave up looking for jobs, because it is a better measure of what's going on in the economy. That rate stands at 21.2%, down slightly from an all-time high of 22.8% in April, but higher than the previous peak of 17.2% during the Great Recession.

Although many are hoping for a quick turn around in the second half of the year, companies may not rush to rehire. Instead, they will wait to see whether demand increases enough to justify bringing workers back on the payrolls. The recovery will be significant, but it may not be strong enough to bring back all of the 20 million unemployed to the labor force. According to the nonpartisan Congressional Budget Office the economy is likely to be 5.6% smaller in the fourth quarter of 2020 than a year earlier, a massive markdown from its projection of 2.2% growth made at the end of 2019 before the pandemic.

Diane Swonk, chief economist at Grant Thornton believes the economy will come back from "the rock-bottom lows of April," but the rebound will be "sluggish" - more sluggish than CBO's estimates. By the end of the year, she forecasts the economy will "contract by 9.4 % on a fourth-quarter-to-fourth-quarter basis, the worst since 1946 when millions returned from WWII. We do not expect the economy to cross the previous peak in overall economic activity until the second quarter of 2022."

For now, let's put the champagne back in the refrigerator.

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



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## CASA (Court Appointed Special Advocates)

CASA (Court Appointed Special Advocates) of Seneca, Sandusky, and Wyandot Counties is a nonprofit program that trains everyday citizens to advocate for the best interest of children in the court. Most of these cases are children that are victims of abuse and neglect in your community. A CASA volunteer provides the judge with carefully researched information of the child to help the court make a sound decision about that child's future. Each case is as unique as each child involved. The CASA volunteer makes a recommendation on placement to the judge and monitors the case until it is permanently resolved. In order for a CASA volunteer to prepare a recommendation, the CASA volunteer talks with the child, parents, family members, social workers, school officials, health providers and others who are knowledgeable about the child's history. The CASA volunteer also reviews all records pertaining to the child, writes recommendations, and then appears in court on behalf of the child.

United Way of Sandusky County helps Sandusky County CASA by providing funding for CASA to train and support the volunteers. Volunteers go through a 30-hour training over a course of 5 weeks. The training prepares them for advocating in court, the trauma these children experience, the ongoing opioid epidemic, and the ever-changing list of services they can recommend for the families. Once the volunteers have completed their training and are appointed to a case, they need someone to offer them support and guidance throughout the case. Volunteers are able to call CASA staff, who are able to guide and support them through processes, problems, and questions. Staff also serves as a liaison between the volunteers and the courts, agencies and service providers. Additionally, staff can be appointed as alternate Guardians for children so they can fill in for a volunteer when needed.

With the current pandemic, Sandusky County (as well as other counties) are expecting a rise in cases. COVID-19 is impacting finances, education, employment, mental/emotion/physical health, and much more. Statistics show that these stressors can lead to child abuse. To prepare for a rise in cases, we are actively searching for people who would like to volunteer and help impact a child's life. CASA volunteers are not required to have a special or legal background. The requirements are a volunteer must be 21 years old and pass a background check. If you would like to help the children that need it in the most in your community, please contact our office at 419-355-1442.

Everyone is struggling through the global pandemic. Because of this, CASA would like to offer some tips and advice on remaining socially distant but still connecting online with one another so we can get through these tough times together! These can apply to all ages and relationships.

- To make video chats more interactive use a smart phone, tablet, or laptop so you can move around the area freely.
  - Eat a meal together or have a picnic through video chat.
  - Play music/sing together or read a book together.
  - For younger children, play peek a boo by turning the camera away from you then returning into the camera frame.
  - For great activities you can interact with children over check out these websites!
    - [www.PBSkids.org](http://www.PBSkids.org)
    - [www.nasa.gov](http://www.nasa.gov)
    - [www.kidsactivitiesblog.com/135714/virtual-field-trips/](http://www.kidsactivitiesblog.com/135714/virtual-field-trips/)
- Arrange for flower or pizza to be delivered.
- Create a family or friend newsletter.

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## IN YOUR OWN BACKYARD

- **Downtown Fremont:** July 4, Car Show 5-8pm; July 18, Farmers Market & Upcycle, Repurpose & Reuse Event 9am-1pm
- **Friday, August 7th will be the deadline date for the acceptance of any donations towards our enhancement project at the County's Veterans Park.** The new entranceway is up and is very beautiful. The eight ton granite stone should be in place at the park by hopefully August-September. On Veterans Day, November 11, 2020 we will have have an unveiling/dedication program God willing. Our program will begin at 10:30am while the annual Veterans Day service commences at 11am.
- **Ladies are cordially invited to attend Fremont Area Women's Connection as we resume our our our luncheons.** "Here We Go Again" is our theme for the luncheon at Anjulina's on Tuesday, July 14, 11-1 pm. Randy Brown, Director of Mama Mia from Fremont Community Theatre will provide a feature on the musical that has tentatively been rescheduled for May, 2021. Pam Meggitt, who has the lead role will perform a song from the musical. Nora White, author and radio show host from Middelburg Heights, Ohio is the guest speaker with a topic of "Leaving a Legacy". Cost of the luncheon is \$14 and reservations are needed by July 9 by calling or texting Donna at 419 680 2251 or emailing Carrol at [fawcluncheon@gmail.com](mailto:fawcluncheon@gmail.com). Any cancellation needs to be reported the same way. We will be complying with CoVid-19 standards, masks are optional. Fremont Area Women's Connection was organized in 1971 and is affiliated with Stonecroft Ministries.

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# You're Never Too Old to Learn

By Kathleen Nalley

The Fall Life Scholars course selections will be overflowing with options for seniors ready to be re-invigorated and to re-enter classrooms arranged to address the health precautions raised by the corona virus impact. Class size, room arrangements, cleaning procedures, and other dictates will be in place as rescheduled, returning and new instructors introduce a wide range of topics.

Popular instructor, Mike Gilbert, will bring a history of Sandusky County Athletics to the agenda and introduce Women of Horror, a class that will introduce 25 women who wrote for this blood curdling genre such as Mary Sheldon, author of the famous Frankenstein novel.

Ted Miller returns to address Bridge Beyond the Basics and his rescheduled class Non-Violent Resistance, a historical reference to peace seekers Jesus, St. Francis of Assisi, Gandhi, Martin Luther King Jr., Lech Walesa, Nelson Mandela and the events that defined them.

The energetic Dan Baker will cover Unsolved Mysteries in a three-part rescheduled series, while offering new insight into the The Big Bands and The Day the Music Died Rebooted.

A bevy of technology topics planned will be addressed by Karen Fisk and Tim Wasserman from understanding Alexa, digital photography, Microsoft Word, the iPad, video chats, computer security and Facebook.

Literary favorite, Pam Boyer, will share her love of the West with a tribute to Homesteading on the Praire as depicted by authors Willa Cather, Ole Rolvaag, and Laura Ingalls Wilder. Following The Great American Read winners, Kathleen Nalley will discuss the merits and history of Little Women and Outlander. Larry Michaels will embrace More Fun with Poetry, while Bob Nailor will offer advice on Getting Published.

In addition to seasonal baking, Chef Markwith will introduce a Fall Soup Series to whet the appetite.

Jill Groves creates new projects for fused glass: Windchimes and Fused Glass Ornaments. Students are encouraged to register early for these two often wait-listed classes.

Some of the new topics and instructors this year will bring the World of Wine (Kim Kocher), a Historical Photo Collection Series (Gil Gonzales), a series on memory loss (Diana Waugh, Long Term Care Dementia Expert), Edmund Fitzgerald: What Really Happened? (National Museum of the Great Lakes) and World War I (Prof. Steve Schragg).

The most current and updated class listings prior to publication of the catalog can be found at the Terra Community College booth at local farmers markets, and online at [www.learn.terra.edu](http://www.learn.terra.edu). Questions and registration can be addressed by phone (419-559-2255) or email : [learn@terra.edu](mailto:learn@terra.edu).



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# Astrology FORECAST

By Magi Helena

**ARIES (March 21-April 19):** Your innocent flirtations may just be a habit or a way of passing time for you, but someone may take it seriously. Think of every meeting as a chance to show that you are sincere and real.

**TAURUS (April 20-May 20):** Your fancy may turn to thoughts of business affairs and money-making activities rather than love. Tackle practical subjects like your bank balance.

**GEMINI (May 21-June 20):** Play life like a game of chess. Sometimes it is necessary to sacrifice something unimportant in order to win the game. Put your brainpower to work and upgrade your financial status.

**CANCER (June 21-July 22):** There is a New Moon in your sign, and although you cannot see it, you might feel it as the month unfolds. You may feel better able to express yourself once you accept your strengths as well as your limitations.

**LEO (July 23-Aug. 22):** It is hard to find a rainbow without seeing a little rain first. A few bumps may lessen your confidence but your optimism will quickly return.

**VIRGO (Aug. 23-Sept. 22):** Turn obstacles and dropped balls into learning opportunities. Take a few ideas that have been floating around in your head and put them into motion. You and a partner can draw up viable plans and find practical solutions.

**LIBRA (Sept. 23-Oct. 22):** Some of your fantasies might come true, but there is a reason they're fantasies. Try not to make irrevocable decisions or major purchases unless they make good sense.

**SCORPIO (Oct. 23-Nov. 21):** Your ideas may be too big to handle alone. You could get a project off the ground if there's a good supporting cast to help you. If you don't have all the answers, at least you know how to get them.

**SAGITTARIUS (Nov. 22-Dec. 21):** You have the hammer and someone else has the nails. You and a partner can work together to achieve your dreams. Your powerful enthusiasm can be the driving force behind intricate plans.

**CAPRICORN (Dec. 22-Jan. 19):** As the month unwinds, you may grow closer and more comfortable with a partner or special someone.

**AQUARIUS (Jan. 20-Feb. 18):** The difference between failure and success could depend on whether you phone it in or do your best. Remember that a task done correctly the first time will not need to be done again.

**PISCES (Feb. 19-March 20):** You might be tempted to spend time on frivolous things that could rattle your bank account. Put creative energy to good use by focusing on a new artistic project or educational experience.



# Kiss-Me-Over-The-Garden-Gate

By Grace Nause

"June is busting out all over—all over the meadows and the hills." That old song is surely on target for June of 2020. We have enjoyed day after day of beautiful blue skies, greening grass and spring flowers that move gently with the slightest breeze. It doesn't get any better than that.

Here at the Old Garden House, Bernie and I are on target with our cleanup, fix and repair, mow and trim and plant something new schedule. All this reminds me of another old song titled, "It's so nice to have a man around the house." Yes indeed, it certainly is! Especially a man like Bernie.

To make things a bit more challenging for me, a few days ago, in the semi-darkness of the hallway, I tripped over our aged dog, Charlie, and fell bruising my left shoulder. So, we had a schedule of x-rays, and a MRI tomorrow and probably will need some surgery to repair the damage done. Charlie is a black dog, about 15 years old of medium size and is beginning to show his age. He is still an excellent watch dog and a loving family pet. We are looking to replace him. When our previous dog Buddy was aging, we went to the dog pound in search of a younger dog and found Charlie. They were together for about 6 months while Buddy taught Charlie to be a good watch dog outside and we did the in-house training. So, long story short, if you know of such a younger dog that needs a good home (not a puppy), please call us at 419-332-7427. If we can find one in the near future, Charlie will have the summer to train him to be a good watchdog and to use the "doggy door". Charlie is still in good health and they will have each other's company for awhile yet.

At this writing, the Tea at Two scheduled for 2 p.m. on Tuesday, June 30th, is still on here at The Old Garden House. We had cancelled March, April and May because of the Coronavirus. At this writing we believe we can hold the Tea. If weather permits, we will serve outside with 6' spacing of tables and those registered together, sitting together. If we hold the Tea inside, we can still serve at separate card tables and use 6' spacing. So far we have a smaller number of attendees than usual. Our guest speakers will be Fred and Pam Wolfe, auctioneer and his wife. Please bring a "White Elephant" for them to "sell." We will provide the paper money for you to buy yours back or buy someone else's.

We can still take a few more reservations, call us at 419-332-7427. If you have concerns about coming or questions, please call and talk about it with me.

Last year a friend gave me a book titled, "Grits to Grace, Devotions from the Farmhouse Porch." I have enjoyed its down home, everyday inspirational message of hope and joy. Every other page has a "as seen on a Country Church Sign." Here's one...." Live your life so you won't be ashamed to sell the family parrot to the town gossip." .... Will Rogers.

Have a great early summer and we'll see you next month; in the meantime, visit family and friends, enjoy the breezes, the sunshine, and all the reasons that LIFE IS GOOD

Ms. Grace



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- Witches and Wizards** (ages 13 & up) July 10th, 11-1:30
- Walk On The Wild Side** (ages 8 & up) July 9, 10-2:30
- Desert in Bloom Box** (ages 8 & up) July 9, 10-2:30





# Helen Marketti's Music Corner



By Helen R.  
Marketti



## Richie Furay

Richie Furay was an original member of 60s band Buffalo Springfield. One of their signature songs, "For What It's Worth", certainly resonates today as much as it did during the counter culture era. During the early 70s Richie formed a band called, POCO. As one listens to "A Good Feeling to Know", we hear the country rock sound and wish for more.

"I liked the Rockabilly sound when I was growing up. I would listen to Gene Vincent, Eddie Cochran and Buddy Holly. If I had to pick a specific music influence, it would be Rockabilly and I believe that sound came out in my music," said Richie. "I asked my parents for a guitar when I was eight years old. What really got me going back then was watching the TV show, The Adventures of Ozzie and Harriet. I remember distinctly watching an episode where Ricky Nelson is singing Be Bop Baby in a high school auditorium. It was during that moment when I thought, if this guy can do it then I am going to do it, too. So that was the start of how I got going."

Originally from Yellow Springs, Ohio near Dayton, Richie shares how he ended up in the midst of the folk music scene in Greenwich Village. (New York) "After high school, I went to Otterbein College in Westerville. I joined the Acapella Choir. During my sophomore year I suffered a ruptured appendix. I had to drop out of school around the holidays. I knew there was going to be a school trip in the spring to New York City and I did my best to work my way into going. The staff agreed that I could go on the trip if I participated in the rehearsals. We had a little trio folk group at the time. When we got to New York, we went directly to The Village and actually sang in a couple of clubs such as Café Wah? and The Four Winds. The thing about these clubs was that they already had set entertainment booked. We were the ones who sang during set changes." (laughs) "Over the summer, we went back to New York and it was during that time that I met Stephen Stills who happened to be playing at The Four Winds."

It would be what some may consider the planets lining up to connect with Neil Young. "Stephen first met Neil in Canada. I first met him in New York. Neil came to California looking for Stephen and I. He never found us and of course those were the days without cell phones or the internet. As luck would have it, on the day Neil was going to leave LA and head out to San Francisco he was driving his 1953, green Pontiac hearse! He was on Sunset Boulevard. It just so happened at the same time, Stephen and I were on Sunset going in the opposite direction. Traffic came to a stand still as it often does on the Strip when we noticed a familiar looking hearse with Ontario Canada license plates. That is how we got together. It just happened. You can't plan that stuff." Richie and Stephen formed Buffalo Springfield.



After Buffalo Springfield, Richie was a member of POCO for four years before leaving. "My heart was broken to be honest. POCO had just released, "A Good Feeling to Know". I felt really good about it. This was the single that would push us forward. At the time, AM radio was big. We were getting air time on FM and our shows were well attended but we just couldn't crack the AM stations. Well, at the same time we released, "A Good Feeling to Know", The Eagles released, "Take It Easy" and when that song took off, I don't think our song even charted."

Richie has many current projects going on simultaneously, one of them being putting together a documentary about his life. He is also a retired pastor. "My manager (David Stone) and I were discussing putting a documentary together. We were trying to think of someone who could be the narrator or at least narrate the trailer. As luck would have it, I received a note from film director, Cameron Crowe on social media. He was popping in to say hello. I was skeptical at first because I thought it was someone playing a joke. I sent a private note that said if this was really him that I was going to be in Los Angeles for a show and would like for him to attend. He responded that it was really him and he planned on attending. Sure enough, he did and I have pictures to prove it! He agreed to narrate the trailer." What many may not realize is that at the age of fifteen, Cameron Crowe was writing articles for Rolling Stone Magazine. One of his first assignments was interviewing Richie and profiling the band, POCO. They first met in 1973. "I had not seen Cameron in at least forty years. I am happy he did the narrative for the documentary trailer. It would be great if he could narrate the entire documentary." [www.richiefuray.com](http://www.richiefuray.com)

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## Puppy needs frequent walks to avoid urinating in house

Dear Cathy,

My golden is 8 months old. She is for the most part house-trained. I walk her an average of six to seven times daily but have been trying to stretch out the times between walks. She holds it all night seemingly without problem. But just yesterday, for instance, she urinated in the house after not being out for about 5 1/2 hours. Is this normal for an 8-month-old puppy? -Jeff

Dear Jeff,

It's great she can already sleep through the night without needing to relieve herself, but that rule doesn't apply in the daytime when she is eating, drinking and playing. So yes, this is normal.

For now, you know her threshold is 5 1/2 hours, so walk her every five hours and increase it by 15-minute intervals every few weeks until you are sure she can handle it. If she has an accident, go back 15 minutes and try again. As she gets older and her bladder gets bigger, she will be able to hold it for longer.

### WARNING ABOUT A POPULAR PLANT:

Most garden centers don't mark plants with warning labels that indicate a plant could be poisonous to your pets. So, let me warn you about a deadly plant sold in many garden centers: the Sago Palm.

The Sago Palm is a popular evergreen plant found in yards in warmer climates and in pots in cooler climates. The problem is, the entire plant is toxic to dogs, cats and kids, from fronds to seeds. The seeds though, are what most pets chew on or swallow.

"Even half a seed can kill a 40-pound dog," says Dr. Sarah Ford of Blue Pearl Specialty Emergency Pet Hospital in Scottsdale, Arizona. "It's like chocolate. The smaller the dog, the bigger the problem."

For says there's a compound in the plant called cycasin that can cause liver necrosis. Most pet owners might not even know a dog has chewed on the seed until symptoms appear, including drooling, anorexia, vomiting, nausea and diarrhea. By then it can be too late, she warns.

Ford has seen several cases of Sago Palm poisoning and says she has witnessed only two cases in which dogs survived. There was one instance when a dog owner saw his 4-year-old silver lab chewing on a seed and spitting it out.

"Most of us would assume the pet was safe since he didn't swallow the seed, but the pet owner went home and learned the seed was toxic and took his dog to the vet," says Ford. "Even with somewhat quick thinking on his part, the dog spent three weeks in the hospital, had a feeding tube inserted and was on fluids to dilute the toxin in his liver."

If you have this plant, get rid of it. If you can't get rid of it, then at least remove the seeds when they emerge (with gloves) and throw them away and put a small wire fence around the plant to keep kids, dogs and cats away from it.

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

## IS IT SOUP YET?

By Dr. Silcox

I wish I had a nickel for every time a patient said, "But I didn't do anything!", when asked what their recent activities were that may have produced an acute episode of back or neck pain. Often, there is an expectation of an immediate onset of pain after a jolting or jarring event, and when that doesn't occur, most people are utterly clueless when something severe happens that they don't make a connection as to what caused it.

Here's a recent example. I had a patient come in with severe right lower back muscle spasms that just began less than 24 hours before. Her job is not physically demanding. No falls and no lifting injuries. No motor vehicle accidents. BUT, on questioning some more, she said, "You know, I was with my kids on a trampoline last Saturday at a birthday party, but I didn't hurt any from that."

After practicing for 42 years, I have had many patients tell me on a Tuesday or Wednesday that they were in severe pain that just started the day before and they had no idea why. One thing I have learned is that often it takes time for a pain syndrome to come to full fruition.

The one analogy that I usually tell people is, "Do you understand that when you put all the ingredients in a pot on the stove, it's not soup yet?" And every one of them understands this. I then tell them that people get fooled because they didn't have the pain immediately after an activity and so they don't think it could have done anything. Just because all the ingredients are in the pot, doesn't make it soup. It takes time for it to become soup.

So the takeaway from this story is that the jolts and jars definitely have the potential to create painful activity at the time it occurs. But often times it doesn't happen that day or the next. Sometimes when one of those jolts or jars occur, or a muscle is strained, it takes time for it to bring on a painful syndrome. (Remember, it's cooking) Make sure to let your chiropractor know what you've been doing to see if it might play a part in your current condition and how to best treat it.

By the way, the lady in her mid 30's responded well when I had the additional information to the likely cause.



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## GARAGE SALES

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# "Little Giants"

By Gary Kaltenbach

Until 1925, the Fremont High School football team was usually known as the Purple and White. In October of that year, they defeated a better team from Sandusky, and a sportswriter said that they had played like "Little Giants". The name stuck.

I only bring this up now because we are surrounded by what we should all consider as Little Giants. The first responders, Little Giants. The entire medical community, from ER staff to doctors to nurses in all capacities, to respiratory staff, to office staff, to blood staff, to intensive care specialists, to those in hospice care, to those in nursing homes helping our infirm, these are all Little Giants.

We see the police, the sheriff's officers, the paramedics, the firefighter... all Little Giants.

Those who worked tirelessly in our restaurants, our carry-outs, our grocery stores, putting their lives on the line so that we may have nourishment. They don't wear the uniforms of the purple and white, but more real Little Giants never existed.

The neighbors who ask to help, or just call to see how you are. These are our offensive line. These are protecting those who cannot or will not venture out. Those kind folks who bring us a meal, or have it sent to our home. Those loving people who pay ahead in the drive-through line, and surprise us when we try to pay. So we pay ahead for the next car. Suit 'em up, coach. They are ready.

Those in factories who continue to work, or have been repurposed to produce what is needed to keep us alive and going strong. Little Giants all!

Pastors and those who continue to serve our religious needs. Those who pray for us, or send us a card expressing hope and faith. These people carry the ball for us, when we may not know what to do next. These are our play-callers, our cheerleaders, our trainers, putting a band-aid on our wounds.

Teachers, administrators, counselors, coaches, support staff who have been jerked away from their students, who miss them as much as family, who worry about their safety, their health, their mental stability, and, when all is said and done, their academic achievement. These teachers are Little Giants in every sense of the word.

Our sons, daughters, brothers, sisters, moms, dads, relatives who serve our country every day in the uniform of our Army, Navy, Marines, Air Force, National Guard, Coast Guard... with more concern for our safety than their own. Our alumni team is made of those who have served in the past, who have come home safely, who have been wounded, and those who gave their lives to protect ours. These don't wear purple and white; they wear khaki, and the other colors that identify them and keep them safe. These were and are the true Little Giants.

Moms, Dads, Grandparents, Aunts and Uncles, Cousins, who can't be with us every day, or perhaps not at all, and still worry about us, and pray for us, and offer what distant comfort they can. If anyone was ever a Little Giant, these daily coaches fill the bill.

The husbands and wives who put up with the mood swings, the not-knowing what is next, who worry about their better halves coming down with the virus.. The ones who worry about their parents or their children, not wanting them to have to go on without the love and support we selflessly deliver.

And now, there are no current Little Giants. The seasons are over, or, at least, postponed. Their hearts are broken because they can't be with their teammates, they can't compete for the honor of their schools, they can't share and create memories that will last a lifetime. We can't even

let them have a normal graduation in the presence of family and friends. They may be too young to see the big picture.

I hope they, and we, look up. In heaven is the real Little Giant. He has sent angels to proclaim his word and do his work. Look up and look around. We are surrounded by Little Giants. In fact, we are Little Giants. We haven't defeated Sandusky, like our team did in 1925. We are defeating a bigger enemy, a virus that is intent on taking us all down. But we have the best Head Coach, our heavenly father. He will guide us, and lead us, and help us to get through this.... Together, as a team. We are all truly, genuinely, and compassionately, Little Giants.



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