

2000  
*Lifestyles*

**FREE**  
Vol. 23 Issue 7  
**JULY 2022**

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**23**  
1999-2022  
**YEARS**



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— ★ **4<sup>th</sup> of July** ★ —

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# Lifestyles 2000

July 2022  
Vol. 23 • Issue 7  
[www.lifestyles2000.net](http://www.lifestyles2000.net)



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**Available locations:** Fremont - Cookie Lady, Root's Poultry, Kroger's, Subway, Hasselbach Meats, 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 or go online to: [Lifestyles2000.net](http://Lifestyles2000.net).

# Sunflower Fields Revealed ... By Denise Baldetti

*"A sunflower field is like a sky with a thousand suns." ~ Corina Abdulahm-Negura*

**Would you like to:** Hold your head up high? Look on the sunny side of things? Spread seeds of joy and happiness? Feed the birds?

You can experience all of these special life moments courtesy of Craig and Carmella Turnow. This enthusiastic, farm lovin' couple has planted approximately 57 acres of a very special crop . . . **SUNFLOWERS!**

They have been planting sunflower fields for 5 years in northern Ohio as a rotation crop. They have discovered there is a big demand for sunflowers. Later this month they look forward to opening up their fields to share the beauty of sunflowers with the public.

I recently had the unique opportunity to chat with the Turnows. Here are some fascinating sunflower tidbits I learned:

- Sunflowers track the sun. Their bright heads begin each morning facing east and follow the sun westward as the sun moves across the sky.
- The Turnows have planted over 26,000 flowers per acre - about 1.5 million sunflowers!
- They have started bee-keeping to help protect bees and pollinate the sunflower fields.
- Sunflowers are in high demand for their role in production of sunflower oil.

When bees drink sunflower nectar, pollen gets stuck to their Bee-Hinds and pollen transfers to sunflowers.

## MARK YOUR CALENDARS!

The blooming sunflower crop is very short. The fields will open to the public on July 26, 2022 for just three weeks.

For a leisurely drive over to visit their sunflower farm in Lindsey, Ohio, here are some adventures to plan for:

- Hayride sunflower tours
- One-half mile stroll thru sunflower fields with a "You Pick" area
- Photo walk - Sunflower paths with picture stations
- Elevated tractor seat for magnificent views of the flower fields
- Yoga sessions
- Local photographers to capture family portraits
- Sunflower Paint-a-long class
- Sunflower souvenirs
- A special July 30th event with a performing harpist from 7:00 - 9:00 p.m.
- Admission: \$5.00 per person; 5 years and under free

When asked about the most fun aspect of growing sunflower fields, both Craig and Carmella said they love meeting people. "We meet a lot of very educated sunflower people," says Carmella. "Seeing people's excitement makes us happy!"

## DIRECTIONS

**Address:** Craig and Carmella Turnow, 2956 County Road 92, Lindsay, Ohio (1 mile off Route 20)  
If traveling through Elmore, take Elmore East Road to County Road 92.

**Hours:** 10:00 A.M. until dusk each day during blooming season: July 26th - August 15th (approx.)

**Facebook:** The Suns Flower

**Website:** <http://TheSunsFlower.com>

**Contact:** Carmella Turnow @ 567-278-1070

Bring family and friends out to enjoy an opportunity to experience life on the sunny side!

*"Keep your face to the sunshine and you cannot see the shadow. It's what sunflowers do. ~ Helen Keller*





# Lifestyles 2000

## PUBLISHER/EDITOR

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## SALES

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567-342-3117

email: [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net)

## GRAPHIC DESIGN

Martha Blumel, Envision Graphic Design

## ADVERTISING/ GENERAL INFORMATION

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

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

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Lifestyles 2000  
30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

Happy Independence Day!

Hope you enjoy this issue, the Sunflower Fields article should make us all want to get out and enjoy what nature is all about in our beautiful corner of the world. What a relaxing way to spend a day.

Once again, if you enter the contest and don't include your address, you cannot win a prize.

Enjoy the month!

Joanne



## Find Pete



### Find Pete Winners:

There were 160 correct entries for June, the answer was Jennifer Leonard. The following names were drawn: Donna Hetrick, Dennis Bendy, Deb Shearn, Erica Mueller, Katie Huy, Marsha Cook, Joe Luc, Ada Williams, Fremont; Marcia Morelock, Judy Nehls, Gibsonburg; Dianne Stetler, Green Springs; Linda Hayman, Republic; James Hultren, Castalia; Heidi Clevinger, Elizabeth Mossing, Carole Wise, Clyde; Judy Sampson, Elmore; Don Bacak, Port Clinton. Congrats!

Winners of Miller Boat Line tickets: Karen Sawyer, Rhonda Miller, Clyde; Berta Seymour, Oak Harbor. African Safari pass to Amy Long, Fremont.

### 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.

Starting this month we will again be giving away Miller Boat Line tickets and African Safari passes for six people. If you want to be added in the second contest, please add Celebrating 23 Years to your entry, you may specify either 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](mailto:lifestyles2000@sbcglobal.net). Twenty prizes given monthly. One entry per household. **Deadline is the 20th monthly.** Please do not send the ad.

## Youth Sports Coaches and Kids with Low Self-esteem

By Robert Morton

Years ago, a single-parent mom was worried about her fatherless son, age nine, who had a rather low self-esteem. The game of baseball lifted his spirits, however, one of his summer baseball league coaches was "gung-ho" on winning and constantly criticized her boy and his teammates whenever an error was made. Her son took these reprimands to heart and came home after practice with his head held low. She wanted to pull him out of the summer baseball league if the abuse continued.

Many parents of younger athletes are searching beyond the win-lose mentality; they feel a need exists to make youth sport leagues more "child-friendly" places.

The sports environment can grow unfriendly for younger kids like the one described above. They can gain much from a summer league baseball coach who instills a love for the game by emphasizing good effort, skill-building and teamwork through encouragement and compassion.

When competition, winning, and fault-finding become the core values of a kid's baseball team, the devotion and "love of the game" soon fades away. Could this be the reason 70% of kids who start in organized sports drop out by age thirteen?

Psychologists studied the impact coaching behaviors had on 152 children in a summer baseball league. The boys with low self-esteem playing under trained, encouraging baseball coaches showed dramatic rises in their feelings of self-worth and love for the game, while the other boys did not.

Fortunately, the vast majority of youth sports coaches don't sacrifice the physical and emotional well-being of their players for their personal desire to win. The son of this single-parent mom, and millions of youths like him, could benefit from joining a youth sports league and interacting with one of them.

A great resource is the National Alliance for Youth Sports (NAYS) at 1-800-729-2057. NAYS runs over 2,200 chapters and conducts online clinics to train volunteer coaches in the psychology of coaching kids.

*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 at Amazon.com books.*



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## Out to Lunch

By Lynn Urban

Have you noticed the bright blue building at the corner of West State and Park Avenue in Fremont? What a transformation the owners of Casa Fiesta have done, and it's nice that someone didn't let this building go empty.

The inside has been beautifully remodeled and decorated, Mexican restaurants are always a favorite for many people. With Casa Fiesta's reputation, you know this place most certainly will be good.



The restaurant is named Kekis Cafe, which is Spanish for pancake, and pancakes they do have, along with classic American breakfast meals and traditional Mexican breakfast meals. The American breakfast of 2 eggs, home fries, pancakes or French toast, bacon or sausage, is only \$8.99. Some of the Mexican breakfasts consist of Huevos Rancheros, Huevos con Chorizo, and breakfast burritos. If you know Mexican food, you probably know what goes into these dishes. They also have a lunch menu, of burritos, with chicken or beef, Quesadilla, Street Tacos, with beef, chicken, chorizo, or steak, Santa Fe Salad, and an American Ham and Cheese sandwich. It's not a large menu, but it has a good variety to choose from. They also have two desserts, Chocolate cake and Arroz con leche, which is rice pudding. There is also a kid's menu which includes mac and cheese and applesauce.

The portions are filling, the prices are good, and they've got great tasting food. I've heard and read on Facebook many comments of how well people are liking Kekis and are supporting it. It's the only place you can get an authentic Mexican breakfast. If you like Mexican food, it's definitely worth trying. They are open every day from 7 a.m. to 2 p.m.

## Jill on Money

By Jill Schlesinger

### Scam alert

As you gear up to enjoy the summer, the IRS has a message: don't let down your guard!

The agency recently released its annual 'Dirty Dozen' tax scams, a kind of "worst of" fraudster guide for 2022. As it has done for more than 20 years, the IRS highlights the most prevalent scams and schemes to raise awareness among taxpayers and the professional tax community.

Almost immediately after COVID-19 hit, criminals went into high gear, using the pandemic to steal money and identities with bogus emails, social media posts and unexpected phone calls.

The scammers started by using Economic Impact Payments (aka stimulus checks) and continue to promote the scam by texting, calling, or emailing unsuspecting taxpayers, luring victims with promises of securing more money from the government.

Even though most taxpayers who were due payments have already received them, the offer of additional money has prompted people to provide personal information, like Social Security numbers and bank account details.

"Scammers continue using the pandemic as a device to scare or confuse potential victims into handing over their hard-earned money or personal information," said IRS Commissioner Chuck Rettig. "I urge everyone to be leery of suspicious calls, texts and emails promising benefits that don't exist."

This scam leapfrogs off a tried-and-true pattern, which the IRS places under the category of "suspicious communications."

At its base level, fraudsters prey on feelings, like fear of owing the IRS money, greed of being owed money, or empathy for others, which comes in the form of fake charitable donations. Once victims are on high emotional alert, they are more likely to provide sensitive personal financial information, money, or other information, which can be used to file false tax returns and tap into financial accounts.

The agency underscores that we need to be on the lookout for bogus calls, texts, emails, and posts online to gain trust or steal. "If you are surprised or scared by a call or text, it's likely a scam, so proceed with extreme caution," adds Rettig.

As a reminder, the IRS (and its authorized private collection agencies) will never:

-- Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer.

-- Threaten to immediately bring in local police or other law enforcement groups to have the taxpayer arrested for not paying.

-- Demand that taxes be paid without giving the taxpayer the opportunity to question or appeal the amount owed.

-- Ask for credit or debit card numbers over the phone.

-- Use text messages to discuss personal tax issues and will not send taxpayers messages via social media platforms.

-- Initiate contact with taxpayers by email to request personal or financial information.

"Generally, the IRS will first mail a bill to any taxpayer who owes taxes. All tax payments should only be made payable to the U.S. Treasury and checks should never be made payable to third parties. For anyone who doesn't owe taxes and has no reason to think they do: Do not give out any information. Hang up immediately."

One last scam warning, this time from the Federal Trade Commission, which reported consumers lost over \$1 billion to fraud involving cryptocurrencies from January 2021 through March 2022.

The agency's analysis suggests that "cryptocurrency is quickly becoming the payment of choice for many scammers, with about one out of every four dollars reported lost to fraud paid in cryptocurrency."

Crypto-related scams often begin on social media, but the investment scams tend to use the same playbook: a guarantee of big profits.

*(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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# ATTITUDE OF GRATITUDE

By Ashleigh VanNess  
& Kathy VanWey

Remember that brief, severe thunderstorm on June 1st? About 4:00 p.m. it produced an earth-shattering crack. That bolt set our dear friends, the VanNess Family's house on fire. Daddy Dick, Momma Beth, son Brandon, and daughter Ashleigh (who is also my hubby's Goddaughter) were not hurt. Ashleigh wrote such a beautiful and touching tribute I had to share it with you.



"First things first - huge shout out to Fremont Fire Department. Fremont FD pulled out all the stops to fight for the home of one of their former own, and they saved as much as they could. Then they made us cry today when they showed up with a check in hand and said, 'We take care of our own.' Also a shout out to the Red Cross, ServPro, and State Farm for making this whole ordeal easier so far.

Secondly thank you again to everyone who has reached out offering assistance, comfort, and well wishes. We truly appreciate everything and can't thank you enough. Please forgive me for not naming everyone . . . but I know my tired brain will forget a few .

A little fire update: It's bad, but it could have been a lot worse. It was a one in a million-lightning strike, and we're, thankfully, fully insured for both the house and my business. The whole of the second story is pretty much toast. Most of it was my

stuff that burnt . . . I have a lot of hard decisions to make regarding my craft business . . . Much of my memorabilia and things collected through my travels, especially prior to grad school, is either gone or status unknown.

Surprisingly, my Olympic torch and Torchbearer uniform made it through mostly unscathed . . . The Torchbearer uniform has soot damage and a hole burnt through the one sleeve, but it's salvageable.

Right now, we're okay. Tired, sore, shocked, sunburnt, stinky, and somewhat stressed out, but okay. We're all alive and okay. Our twisted senses of humor are resurfacing - one example: "We're having a smoking hot time". . . It's going to be a long time until the house is livable again. The insurance and Red Cross are working on more permanent, long-term housing . . . we're one step closer to this surreal nightmare being over. We'll get there, eventually, and one step at a time."

In a text Ashleigh wrote, "I'm doing more crying from all the kindnesses than from the losses." What a reminder for us to be grateful each day!

The Torchbearer uniform and the Torch Ashleigh carried in Columbus Ohio for the Salt-Lake 2002 Olympics.



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# National Ladies Homestead Gathering comes to Sandusky County!

By Toni Pendleton/President, Sandusky County Chapter, National Ladies Homestead Gathering

When my husband and I walked into the Kansas State Convention Center in Topeka in Fall 2019, we knew we had found our "tribe". Like-minded folks, like us, with a passion for a more Self-Reliant way of living.

One of our favorite magazines, "Mother Earth News", had selected Topeka as one of several locations for their annual "Mother Earth News Fair" Expo. We decided to take a road trip to see what it was all about.

Aisle after aisle of folks selling self-reliant products and techniques, as well as demonstrations for "Homesteaders", like us. Meal-worms to supplement chicken feed, Beekeeping supplies, Survival "Go Bags" to grab during a quick evacuation, Raising & Training Guardian Livestock dogs, "Making

Homemade Cheese", "Field dressing a Deer", Herbs for natural healing, log-splitters for wood-burning homes, Solar panels for the hardcore "Off-Grid" folks and so much more!

At the time, we didn't even realize we were considered "Homesteaders". We raise our own beef, chicken, turkey and eggs on our 4.7 acre hobby farm we call "Pen's Hens & Hooves Homestead". We raise fruit trees and a garden to have access to better tasting, better quality and more nutritious food. Food



preservation is my passion so I can, freeze, dehydrate and powder any foods I can get my hands on. We supplement our propane with a wood burner. We raise things, we build things, we fix things.

I knew I had found my "thing" when I attended a presentation by Cyndi Ball called "The National Ladies Homestead Gathering". This little lady with sparkling blue eyes and a farmer tan, took the stage wearing Muck boots and blue jeans and told an audience of eager ladies about her Homesteading journey and her organization strictly for Women.

When Cyndi moved to Georgia in 2011, her desire to farm and homestead was finally coming true. She finally had the property to raise small livestock, garden and become more self-reliant. Soon Cyndi discovered it was a lonely job with very little support system. Eventually she connected with other ladies in her community and invited them to her home to begin building friendships. This "Gathering" of Homesteading Ladies became so popular in her Georgia town, Cyndi made it a weekly event drawing in more and more women. They soon discovered they were not only building friendships, but also building a Community of like-minded ladies who could support each other. They were there to help each other set up a new garden, mend a fence, butcher chickens, loan out a rototiller or offer a shoulder to cry on when a beloved mamma goat didn't survive the birthing process.



Cyndi quickly realized that women all over the country were looking to connect with other women interested in Homesteading. With a talented team of friends, Cyndi created "The National Ladies Homestead Gathering" (NLHG) that quickly spread across the U.S.

Today, that Living Room Gathering in Georgia, has

evolved into 500 paid memberships with 24 local chapters in 13 states across the U.S. NLHG has a Facebook page with over 3,000 members, has a public YouTube Channel and a private online community for women to share their Homesteading successes, challenges and frustrations on a safe and secure social media platform with no fear of censorship by "Big Tech" folks unfamiliar with day-to-day Homestead happenings.

As a 501c3 organization, NLHG relies on paid memberships (\$35 annually) to cover fees associated with legal, accounting, marketing and technology. NLHG's purpose is to "Empower Women through Homesteading". The mission statement is to Share Knowledge. Build Community. Grow Friendships.

The more I heard from Cyndi, the more I knew this is an organization I wanted to be involved with. I was told by the ladies at the NLHG booth that there were no local Chapters in Ohio, but "you can start one!" So, I did!

I inquired about how to Open a Local Chapter, but needed some time to think about it. Who would come? Would anyone be interested? Am I the only one in Sandusky County interested in Homesteading? I had to think about it further.

Then in March 2020, Covid-19 hit the world. We were locked into our homes. Illness, isolation, boredom and lack of supplies rocked our worlds like many had never experienced before. I knew at that point it was time for a Community of like-minded Ladies to come together to share knowledge, to build community, to develop friendships and to offer support.

In March 2021, I stepped into my new role as President of the first Ohio Chapter of The National Ladies Homestead Gathering located in Sandusky County.

By May of 2021, twenty-five ladies from five area counties met in person in Oak Harbor for our first official "Gathering". Our first official speaker discussed the benefits of home-brewed Kombucha (fermented tea with excellent probiotic qualities for gut health), then we broke into small groups to discover what the ladies were interested to learn. Gardening, Herbs & Natural Healing, Food Preservation, Homestead Accounting, Small Livestock, Setting up your Homestead and Fiber Arts were popular topics.

(Continued on page 8)



## GRANDSTAND ENTERTAINMENT

### AUGUST 22-28, 2022

[www.sanduskycountyfair.com](http://www.sanduskycountyfair.com)

**MONDAY - FAIR RACES - \$7 GENERAL**  
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**TUESDAY - MICRO WRESTLING**  
7:00pm As seen at the Microtorium of Pigeon Forge, TN  
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**WEDNESDAY - LIVESTOCK SCRAMBLES - \$5 GENERAL**  
7:00pm Chicken, Sheep & Calf Scrambles

**THURSDAY - KOI DRAG RACING - \$7 GENERAL; \$15 PIT PASS**  
7:00pm All vehicle types - drag racing

**FRIDAY - TRACY BYRD CONCERT - \$15 GENERAL; \$20 TRACK**  
7:00pm Opening Act Brandon Martin

**SATURDAY - DEMO DERBY - \$7 GENERAL; \$15 PIT PASS**  
6:00pm Twisted Metal - Promoter





# National Ladies Homestead Gathering, cont.

(Continued from page 7)

Today, a second chapter of NLHG has opened in Huron county! Our Homesteading movement is growing as more and more folks realize the importance of "Doing at HOME, inSTEAD of going to the store."

Our LHG Chapters have become a home to area Homesteading Ladies looking to connect with like-minded folks with a dream or desire to become more self-reliant. Our monthly Gatherings are free to attend to any area lady age 16+ (nursing babies welcome).



We don't care about how much land you do or don't have, how many animals (and what kind) you do and don't have, or how much (or little) experience you have!

We welcome ladies from all over: urban, suburban, and rural areas are all welcome. Whether their homesteads are in the planning phase or already established, all ladies have something to contribute or gain from coming together.

The next Sandusky County Chapter Gathering is scheduled for Thursday July 21st from 6pm-8pm at the Gibsonburg Public Library. We will cover the topics of "Sewing 101" and "Pressure Canning 101".

In "Sewing 101," you'll learn about the fundamentals of sewing tools with an introduction to the pieces recommended for a useful kit and how to construct your own. Speakers will give tips on thread types, scissors, and other equipment.

In "Pressure Canning 101," you'll be introduced to the basic equipment, techniques and recipes involved in home food preservation including how to operate a pressure canner. You'll take home a booklet of beginner recipes to get started on your own.

Come join us on the Third Thursday each month from 6pm-8pm for our monthly Gatherings where we bring in speakers covering topics ranging from Chainsaw Operation & Maintenance to Spring Foraging to Making Sourdough Starter to Setting up your Homestead-based Business to Rainwater Harvesting to Friendly Bugs for your Garden. We also offer hands-on workshops

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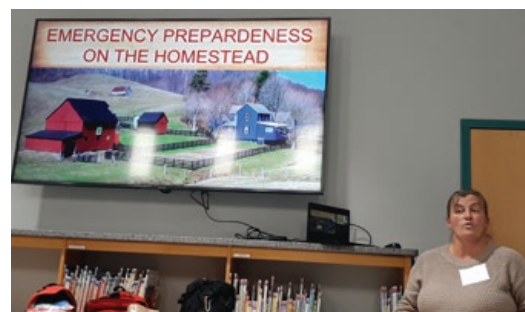
including Home Canning, Homemade Candles and "Make & Take's" including Herb Tinctures. We travel to each other's Homesteads for "Member Homestead Tours" to see how others are running their Homesteading operations. You'll also find us set up at markets and festivals to spread the good word about Homesteading. Locations and topics are announced through our Facebook page and webpage.

There's always more to learn, and everyone has something valuable to share!

Our Webpage: <https://ladieshomesteadgathering.org/sanduskyoh>

Our Email: [Sandusky.OH@NLHG.org](mailto:Sandusky.OH@NLHG.org)

Find us on Facebook at: "Homesteading Ladies of Sandusky Co. Ohio" and "Women Homesteaders of the Firelands"



## Sandusky County Share and Care Center Fremont Salvation Army Unit



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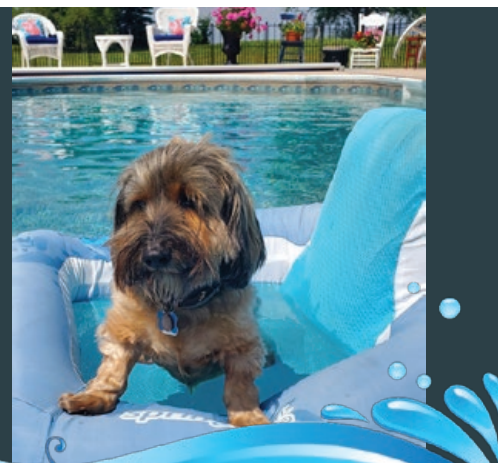
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# Astrology FORECAST

By Magi Helena

**ARIES (March 21-April 19):** You might be a winner during the next few days when you compete with others or express your generosity. Find time for sports or a day trip where your exuberance and good feelings can run full throttle.

**TAURUS (April 20-May 20):** You and your friends may bow to the conventions that are obvious while keeping your individual views private. You may make a few social blunders or budget miscalculations unless you think carefully.

**GEMINI (May 21-June 20):** Dreams can come true. Don't be hesitant or doubtful when confronted by an opportunity to make some extra spending money. Use your people skills to find common ground between opposing factions.

**CANCER (June 21-July 22):** Shine like a diamond. Your general optimism and friendliness let you stand out from the crowd. Be strategic about finances and retain good will by keeping in touch with both new and old friends.

**LEO (July 23-Aug. 22):** Your enthusiasm and exuberance can make the month ahead easy to navigate, but some tend toward judgment instead of acceptance. There is a tendency to be extravagant, but you can back up your promises with hard work.

**VIRGO (Aug. 23-Sept. 22):** You might succumb to wishful thinking today and misinterpret someone's intentions. Listen to a partner's sensible financial and business advice. Coworkers may believe they can cure the ills of the world.

**LIBRA (Sept. 23-Oct. 22):** Lay the groundwork for career success. Once you have established trust with someone, it is easier to find common ground. The focus is on friendships, social networking and making money.

**SCORPIO (Oct. 23-Nov. 21):** The ends never justify the means if there are losers at the end of the game. You can be pleasant, generous and kind even when you are serious about getting ahead. Find ways to help everyone come out ahead.

**SAGITTARIUS (Nov. 22-Dec. 21):** Some of your best traits may include making big-hearted gestures and not taking yourself too seriously. In the week ahead, however, you could take moneymaking activities and your income more seriously.

**CAPRICORN (Dec. 22-Jan. 19):** A partner might be filled with optimism and enthusiasm yet demonstrate poor business instincts. Your unwavering devotion to material success can make the pair of you a power couple.

**AQUARIUS (Jan. 20-Feb. 18):** You might agree with your friends and pay lip service to traditions while harboring quite different opinions. Build a solid financial foundation that no amount of shaking can dislodge.

**PISCES (Feb. 19-March 20):** Test your talent for teamwork. Cooperation only works when everyone holds up their end of the bargain. Exercise farseeing strategies to make your financial goals or to score more points with loved ones.

## Life Scholar

By Kathleen Nalley

Come summer, the Life Scholar classes conclude, but opportunities to volunteer open because Terra State Community College hosts Kids College the week of July 18 -21. Many adult learners lend a hand while a number of Life Scholar and Terra Instructors share a range of skills with varying grade levels of students.

Stacie Marquart, beloved yoga instructor will teach yoga for kids as well as introduce a hand sewing class. Sara Sherick steps away from Supreme Court Decisions to address the topic, "Think Green" for sessions where students will learn to reduce, reuse, and recycle while enjoying outdoor activities like designing a fairy garden and tie-dying.

A new event is being introduced to support this and other children's programs at Terra with its 1st Annual Car Show set for Friday, August 5 from 5-8pm. Applications for entrants are still being taken to compete in four level of awards: Peoples' Choice, Kids' Choice, Participants' Choice, and Terra State Choice. The car show will be accompanied by vendors, a beer tent, food and drinks, DJ Johnny Jukebox and a 50/50 drawing, all on the lush grounds of the campus. For registration or questions, please call 419-559-2255.

The Life Scholar program will be providing the Fall Catalog of classes by early August, and those not mailed will be readily accessible within the community or online at [learn.terra.edu](http://learn.terra.edu) or calling 419-559-2255. The Fall Sampler, a continental breakfast accompanied by an overview of the classes by the course instructors will be held on Thursday, Sept. 8 from 10-noon for only \$5. It's a great time to register and save your seat for those popular classes that reach their capacity early.

A timely program will be Ohio's Transportation Infrastructure taught by Kelsie Hoagland, District Deputy Director of the Ohio Department of Transportation on September 21st. Transportation of the past in the form of electric inter-urban rail lines used from 1904-1939, will be the topic for Toledo, Port Clinton and Lakeside Interurban Railway and taught by the trio of Richard Martin, John Liske, and Gary Finke in October.

New instructor, Martin Gitlin, will bring entertainment to the foreground in a Funny Program About Funny Programs: The Greatest sitcoms of All Time and A Powerful Presentation: The Sporting Events That Changed America, also scheduled for October.

The Life Scholar committee members, instructors and students will all miss Holly Hoffman, the dynamic program director as she begins a new adventure in Florida. She was an inspiration to all of us.

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## What to do with a biting, reluctant feline

Dear Cathy,

I can relate to the story of Nancy in Queens Village, New York, who couldn't pick up or touch her cats. Two years ago, we adopted two Siamese cats that were more than two years old. A year and a half later, they still hid from us and wouldn't let us pick them up. Charlie died around that time, but we still have Annie. Shortly after, we acquired an eight-week-old Siamese kitten from a breeder. Tiny is a year old now and a biter. He bites me, my husband, and Annie. Tiny also has eaten all my plants and broken all my statues. It's a mess. I wish Annie and Tiny would come over to my husband or me. All my previous Siamese cats were very affectionate. Any suggestions?

-- Lainie, East Northport, Long Island, New York

Dear Lainie,

It's tough to have cats that you can't touch. All you can do is respect their wishes and create opportunities for them to approach you. You can help build trust by offering them treats, playing with them, sitting on the floor a few feet from their bowl when they are eating, or touching them with a grooming brush if they will allow it. You also could try to lure them to your lap by sitting on the couch with a cozy blanket. If they approach you or let you touch them in any way, positively reinforce the behaviors by talking sweetly and giving them treats.

As for Tiny, spray the plants with Bitter Apple to discourage his chewing and move the plants to be more out of his reach. Never use your hands to play with him. Use a feather teaser or laser pointer instead. Whenever he does bite, make a loud 'Sstttt' sound to stop him and show your disapproval. I also suggest adding a pheromone plug-in in the room that they frequent the most. It won't solve the problem, but it can help take the edge off if they are anxious.

Dear Cathy,

You always give great advice, but your recent advice of someone taking two cats on a plane (to move) is a terrible idea. I drove at age 60 from New Jersey to Las Vegas, taking more than three days. I gave my cat a doctor-ordered sedative, and my cat was zonked until the afternoon. Your idea of a family member (driving the cats) was excellent; six hundred miles is nothing to a young person. For them, it's just a one-day trip.

-- Jeff, Henderson, Nevada

Dear Jeff,

Every pet owner must determine what will work best for them and their pets, since each circumstance will be different. I have moved sixteen times as an adult. Since I have always had pets, I think nothing of driving my pets across the country as you do. There are plenty of hotels that allow pets, so it's just a matter of planning ahead. But not everyone feels equipped for a three-day drive with their pets, not even me on some of my moves.

Once I felt overwhelmed at the thought of driving my three-month-old baby and three cats from Indianapolis to Philadelphia, so I booked all of us on a nonstop flight. It snowed on the day of the flight (in March) and the flight got canceled; one of the downsides of traveling by plane with a pet. A family member ended up driving my cats (in snowy weather, no less) to my new home in Pennsylvania while I caught a later flight and prepared for their arrival. I also have flown my cats on long-distance moves (Denver to Washington, DC, for example) because I had a toddler in tow and knew it would be easier to manage everything better if I kept our travel to one day.

So, these considerations should be made on a case-by-case basis. But like you, I prefer driving with my pets.



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## Press Release



### July 4th 2022 Event at Birchard Park

After hosting a 4th of July Rally for the public for 13 years, American Patriots Against Government Excess (American PAGE) will be transitioning to a shared event this year. The Sandusky – Ottawa County Young Republicans will be sharing in hosting the event this year. As the members of American PAGE are getting older we are proud to pass the baton to the Young Republicans for future events.

This year's rally will again have Andrew Dean performing and also include our annual free popcorn and hot dogs with soft drinks and water available for purchase. American PAGE will also be unveiling their current public service project and will accept donations from the public. We will have a sample on hand and all details.

There will be games, auction items, 50/50 drawing and door prizes. Area candidates and office holders have received invitations to attend. The activities will start at 11 AM and end around 1 PM. As in the past it will be held at Birchard Park in Fremont. Plan on joining us and bring along a lawn chair to enjoy the event. We hope to see you there.

## Enjoy Your 4th of July! By Dr. Paul Silcox

Believe it or not folks, I'm not saying a thing this month.

**Enjoy your county's 246th celebration of Independence and Freedom.**

At least enjoy it while you can!

And remember, DON'T TRY TO LIGHT FIRECRACKERS WITH SPARKLERS! Just don't.



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**Blue Lakes Charter:** New York City, Aug 12-15, Sept 12-26, \$789. pp; Nashville, Sept 8-11 \$988 pp; Washington DC Sept 30- Oct 3, \$745pp; Pigeon Forge, Nov 4-7 \$987pp. To reserve go to BlueLakes.com or or Denny Otte, 1-800-282-1287, ext 1402.

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## IN YOUR OWN BACKYARD

**Kiwanis Club of Fremont meets the first Thursday of the month** at The Back Lounge at The Strand Theater 5-6:30 pm and the other Thursdays 11:45-1 at the Fremont Elks Lodge. Guests are welcome. Speakers for this month are July 7, Mike Gilbert will give the history of the Strand Theater, July 14, Ryan Bowers will talk about Cousino Restoration, July 21, Sgt. Jason Kline will speak about Project Life Saver, July 28, Marc Schulz will speak about Fremont Ross Alumni & Friends. For more info email sardisbirchard@yahoo.com.

**Downtown Fremont** will be hosting its second of three **Fremont Federal Credit Union Car Shows** for the season on Saturday, July 2nd from 5 p.m. to 8 p.m. on the streets of Downtown Fremont. Registration for the car show is free and goes on rain or shine.

**Downtown Farmer's Market:** July 16, Farmers Market & Upcycle, Repurpose & Reuse Event 9am-1pm. July 23, Front Street Live Cornhole Tournament 10am-6pm.

**Fremont Lions Club will meet on July 5 & July 19** at the Fremont Eagles Hall at noon. The speaker on July 5 is Kim Schaffer, the Director of Business Development at Parkview Care Center. On July 19, Josh Courtney from Perrysburg will share the work he is doing on the property on Cleveland Ave. that was once known as the Sipsma Celery Garden. Members and guests are encouraged to attend. For more info call Donna Thatcher, president at 419 332 3095.

**Whispering Meadows Garden Club, July 14th** - Road Trip - Tour of Findlay Area Gardens. You are always welcome to join us for fun and food. Please contact Helen Duquette 567 201 7825 or visit us at Whispering Meadows Garden Club on Facebook.

**Fremont Area Women's Connection** will meet on July 12, 11-2 pm at The Victor Event Center, 2270 Hayes Ave. All ladies are invited to attend the luncheon and enjoy the program "Dog Days of Summer". George and Allen Dorsey will be present along with the police dogs from the Fremont City Police Department. Guest speaker is Jennifer Botkin from Winchester, Indiana who will share her story "Jumps for Joy". Cost of the luncheon is \$14 and reservations are needed by July 7 by calling or texting Donna at 419 680 2251 or emailing Carrol at fawcluncheon@gmail.com. Reservations as well as any necessary cancellations must be reported in the same way. Fremont Area Women's Connection is affiliated with Stonecroft Ministries.

**Trinity United Methodist Church**, corner of Court and Wayne St. in Fremont will host the Food Truck Party VBS on July 18-21 from 5:30-8 pm beginning with a light dinner each evening. Children age 3 through sixth grade are welcome to enjoy the Bible stories, crafts, games, music and much more. Please call the church office at 419 332 5032 for more info.

**Sandusky County Republican Women** will meet on July 21 at 7 pm at the Sandusky Township House 2207 Oak Harbor Rd. Members and guests are always welcome. Call Kim Foreman, president for any info at 419 603 1503.

**The annual Ice Cream Social at Trinity United Methodist Church** will be on August 5, 5-7 pm. Dining will take place under the tent on Wayne Street or may be picked up from the drive-thru lane off Wayne St. Menu will include Root's shredded chicken, sloppy joe and grilled quarter pound beef hot dogs, spinach salad, potato salad, baked beans, pie and Tofts ice cream. Gift baskets for a silent auction will also be available.





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