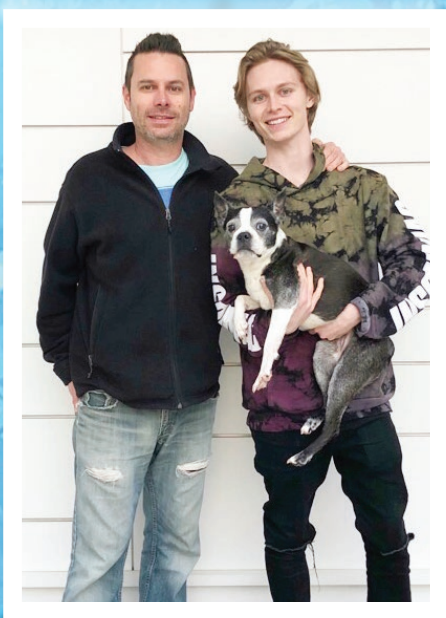
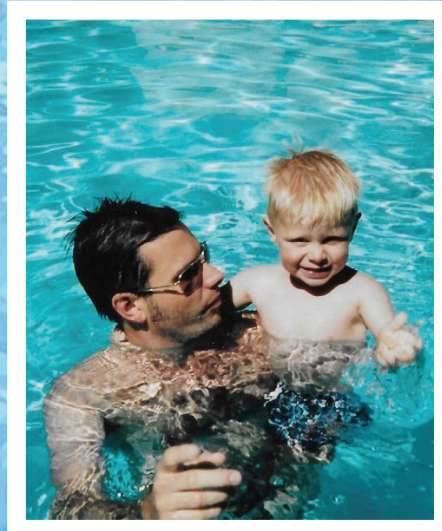
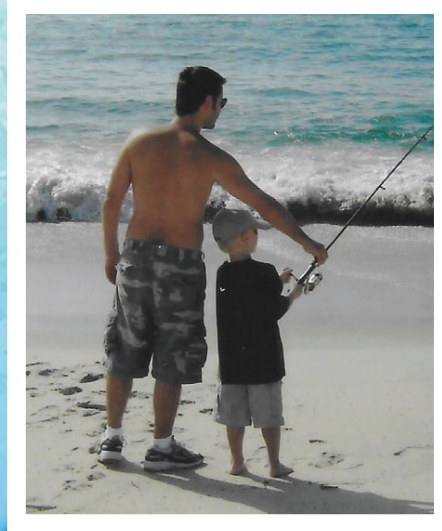
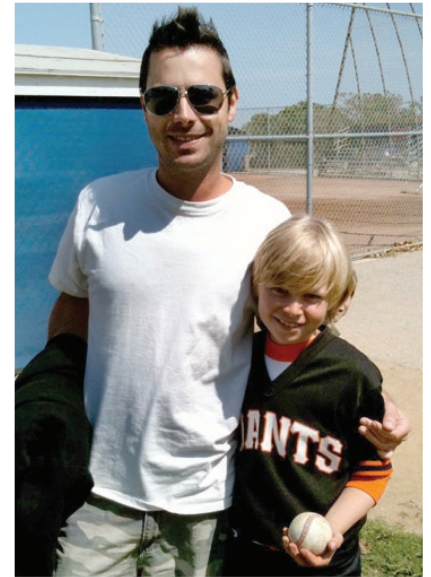


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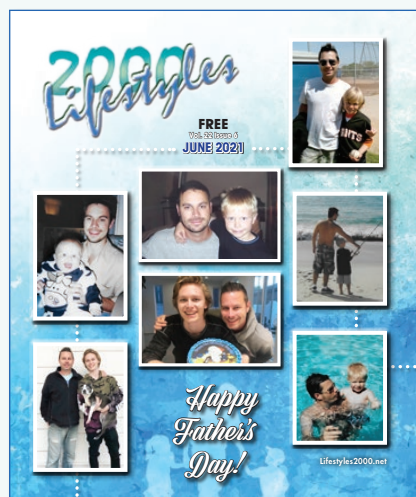
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# Lifestyles 2000

June 2021

Vol. 22 • Issue 6

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Front Cover: Ryan Haas, son of Joanne McDowell and James Haas. Kayden Haas, son of Ryan Haas and Betsy Burkett Thomas.

## AMERICA'S TEST KITCHEN

**A simple, crispy-topped strawberry-rhubarb crisp that you can make any time of year**

Around this time every year, when fresh rhubarb's season is coming to an end, we start to anticipate going months without one half of our favorite fruit-dessert filling. But with this crisp, which works with both fresh and frozen rhubarb, we can get that bright, tart, floral combination any time of the year. Even better, the recipe is literally easier than pie.

Making a crisp takes little more than stirring together a topping in a bowl, tossing cut-up fruit with some sugar, and throwing it all in the oven. But baker beware! Follow the wrong recipe (or worse, no recipe at all) and you might end up with a strawberry-rhubarb soup and a soggy topping -- decidedly not crisp.

That's the real lesson of this carefully tested recipe: Different batches of strawberries and rhubarb will exude varying amounts of moisture when combined with sugar and baked. So how do you create a recipe that will result in the perfect (slightly jammy but never stodgy) texture every time?

The simplest answer is to cook the filling briefly on the stovetop, over moderately high heat, to coax out the excess liquid, reduce it, and thicken it to the consistency you're after. Then you can top the fruit and quickly brown the crisp in the oven. Applying this simple technique also ensures that your topping remains crisp.

And we found that the crispiest topping came from the inclusion of an unexpected ingredient: panko breadcrumbs. There was a fair amount of debate on whether we were developing a recipe for a crisp or a crumble (and debate on the difference between the two). This topping ended all confusion on the matter. A crisp topping should be crispy, and panko is an excellent way to give the topping a lasting, light, airy crispness. Try it and see.

### Strawberry-Rhubarb Crisp -Serves 6

For the topping:

- 3/4 cup (3 3/4 ounces) all-purpose flour
- 1/2 cup panko breadcrumbs
- 1/4 cup packed (1 3/4 ounces) light brown sugar
- 1/2 teaspoon table salt
- 1/4 teaspoon ground cinnamon
- 6 tablespoons unsalted butter, melted



For the filling:

- 1 pound fresh rhubarb, trimmed and cut into 1/2-inch pieces, or frozen rhubarb, thawed and cut into 1/2-inch pieces (3 1/2 cups)
- 12 ounces fresh strawberries, hulled and chopped coarse, or frozen strawberries, thawed and chopped coarse (2 cups)
- 1 1/4 cups packed (8 3/4 ounces) light brown sugar
- 2 tablespoons cornstarch
- 1/8 teaspoon table salt

**1. For the topping:** Whisk flour, panko, sugar, salt and cinnamon together in bowl. Add melted butter and stir until no dry spots of flour remain and mixture forms clumps. Refrigerate until ready to use.

**2. For the filling:** Adjust oven rack to middle position and heat oven to 375 F. Toss all ingredients in large bowl until thoroughly combined. Transfer to a 10-inch oven-safe skillet. Cook over medium-high heat, stirring frequently, until the fruit has released enough liquid to be mostly submerged, the rhubarb is just beginning to break down and the juices have thickened, about 8 minutes. Remove skillet from heat.

**3.** Squeeze the topping into large clumps with your hands. Crumble the topping into pea-size pieces and sprinkle evenly over the filling. Bake until the topping is browned and the filling is bubbling around the sides of the skillet, about 20 minutes. Let cool for 15 minutes. Serve.

*Recipe notes: If using frozen strawberries, there's no need to thaw them completely; you can chop them as soon as they're soft enough. If using frozen strawberries and frozen rhubarb, you may need to increase the stovetop cooking time by up to 4 minutes. Depending on the amount of trimming required, you may need to buy more than 1 pound of rhubarb to ensure that you end up with 3 1/2 cups. Serve with vanilla ice cream.*



# Lifestyles 2000

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## Publisher's Letter

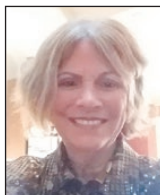
Happy Father's Day! Be thankful if you can celebrate with your father this year.

Our cover is in honor of my son, Ryan Haas, and his son Kayden, both live in southern California. Ryan has been with Jeopardy! for over twenty years, and Kayden will be a senior in college. I really loved having them on the June cover.

Enjoy our beautiful summer months and be thankful we are finally able to celebrate the season together.

God bless,

Joanne



## Find Pete



### Find Pete Winners:

It must have been harder, only 115 correct entries! The answer was African Safari.

Winners are: Shirley Swaisgood, Linda Crowe, Helena; Connie Market, Karla Huss, Shanna King, Paul Gilson, Ron McAfee, Ada Williams, Patricia DeMars, Eric Hoffman, Lavonne Babione, Fremont; Margaret Loesser, Tiffin; Carla Fox, Lindsey; Denise Klask, Marsha Clapp, Becky Balsizer, Marvin Boyd, Donna Lloyd, Clyde; Jan Jordan, Bellevue; Claudene Kuhlman, Elmore.

Winners of African Safari family passes are: Jillian Baker, Teresa Roth, Laura Eberly and Michele Waterfield, Fremont. MBL tickets to Tammy Rathfelder, Fremont and Helen Gurney, Clyde.

PLEASE REMEMBER TO INCLUDE YOUR ADDRESS!

### Find Pete Prizes:

*Add "Celebrating 22 Years" to your entry and be eligible to win African Safari passes or Miller Boat Line tickets. You do not have to find "Pete" to enter. You may state a preference.*

Other prizes are from: Otto & Urban Florist, Pottery Perfection; A's Family Restaurant; Share & Care, Fremont; Old Fort Market. If you wish a specific prize, please include in your entry.

### Find Pete Contest Rules:

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

# Life Scholar

By Holly Hoffman

With the lifting of COVID restrictions and a population of seniors fully vaccinated, Terra Community College Life Scholar Program is committed to the safe return of trips in the curriculum offerings for the 2021-22 year.

The first major outing destination is the Finger Lakes Region of New York state from October 5-8, 2021. It will be a four day, three night itinerary at the cost of \$599 per person for double occupancy and \$899 for a single. The cost includes three nights lodging, three breakfasts, three dinners (including one at Belhurst Castle,) motor coach transportation and tours of the Corning Museum of Glass, Willard Memorial Chapel, Sonnenberg Gardens & Mansion, Wegman's Marketplace, Finger Lakes Winery Tour and Tasting, a scenic lake cruise, National Soaring Museum and the Mark Twain Museum. For this trip and others, contact Holly Hoffman at (419-559-2166.)

Life Scholar excursions are educational opportunities for adult learners who enjoy the ease of transportation and planning provided by the program under Holly Hoffman's direction and coordinated by participants of the Life Scholar travel committee. Carole Miller, a ten- year member of the committee, explained that ideas for trips are obtained through feedback from Life Scholar participants with ongoing surveys and simple word-of-mouth suggestions. Members reference resources like Ohio Magazine to find current exhibits and history-rich locales. In recent years, the one-day outings often feature a combination class/trip.

Alysann Azman attended the opera "Carmen" performed by the New York Metropolitan Opera at the Tiffin Cinemark Theater after participating in Joan Echermann's class about the opera, highlighting notable performances in video clips. "I really liked learning about the background and story. Joan and other instructors are very passionate about their subjects." The trip provided transportation and an opportunity for dinner as a group. Azman shared that another enthusiastic adjunct faculty member, Zachary Rinkes, held a Life Scholar class at Old Woman Creek. "I enjoyed learning tree identification. I had never been to this Ohio park."

Day outings for fall include a trip to Age of Steam Roundhouse in Sugarcreek on Saturday, Sept. 18 in conjunction with the "History of the Northwest Ohio Railways" class to be held on the 14th. December 4th will mark the holiday trip to Dickens Village in Cambridge, Ohio. Call for costs and further information at (419-559-2166) or stop at the Life Scholars booth at your local Farmer's Market this summer to learn more.

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The place to go in Port Clinton for perch has always been Jolly Rogers, but what people may not know is that it has moved. They have moved into the old Burger King on Perry Street, just a few doors down. The building has been completely renovated inside and out into a modern more spacious restaurant, with plenty of seating and a large patio overlooking the lake.

When a group of my friends and I visited the new location, we really enjoyed it. The line seemed long to place our order, but it moved quite quickly thanks to the young man taking orders. You could tell he loved his job and was very personable. As we were waiting, we got to watch the employees bread the fresh fish with a unique breading machine. This light dusting is also what they use on the homemade onion rings. There are many ways to have the Perch: Perch & chips, [the chips are waffle fries], Perch sandwich, Perch dinners, and Perch Tacos. We tried them all. Besides Perch, they have walleye, shrimp, salmon, chicken, and BBQ pulled pork. The pork was delicious, it was big chunks of



roasted pork in BBQ sauce piled high on a fresh bun.

The popular perch sandwich is \$9.99 and for \$2.00 more you get fries and coleslaw. They also serve beer or wine, as well as soft drinks.

All I can say is, there must be a ton of perch in that lake, because Jolly Rogers sells a ton of it, and it's the best around. What a good move.

## Jill on Money

By Jill Schlesinger

### The COVID-19 freeze is thawing

The financial freeze of the COVID-19 pandemic is thawing. 2020 was the worst year for the U.S. economy in decades, but as vaccinations have ramped up and government stimulus efforts continue, 2021 has started on strong footing. The government reported that the gross domestic product (GDP), the broadest measure of growth, expanded at a 6.4% annualized rate, up from the fourth quarter reading of 4.3%.

"The pace of growth was the second largest in eight years, bested only by the reopening of the economy last summer," says economist Joel Naroff. He's referring to Q3 2020, when the pandemic yo-yo bounced from its devastating 31.4% drop in Q2, to 33.4% growth. And at \$22 trillion, GDP is just 1% smaller than it was at the end of 2019 -- and about 3.3% where it would have been, had the pandemic never occurred, making the current recovery one of the swiftest on record.

So, what's behind the first quarter growth and can it continue for the rest of the year? The big boost for Q1 was personal income, which soared by about 60% from the previous quarter, primarily due to government stimulus checks and ongoing unemployment assistance. A separate government report on March Personal Income and Spending underscored the importance of the \$1,400 checks, says Naroff, "the money coming from government payments was nearly forty times as large as the additions to income from wages and salaries, even given the accelerated reopening of the economy." In fact, the 23.6% surge in personal disposable income was the strongest monthly increase on record -- the next closest was the 12.9% increase in April 2020, after the CARES Act \$1,200 checks were sent.

Those numbers suggest "that the fiscal stimulus was a roaring success," according to economist Paul Ashworth of Capital Economics. Given the somewhat disappointing April jobs report, it looks like millions of Americans still need that money. There are still 8.2 million fewer positions than there were before the pandemic began in February 2020.

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

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# Southpaws triumph in a right-handed world

By Robert Morton

Left-handed people have always amazed me. Years ago, I remember my "southpaw" friend in 1st grade was told to "correct" his hand preference. He was forced to write and color with his right hand. How awful!

Looking down at my computer keys, I see how a right-biased world makes it somewhat difficult for southpaws. The cursor bank, numerical pad and return key are installed on my keyboard's right side. Guitars, cameras, firearms, kitchen utensils and tools are mostly designed for right-handed people.

The world would be a bit easier for lefties if the controls on camcorders, start pulleys on lawn mowers, winders on wrist watches, cranks on pencil sharpeners and fishing reels, blade-opening notches on Swiss Army knives, and gear shifts on cars were all positioned on the left side.

But left-handed people triumph over the odds against them. Researchers found that left-handed men are 15 percent richer than right-handed men who attended college and 26 percent richer if they graduated (John Hopkins, 2006). With only 10 percent of adults being southpaws, why is it that a top-heavy number of pro tennis players are left-handed? Jimmy Connors, John McEnroe, Martina Navratilova, Marcelo Rios, Rafael Nadal being just a few. In addition, 30 percent of all professional baseball pitchers and nearly half of all first basemen are left-handed.

Lots of famous personalities are lefties, like former US President Barack Obama, Henry Ford, Mark Twain, Angelina Jolie, Oprah Winfrey, Jimi Hendrix, and Michelangelo. Rumor has it that Lady Gaga repeatedly signs autographs and holds microphones with her left hand. Despite her left-handedness, she learned how to play a right-handed guitar.

Scientists believe the brains of southpaws are built such that their range of abilities broadens. They suspect that the genes determining left-handedness also govern development of the language centers in the brain. This could explain the high number of scientific, mathematical, sporting, and artistic geniuses who are southpaws - Leonardo da Vinci, Michelangelo, Ludwig van Beethoven, Benjamin Franklin, Isaac Newton, Albert Einstein, Charlie Chaplin, Bobby Fisher...the list of exceptionally talented lefties is endless.

They also found that men are slightly more likely to be left-handed than women, that left-handers reach puberty 4-5 months later than right-handed people, and lefties tend to draw figures that face to the right. Since they use the right side of the brain more, lefties appear to be better in the music and arts scene, not to mention excelling in sports such as tennis, baseball, swimming, and fencing.

If both your parents are right-handed the probability is 1 in 10 that you will be a southpaw, 2 in 10 if one parent is left-handed, and 1 in 4 if both your parents are left-handed. I guess being left-handed kind of makes one special.

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

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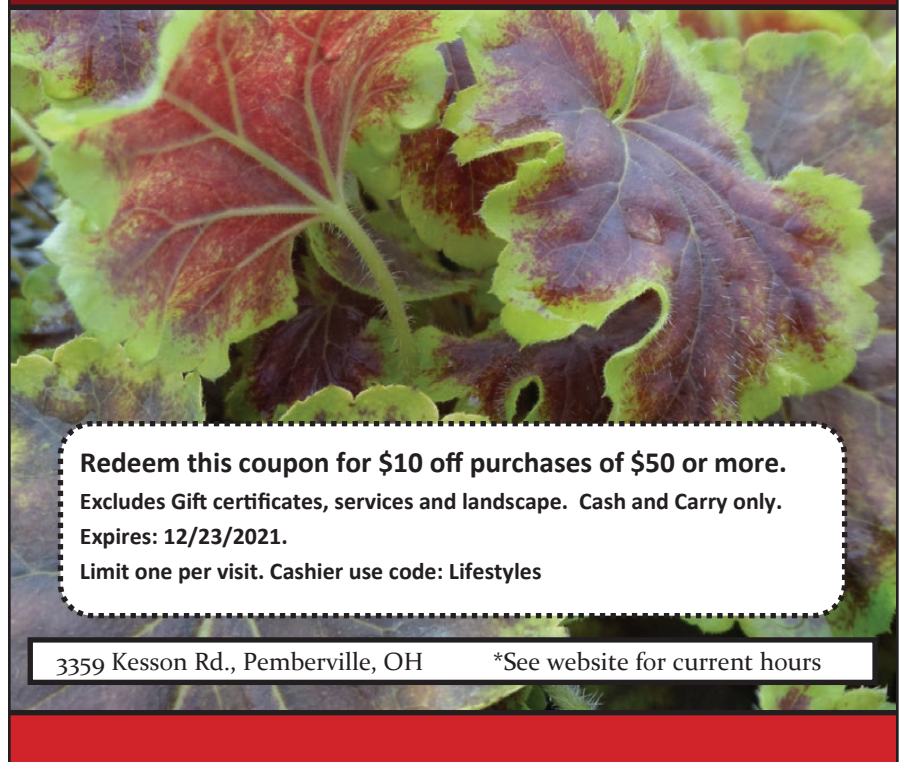
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# Helen Marketti's Music Corner



By Helen R.  
Marketti



## Chris Hillman

Rock and Roll Hall of Fame inductee, Chris Hillman has enjoyed a music career spanning over 50 years. Beginning in folk music and bluegrass with the tables turning in the 60s counter-culture era when he became the bass player for The Byrds then returned to country-rock roots with The Flying Burrito Brothers with Gram Parsons. Later, he would form the Desert Rose Band and continue with the country and bluegrass sound. His recently published memoir, *Time Between, My Life as a Byrd, Burrito Brother and Beyond*, (BMG Books, 2020) takes the reader on a journey from his childhood through the twists and turns of his life and musical career. Suffering the tragic loss of his father, earning his high school diploma and relocating to Los Angeles with his mother and sister, Chris lived through many rough days but always seemed to have music as his outlet and friend.

"My parents loved music. I remember they would often go dancing," recalls Chris. "Between 1955 and 1959 is when rock and roll came about and everything was smokin'. There was excitement. Chuck Berry, Fats Domino, Little Richard, Elvis Presley and The Everly Brothers. Everything was off the charts. Oddly enough, I still wasn't interested in playing the guitar. I was more enamored with the music. Chuck Berry captured the teen experience well. He caught it in his lyrics. It grabbed me."

"When I was 14 years old, I started becoming interested in folk music. For a few years, rock and roll seemed to have gone to sleep. You started hearing more of Frankie Avalon, Fabian and Pat Boone and while that was fine, it wasn't my style. Then I heard The Kingston Trio with their hit, Tom Dooley. By then, the late 50s was more of a bohemian vibe on college campuses where folk music and jazz were the big choices at the time. My sister attended the University of Colorado and she brought home some great albums such as Lead Belly, The Weavers, Pete Seeger and Woody Guthrie. I loved it. There is a beauty about folk songs. The stories they tell, the guitar music that accompanies those stories is really beautiful."

Chris continues, "Then of course, The Beatles hit in 1964. I had heard about them, that there was this band from England who were really tearing it up. When I watched them, it was as though they came right out of the TV and grabbed me. And there it was again, that excitement. They were uplifting. We needed them as a healing force since America had lost President Kennedy a few



months earlier. I remember shortly after seeing The Beatles on Ed Sullivan that many guitar players decided it was time to plug-in." (laughs)

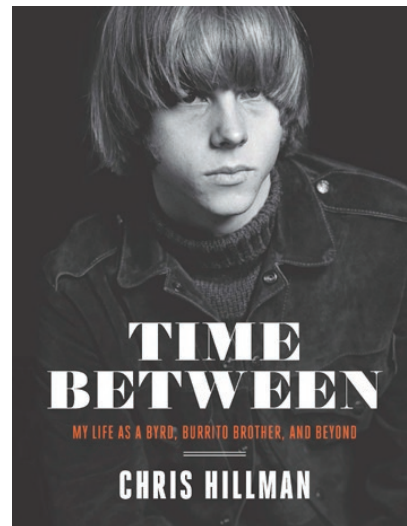
Chris remembers when he joined The Byrds which is detailed in his book. "When I first walked into the studio, I didn't even know them. I thought they were an established rock band and here they had one old, tired amplifier sitting in the corner of the room and Roger McGuinn had his guitar plugged into it. Gene Clark was playing an acoustic guitar. I asked if I could plug my bass into the amp, too. We had no equipment! When The Byrds first started, we were trying to be like The Beatles but eventually we developed our own sound and style. I feel our sound was totally unique. We were lucky to be able to record Mr. Tambourine Man. Bob Dylan loved our version. It started everything for us. It was a wonderful experience."

"The 60s was a wonderful time. I traded my surf board for a guitar. Our generation was post WW II. It was a good time for us. 1963 to 1969 was wonderful.

The happiness changed in 1969 and I have my version as to why. I was with The Byrds when we played The Monterey Pop Festival. (1967) I consider it THE best rock festival ever. It was three days of music and joy. Everything was positive. There was a wonderful diversity of music from Otis Redding to Jimi Hendrix to The Mamas & The Papas. Then in a matter of a year and a half, I am playing at the Altamont Speedway at a free concert put on by The Rolling Stones. At that event, a young man was killed. Later that summer, the Manson murders happened. It was as though someone turned the light off and it got very dark which signaled the 60s were over. The only positive thing that happened that year was the moon landing. Looking back, everyone was trying to change things. Perhaps we were stepping all over tradition but each generation has their events," he said.

Chris explains why he decided to write a memoir at this time. "Initially, I thought I would write something for my kids so they would have a history of what I had done with my career. I have grandkids now, so I wanted to release a memoir so they would have something as they grow older. Plus, I wanted to clear up some inaccuracies that have been written about The Byrds and The Flying Burrito Brothers. I want readers and fans to come away with the message that perseverance is important. Never surrender, go after your goals. Stay with it."

Chris Hillman will be playing at Memorial Hall in Cincinnati, Ohio on September 7, 2021. [www.chrishillman.com](http://www.chrishillman.com).



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## Kiss Me Over the Garden Gate

By Grace Nause

As I write this month's column, we're enjoying one of the many beautiful days of spring this year. We have had such a gentle transition from season to season. Winter's cold winds and snow have lazily given way to spring's light rains and warming breezes. And, Oh, the beautiful and bold blooms of spring flowers! We are so blessed!

I have much to share with you this month. Some of it difficult and challenging; some of it uplifting and hopeful; but all of it orchestrated by and held in the very capable and loving hands of God.

For those of you who were "Lifestyles" readers in the year 2000, this introduction (as it pertained to my lymphoma diagnosis) will be words you have read before. "At first, I wanted to not tell anyone, just go get the treatments, hide the side effects, and get past the cancer with help from my family, close friends, and of course the good Lord. It was when I tried to define 'family' that the group got larger." I repeat these words again as I share with you, my "Lifestyles" family, that 20 months ago I was diagnosed with Alzheimer's. This is a much different challenge than cancer. I cannot just endure treatments, give it "the old Camp Fire try" and beat this thing. But I can face it, as I have faced all challenges in my life, with grit, dignity and determination. Seeking love, peace, and joy has been my life's pursuit and that search will continue as long as there are hugs to give, babies to snuggle, smiles to share, and roses to smell. My journey remains the same – plant the seeds and nurture the crop. I just might not see the harvest. But isn't that the same with each of us? We must help who we can, as often as we can, for as long as we can, and leave the results up to God.

With that being said, I return to my May 2000 column, "Sometimes, knowing what to say when we meet may be awkward or uncomfortable, so may I suggest; how about just give me a thumbs up sign? I'll know you're thinking of me, wishing me the best, and perhaps praying for me. I'll return the gesture which means 'thank you so much for your concern and support.'"

Now more than ever, I have been reflecting on the Serenity Prayer. It helps me to stay focused on what I can do and to accept the things I can't do. It asks for the courage to change the things I can, and the wisdom to know the difference.

So, until next month, this thankful woman, once again, finds truth and beauty in the simple statement...Life is Good.



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## SODUKO PUZZLE

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**ARIES (March 21-April 19):** Your imagination may be on overload this month. Once you have a vision, you can put forth the effort to make the concept come to life. Invite those you trust and rely on to confide in you and enjoy heightened cooperation.

**TAURUS (April 20-May 20):** Your drive and ambition are likely coming to a peak as the month begins. Once you put a project into motion, you might not rest until it's complete. You may be tempted to get out the debit card and spurge on nice things.

**GEMINI (May 21-June 20):** Like the inflatable clown, you can pop back up after a knockdown. There could be disappointments and misunderstandings to come that require you to process your feelings in the privacy of your own home.

**CANCER (June 21-July 22):** Your closest companions are focused on getting ahead, and you may have blinders on. However, there is a sense of belonging when you are in social situations that you can capitalize on.

**LEO (July 23-Aug. 22):** Share your vision with others and bring co-workers into your confidence. It may be more difficult to attain your business ambitions in the second part of the upcoming month, so don't procrastinate.

**VIRGO (Aug. 23-Sept. 22):** It may take more than a dust mop to beautify your surroundings and make your environment a place of peace and contentment. Imagine how you want things to look and feel during the month.

**LIBRA (Sept. 23-Oct. 22):** You can show the world a friendly face this month. Some people aren't impressed by common courtesies and social niceties, however, so don't take it personally if it feels like you're the target of someone's agenda.

**SCORPIO (Oct. 23-Nov. 21):** Try to steer straight ahead no matter how tempting it is to take a detour. You and a partner can make a major decision together or begin a project and see it through. Maintain boundaries with family members this month.

**SAGITTARIUS (Nov. 22-Dec. 21):** Put your energy into making your dreams come true this month. The more you read and learn, the more easily you'll be able to act. Don't be distracted by petty misunderstandings on the home front.

**CAPRICORN (Dec. 22-Jan. 19):** Since your ambitions could be on the rise, launch your most valuable projects while your passion is at a peak. You and someone special may find yourselves climbing to new heights of intimacy.

**AQUARIUS (Jan. 20-Feb. 18):** Other people should be willing to compromise and cooperate if you're willing to give them a chance. Maintain your sense of dignity and focus on bring a good sport when someone does something unexpected.

**PISCES (Feb. 19-March 20):** Misunderstandings are likely to occur, but if you are careful to apply logic rather than anger, you should come out on top. You may insist on enforcing high ideals that interfere with peace and tranquility this month.



## Atrial fibrillation and surgery

**DEAR MAYO CLINIC:** I have symptoms of atrial fibrillation, and my doctor recommended that I have a cardiac ablation procedure. Is this a common method of treatment? If so, what should I expect?

**ANSWER:** Atrial fibrillation is a disorder where electricity in the top chambers of the heart -- the atria -- is chaotic and causes the heart to beat irregularly. When the electrical signals of the heart are out of sync, the muscles do not contract in a coordinated manner, disrupting normal blood flow. This can lead to symptoms such as shortness of breath, palpitations, lightheadedness, fatigue and feeling overall unwell.

Some patients with atrial fibrillation may have fast heart rates for long periods of time. If the heart beats too fast for long periods of time, the bottom chambers of the heart may become weakened, and the heart may enlarge. This results in the heart not pumping blood efficiently to the rest of the body. Restoring the rhythm of the heart back to normal can make people feel better and allow the heart muscle to regain strength.

The inciting factors of atrial fibrillation come from muscle inside of veins that bring oxygenated blood from the lungs into the left atrium, which is one of the top chambers of the heart. These veins are called the pulmonary veins. The muscle inside of the pulmonary veins can generate fast electrical signals that cause atrial fibrillation to occur inside the top chambers of the heart. Therefore, the goal of an atrial fibrillation ablation procedure is to create a "short circuit" between the muscle inside the pulmonary veins and the top chamber of the heart. This way, blood can flow from the lungs to the heart, but electrical signals cannot.

There is no cure for atrial fibrillation. However, cardiac catheter ablation is the most common procedure to treat this condition. Some patients also may require drugs to keep the heart in a healthy rhythm.

Cardiac ablation for atrial fibrillation requires the expertise of a cardiovascular subspecialist called a cardiac electrophysiologist. Ablation usually requires general anesthesia, thus patients are asleep during the procedure -- similar to other surgical interventions.

The electrophysiologist inserts small straw-like sheaths into the veins in the groin region. These are used to thread catheters into your heart with the guidance of X-rays. These catheters are navigated throughout the heart, and a GPS-like system is used to create a 3D image of the heart and locate the movement of catheters within it. These catheters are specialized tools that can record electrical signals in the heart. Specialized catheters also can deliver energy to heat or freeze heart muscle to destroy the tissues of interest.

Because the procedure is performed via access from the groin veins, patients recover reasonably quickly. Some patients can go home the same day, while others stay in the hospital overnight. A few hours after the procedure, patients are encouraged to walk around as usual. No lifting more than 10 pounds usually is recommended for about one week.

There are different factors that could influence whether a patient undergoes an ablation. Timing is based on symptoms, how well your heart is pumping, and intolerance or breakthrough symptoms while on drugs for atrial fibrillation. You should talk further with your health care provider about any concerns you have.

In addition to ablation, you're encouraged to speak to your health care provider about other lifestyle modifications that can help you. Losing weight, controlling blood pressure, exercising and treating sleep apnea are important to maintaining a normal heart rhythm after an ablation. Depending on other health issues you may have in addition to atrial fibrillation, you may require lifelong medication to keep your blood thin to prevent having a stroke. Sometimes people require more than one catheter ablation procedure. -- Christopher DeSimone, M.D., Ph.D., Cardiovascular Disease, Mayo Clinic, Rochester, Minnesota.

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



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# IN YOUR OWN BACKYARD

**Fremont Tree and Beautification Commission** is having a special sale on engraved pavers to be placed around the Walsh Park fountain. During the month of June, they will be \$50, regularly priced at \$65. This is a great way to honor that special dad ( or mom, friend, pet, etc...)! Forms can be found at Otto and Urban Florists. We are also always welcoming new members. Meetings are the first Tuesday of the month at the Fremont Rec Center, at 6 PM, February - November. You don't have to have a green thumb! Come and see what we are about!

**Rummage Sale: Green Springs United Methodist Church** 117 N Broadway St , June 3-5, Thurs 9-5, Fri 9-?, Sat 9-2 Lunch Stand on Friday.

**Fremont Area Women's Connection**, formerly known as Fremont Christian Women will celebrate its 50th anniversary at the June 8 monthly luncheon. All past officers and guests are invited. The event will be held at Anjullina's Catering, 2270 W. Hayes Ave. from 11-1 pm.

During the program, area representative Donna Thatcher will revisit memories of the past years with a display of scrapbooks, photos, etc. and will introduce past chairwomen who are present. Donna Miller will sing a song she wrote and performed at the 40th anniversary, named "Thank You Neighbor". Guest speaker for the day is Janis Price, a former high school English teacher from Greencastle, Indiana who serves on the national board of Stonecroft. She will share her story with a focus to "Punctuate Your Life." Cost of the luncheon is \$14 and reservations are needed by June 3 with phone/text to Donna at 419 680 2251 or email Carrol at [fawcluncheon@gmail.com](mailto:fawcluncheon@gmail.com). Any cancellation will need to be received in the same way. Due to the sale of Anjullina's, June 8 will be our last luncheon held at that facility. The July 13 luncheon will be held at Crystal Arbors Catering, located next to Big Lots on East State Street in Applewood Village Shopping Center.

**Downtown Fremont Inc.** will be hosting its first Croghan Colonial Bank Farmers Market and Fremont Federal Credit Union Car Show of the 2021 season on the streets of Downtown Fremont on Saturday, June 19, 9 a.m. to 1 p.m. Attendance to the Farmers Market and registration for the car show are free and the market is a rain or shine affair.

Check-in for the car show participants will be on the day of the event at the intersection of Front and Birchard. Dash plaques and goodie bags will be given to the first 100 participants to check in and there will also be a 50/50 raffle plus door prizes and sponsored trophies.

**Fremont Lions Club** will resume its Annual Pancake Breakfast on Sunday, June 20 at the Fremont Eagles Hall parking lot, 2570 W. State St. in Fremont. It will be a drive-through and pick-up only event from 8:30 am-12:30 pm. The cost is \$7 a meal and will include ham, eggs, pancakes and beverage. Tickets are available from members of Fremont Lions Club or by calling Greg at 419 332 8445 or 567 201 9913 or may be purchased upon arrival.

# My Pet World

By Cathy Rosenthal

## My Pet World: Fighting fleas might mean you have to treat your home and yard

Dear Cathy,

The flea problem in South Florida is bad. I have tried external drops, flea collars and chewables, and they do not work. My dog has been miserable. Intuitively, to put something inside of an animal to repel or kill something on the outside of the animal does not seem right. Someone from the companies that produce these products need to come to the area and find out why the fleas have become immune to their products. -- Dane, Fort Lauderdale, Florida

Dear Dane,

I am not sure why your dog seems immune to flea preventatives, except to say that you may need to treat your home and yard as well as your dog.

You can buy diatomaceous earth and spread it on your yard. It's safe for you and your dog, but it causes fleas to dehydrate and die. Next, I would use a fogger in the house to get rid of any fleas and flea eggs. And I would bathe your dog in a dip that kills fleas.

After you do all this, use a spot-on topical (the drops) on your dog. I think when you hit your flea problem from all sides, you will begin to see an improvement. Flea-infested pets can develop anemia, so please keep trying to find a way to rid your dog of these pests.

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



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PEMF Therapy (cont'd)

By Dr. Paul Silcox

In April I wrote about PEMF therapy and some things I had recently learned about it as I used it on myself and a few patients. I didn't reveal the name because I hadn't made up my mind about its benefit, or whether I wanted to keep it because it was on loan as a trial. I loved it and about 90% of the patients I used it on said the same thing.

The unit I bought is BEMER, which stands for Bio Electro Magnetic Energy Regulation.

The fact of the matter is, movement is life. There are so many things that our bodys are dependent on: Nerve function, Hormone function, but Circulation function is key. Healthy blood flow is directly relevant to how your body can move and operate. Blood flow is a dynamic process that is intimately involved in our everyday lives, whether we're aware of it or not, and when it's impaired, numerous problems can occur that can have a negative impact on our health.

Arteries that carry oxygen and nutrients to all areas of the body make up 11.5% of all blood vessels. Veins that carry carbon dioxide and waste back to the heart and lungs make up 14.5%. The other 74% are called microvessels and they make up three-quarters of your blood circulation system. Some of these are smaller in diameter than a strand of hair.

THAT is where the exchange of oxygen and nutrients going in, and the carbon dioxide and waste going out takes place. In the microvessels, called capillaries. So truly, our circulatory system IS the river of life continuously flowing, in with the good air and food, and out with the bad air and waste. If you cannot bring in nutrients and clear out waste products, you cannot have optimal health. In reality it's a bit more complicated than that but you get the idea.

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When we're younger, it easier for the circulation to function normally. With aging, pollutants and toxins, genes from our parents, poor lifestyle choices, injuries, inflammation, etc., that blood with the nutrients and oxygen getting to where it needs to go is tough. Then, getting the waste by-products out is tough also because of that same impaired circulation and the toxins mount up. Think of blocking the exhaust pipe on a car.

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