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FREE
Vol. 23 Issue 6
JUNE 2022

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Lifestyles 2000

June 2022
Vol. 23 • Issue 6
www.lifestyles2000.net

Celebrating
23
YEARS



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DINNER WITH "FRED"

By Kathy
VanWey

Due to the continuous Covid delays we were finally able to meet some out-of-town friends. The timing was exceptional. The crowd had dwindled, and the hostess gave us a perfect spot for privacy in a corner with only a couple of empty chairs and a wall behind hubby and me. A pudgy, middle-aged man introduced himself and said he would be our waiter. "Fred" explained to us that he was forgetful, which all four of us kidded we could relate to. After "Fred" forgot the waters, the drinks, and the rolls, it was obvious that "Fred" was lonely and needed attention. After serving the meals he forgot the condiments.

Since we hadn't seen this couple in over a year and a half, we had plenty to gab about. As we neared the end of our meal "Fred" announced he had a story that we had to hear and would love. Scooting behind me and hubby, he grabbed a chair, straddled it cowboy style and stuck his head in between us.

He divulged that twenty years earlier he and some friends had gone to Put-In-Bay. They lost track of each other and "Fred" lost track of time missing the last ferry. Not having a jacket or the money for a hotel room, he landed in the park. Of course the cops found him. Since it was a chilly night, they took him to the Police Department to sleep it off in the lobby. "Fred" was especially proud of himself that he took the first boat back in the morning and managed to make it to work by 5:00 p.m. We congratulated him on his work ethic, and I couldn't keep my mouth shut any longer.

Pointing first to my girlfriend's hubby and then to mine, I said, "Do you realize you're talking to a Baptist Minister and a Cop?" "Fred" hung his head with a "I can't believe I just did that" look on his face.

"On the bright side," I answered, "You've got another story to add to the first one," which he readily agreed with.

Even with all the "forgetful" interruptions we left "Fred" a decent tip. But "Fred" I have a few more tips. When you go to Put-In-Bay plan ahead, and when you're at work, please give the guests their privacy.

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Lifestyles 2000

PUBLISHER/EDITOR

Joanne McDowell

SALES

Joanne McDowell

567-342-3117

email: lifestyles2000@sbcglobal.net

GRAPHIC DESIGN

Martha Blumel, Envision Graphic Design

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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 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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Publisher's Letter

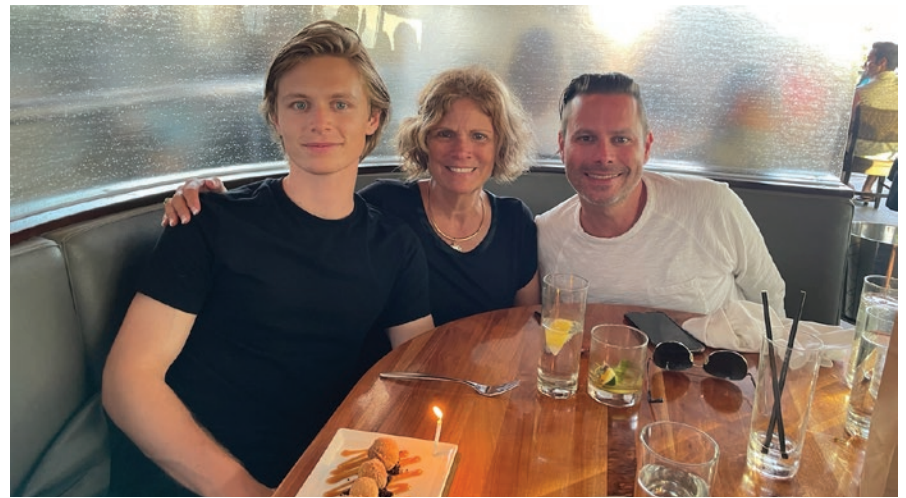
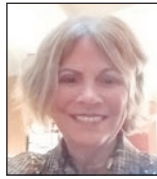
Happy Father's Day!

What a great way to celebrate the wonderful dads in our lives.

Also, Congrats to the grads! I am including a photo of my son Ryan Haas and his son Kayden who graduated from So. Cal Long Beach in May. I was fortunate enough to be able to see Kayden graduate, what an honor!

Hope you enjoy this issue. Be sure to check out the new prizes in the Find Pete contest.

Joanne



Kayden Haas and Ryan Haas.

Find Pete



Find Pete Winners:

Over 160 correct entries for May. The answer was Bethesda/Volunteers of America. Congrats to our winners and thanks for entering!

Winners: Julie Ruinoff, Gibsonburg; Jane Lopez, Genoa; Sharon Hasslebach, Barbara Swedersky, Mary Moyer, Betty Sanchez, Bonnie Wickert, Briana Boskovich, Mandi Dorobek, Betty Behlmer, Fremont Thomas Beckman, Bellevue; Erin Miller, Katie Pando, Dorothy Haver, Clyde; Carl Hoffman, Burgoon; Janet Perry, Woodville; Erin Harmon, Kansas; Nancy Wright, Vickery.

Winners of Miller Boat Line tickets: Beverly Hossler, Fremont; Linda Shetzer, Clyde. African Safari: Hunter Haar, Elmore; Donna Henkel, Fremont.

(Reminder, once again we had several winners who did not include an address, these entries are disqualified.)

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. Twenty prizes given monthly. One entry per household. **Deadline is the 20th monthly.** Please do not send the ad.

Make Money your Servant Before it Becomes your Master

By Robert Morton

Our friends have a teenager whose paycheck is spent two hours after it's cashed. He'll work for two weeks for one pair of \$130 tennis shoes. They are glad he's working but are uneasy about his spending habits. And they're concerned that his younger sister is picking up his bad spending habits. I don't blame them, with gas prices soaring past \$4.50/gallon, I think fancy tennis shoes can wait.

Our 20 million high schoolers, who spend over \$100 billion each year, and who have been living in the age of "Fly Now-Pay Later", will end up flying by the seat of their exorbitantly high-priced designer jeans.

They give his younger sister, age 5, an allowance, since she's too young to work, and are teaching her good spending and saving habits. She loves to hoard the coins they give her for working around the house. She counts, sorts, and stacks them in piles, and is discovering that they can buy things.

So, they began to teach her budgeting and by enlightening her on the advantages of "delayed gratification." They allowed her to wallow away her entire weekly allowance all at once, so she could stare at an empty piggy bank until next week's stipend arrived.

She soon learned that saving her allowance for awhile will enable her to buy bigger and better playthings later on. They gave her a clear container to store her coins in, so she could concretely "see" their accumulation when she saves and their disappearance when she overspends.

Their efforts to teach her that money doesn't grow inside of and magically spring from the deepest recesses of mom and dad's pockets on command will make money management easier for her later on.

In today's world of rising inflation, soaring gasoline and grocery prices, maybe all of us should revisit the relationship between postponing gratification, budgeting, spending, and saving.

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: "MISSION OF VENGEANCE" AND "PENUMBRA DATABASE" both can be found in Kindle or paperback at Amazon.com books.





Out to Lunch

By Lynn Urban

In Sandusky I found a special little restaurant called Zupperman's in the Sandusky Plaza. It's special because the owner, Benny, has such pride in his business and feels so blessed with his career that he wants to pass it on to others. He's owned a few other restaurants in the Sandusky area in the past and has taught culinary students at local vocational schools.

His restaurant has a few tables inside and has picnic tables outside, but what most people do is order at the counter and take the food to go. He offers gourmet sandwiches, soups, and salads, all of which are made with the freshest local ingredients. All soups, dressings, and sauces are made from scratch. He stresses the importance of healthy eating and stays away from processed foods.



from processed foods.

For example, some of the sandwich combinations are, The Italian Beef, with tender roast beef, caramelized honey bourbon onions, mozzarella and cheddar cheese, roasted red pepper, and tomato aioli. The Porky Pig has roasted pork tenderloin, maple bacon, smoked gouda, and caramelized onion on sourdough, or build your own with a large list of ingredients to choose from. The sandwiches are big enough to share, so order a homemade soup to go with it.

There are at least five to six soups to choose from, with one of them always being Lobster Bisque. The gourmet salads are filled with lots of fresh healthy ingredients and come in two sizes. Also try one of their homemade pasta salads as a side. Everything is excellent. There is a kid's size menu with kid friendly sandwiches.

I've been there twice and still want to go back to try more sandwich combinations. The employees are so friendly and happy to serve you. They are open every day 11:00am to 8:00pm and closed on Sunday. Enjoy!

Jill on Money

By Jill Schlesinger

Can curves predict recessions?

Over a year ago, hopes were high for a post-pandemic surge in activity, encouraging economists and optimistic investors to wager that the U.S. was entering a NEW Roaring Twenties.

"What a difference a year makes," says Neil Shearing of Capital Economics. "The narrative has now flipped as concerns about recession have spread," prompting Shearing to ponder: "Is this latest story any more convincing than last year's?"

Given that the U.S. economy contracted at a 1.4% annual pace in the first quarter and as the Federal Reserve continues its inflation-fighting rate hike strategy, there have been heightened concerns about a potential recession and how the relationships between bonds are predicting just that outcome.

A yield curve inversion is the unusual market condition when it costs more to borrow in the short term than the longer term.

Typically, it should be cheaper to borrow for shorter periods than longer ones, because lots of things can happen in the future. That's why bond buyers (lenders) usually demand higher rates to compensate for the additional risk of longer terms. So, in most cases when you buy a 10-year bond, the interest rate is higher than when you buy a two-year one.

But when short-term interest rates are higher than long-term rates, the yield curve inverts - meaning that it slopes downward, which is what has recently occurred.

Tea-leaf readers think that the inversion means that investors are worried that the Fed will not be able to thread the needle of increasing rates without throwing the economy into a recession. So, they dump short-dated government bonds and load up on the longer-dated ones. The thinking is that the Fed will raise rates for the next couple of years and then will be forced to do a 180, after the economy slows.

Historically when the relationship between two- and ten-year government bonds inverts and stays that way for three to six months, it can presage a recession.

Shearing points out that "the curve has inverted ahead of every recession in the U.S. over the past 50 years, with only one false positive (in 1998). It's therefore about as good a recession indicator as we're going to get. Ignoring the yield curve means betting against history."

But inversions may not always be the Magic 8-Ball, when it comes to recessions.

For example, the curve inverted in 2019, but it would seem far-fetched to attach the outcome of a once-in-century pandemic-induced recession to that inversion.

What's more likely is that in 2019, bond investors got a little spooked about the future. Had the two-month COVID recession not occurred, we may have used 2019 as proof that the inversion/recession link was broken.

Additionally, the Fed's big bond buying campaigns over the past dozen years may be distorting the yield curve, which means the inversion "may have lost some of its predictive power," says Shearing.

But this inversion perversion underscores just how spooked we are about recessions in general. While nobody wants to see a return to high unemployment and human suffering, recessions are natural occurrences of the economic cycle. Sometimes the contraction and subsequent recovery last a long time (the Great Recession) and sometimes the damage is deep, but the length is short (the COVID Recession).

So far, there are signs of a slowdown, as high inflation and rising rates eat into corporate profits and personal spending, putting inversion-adherents and Fed watchers on high alert.

"The challenge will be for the Fed to cool domestic demand without sending too much of a chill through the labor market," says Grant Thornton Chief Economist Diane Swonk. "Getting policy 'just right' is no easy feat. Goldilocks only exists in fairy tales."

(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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Brain aneurysms don't always require treatment

DEAR MAYO CLINIC: My father had a fall recently. After a CT of his head, he was diagnosed with a brain aneurysm. What is a brain aneurysm, and how is it treated? Am I at risk for a brain aneurysm?

ANSWER: A brain aneurysm is an outpouching of an artery in the brain that develops due to thinning of the blood vessel wall. A brain aneurysm that bursts, or ruptures, causes a serious medical emergency.

Studies indicate that 35,000 to 40,000 brain aneurysms rupture each year in the U.S. Based on population studies that suggest that up to 2% of people in the U.S. may have a brain aneurysm, approximately 1% of these patients experience a rupture each year.

However, many aneurysms do not rupture, and some unruptured aneurysms do not require treatment. Many people, like your father, find out about an aneurysm only after obtaining a brain scan for something else. It is common for health care professionals who treat brain aneurysms to see patients after an unrelated scan reveals an incidental aneurysm.

Cigarette smoking and high blood pressure can increase a person's risk for having a brain aneurysm. Genetics also likely contribute. People who have two or more members of their family with a history of a brain aneurysm have an increased risk of developing a brain aneurysm.

Most unruptured brain aneurysms don't cause symptoms. Rarely, an aneurysm will push on brain tissue or a nerve, causing pain, double vision, loss of vision, facial weakness or numbness, or unsteadiness. In patients with headaches and a brain aneurysm, these may or may not improve after treatment.

Typically, an unruptured brain aneurysm is discovered on a CT or MRI brain scan that is performed for unrelated reasons. A specialized brain CT called a CT angiogram or a specialized brain MRI called a magnetic resonance angiogram can be used to look at the aneurysm in more detail. For some brain aneurysms, a minimally invasive procedure called a cerebral angiogram may be recommended to obtain views of the aneurysm and surrounding blood vessels in the highest resolution. These views guide treatment decisions.

When an unruptured aneurysm is found, the risk of the aneurysm rupturing without treatment should be weighed against the risks of treatment. This treatment decision is highly individualized and depends on patient factors and the specifics of the aneurysm.

A ruptured brain aneurysm leads to a serious type of stroke called subarachnoid hemorrhage, which involves bleeding over the surface and into deeper parts of the brain. These strokes can quickly become life-threatening if not treated promptly. The most common symptom of a ruptured brain aneurysm is a sudden-onset and severe headache, often described as "the worst headache of my life." This may or may not be associated with other neurologic symptoms, including reduced level of consciousness. A health care professional should promptly evaluate symptoms like these.

Several factors should be considered when assessing risks of an individual aneurysm and deciding about treatment. The risk of rupture is higher for larger aneurysms. In general, aneurysms in the front of the brain have lower risk for rupture than those in the back. An aneurysm's appearance affects the treatment decision too. Family medical history needs to be considered, as does age and overall health.

Small, unruptured aneurysms, particularly in the front of the brain, are sometimes safely left alone, particularly in older patients and those without a family history of aneurysm rupture or other risk factors such as uncontrolled high blood pressure. If the decision is made to manage the aneurysm without surgery or other intervention, periodic follow-up brain imaging typically is recommended to make sure the aneurysm is not changing.

If the decision is made to treat an unruptured aneurysm, options usually include surgical clipping or endovascular coiling.

During surgical clipping, after removing a small portion of skull and gently expanding natural spaces in the brain, a neurosurgeon places a small titanium clip across the base of the aneurysm to stop blood from flowing into it. The portion of skull is subsequently replaced.

With endovascular coiling, a neuroendovascular surgeon inserts a hollow plastic tube, or catheter, into an artery through the wrist or groin, and guides it to the aneurysm using X-rays and contrast dye. A tiny platinum wire is passed through the catheter and into the aneurysm. The wire coils inside



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the aneurysm, plugging it and causing blood to clot inside the aneurysm. This seals off the aneurysm from the artery.

Other endovascular techniques may be necessary for some aneurysms, including placement of specialized stents in blood vessels near the aneurysm. Both techniques have advantages and disadvantages, and it is important to discuss these with your health care professional.

Regardless of whether an unruptured brain aneurysm is treated, controlling blood pressure and quitting smoking are important ways to lower the risk of aneurysm growth and rupture.

When determining how to deal with an unruptured brain aneurysm, find a health care team that includes a neurologist, neuroradiologist and neurosurgeon with expertise in aneurysm treatment. A collaborative team will be able to offer all management options, and this generally leads to optimal outcomes.

Also, once you learn more about your father's condition, your health care team can guide you as far as appropriate screening for you and other family members. An annual CT or MRI may be recommended, but modifying lifestyle choices and being aware of your risk may be all that is necessary today.

With the help of these experts, patients can carefully consider their options and decide what is best for them. -- William (Chris) Fox, M.D., Neurosurgery, Mayo Clinic, Jacksonville, Florida

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



Helen Marketti's Music Corner



By Helen R.
Marketti



An Interview with Colin Blunstone of The Zombies

The Zombies were part of the 1960s British Invasion when bands from England swept America with their music, appearance and presence. The Zombies hit the charts with "She's Not There", "Tell Her No" and "Time of the Season" which is a signature anthem for the sixties as well as a transcending voice for each new generation. The Zombies were inducted into The Rock & Roll Hall of Fame in 2019.

The Zombies will be performing at The Kent Stage (Kent, OH) on June 28. Tickets are going fast! Lead singer and original member, Colin Blunstone took some time from his busy schedule to chat by phone from his home in England.

"I lived in a small town outside of London when I was growing up," remembers Colin. "I never dreamed at a young age that I would be a professional musician. My favorite artists were Elvis, Little Richard and Chuck Berry. They were the ones that first got me interested in rock and roll. Other favorites of mine were Ricky Nelson and Buddy Holly."

He continues, "When we first got together as a band, our audiences were maybe 30 to 40 people and it took a while for us to build a following. In early 1964 we won a rock and roll competition that many bands had entered. It was shortly afterwards that I thought, "dare I hope to even think that there could be a career in music for us". We played 4 or 5 songs. We sang, "You Can't Do That" by The Beatles and a jazz version of Gershwin's, Summertime. Winning that competition led us to sign a recording contract with Decca Records. Our first single was, "She's Not There" which was a huge world-wide hit. We just got carried along by circumstance. I always thought those events are what happened to me rather than me choosing the events."



Photo Credit: Alex Lake

The Zombies first began in the early 60s with only one musician change. "When we started in 1961, we had a bass player named Paul Arnold. He left the band because he wanted to be a doctor. Chris White then joined us and we had stayed with the same line up." Band members in the original line up were Rod Argent, Hugh Grundy, the late Paul Atkinson, Chris White and Colin. Rod and Colin are still touring and writing new material along with their new incarnation of The Zombies with talented musicians who have been with them for several years.

How did the band get its name? "Naming a band is an elusive thing," said Colin. "It's an abstract thought because you try to answer the question of what it is that you're looking for. For about a week, we called ourselves The Mustangs then we called ourselves The Sundowners named after the film that starred Robert Mitchum and Deborah Kerr. It was actually Paul Arnold who had left the band that came up with the name. There was really no explanation to it, he just suggested The Zombies out of the blue and everyone liked it because it was catchy."

A career spanning over fifty years is something that Colin expresses gratitude for on a daily basis. "I am eternally grateful that people are still interested in our music. It's been a wonderful surprise that we still have a career at this time in our lives. I think our songs have a timeless feel about them because they sound as relevant and fresh today as they did the day we recorded them," he explained. "It's important for us to write and record new material as well. People seem to really like the new songs we are recording. We receive a great reaction for new material as we do for the classic hits."

The 1960s were a turbulent time with the counter-culture raging on many levels. "As we know, England was bombed intensely during WW II. I remember our family had to ration for food and for petrol and that seemed to have continued on until the late 1950s. Then a whole new way of looking at life began to emerge and it seemed that it was centered around music," said Colin. "The Beatles started it all. They opened the doors for all of the other British bands to play around the world and in America, in particular.

London was the center of the artistic world during the 60s. I think it spread into other areas as well such as Mary Quant for fashion, John Osborne in the theatre and Michael Caine in the cinema and so much more."



Get your tickets to see The Zombies at The Kent Stage before they

are sold out! It is a show that you will not want to miss. "The incarnation of The Zombies is really a hot band," said Colin. "We have a lot of energy and play a wide selection of music from our old hits to album tracks to deep cuts that some may not remember The Zombies doing to many new songs from our new album which we just finished. There will be something for everyone. Music that lasts over time is a good test."

Photo Credit: Alex Lake

www.thezombiesmusic.com | <https://kentstage.org> | www.helenrosemaretti.com



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Press Release



GroveFest celebrates nature with free, hands-on activities at Spiegel Grove

FREMONT – Enjoy free nature activities during GroveFest at Spiegel Grove, an arboretum and the 25-acre grounds of the Hayes Presidential Library & Museums, on Saturday, June 25.

GroveFest is from 10 a.m. to 2 p.m. Admission is free.

The event features hands-on activities and crafts at booths with regional nature organizations, including:

- Nature's Nursery, which will have live education animals
- Toledo Zoo, featuring preserved animal items
- Erie County Metroparks, offering games that involve looking at different species under a microscope
- Old Woman Creek National Estuarine Research Reserve – offering a wildlife trivia game
- Help Me Grow (Sandusky County Public Health)

Other participating organizations will be announced at rhhayes.org. Ice cream and popcorn will be available.

Visitor parking is off-site only with the exception of those who have handicapped tags for their car. Parking will be available on the street and in ProMedica Memorial Hospital's parking lots at Buildings A and B, located at 605. Third Ave. Spiegel Grove is a short walk to the east of the hospital parking lots.

GroveFest celebrates nature, Spiegel Grove and President Rutherford and First Lady Lucy Hayes' love of the outdoors. The couple raised cows and chickens and planted trees on their beloved estate.

Lucy Hayes' favorite pastime was fishing, and she loved nature so much that her official White House

china had images of the flora and fauna of the United States, from deer and raccoons to fish and lobsters.

Title sponsors: Randolph J. and Estelle M. Dorn Foundation; ProMedica - Fremont Memorial Hospital and Walter E. Terhune Memorial Fund. Additional funding provided by Walmart Fremont #1429 – Rob Hershey; Walmart Port Clinton #1445 – Anita Merritt; Westview Veterinary Hospital.

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

For information, call 419-332-2081, or visit rhhayes.org. Like HPLM on Facebook at @rhhayespres and follow on Twitter and Instagram at @rhhayespres.

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Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): Bounce back and try a different approach. You may have a packed schedule but by mid-month your hard work should pay off. An upswing in your popularity may offer the encouragement and incentive to keep going strong.

TAURUS (April 20-May 20): As much as you might want to delegate it all to someone else, it's likely that the only way it will all get done is if you do it yourself. It may not be possible to rest on your laurels.

GEMINI (May 21-June 20): Turn toward the sun like a sunflower. there may be times when your thoughts dwell on unpleasant subjects and all the negatives, but you can grow and gain strength if you focus on the positives.

CANCER (June 21-July 22): You might find it difficult to reach your goals immediately. If you want to ditch old habits for better new ones, remember how long you've been doing the old habits and be realistic about time needed to really solidify a change.

LEO (July 23-Aug. 22): Dealing with difficult personalities may give you the experience you need to achieve your ambitions. You may be more cautious than usual about spending but more focused on your job and making money.

VIRGO (Aug. 23-Sept. 22): Dancing the tango is more fun with two. There is no reason to make your way alone when an affectionate partner is willing to come along and lend a hand. Rely on helpful and optimistic companions.

LIBRA (Sept. 23-Oct. 22): One person can't do everything. Control the things that are essential but remain willing to delegate lesser matters that are not crucial. A partner or loved one may be happy to take care of details.

SCORPIO (Oct. 23-Nov. 21): Wish upon a star and use your personal right timing. Some of your dreams are within reach if you pay attention to opportunities to express your creativity. Loved ones could assist you in achieving an objective.

SAGITTARIUS (Nov. 22-Dec. 21): Family members should faithfully follow your lead. When other people make tough demands, loved ones can support you. Avoid being caught up in someone's agenda that might not be what it appears.

CAPRICORN (Dec. 22-Jan. 19): Call the shots when your drive for success is activated. You are mentally incisive and adept at communications. Apply self-discipline and organizational skills to reach your financial goals.

AQUARIUS (Jan. 20-Feb. 18): The darker the night, the more you appreciate the moon and stars. If your ambitions are sparked, then it is time to apply your skill sets and get to work. Build strength by handling your obligations.

PISCES (Feb. 19-March 20): Make teamwork a priority as this week unfolds. Use your abilities to put a positive spin on every challenge to persuade others to cooperate in work-intensive activities. Place emphasis on uplifting those who are down.

Life Scholar

By Kathleen Nalley

As we approach summer, our Life Scholars program takes a short break from classes as we prepare for fall, which is quickly filling up with some great classes! Fall catalogs will be available later this summer. If you do not currently receive our catalog and would like to, please contact the Life Scholars office. Mark your calendars now for some early fall events!

Join us as we travel to Marietta, Ohio August 12 – 14th where we will be staying at the historical Lafayette Hotel and on Saturday travel on the Valley Gem Sternwheeler to enjoy a cruise to the scenic and historical Blennerhassett Island. The cost will be \$440 per person and includes transportation, hotel, cruise to Blennerhassett Island with breakfast & lunch on Saturday.

Our Eilene Perry Learning Tables will kick off the fall season on Monday, August 8th from 12:00 – 1:00 p.m. with a special presentation by Dmitriy Tartarkov on the historical and cultural controversy of the Russian invasion in Ukraine with a focus on refugee crisis. This is a free event, but registration is requested.

The Life Scholars Fall Sampler will be Thursday, September 8th from 10:00 – 12:00 with a \$5 registration fee. Registration is required and the deadline to register is September 1st. This is a wonderful celebration of the program and provides a sampling of our courses planned for fall.

If you have grandchildren looking for something fun to do this summer, we are getting ready for our KidsCollege summer program which is held July 18 – 21, 2022, check out the class offerings at <https://learn.terra.edu>.

As I end this month's article, it is bittersweet. The Life Scholars program has become more than just a job, it has become my extended family. With that being said, my husband and I have decided to relocate to Florida in June. I would like to thank all of you for your continued support of our program. We have watched it grow dramatically over the last few years and I am excited to watch from afar how it will continue to grow. Emily Riehle has been named as the Interim Coordinator of Community Education and will be available to assist you along with some familiar faces you have already worked with. Who knows, maybe I'll pop on a class or two via zoom on occasion! For more information, or to register for classes, call 419-559-2255, or visit <https://learn.terra.edu>.

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Helping a dog from a hoarding background learn to trust his world

Dear Cathy,

In November, we adopted an eight-year-old chihuahua. He was from a hoarding situation and had spent the previous two months with a foster family. He is a nervous and reserved dog though. He is slowly making progress and will allow us to put a leash on him, but will cower when we remove it. If we try to get near him, he runs away. He won't eat in the kitchen until we leave. He didn't bark much, but he's suddenly barking at my adult grandson, who lives with me. Every few hours, we take him out to relieve himself, but he usually has an accident within an hour of those potty breaks. We give him a treat if he goes outside, but he will usually not take it. He's not food motivated. We have pee pads around the house, but we hope to eliminate them.

We knew it could take time before he trusts us, and we are okay with that. We praise him, rub his head, and try to reassure him. Hope you have some advice that can help.

- Linda, Middle Island, New York

Dear Linda,

Because hoarders hide the number of dogs they have, they often let their dogs relieve themselves inside their homes. They also don't walk them, so the leash is a new thing for your dog. The good news is, it's possible to potty train him, teach him how to walk on a leash, and help him trust the world again.

Continue with the scheduled potty breaks and praise him when he pees outside. Over time, remove the pee pads until you are down to just one. Give it a month with one pee pad, and then try moving it outside to see if he makes the connection. If he is still having accidents, continue the training with one pee pad in the house.

You and your grandson can reduce his nervousness and increase his trust by spending quiet time with your dog, like when watching television. This is a good time to place the leash nearby so he gets used to seeing it. If possible, also engage him in play and train him. Dogs from hoarding cases sometimes don't know how to play so it can take time to find something he enjoys. With training, just praise him with a pat on the head and a kind word, if he likes that. Finally, keep a consistent routine, so he can learn to trust the world around him.

Because of his background, this may take considerable time, but it sounds like you are the right person to help him.

Dear Cathy,

In a letter from "V" in Baltimore, "V" was worried about her friend who lived alone with major health issues, including oxygen tanks with tubes running throughout the house. One suggestion you didn't give her was to contact the shelter and be sure they knew that the person who wants the dog has oxygen tubes running through the house and frequent hospitalizations. If the pet tripped over and disconnected a tube or was a chewer and bit through the tube, this could be life-threatening for the elderly widow.

- Dolores, Boynton Beach, Florida

Dear Dolores,

I can appreciate where you are coming from, but don't think people should call an animal shelter and tell them that someone coming to adopt a dog shouldn't be allowed to adopt or that the person has limitations that might impact their well-being or the pet's care. First, I don't think the staff would consider the advice since they don't know the relationship between the caller and the adopter and would not know the true motive behind the call. And second, V's friend is still an adult capable of making her own decisions, and we have to respect that.

I sense your worry over her adopting a dog, so let me alleviate those concerns by saying that every animal shelter and rescue group that I know of interviews and screens every adopter. (Good breeders do the same

thing.) They will get a good feel from her answers about whether she is in the right place to adopt right now. If they don't feel she would be a suitable adopter, they will deny her and explain why. Hearing this from a shelter or rescue group is sometimes easier than hearing it from a friend.

There is one more option. The woman may be a good foster parent. Animal shelters support foster parents with pet food and pet care until a home can be found, and they can easily take the dog back if she has to be hospitalized.

(Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her @cathymrosenthal. ©2022 Tribune Content Agency, LLC.

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Effective May 14th, 2022 Westview Veterinary Hospital, Inc. will be terminating its food animal services. This includes all ruminant and swine, regardless if food producing or companion. Equine services will continue. Dr Casey Skowron will be opening a practice in Pemberville, Oh. His practice is called Legacy Veterinary Solutions (contact info to follow). All ruminant and swine will be referred to his practice for further treatment. Westview will be expanding it's equine ambulatory and haul in availability to 5 days a week starting in the last week of June with the addition of Dr. Holly Phillips. More information on Dr. Phillips coming soon. Dr. Zimmerman/Phillips will be seeing equine patients.

As veterinary medicine moves into areas of interest, it's difficult to offer "everything to everyone" with the ever expanding information and standard of care for each species. Having veterinarians and technicians/assistants that work on a limited number of species, helps to keep the quality of medicine at a level that benefits both the patient and client. We are excited for Dr. Casey's new opportunity and thank him for the service he has provided to our clients and we will continue to work together through this transition.

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An Addict Has Options

By Dr. Paul
Silcox

It seems that there are numerous addiction treatment facilities that have opened within an hour of Fremont in the last 5 years. Some are outpatient and some are inpatient for their initial detoxification period. Working with counselors through the understanding of what are some of the deeper issues that led to the downward spiral of addiction and a life out of control.

For years, I didn't know anything about addiction. One of the things I have learned in the last 5 years is that it is hard for an addict to navigate on their own back to a state of sobriety and being a productive citizen. That is one of the reasons that so many treatment facilities have opened.

In addition to counseling, group therapy and a variety of therapies are used. In the last 50 years, numerous drugs have been developed to treat addiction. Some of them are labeled as narcotic. Some of them are opiate agonists. That means they are intended to block the effect of opiates on the opiate receptors in the brain. This type of therapy is labeled as MAT (Medically Assisted Treatment)

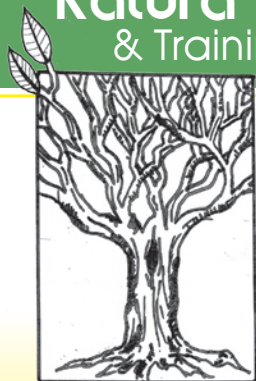
Please understand, many thousands, and probably tens of thousands of addicts have been helped using MAT. However, many addicts, and I do mean many, want to avoid MAT. Some of the reasons are that often, MAT is a therapy that has to be continued for long term, sometimes even years.

It's interesting to note, that I have been studying and practicing, and am now teaching, a protocol developed by the National Acupuncture Detoxification Association. I have seen it work up close and personal. The beauty is that it is a simple, non-verbal, usually done in a group setting.

Dr. Michael Smith, Psychiatrist that developed the NADA protocol in the 70's, stressed that the acupuncture doesn't do the work, but it helps the addict to help themselves. One of his favorite sayings was, "keep it simple."

If someone you know is struggling with addiction, let them know that Katura Recovery is a possible way to help them get their life turned around. Katura is an alternative therapy to treat addiction without using medication. The beauty of it is that we keep it simple, here in Sandusky County. It is here and now and ready to help you, help yourselves, WITHOUT MEDICATION.

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IN YOUR OWN BACKYARD

Green Springs United Methodist Church Rummage Sale, 117 N Broadway St, Green Springs, June 2,3,4 Thurs. 9-5, Fri. 9-6, Sat. 9-1. Lunch stand on Friday, Free coffee!

Downtown Fremont: June 4, Front Street Live Cornhole Tournament 10am-6pm; June, 18 Farmers Market & Car Show 9am-1pm.

Whispering Meadows Garden Club, June 9, 1 pm - Program on Peonies, 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.

Chicken Dinner Drive Thru, June 12, 11 am till 1 pm. Pick up location Caranfa Ford 1370 E. Main St., Bellevue. Half chicken, green beans, and baked potato. Bellevue Historical Society Fundraiser Tremont House Project

Fremont Area Women's Connection will meet on June 14, 11-1 pm at The Victor Center, 2270 Hayes Ave. Ladies are invited to attend the luncheon and enjoy the program "Staying Involved". Present will be Brenda Kuieck, the Program Planner for the Senior Centers through Great Lakes Community Action Partnership (GLCAP). Guest speaker is Bea

Clements from Loveland, Ohio who will share her story "Renovations: Can You Really Do It Yourself?" Cost of the luncheon is \$14 and reservations are needed by June 9 by calling/ 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 (formerly known as Christian Women's Club) began in June 1971 and is affiliated with Stonecroft Ministries.

Fremont Lions Club will host their Annual Pancake Breakfast on Sunday, June 12, 8 am -12:30 pm at the Fremont Eagles, 2570 W. State St. The menu will include ham, eggs, pancakes and beverage for \$7. You may eat inside or drive-up to take a meal. Tickets are available from Lion members or by calling Greg at 419 332 8445 or 567 201 9913. Tickets will also be available at the event.

Fremont Lions will meet at noon on June 7 at the Fremont Eagles with guest speaker Sheriff Chris Hilton. The group will also meet June 21 at The Victor Center for the Installation Dinner of new officers for 2022-2023. Members and guests are welcome at all activities. For more info call Colleen Carmack, President at 419 680 3722.

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 June 2, George Keller will give the history of the Strand Theater, June 9 Superintendent Jon Detwiler will give members and guests a tour of the new Ross High School, June 16, Missy Walker will talk about identifying and avoiding scams, June 23, Dana Rocca will talk about the MS Society Fundraising Walk, June 30 will be committee meetings. For more information, email sardisburchard@yahoo.com.

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Indoor Garage/Bake Sale: Gibsonburg American Legion, 300 S. Main St., 8-4 pm on Thurs. June 23rd and Friday June 24th. Lunch available, multiple vendors. Household, holiday, jewelry, clothes, baskets, and more. Sponsored by Legion Auxiliary. A/C, restrooms.

Blue Lakes Charter: New York City July 22-25, Cape Cod June 19-26, Washington DC Sept 9-12. To make a reservation go to BlueLakes.com or for more info contact Denny Otte at 800-282-4287 ext 1402.

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