

2000  
Lifestyles

 **HAPPY  
FATHER'S DAY!**



**FREE**

Vol. 24 Issue 6

**JUNE 2023**

*Celebrating*  
**24**  
1999-2023  
**YEARS**

[Lifestyles2000.net](http://Lifestyles2000.net)



## Don't Just Stew, Do! Take Action.

By Robert Morton

Americans face a plethora of challenges staring them square in the face. It's high time we stopped complaining and started taking action. So, fasten your seatbelts and let's jump right in to tackle the five major hurdles: economy and jobs, healthcare, climate change and the environment, political polarization and divisions, and racial injustice and equality. No more time for idle chitchat – it's time to make things happen!

**Economy and jobs?** I'm no financial guru but investing in education and skills development is like strapping on your turbo boosters in the job market. Quit complaining and go back to school! Make it your lifetime mission to keep learning and stay up-to-date with the last trends to stay ahead of the pack.

**Now, let's talk healthcare.** I'm tired of wincing at those medical bills. It's time to rally for comprehensive healthcare reform. We want affordable insurance options, expanded coverage, and let's get those prescription drug prices down, shall we? And why not start taking better care of ourselves by adopting healthy habits. Heck, we'll save some moolah in the long run.

**Ah, climate change,** the elephant in the room. It's time to get our green on! Each of us can make a difference by shrinking our carbon footprints. Turn off those lights, recycle like a champ, and support renewable energy sources. And let's give a shout-out to the organizations fighting the good fight for our planet. It's time to put Mother Earth at the top of our VIP list!

**Political polarization...**things have gotten a little heated, haven't they? But we're all in this together, so it's time to seek out different perspectives, engage in conversations without throwing tomatoes, and for the love of democracy, let's prioritize empathy and understanding. Support initiatives that encourage civilized debates and vote for candidates who know the magic word: compromise!

**Racial injustice and equality-** let's tackle this beast head-on. Start education yourself, challenge your own biases, and have some real talk about race and inequality. We're all on the same team, people! Be an advocate for policies that bring fairness and justice.

Let's kick those concerns to the curb and take action, my friends. Stay informed, get your advocacy game on, and be an active member of your community. Education, empathy, sustainable practices, and being a good ol' citizen—these are our secret weapons. So, let's turn those worries into opportunities and create a country that's fair, prosperous, and downright awesome for everyone. Game on, America!

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

## A Great Place to Live & Work!



**Elmwood**  
Assisted Living & Skilled Nursing  
of Fremont



Join Team Elmwood!  
elmwoodcommunities.com

419-332-6533



2 | Lifestyles 2000 | June 2023

## 12 Acres in Ohio

By Robin Arnold and  
Gena Husman

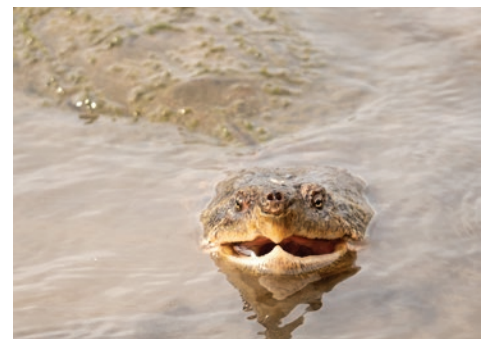
### Ohio's Common Snapping Turtle/Love in the Marsh

"In the Spring a young man's fancy lightly turns to thoughts of love" (Tennyson)...and apparently, it applies to snapping turtles too.

On a late afternoon walk around our marsh this Spring, Robin suddenly stopped and pointed out the top of a large snapping turtle shell in the water at the edge of the marsh. We couldn't see much of the turtle at first, until his head (we soon realized it was a male) popped up above the surface. He was BIG—his shell must have measured at least twelve inches long. Robin climbed down the bank to the edge of the marsh with her camera, hoping to get a good shot of him. We knew there were snapping turtles in our marsh, but since they spend most of their time in the water or submerged in the mud we don't see much of them. They hardly spend any time on land except to lay their eggs.

In the winter, they hibernate in shallow water where they can burrow into the mud... sometimes they even hibernate in groups. They have a unique breathing system which allows them to remain buried in the mud even when the water freezes.

Seconds later, he totally submerged and we stood patiently waiting to see if he would appear again. For several minutes he surfaced and submerged, and we thought he was searching for food—until we saw a second, slightly smaller head emerge from underneath him. That was when we realized we were witnessing two snapping turtles mating. In all the years we'd lived here, it was the first time either of us had seen such a event.



The water churned and roiled, and once the smaller turtle—we assumed was a female— surfaced belly up. A few minutes later it was over and she swam off. The male turned towards Robin, who was still standing at the water's edge, emitted a strange sound (Robin described it as a long tone—the likes of which she'd never heard before) and after giving her a big grin, he, too, turned and swam away.

In about three to six weeks she will emerge from the water, find a suitable nesting spot, lay her eggs (which may take several hours), and walk away, leaving them to whatever fate awaits them. Snappers lay one clutch each year of twenty to eighty eggs; sadly, about ninety percent of the nests are destroyed by predators...it's a wonder any turtles survive. Sex of surviving baby turtles is determined by nest temperature: the cooler eggs at the bottom will develop into males while the warmer eggs at the top will be females.

While in the water snappers will usually flee and hide if confronted, but they can be very aggressive on land and are capable of biting off a finger! As a small child, Robin remembers watching her grandfather clean a snapper once for supper. As he was gutting it, he told her if she looked in the entrails, she might find a finger. Of course, he was laughing but she took it very seriously at the time and never forgot.

In the meantime, we'll keep a lookout for her nest, and hopefully, in about eighteen weeks these eggs will survive and hatch!



# Lifestyles 2000

June 2023  
Vol. 24 • Issue 6  
[www.lifestyles2000.net](http://www.lifestyles2000.net)

Celebrating  
**24**  
YEARS  
1999-2023



## NEWS AND NOTES

Life Scholar. Kathleen Nalley. . . . . 4

## ENTERTAINMENT

Out to Lunch, Lynn Urban. . . . . 5

Astrology Forecast. Magi Helena. . . . . 8

Helen Marketti's Music Corner. . . . . 9

In Your Own Backyard. . . . . 11

## HEALTHY LIVING

The Moral of the Porcupine, Dr. Paul Silcox. . . . . 11

## HOME & HEARTH

Don't Just Stew, Take Action, Robert Morton. . . . . 2

12 Acres in Ohio, Robin Arnold & Gena Husman . . . . . 2

The Banning of Gas Stoves, Kathy VanWey. . . . . 3

Jill on Money, Jill Schlesinger. . . . . 5

History Notebook, Nan Card. . . . . 6

Image of the Mind, Alisa Florio. . . . . 7

My Pet World, Cathy Rosenthal. . . . . 10

**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).

# The Banning of Gas Stoves

By Kathy VanWey

"How," you may ask, "did some members of the federal government decide to ban fossil fuels and products that use them?" That was agreed on before the 2020 campaign ever started. While the plan is no longer under joebiden.com, you can do an internet search for: The Biden Plan for a Clean Energy Revolution and Environmental Justice.

In an internal memo written in Oct 2022, reporters found that Consumer Product Safety Council (CPSC) Commissioner Richard Trumka Jr., stated "That CPSC could move forward with a Notice of Proposed Rulemaking (NPR) on gas stoves...the need for gas stove regulation has reached a boiling point...there is sufficient information...in 2023 to ban gas stoves in homes." (foxnews.com 5-1-23). If the Trumka name sounds familiar his deceased father was past President of the AFL-CIO.

In December 2022, scientist Talon Gruenwald with the Rocky Mountain Institute (RMI) published a study in the International Journal of Environmental Research and Public Health (digital format). He reported that "12.7% cases of childhood asthma in the US were attributable to gas stoves." (NIH Abstract 12-22). The DOE's Jennifer Granholm quoted his work in January 2023.

In an interview with Bloomberg Reports updated on Jan 9, 2023, Trumka Jr. stated that "any option is on the table and products that can't be made safe will be banned." Naturally this set off a firestorm with the CPSC and the Biden administration backtracking and claiming, 'we're not coming for your gas stoves'.

Senators Joe Manchin and Ted Cruz have introduced the Gas Stove Protection and Freedom Act. It would prevent the CPSC from banning gas stoves. (Reuters, 2-2-23). Plus, it's "an effort to uncover the "hidden pressure campaign run by the Biden administration and environmental activists to ban gas stoves."

Senators Comer and Cruz sent letters to the Climate Imperative Foundation (CIF), the Windward Fund, Rewiring America, and Consumer Reports." They asked the CIF why they donated \$400,000 to the Windward Fund, who in turn donates funds to Rewiring America. In an amazing coincidence, Talon Gruenwald also happens to be the Chief Scientist for Rewiring America, one of the non-profits donating millions to ban fossil fuels. Senator Comer also reminded the CPSC that he is the Chairman of the Committee on Oversight and Accountability which oversees the CPSC. (Committee Press release 5-1-23).

On a personal note, Happy Father's Day to the guys who loved us, taught us, inspired us, corrected us, and made us better people. Especially those who taught us how to drive, or at least tried too.



Bethesda Wishes  
all Fathers a

Bethesda Care Center  
600 North Brush Street  
Fremont, OH 43420  
[www.bethesdacare.org](http://www.bethesdacare.org)  
Phone: 419-334-9521



Find us on Facebook at Bethesda Care Center





# Lifestyles 2000

## PUBLISHER/EDITOR

Joanne McDowell

## SALES

Joanne McDowell

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

call 567-342-3117 or

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

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.

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

Lifestyles 2000 reserves the right to refuse any advertising for any reason. The opinions expressed by the contributors and writers do not necessarily reflect the opinions of the paper.

**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."

Distribution of the paper does not constitute an endorsement of products, information or services. Neither the advertisers nor the publisher are responsible for omissions, misinformation, typographical errors, etc. herein contained.

Lifestyles 2000  
30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

Welcome to June!

Happy Father's Day to our dads. Consider yourself fortunate if your dad is still with you.



What a surprise I got! I am sure many of you remember our column, 12 Acres in Ohio. It ran for many years, and then Gena and Robin felt they were out of ideas. Needless to say, they discovered some snapping turtles mating and had a new idea for a column. Enjoy, I know I did.

Joanne

## Find Pete



### Find Pete Winners:

There were 160 entries for May, the answer was Superior Lawn Service. Once again, a reminder that we must have an address on your entry or you will be disqualified.

Winners of Miller Boat Line tickets: Tyler Wagner, Charles Pfeil, Connie Market, Kelly Fought, David Burris, Fremont.

Winners of 2 passes to African Safari are: Larissa Mullins, Clyde; Rosa Hasselbach, Oak Harbor; Bob Rakay, Tom Klos, Fremont.

Other winners: Brianne Rakes, Rose McKnight, Connie Hetrick, Renee Witt, Sabra Keller, Fremont; Ginny Nusbaum, Burgoon; Lily Gerwin, Gibsonburg; Vicki Hull, Old Fort; Terri Chagnon, Julie Toy, Erin Miller, Clyde; Colette Hunter, Bellevue; Jackie Dunn, Oak Harbor. Congrats!

### Find Pete Prizes:

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

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

### Find Pete Contest Rules:

To enter, send the name of the ad, your name and address on a 3x5 card or paper to: **Lifestyles Contest, 30 Ponds Side Drive, Fremont, 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.

## Life Scholar

By Kathleen Nalley

One of the many program hats worn by Emily Riehle, Interim Coordinator of Community Education is Terra Community College's Life Scholar Program. She moved into the position with the departure of Holly Hoffman last summer. She can now reflect on her first year and her plans for the upcoming months.

Emily has been with Terra for five years. She served as Assistant Manager then Director of the Neeley Center before moving to the joint role of Director of Dining and Events Services and Interim Coordinator of Community Education. In the latter role, she oversees Life Scholars, Kids College, Open Enrollment Classes (such as ServSafe and Leadership,) the CDL Grant (Motorcycle Ohio,) and the Equity for Each Grant (a collaboration with Fremont city Schools for high-risk students.)

Raised by longtime local educators (Bill Fox of Vanguard and Becky Fox of Tiffin University,) she completed her master's degree in business leadership from Tiffin University in 2018, but never envisioned herself working with the "age group" of Life Scholars. "I was nervous about the age group, to be honest. I was surprised how that changed. I enjoyed the classes, especially the instructors. There was so much variety in the topics."

Her immediate goal for Life Scholars is to solidify a comprehensive catalog of courses to distribute throughout the summer. Her summer tasks take a twist as she prepares for Kids College from July 17 - July 20. This special program is entering its 29th year of serving students from first to twelfth grade with educational enrichment opportunities. For highschoolers, two day-long classes address Electrical Technology and Robotics Technology.

With technology of high interest, classes have been added to Create Your Own Video, Game Creation Basic Coding and Code Your own Robot, as well as Drone Racing. Photography 101 addresses three different grade levels with photo editing tips. COSI Connects classes include Think Green and Water Works, which explore current environmental topics while outdoors. Art, French, Sewing, Scrapbooking, Cooking, Exercising, Chess, and Animals extend the breadth of topics to challenge many students of all ages. Catalogs are available online with detailed descriptions.

To support Kids College, the 2nd Annual Car Show is planned for Aug. 4th from 5-8 p.m. in the Terra Parking Lot. Again, music will be provided by a DJ and food trucks, a beer garden and over a hundred cars are expected to participate.

### Drown's Farm Market NOW OPEN FOR THE SEASON

2562 County Road 185

Clyde, Ohio 43410

N. of Rt. 19 / S. of Limerick Rd.

Fresh Fruit & Vegetables

Strawberries • Rhubarb • Asparagus  
Tennessee Tomatoes • Green Onions  
Baked Goods and more!



Open 9-5

7 days a week

419-639-3789

Need help navigating your health  
insurance options? **Call today!**

**567-275-8913**



**Jennifer Leonard**

Licensed Insurance Agent  
Green Springs, OH 44836  
[jenleo2112@gmail.com](mailto:jenleo2112@gmail.com)

- **ACA Certified**
- **Medicare**

*Jennifer*  
**LEONARD**  
INSURANCE SOLUTIONS FOR SENIORS

**No cost consultation. No obligation to enroll.**

*Not connected with or endorsed by any government or the Federal Medicare Program. We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.*





## Out to Lunch

By Lynn Urban

A friend brought in an article about a new restaurant at Rt. 280 and the turnpike at the truck stop area. It's a different kind of restaurant to see at a truck stop, but the truckers like it.

A review was in the Blade and said many good things about it, so I thought I must try it.

The restaurant is called Chayhana, and is owned by two brothers who immigrated here from Uzbekistan. It's a comfortable atmosphere, with soft music and videos of how their country makes different foods.

It is a central Asian country which uses mostly beef, lamb, and chicken. No pork is used and no alcohol is served. They use spices from their country which have good flavor and not too spicy. Some of the dishes we tried were Uzbek plou, which is beef, rice, onion and Asian herbs, and Galups, which were stuffed peppers and stuffed cabbage, potatoes and carrots in a tomato based broth. One of the appetizers we tried was a Samra, a flakey pastry filled with beef and onion with an egg wash with sesame seeds on top, and the traditional Uzbeknon, a round loave of bread with a sprinkling of sesame seeds on top.

On another trip I had the chicken Kabobs over rice and that was very good. Some of the prices were a little high but the portions were large and we split a dinner. When we asked for two plates, they split the dinner for us with no problem.

Some of the waiters don't speak much English, but they understood what we wanted and are very friendly. There is usually one dessert, even though the menu has a couple on it. Both times the dessert was a Napoleon cake, which are layers of flaky pastry and custard, and that was really good. This place is definitely good to try and easy to get to.

They are open everyday from 7am-12am, except Sunday, 9am-12am.



## Jill on Money

By Jill Schlesinger

### Confidence is an essential component of the financial system.

Without it, worried depositors pull their money from banks; spooked investors don't trade with firms that they believe won't make good on purchases or sales; and none of us would accept dollar bills as currency.

Confidence (or lack thereof) is in the news, after a trio of headlines showed that Americans have lost confidence in their banks, the Federal Reserve Chair, and their own financial future.

One immediate outcome of the regional banking system crisis is that people got nervous.

An April Gallup poll found that "nearly half of Americans are anxious about the safety of the money they have in accounts at banks or other financial institutions."

A total of 48 percent of respondents were either very or moderately concerned about their money – and the poll was conducted before the third leg of the shaky banking stool, First Republic, succumbed, like Silicon Valley and Signature Bank before it. The last time people were this spooked about financial institutions was after the 2008 financial crisis.

A separate question in the Gallup poll that garnered attention asked about confidence in the Federal Reserve Chair Jerome Powell.

After peaking at 50% confidence in 2020, Americans have soured on the Fed. Powell may be getting dinged by those who are frustrated by the Fed's late start to raising rates to tackle inflation, and also by those who are unhappy with rates being 5% higher than they were 15 months ago.

Powell's confidence rating dropped to just 36%, slightly worse than the low levels for his predecessors Janet Yellen's 37% in 2014 and Ben Bernanke's 39% in 2012.

These results may be sobering, but all three are well above the rock bottom sub-20% confidence that former Fed Chair Paul Volcker earned during the late 1970's-1980's, according to George Washington University political scientist Sarah Binder.

Finally, in its 2023 Retirement Confidence Survey (RCS), the Employee Benefit Research Institute (EBRI) found that among those who are working and those who are already retired, confidence in having enough money to live comfortably throughout retirement dropped significantly this year from 2022.

"The last time there was a decline in confidence of this magnitude was in 2008 during the global financial crisis," the RCS found.

Inflation is the culprit, with workers and retirees reporting that high prices are causing them to spend a lot more money and to eat into their savings. Because inflation has remained higher for longer than expected, "4 in ten workers and 3 in 10 retirees are not confident their money will be able to keep up with inflation in retirement, a significant increase compared with the one-third of workers who felt this way last year."

A massive 84% of workers and 67% of retirees are concerned that the increasing cost of living will make it harder for them to save money.

Perhaps more worrisome is that many are seeing debt levels rise in response to inflation. Outstanding credit card balances are closing in on \$1 trillion, and the cost of servicing that debt has jumped from 14.5% before the Fed started its rate hike campaign, to over 20% today. No wonder confidence is on the wane.

Despite the current gloom that permeates these polls and surveys, I remain oddly optimistic in the power of time to help restore confidence.

Yes, it feels lousy today, but just like in 2008, there was a recovery, and we slowly regained our footing. Or as Julie Andrew sang in the film version of The Sound of Music, "I have confidence that spring will come again. Besides, which you see, I have confidence in me!"

*(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)*

©2023 Tribune Content Agency, LLC



8080 Main Street, Old Fort  
419-992-4666  
Mon-Fri 7:30am-7pm  
Sat 8am-5pm  
Sun 10am-4pm

**It's that time of year!**  
**Graduation Parties, Reunions,  
Showers & Summer Get-Togethers**

We have everything you need including our homemade  
bratwurst, our famous shredded meats  
and homemade salads.

**Check Out our "Hey, What's For Lunch  
Video" on Monday mornings**

Follow us on 



### Isn't It Time For A Second Opinion On Your Finances?

Typical 60/40 Portfolio Was Down ~16% In 2022, Worst Performance Since 1937

**Call Jerome Wiggins For Your Complementary Portfolio  
Review Now!**

**419-355-0279**

Strategic Wealth Partners  
528 3rd Avenue | Fremont, OH 43420  
swpconnect.com

Investment advisory services offered through Strategy Wealth Partners LTD, a Registered Investment Advisor





## Migrant Crisis: Then and Now

During the past two years much has been said and written about immigration at America's southern border. Unable to house, feed, and care for the thousands entering the country, governors have bussed many to sanctuary cities. In New York City, the mayor was forced to put up migrants in police stations for lack of housing. Such a crisis isn't new to America. During the 1890s, New York City's police housed as many as 148,000 immigrants in their barracks each year.

According to an article in the Wall Street Journal, Chicago's population increased by 54% from 1890 to 1900.



City commissioners quickly constructed ramshackle tenements for the enormous wave of immigrants that poured into their cities. Thirteen-foot rooms were often occupied by as many as a dozen men. Flophouses charged 25 cents for a cot, locker, and screen. Many who could not afford that amount were forced to use a hammock for 7 cents or a spot on the floor for five. Others slept in the streets

despite cold and snow. Unemployment was rampant. There was little or no safety net for those who were weakened by hunger and disease. Saddest of all were the orphaned children who were frequently cared for and fed by the police.

What prompted the first change in these enormous slums? It was the work of Jacob Riis. An immigrant himself, Riis came to the United States from Denmark in 1870. Ten years later, he found work as a police reporter and saw, wrote about, and photographed the filth, squalor, poverty, and overcrowded slums. His book "How the Other Half Lives" threw light on the misery of New York City's poverty-stricken, homeless immigrants. More than his words, it was his photographs of the crowded tenements that effected change. Theodore Roosevelt, then the city's police commissioner, said "I have read your book and have come to help." And help he did!

Tenements were torn down and replaced with decent housing for the city's population of which a quarter were mired in poverty. Streets were cleaned up. Reformers and missionaries

opened day nurseries and schools for thousands of homeless children. "Out placing" by the Children's Aid society began the Orphan Train Movement that found homes, some good and some ruinous, for more than 200,000 children.

Roosevelt once said he hoped that coming to the "new land would be a turning point in their lives; wished that they might find there all their dreams had painted for them; and how earnestly he, as a citizen of the great republic; welcomed them to it." It took years of reform and constant effort to make that promise a reality.



**First Call for Help** is a free and confidential service that helps people in Sandusky County find the local resources they need.

Call (419) 334-2720  
Mon-Fri 8:30a - 4:30p



United Way  
of Sandusky County

Browse our online directory 24/7 at [www.uwsandco.org](http://www.uwsandco.org)

**Lilie Beans**

Fine fashions for you and your home.

PRESENT THIS COUPON AND SAVE

**25% OFF**

ANY ONE REGULARLY PRICED ITEM.

(One coupon per customer, May not be combined with other offers.)  
Some exclusions apply. Offer valid through June 30, 2023.

## Baby Can We Deliver!

The Bellevue Hospital's Family Birthing Center is here to deliver quality care and guide you and your family through one of life's most memorable experiences.

### Our Family Birthing Center Provides:

- Caring and compassionate staff members
- Eight private rooms
- Sofa beds for the overnight stay of support partner
- Whirlpool tubs
- Breastfeeding education and support

For More Information, call: 419.484.5960, Ext. 4295



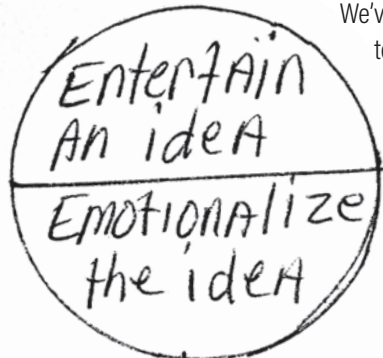
1400 W. Main Street • Bellevue, OH 44811 • [bellevuehospital.com](http://bellevuehospital.com)



# Image of the Mind

By Alisa Florio

## Image of the mind a progressive realization



We've heard the definition of success as the progressive REALIZATION OF A WORTHY GOAL. The purpose of this message is to share a wonderful way to keep realizing—to keep achieving; your GOALS, one after another.

Sometimes our goals seem so far off, and progress appears painfully slow. Don't lose heart! Sometimes it seems we'll never make the grade, and come close to back to our old habits, which may be comfortable, but lead to nowhere. There's a way to beat this, and it's advocated by many of the greatest thinkers.

This is where we determine whether we are merely gathering information, or have truly learned something. Over 2000 years ago we were advised, "By the fruits you will know them." Just like we can tell the quality of a tree by the fruits it bears, so too, can you tell a level of a person's understanding by the results they achieve.

Remember, our paradigm wants you to believe if you can remember information, and repeat it back that you have learned it. This is definitely not the realization of the great thinkers! Simply remembering, and repeating is merely the gathering of information. This is precisely why so many people get the same results. They buy and read books, attend seminars, and nothing happens, and their frustration is heightened.

Repetition is one of the first laws of learning which could be considered one of the most important laws within all the laws of the universe. Learning isn't difficult, it's challenging your old paradigm which you will come face to face with in a royal battle of the mind trying to stop you from acting on a new idea. Wanting to prevent you from living your dream life.

In previous articles I've brought to your attention that to act on a new idea you have to break an old habit. The old habit is part of the paradigm you are living in now, and it does not want to let you go. This is where studying pays off, it gives you understanding. You will want to read these ideas on creating a life you love by changing your paradigm over, and over, and over! Until next time feel a big hug from the Universe!

**SANDUSKY COUNTY  
SHARE AND CARE CENTER**



**NEIGHBORS HELPING NEIGHBORS**

*Be glad in the Lord and rejoice, you  
righteous ones; And shout for joy,  
all you who are upright in heart.*

*- Psalm 32:11*

**CLOTHING—MEN, WOMAN,  
CHILDREN ALL SIZES AND STYLES,  
SMALL TABLES, CHAIRS,  
HOUSEHOLD DECOR, BOOKS,  
TOYS, SHOES, JEWELRY, KITCHEN  
ITEMS AND SO MUCH MORE!**



**Come Shop!**



**Neighbors Helping Neighbors.  
Proceeds from the store help those in need.**

**HOURS:** Tues & Thursdays 10 am-7 pm,  
First and Third Saturdays 10 am-3 pm  
*Cash, Credit and Debit Cards Accepted.*

*Please bring your gently used clothing, household items,  
etc to this location only.*

### **SHARE AND CARE**

129 Bidwell Ave.  
Downtown Fremont

**419-334-2832**

### **TWICE BLESSED**

1209 Oak Harbor Rd.  
(Next to Hart Medical)  
Fremont

**567-342-3034**

### **HOURS:**

**Monday & Wednesdays 10 am-7 pm &  
Second Saturday 10 am-3 pm**

*Cash, debit and credit cards accepted  
No donations accepted at this location please.*







# Astrology FORECAST

By Magi Helena

**ARIES (March 21-April 19):** An enthusiastic new friend might encourage you to overspend or take unnecessary risks. You could be at odds with someone who may want to take advantage of your honesty or sincerity. Putting on airs can lead to misunderstandings, so remain true to yourself.

**TAURUS (April 20-May 20):** Try to keep your attentions focused on purposeful plans. It can be important to surround yourself with positive, encouraging people. Keep an eye on your finances and avoid making large investments or major purchases for now.

**GEMINI (May 21-June 20):** You may feel overly sensitive to criticism and could be easily upset by instability. This is not a suitable time to take on new ventures or projects. Take this time to focus on your mental health and find small ways to relieve some of your pressures.

**CANCER (June 21-July 22):** Take your time regarding your finances. If you are in too much of a hurry to make a purchase, you could have regrets later. Be skeptical about possibly risky investments and you will be able to skate past thin fiscal ice.

**LEO (July 23-Aug. 22):** Boundaries could be put into place and should be respected. Someone may poke holes in possible plans or red tape could prevent you from achieving your objectives. You may find that getting your way might not always lead to contentment.

**VIRGO (Aug. 23-Sept. 22):** Let facts be your friend. Obtaining a straight answer from companions may be as difficult as herding cats. You may need to practice more patience and understanding when interacting with ill-tempered people.

**LIBRA (Sept. 23-Oct. 22):** Impulsive people may pressure you into making changes to your career, finances or personal life. You may be tempted to take advantage of someone's loyalty but remember that impulse decisions could lead to issues later on.

**SCORPIO (Oct. 23-Nov. 21):** Try to find a place to burrow away far from possible noise and distractions. You may need a quiet space to fix problems or address deficiencies. Someone might agree with you on the surface but could be fixated on their own agenda.

**SAGITTARIUS (Nov. 22-Dec. 21):** During an internal game of tug of war, either side could end up falling into the mud. You might wrestle with your conscience about trying something new and stimulating when it could be wiser to stick to what is tried and true.

**CAPRICORN (Dec. 22-Jan. 19):** Pump up your persistence and you can prevent getting detoured by possible controversies. This may not be a good time to question the rules or to ignore your responsibilities. Stick to what you know and avoid experimenting for now.

**AQUARIUS (Jan. 20-Feb. 18):** You may be willing to focus on all work and no play. Your ambitions may be at a high point, perhaps because you feel the crunch of having more expenses than income. Follow any rules to avoid possible disapproval.

**PISCES (Feb. 19-March 20):** Having a good relationship with the people you meet could be like petting porcupines. You may need leather gauntlets rather than kid gloves to manage some relationship issues. Maintain a low profile and avoid arguments for now.



**African Safari  
WILDLIFE PARK**  
Celebrating 50<sup>th</sup> WILD Seasons



**THE OHIO  
SAFARI PARK®**  
Drive-thru  
Safari  
Educational  
Animal  
Programs  
Rain or Shine

**\$3.00  
OFF**  
General Admission  
(Ages 7 years+)



LS3

**\$2.00  
OFF**  
Children's Admission  
(3-6 years)



LS2

Valid for up to 6 people with coupon. May not be used in combination with any other offer. Expires 12/4/2023.

**267 S. LIGHTNER RD  
PORT CLINTON, OH 43452  
17 MILES WEST FROM CEDAR POINT  
1-800-521-2660**

**AFRICANSAFARIWILDLIFEPARK.COM**  
*Get Ready for a WILD Time!*



**LANCO**  
TO PERFORM AT THE  
SANDUSKY COUNTY FAIR  
LANCO, an American Country Music Band,  
best known for their hits "Greatest Love Story" and  
"Born to Love You" will perform on  
**FRIDAY NIGHT - AUGUST 25TH**  
at the Sandusky County Fair in Fremont, Ohio.



www.sanduskycountyfair.com  
901 Rawson Avenue, Fremont, Ohio 43420  
419-332-5604





# Helen Marketti's Music Corner



By Helen R.  
Marketti



## Spin Doctors: An interview with Spin Doctors drummer, Aaron Comess.

The band will be performing at Hoover Auditorium in Lakeside, Ohio on Saturday, June 10 at 7:30 pm.

Aaron Comess is a founding member of the band, Spin Doctors who started gaining stardom during the late 80s and moving into the 90s. Their hits include "Two Princes", "Little Miss Can't Be Wrong", "What Time Is It?" and many more!

Aaron recently took some time to chat about his growing up years, career and thoughts on what makes a good drummer.

"My earliest memories of buying records were in the early 70s when I was just a kid. I had records of The Jackson Five and The Osmond Brothers. As I got older, the bands that really got me into music and want to be involved with music were KISS, Led Zeppelin, The Who and AC/DC."

He continues, "I first started playing the piano when I was about five but by age nine, I told my parents that I wanted to take drum lessons. I had a great drum teacher early on who set me up on the right path. Out of all the great drummers there are, I would have to say that John Bonham (Led Zeppelin) was always my favorite drummer and still is to this day. I think he's hard to beat. I was also into Neil Peart (Rush). By the time I was in junior high I became more serious about drumming. I actually have an eclectic taste in music because I love jazz too such as Miles Davis and John Coltrane. I love different styles of music which makes me want to play different styles of music."

Aaron has some definite thoughts about what makes a good drummer. "The absolute number one talent a drummer must have is to be able to keep time! That comes before anything else. It's nice to have your own groove and recognizable style. It's a difficult thing to master but it's important as a musician to find your own voice."

Living in New York City provides an ample "playground" for musicians of all styles and genres where Aaron feels right at home. "I have lived in New York for many years. I have my own band, too. There are

many opportunities to play anywhere in the city when I am not playing with Spin Doctors."

Creatively thinking of names for a band has been a task that either takes time or evolves in minutes. "Spin Doctors formed in 1988 at the same time the United States was going through a Presidential Election," Aron explains. "Spin Doctors was actually a term that was used in the media often during that time. Erick (Schenkman) had a friend who mentioned the term to him, then Erick brought the name to the rest of us and asked what we thought of it as a name for the band. We liked it and it works."

Aaron shares his thoughts on the longevity of Spin Doctors and what fans can expect from their upcoming show. "It's the songs we have that live on. Our songs are still played on the radio, in movies and on TV. We are lucky to have that. We still enjoy performing together. The band has stayed together all of these years. We have had our ups and downs but we have managed to stay together as friends. As a band we still sound great and have a solid fan base. All of us have our own music and projects that we work on outside of the band. If we were just dialing it in, then it wouldn't work."

"When you come to our show, you're going to get a great show! We like to mix it up. We have a new record in the can that should be released relatively soon. We will definitely be playing some new songs; plus, all the songs you would expect us to play and we mix it up with the different records we have. It's a diverse show and I would highly recommend it!"

[www.spindoctors.com](http://www.spindoctors.com) | [www.helenrosemarketki.com](http://www.helenrosemarketki.com) | [www.lakesideohio.com](http://www.lakesideohio.com)



## Plan Your Staycation With Us!



### Visit Our Store!

All Sharkline pools are made in their state-of-the-art,  
160,000 square foot facility in the United States.

EVERY DAY'S A VACATION DAY IN A SHARKLINE POOL!

## Swim Rite Pools

2218 W. State St., Fremont

Mon.-Fri. 9-5, Sat. 9-1

419-332-4441 • [www.swimritepools.net](http://www.swimritepools.net)

Email: [sales@swimritepools.net](mailto:sales@swimritepools.net)



Passenger & Vehicle Service from Catauba

## Miller Ferries Put-in-Bay

Lowest Fares  
Free Parking



MillerFerry.com • 800-500-2421

GPS: 5174 E. Water Street, Port Clinton, OH 43452





## My Pet World: Dogs can be triggered by the same things as people

Dear Cathy,

We recently purchased a one-and-a-half-year-old Bichon Frise from a show dog breeder that we have used before. His name is Pip, and he is the most loving, compassionate dog you could meet and loves everyone but our daughter Megan who is 57 and lives with us.

If Pip hears Megan come out of her bedroom, he starts to growl even if he is downstairs. Pip also continues to bark and growl when Megan enters the room my husband and I are in. This behavior started when we brought him home and he saw Megan.

But Pip does not attack Megan – he backs away when she comes within five feet of him – growling all the time. The only exception is after we have finished eating, Pip comes to the table and sits on my lap, and Megan puts a tiny piece of food on the tip of her finger. Pip cautiously moves his head toward her, takes the food, and quickly pulls back.

Megan has tried giving Pip his favorite treats, but Pip backs away and growls. Pip is skittish and startles easily at any unexpected noise or movement but does not growl and settles right down. Could it be that he was traumatized by someone that reminded him of Megan? The breeder says she was never traumatized. Any suggestions?

— Betty, East Northport, New York

Dear Betty,

A dog's memory can be triggered by a smell, an experience, or a person, just like it happens with people. Even without these experiences, though, dogs can develop a dislike for someone or something without a logical reason. A good example is dogs who are afraid of people wearing hats. Some people think the dog must have been abused by someone wearing a hat, but they may fear the hat because it's different.

I don't think this behavior is solely for Megan, though. Your dog sounds fearful of new things, and adjusting to changes may take longer than the average dog. Having Megan toss treats his way is a great idea, but let's go even further.

Can you turn over all caretaking (feeding and walking duties, etc.) to Megan for the next few weeks?

During this time, she should reward him with praise or treats when he appears relaxed around her and ignore his negative behavior. And can you let her train him with a few basic commands a few times daily? These activities will help him learn he can count on her, solidifying their bond.

It will take time, but with a little planned togetherness, he should begin to accept her as part of his pack.

Dear Cathy,

I need some direction regarding the five feral cats I have been caring for now for almost 10 years. The cats know me, and I feed them twice daily. They stay in my backyard for the most part. I have rarely seen one of them in my front yard. I cannot pick them up, but they do not run away from me. My neighbor will feed them if I am away. They are all neutered.

Now, the problem. We need to move to Florida and into a condo due to my husband's failing health. I am

sick over what to do with these cats. Do you have any suggestions? Is there somewhere they can be relocated to?

— Deborah, Long Island, New York

Dear Deborah,

There are few remedies for what to do with community cats when a cat colony feeder must move away, especially when they are being fed in the caretaker's yard.

You can call local shelters or feral cat groups to see if they have any relocation programs in your area. It's not likely, but worth the ask.

You could trap them and take them with you. While not highly recommended by feral cat groups, many people have successfully done it, especially when the felines have been fed so close to the caretaker's home. Sadly, this won't work for you because you won't have a yard in Florida, and your new neighbors might not be happy about seeing these new cats wandering around their property.

Your best solution is to find someone to feed the cats. That could be a volunteer from a local feral cat group or animal shelter, or a friend or neighbor who cares as deeply as you. Because the cats have been fed in the backyard, you also could talk to the new people moving into your house to see how they feel about taking over feeding the cats.

If the cats are fixed and kept fed, they won't be a nuisance to the neighborhood.

## BACKSTAGE LOUNGE

AND THE

## STRAND

THEATER

Hot Food & Cold Drinks  
Dine In or Carry Out  
419.355.8548  
Wednesdays and Thursdays 11am until 8pm  
Fridays and Saturdays 11am until 10pm  
Kitchen Closes At 9pm  
REAR ENTRANCE, DOWNTOWN FREMONT, 220 S. FRONT ST.

Find Us On Facebook  
The Strand Concert Theater  
The Backstage Lounge

## Cameron Balderson

Power Washing Professional

Decks | Home Exterior | Concrete Driveways

567-278-1150  
CleanBros.H2O@gmail.com  
Fremont, Ohio

A Brand new shine to any old home.



*It is our desire to provide the highest quality medical and surgical care to our patients and offer the best possible service to our clients.*





3032 Napoleon Road Fremont, Ohio  
wvh@northcoastvets.com  
419-332-5871

- Wellness Exams & Vaccines
- Full range of Soft Tissue & Orthopedic Procedures including Knee & Fracture Plating in a full surgical suite
- In-room waiting & Checkout
- Heartworm, Flea & Tick Prevention
- Digital Radiography
- Equine Services
- Comprehensive Diagnostics
- Dental Procedures including: Cleaning, Extractions, Polishing, Radiographs & Fluoride Treatments
- Private Comfort Room
- In-house Laboratory & Pharmacy
- Ultrasound & Class IV Therapy Laser

Visit us online at [www.westviewvethospital.com](http://www.westviewvethospital.com) to meet our Veterinarians & Staff, take a look around, or link to our online store. You can also find us on Facebook!



# THE MORAL OF THE PORCUPINE

By Dr. Paul Silcox

Have you ever seen a baby porcupine? Imagine this. It was the coldest winter. Many animals died because of the cold.

The porcupines, realizing the situation, decided to group together to keep them warm. This way, they covered & protected themselves; but the quills of each one wounded their closest companions.

After awhile, they decided to distance themselves from one another and they began to die, alone and frozen.

So they had to make a choice: either accept the quills of their companions or die off and disappear from the Earth. Wisely, they decided to go back to being together.

They learned to live with the little wounds cause by the pricks from the close relationship with the other porcupines in order to receive the heat that came from the others. This way they were able to survive.

We humans find that like porcupines, the best relationship is not the one that brings together perfect people, but when each individual learns to live with the imperfections of others & can admire the other person's good qualities.

THE MORAL OF THE STORY IS:

Just learn to live with the pricks in your life.

Sounds like a good thing to keep a mind when we're about ready to blow our stack! Remember #7 from last month: Sometimes the best thing we can do is not think, not wonder, not imagine, not obsess. Just take a deep breath and have faith that everything will work out for the best.



# IN YOUR OWN BACKYARD

**Celebration of the life of Ms. Grace, Ice Cream Social**, Sat., June 4th at Misty Meadows (Camp Fire) from 2-4 pm. Public invited.

**Trinity United Methodist Church, Fremont** will host a "Party in the Park" on Sunday, July 23, 2-6 pm at Conner Park, 2300 Morrison Road. All are welcome to join in this fun-filled event Watch for more details next month.

**Downtown Fremont:** June 17 Farmers Market & Car Show 9am-1pm

**Fremont Lions Club** will meet on June 6 at the Fremont Eagles Hall at noon. The speaker is Valarie Cook, the Activity Director of Parkview Care Center. Fremont Lions Club has an ongoing monthly service project at Parkview for the residents and staff.

**The Annual Pancake Breakfast** will take place on June 11 at the Fremont Eagles Hall from 8 am -12:30 pm. The breakfast will include ham, eggs, pancakes and beverage for a suggested donation of \$7. Tickets will be available at the door or in advance from members for the eat-in or drive-up event. Members and guests are welcome to attend all activities. Contact Donna Thatcher, president at 419 332 3095.

**Rummage sale and lunch stand**, June 1 & 2, 9am-5pm, Green Springs United Methodist Church, 117 N. Broadway Street.

**Garage Sale:** Hayes Memorial U M Church, 1441 Fangboner Rd., Fremont. Friday June 8 and Sat. June 9, from 9 to 3. Sat. Bag Sale at 2pm. Furniture, small appliances, clothing, household items.

**44th Annual Camelback 10K / 5K / Youth 2K / Camel Calves 1/4 mile**, Sat., June 10th, Registration 6:30-7:45 at 702 Croghan St., Fremont.

- Official 10K and 5K start time 8am - \$25 includes tech shirt if pre-registered.
- Race Day Fee \$30 with race shirts available while they last.
- Youth Races start time 9:30am - \$5 includes t-shirt if pre-registered by 6/4 -
- Top Male and Female 2K Award - Finisher medals to all other youth participants.

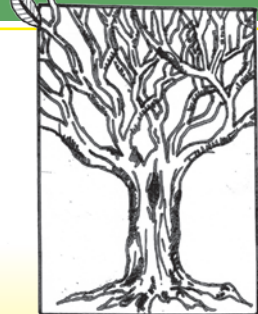
More details at: [ferc.run/Camelback](http://ferc.run/Camelback) or [Facebook.com/Camel](https://www.facebook.com/Camel)

**Fremont Area Women's Connection** welcomes you to our ladies luncheon, Tues. June 13th at Victor's Event Center, 2270 Hayes Ave. We invite all women to "Keep Your Heart Healthy" featuring Sue Simmons of Madison, OH. She has a heart healthy program and inspirational message "On the Treadmill of Life, Where Are You Going." The doors open at 10:30am for coffee and socializing. Lunch and program is from 11-1pm, cost is \$14.

Make your reservation before Friday, June 9th. Call/text Donna at 419-680-2251 or e-mail Carrol at [fawcluncheon@gmail.com](mailto:fawcluncheon@gmail.com). Reservations as well as any necessary cancellations must be reported in the same way.

Find out more about us by joining us on FB at "FAS Fremont Area Stonecroft". We are affiliated with Stonecroft Ministries and were formerly known as Christian Women's Club.

## Katura Recovery & Training Services



**Dr. P.L. Silcox, DC**  
Acupuncture Practitioner

728 N. Stone St.  
Fremont,  
419-307-8094

*Alternative Addiction  
Treatment Without Medication.*

## Pinnacle Hearing

8153 Main Street, Old Fort - 419-939-3186



Aaron Burks, Au. D.  
Doctor of Audiology

- Diagnostic Hearing Evaluations
- Digital Hearing Aids and Service
- Cerumen (Wax) Removal
- Financing is available

## Classifieds

### SERVICES

**Dust Free Cleaning:** Time to book your spring cleaning! References, insured, \$25 per hour, 4 hour minimum. Call 419-603-6667.

**Donna's Sewing:** Alterations, pants \$6, dresses, curtains, tailoring, zippers. Located at 922 Carbon St., Fremont. Call 419-332-1654.

**ADVERTISE HERE:** \$25 for thirty words, send your ad with a check to 30 Ponds Side, Fremont, 43420 by the 15th of the month.



# THE BELLEVUE HOSPITAL

# WELCOMES

***Apoorva Chawla, M.D.***

*Board Certified in Internal Medicine and Medical Oncology*

**Dr. Apoorva Chawla** has joined the staff of The Bellevue Hospital as a board certified Internal Medicine and Medical Oncology physician. He serves as the Medical Director of Cancer Care Services for The Bellevue Hospital's new physician-run hematology/oncology clinic.

Dr. Chawla has over seven years experience and specializes in hematology and oncological treatment for breast, lung, gastrointestinal and prostate cancer, and lymphoma and myeloma.

He also currently practices at The Toledo Clinic Cancer Centers.

**Medical School:**

Indiana University School of Medicine, Indianapolis, IN

**Residency:**

Beth Israel Deaconess Medical Center, Harvard Medical School,  
Boston, MA

**Fellowship:**

Hematology/Oncology, The University of Chicago Medical Center,  
Chicago, IL



***Now Accepting New Patients***



**419.484.5440**

***Apoorva Chawla, M.D.***  
*Board Certified in Internal Medicine and Medical Oncology*

1400 West Main Street • Bellevue, OH 44811 • [bellevuehospital.com](http://bellevuehospital.com)