

# 2000 Lifestyles

**Free**  
**Vol. 21 Issue 3**  
**March 2020**





# Is the Flu Still Bugging You?



As the weather gets warmer, we look forward to the end of the cold and flu season. **BUT NOT SO FAST...** the flu season can last well into April and even May. And, this year has been a rough one!

## **EVEN AS THE DAYS GET WARMER, DON'T FORGET THESE BASIC STEPS TO AVOID OR SPREAD THE FLU:**

- **If you're sick, stay home and avoid contact with others if at all possible.**

You should stay home for at least 24 hours after your fever is gone – and you stop using fever-reducing medication.

- **Cover your mouth and nose** with a tissue when you cough or sneeze and throw the tissue in the trash after you use it.

- **WASH YOUR HANDS OFTEN with soap and water.**

Use an alcohol-based hand sanitizer if soap and water are not available.

- **Avoid touching your eyes, nose, and mouth.**

Germs spread that way.

- **Clean and disinfect surfaces and objects** that may have been contaminated.



## **If you DO get sick, do you have a Medical Provider?**

**You should.** If you need a medical provider,

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# Lifestyles 2000

March 2020

Vol. 21 • Issue 3

[www.lifestyles2000.net](http://www.lifestyles2000.net)



## LOCAL NEWS & NOTES

Camp Fire News	3
Remembering Steve, Joanne McDowell	4
Digital Magnifiers at Library for Partially Sighted	11
"Jaws with Paws" Fundraiser	11

## ENTERTAINMENT

Out to Lunch, Lynn Urban	5
History Notebook, Nan Card	6
Astrology Forecast, Magi Helena	8
Helen Marketti's Music Corner	9
Crossword Puzzle	10
In Your Own Backyard	13

## HEALTHY LIVING

Mayo Clinic: Uterine Fibroids	7
Relay for Life, Amanda Branstrator	7
5 Easy Exercises to Prevent Muscle Loss, Dr. Paul Silcox	15

## HOME & HEARTH

Jill on Money, Jill Schlesinger	5
Kiss-Me-Over-The-Garden-Gate, Grace Nause	8
Gabby Gardener, Cindy Frontz	10
You're Never too Old to Learn, Kathleen Nalley	12
Interpersonal Edge, Daneen Skube	12
Teaching Responsibility in Teens and Politicians, Robert Morton	13
My Pet World, Cathy Rosenthal	14
Is Your Pet Protected?, Westview Veterinary Hospital	15

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## Camp Fire News and Notes

Do you have an Absolutely Incredible Kid in your life? We would like to have you join us in celebrating those Absolutely Incredible kids as we celebrate our birthday March 19th. We are asking you to write a letter, make a video or just tell those Absolutely Incredible Kids how incredible they are.

Kids attending Camp Fire Programs will be receiving letters from Camp Staff, Board Members and Volunteers to let the kids know the Amazing things they witnessed while in our programs. Don't stop there though- let Camp Fire know you are celebrating Absolutely Incredible Kid Day (AIKD) with us so we understand the impact provided by these positive words.

Share your experience through Facebook, in an email or video to show the true impact provided on this day. Harrison Ford and The Call of The Wild Cast and crew have sponsored this day and will also be letting kids now how incredible they are.

Uncork the Fun Bicentennial Bash is March 21st! Tickets are on sale now. New this year we will be hosting the event at Anjulina's Catering and Banquet Hall on a Saturday. Purchase your tickets online through our website [www.campfiresc.org](http://www.campfiresc.org) and on our facebook page [www.facebook.com/campfiresc](http://www.facebook.com/campfiresc). Tickets this year are \$40 which includes; entry into the event and our door prize drawings, Grazing Dinner Buffet, 2 drink tickets (Wine, Beer, soda, water) and a signature wine glass to take home.

We would like to thank all of our annual donors and United Way of Sandusky County for your continuing to support in Camp Fire Sandusky County. The impact you provide to our youth and programs is priceless.

Need a great place for a party, family get together, graduation, or a wedding? Come check out the recent changes at Misty Meadows. For more details, volunteer opportunities, or any questions call 419-332-8641, or stop out to the Camp Fire office at 2100 Baker Rd to see what is going on.



### Bethesda Care Center

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# Lifestyles 2000

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

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

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Subscriptions are available for 12 months by first class mail for \$25. Please send name and address to:

Lifestyles 2000  
30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

After twenty years I consider our readers our friends, so I want to share with you our tragic loss; on February 3rd Pete's oldest son, Steve, passed away. Steve lived in Fremont as a young child and attended Stamm school, but he hadn't lived in northwest Ohio in twenty years.



We so appreciate the cards we have received, and the thoughts and prayers, I know it is going to be a long journey of grieving.

Don't forget to tell your loved ones you love them every single day-life is too short.

Hope you enjoy our newest issue, be safe and God bless.

Joanne

## Find Pete



There were 210 correct entries in February, Bethesda Care Center was the answer. That is the most I can remember in a long, long time, so time to make it harder this month.

## Find Pete Winners:

Winners are: Joe Luc, Brianne Rakes, Scott Bowlus, Aries Freeman, Phyllis Growell, Brian Trabbic, Barbara Estep, Abigail Wolf, Kaydence Reyna, Ray Miller, Emily Estep, Fremont; Brenda Wagner, Robin Henderson, Ruth Sherman, Gibsonburg; Pat Manahan, Denise Baldetti, Bellevue; Virginia Case, Tiffin; Michelle Thrasher, Risingsun; Becky Balsizer, Lynne Meyer, Clyde; Connie Rounds, Oak Harbor; Paul Overmyer, Lindsey.

## Find Pete Prizes:

Enter for a chance to win a Dairy Queen cake this month by putting your age on your entry! Prizes are from: Color Haven, Otto & Urban Florist, Pottery Perfection; A's Family Restaurant; Share & Care; Old Fort Market, The Calico Cat, Clyde. If you wish a specific prize, please include in your entry.

## Find Pete Contest Rules:

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

# Remembering Steve

On February 3rd our lives changed forever. Pete's oldest son, and my step-son for the past twenty-five years, passed away. Steve was going to be fifty-five in June. He had lived in California, Florida and Missouri the past twenty years, but grew up in Fremont and Toledo.

One of Steve's first jobs was as manager at Cousino's in Toledo. From there he moved around the country and managed at many chains, but my favorite was The Cheesecake Factory.



His love of Ohio State is one of the things we will remember most about him. Every OSU football game he and Pete would converse by phone and discuss the pros and cons of the players. If Ohio State was going to a bowl, he was there.

Steve loved pets and always remembered our local shelter at Christmas. His FB page was littered with photos of his French Bull dogs, Gilbert and Stanley.

His daughter Kelsey wrote in his obituary: Those who knew Steve knew a great friend. To know Steve was to cheer alongside him as an Ohio State Buckeyes fan, order the entire menu at a new restaurant just to "try it," jam out to U2, and laugh until you cried at his jokes and funny (yet embarrassing) dance moves.

Steve loved his family more than anything. He always made the effort to check in on you, pick up the phone anytime you called, and visit as often as he could. He will be incredibly missed by all those who loved him, and indeed there are many of us.

We plan a memorial in June in Toledo so all family members can attend.

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- 28 years of experience in all areas handled by the Common Pleas Court

*Paid for by Citizens to Elect Jon Ickes for Judge. Rick Holland Treasurer.*







# Out to Lunch

By Lynn Urban

**Hall's Country Market** on Route 20 in Clyde, between Clyde and Fremont, is one of this area's best kept secrets. Whether meeting friends after work for a quick bite to eat and a glass of wine, or listening to music from a local artist on the weekend, Hall's atmosphere is a very comfortable place to relax. In the summer, enjoy the beer garden outside where you can play shuffleboard while the music is playing. Sample some of their many craft beers along with a huge selection of wines. Music usually plays from 5 p.m. until around 8 p.m. on weekends.



While you are there, order a light appetizer, such as the asiago artichoke dip, the gouda cheese spread, a veggie tray, or a meat and cheese tray. These

appetizers are the perfect amount for sharing. If you'd like something a little more substantial, choose a hearty sandwich such as the rubeen, chicken asiago, or a grilled mac and cheese with homemade mac and cheese. The homemade chips with bacon, bleu cheese and balsamic is another savory snack to share. The flatbread pizzas are terrific. I really like the Southwest Chicken pizza, topped with black bean corn salsa, Mexican cheese and chipotle mayo. Other choices are the Dill Pickle wrap Pizza, the Hawaiian, and the Buffalo Chicken Bacon Pizza, \$6.99 each. All of their food has a variety of unique ingredients and flavors that you don't find at a typical bar.

Hall's is open at 10 a.m. until 7 p.m. and until 8 p.m. on Friday and Saturday. The kitchen opens at 1 p.m.. Available on weekends only, they serve the ultimate Bloody Mary, topped with bacon, salami, cheeses, olives, and celery. It's almost a meal in itself.

As you're leaving be sure to pick up a 6 pack of a specialty beer you probably won't find anywhere else, or a bottle of wine from a selection of over 700 bottles. Enjoy!

## Jill on Money

By Jill Schlesinger

### Clearing up confusion about SECURE Act

After I wrote about the Setting Every Community Up for Retirement Enhancement (SECURE) Act, I received a slew of questions from readers. Below are some of the most common queries that I fielded about this complex act and what it means for your retirement planning.

Frank from Chicago wanted to clarification about how the new rules impact non-spouses who inherit IRAs. He provided this example: "Suppose my 68-year-old wife dies in 2020 and leaves an IRA account with \$100,000 to her 40-year-old son by a previous marriage. How would this money be distributed and, more importantly, be taxed?"

Under the old - and new -rules, when anyone inherits a traditional IRA or any other retirement that has not yet been taxed, there will be a tax liability when the money is withdrawn from the account. The tax rate is determined by the beneficiary's tax rate at the time of the withdrawal. So, in Frank's example, when the son withdraws money from his mother's IRA, it would add to his taxable income for that calendar year and then he would pay taxes at his tax rate.

The new rules add a twist to the scenario. Under the old rules, the son had the option of withdrawing the money over the course of his lifetime, thus stretching out the distributions and limiting the tax impact every year. Under the new rules, the son would be required to take his withdrawals out over the 10-year period after his mother's death.

Another Frank asked about a 401(k) that he inherited from his brother, who passed away in 2019. His brother (64) had not yet begun making withdrawals from the account, but "the plan was to employ a 'stretch' strategy using IRS rules for lifetime withdrawals. Since my brother died in 2019, am I mandated to comply with the SECURE Act's new 10-year rule, or since he died in 2019, am I still permitted to use the 'stretch' option?"

The new rule reads that the effective date applies "to distributions with respect to employees who die after December 31, 2019," so in Frank's case, he can indeed stretch the distributions over the course of his life.

Joanne from New York asked about the specific exceptions to the new stretch IRA distribution rules. If you fall into one of these categories, the SECURE Act rules will not affect you:

- The surviving spouse of the employee
- A child of the employee who has not reached the age of majority
- A disabled individual
- A chronically ill individual
- An individual who is not more than 10 years younger than the employee who died.

Another aspect of the SECURE Act that caused uncertainty concerned the ability to withdraw up to \$10,000 tax free from 529 education savings

accounts in order to pay off student loans. Margaret from Baltimore wrote:

"My grandson is a senior in college and his parents took out a student loan for just over \$10,000 for his semester that is starting right now. ... Can I use 529 money to pay off his loan, which is now being paid for by the parents?"

The answer is yes, you should be able to do this, but importantly, before you start the process, you should contact the 529-plan provider, which in your case is T. Rowe Price, to make sure that you have proper documentation. For those grandparents who are worried about negatively impacting younger students' ability to qualify for future financial aid eligibility, you may want to wait to tap 529 plan funds until after your grandchild graduates to help pay down the student loans.

### Clyde St. Mary's Fish Fry

609 Vine Street  
419-547-9687

4:30-7:00PM  
March 6th, 20th and  
April 3rd



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Potato, Salad Bar/Drink  
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### Uncork the Fun Bicentennial Bash!

To Support Camp Fire Sandusky County

You're Invited

Adults 21 and older

SATURDAY, MARCH 21, 2020

TIME: 6:00-11:00 p.m.

DOORS OPEN AT 5:30 p.m.

DRAWINGS START AT 8:00 p.m.

Event held at :

Anjulina's Catering and Banquet Hall  
2270 Hayes Ave Fremont, OH

A United Way Agency

Ad Donated by Holland CPA

Tickets available for purchase at:

- [campfiresc.org](http://campfiresc.org)
- [Facebook.com/campfiresc](https://www.facebook.com/campfiresc)
- In person at the Camp Fire office

Ticket contact info: Camp Fire 419-332-8641 [Campfiresc.org/mwonderly@campfiresc.org](http://Campfiresc.org/mwonderly@campfiresc.org)





# History Notebook

By Nan Card -  
Curator of Manuscripts Hayes Presidential Center

## The Pleasants Family

The nearby photographs are of James Pleasants (born 1851) and of James with brothers Thomas and Jasper. They are just two of many photographs in an album donated to the Hayes Manuscripts Department.



The Pleasants children were the sons of Isaac Pleasants and his wife Cassandra Harper. Isaac, born in Virginia in 1821, escaped across the Ohio River and found freedom in Cincinnati. He worked in a barbershop until he earned enough money to open his own shop. Later, the family moved to Columbiana County. Following Cassandra's death, Isaac brought his three sons and three daughters to Mansfield, Ohio, where he married a second time to Rose Amanda Abraham. Together, they had four children.



According to Mansfield news articles, Isaac, who was prevented from enlisting in the service, worked to recruit volunteers for the Civil War from the city's Third Ward. He also headed the Union Colored Sabbath School and helped found the city's AME church in 1875.

Son James grew to manhood and worked as a foreman in a local box factory and then, like his father, became a barber. He and his brothers spent time in Cleveland and Sandusky. Sadly, James was forced to return to Mansfield where he died of Bright's disease at the early age of 36. Like his parents and several of his siblings, he is buried in the Mansfield Cemetery.

James' youngest sister, Clada was a talented musical performer and newspaper correspondent for the "Cleveland Gazette."

Ever grateful to those who believed in freedom for all, Clada took part in an 1890 benefit concert that helped raise funds for John Brown's daughter, Mrs. Henry Thompson. She and other Brown family members were living in near poverty in California.

More can be learned about the Pleasants family and Mansfield's African American community at the Mansfield Memorial Museum.

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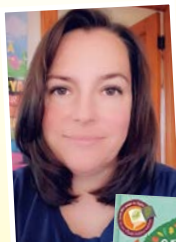
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Art & Literacy Program Geared for Kids ages 2-12



**Tuesday, March 10 at 5:30**  
Danielle Wagner (Cub Master  
for Troop 302) is reading  
*Secrets of the Apple Tree*,  
with apple plate painting



**Tuesday, March 24 at 5:30**  
Rachel Wynkoop (Director of  
Chamber of Commerce) is  
reading, *Olivia Opens a  
Lemonade Stand*, with  
cup painting



**Cost: \$10 includes ice cream.  
Registration is a must!**

**200 South Front St., Fremont, 567-342-2207**





## Family history, other factors can affect likelihood of uterine fibroids

**DEAR MAYO CLINIC:** My mother and my sister were treated for uterine fibroids in their late 30s. I just turned 35, and I'm starting to worry that I'll get them too. Am I at risk for fibroids because I have a family history of them? Are there other things that raise my risk? What symptoms should I watch for?

**ANSWER:** Heredity can play a role in your risk for developing uterine fibroids. Your age, race, when you started having periods and a number of other factors also can affect your likelihood of getting them. Uterine fibroids don't always cause symptoms. But when they do, heavy menstrual bleeding and cramping are the most common.

Uterine fibroids are noncancerous growths that develop within the muscle tissue of the uterus. These firm masses can range from tiny and almost undetectable to large and bulky. Uterine fibroids are common. The National Institutes of Health estimates that up to 80 percent of women will have uterine fibroids by age 50, and about 25 to 30 percent of cases cause symptoms that require treatment.

Family history is one risk factor for uterine fibroids. Women like you, whose mother or sister had fibroids, are at increased risk for developing them, too. Age also makes a difference. Uterine fibroids don't occur in girls before puberty, nor do they develop in women after they have gone through menopause. These fibroids most often are diagnosed in women in their 30s and 40s.

Race is a risk factor for uterine fibroids, as well. Although the reasons for it are not clear, black women are more likely to have fibroids than women of other racial groups. Uterine fibroids also tend to develop at an earlier age in black women.

Other factors that may increase your risk for uterine fibroids include your menstrual cycles beginning at an early age; obesity; vitamin D deficiency; drinking alcohol regularly; and a diet high in red meat and low in green vegetables, fruit and dairy.

There are factors that can lower your risk of fibroids, too. For example, research suggests that women who use oral or injectable contraceptives are less likely to get uterine fibroids than those who do not, and the risk continues to decrease the longer contraceptives are used. Pregnancy also seems to have a protective effect. The risk of uterine fibroids goes down with each full-term pregnancy.

As you consider your risk of developing uterine fibroids, keep in mind that these fibroids often don't cause any symptoms. They may be found during a test being done for another reason, such as a pelvic exam or a prenatal ultrasound. In these cases, no treatment is needed. Fibroids are not cancerous, and they usually grow slowly. Some do not grow at all.

When uterine fibroids cause symptoms, the most common are heavy or prolonged menstrual bleeding and significant cramping. Due to excess loss of menstrual blood, some women with uterine fibroids may develop anemia. Uterine fibroids also may lead to increased urinary frequency, constipation, pain during sex or a feeling of pressure within the pelvic area.

If you notice symptoms that you suspect could be related to uterine fibroids, make an appointment for an evaluation with your health care provider or a physician who specializes in gynecology. If you do develop uterine fibroids, a variety of effective treatment options are available. - Shannon Laughlin-Tommaso, M.D., Obstetrics and Gynecology, Mayo Clinic, Rochester, Minn.

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

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Ok, so now we have all made our New Year's resolutions and probably broken them, right? How about making a new one then? How about getting involved with your local American Cancer Society Relay for Life? You have many ways to choose from!

First you can become a donor to the American Cancer Society through Relay for Life. No, you don't have to show up at Relay, but we would love to have you stop out to see us on June 13<sup>th</sup> for our 25<sup>th</sup> anniversary. We have lots of events in the planning stages but for a sneak peek keep watching our Facebook page Relay for Life of Sandusky County. I do know that the ever-popular Egg Hunt will be making a return this year. Bring out your kids and let them run around and collect lots of eggs. Our teams are planning what fun on-site fundraisers they will be having. From fish ponds to strawberry shortcake there is something for everyone. We can also just take your donation on line. See our web page

[www.relayforlife.org/sandco](http://www.relayforlife.org/sandco) for more information.

Want to get more involved than just stopping out to visit? Maybe join an existing team or start your own? We have monthly meetings at Stylecrest headquarters. Meeting dates are as follow, March 12, April 9<sup>th</sup> and May 7<sup>th</sup>. All meetings start at 5:30.

For more information about the meetings you can reach out to us through Facebook, our website or by contacting Brian Gibson at 404-653-5830. We would love to see you at a meeting.

We are always fundraising even though our event is not until June., We have a bus trip going to Amish country scheduled for May 2. Seats are \$60 and do include your dinner. We also have a fundraiser coming up at Pottery Perfections on April 15. Cost is \$40. You can pick out any piece of pottery up to \$30 to paint. Snacks will be provided. For more information, check out our website or Facebook page.

If you are going to be out at the Sandusky County Home Show the first weekend in March, stop out to say "Hi!". We'll have a table with all our current fundraisers, more information about Relay and lots of other things.

Looking forward to seeing you!





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# Astrology FORECAST

By Magi Helena

**ARIES (March 21-April 19):** As the month unfolds, your desire for excitement could begin to wear thin on others. You like to stir things up but should remember to keep your promises. Someone might be immune to your obvious charms.

**TAURUS (April 20-May 20):** You may receive more attention than expected. You can be a dynamic leader whenever there is something new to try since you are willing to experiment.

**GEMINI (May 21-June 20):** Talk your way to the top. In the month ahead, your words can have an impact whether you are talking about business or discussing your goals. One of your loved ones could be unpredictable.

**CANCER (June 21-July 22):** Keep your ear to the ground. Although conversations can be distracting, you will hear some useful bits of information. Use your financial savvy to enrich your bottom line.

**LEO (July 23-Aug. 22):** A partner may be enthusiastic about helping you with one of your projects. Work together for the best results. You are especially astute about financial matters and can make practical decisions.

**VIRGO (Aug. 23-Sept. 22):** Tell it like it is. During the upcoming month you could have a change of heart, but if you are honest about your feelings, a loved one will be understanding. You may be asked to donate to a group's good cause.

**LIBRA (Sept. 23-Oct. 22):** You might not have much of a chance for romance as the month unfolds. Although your heart is filled to the brim with affection, practical matters could take precedence. Enjoy some happy changes to your plans.

**SCORPIO (Oct. 23-Nov. 21):** Your good sense when handling financial affairs might brighten your reputation. Your workplace might be a center for social exchanges, or your friends might need some help with a fun project.

**SAGITTARIUS (Nov. 22-Dec. 21):** Don't just hope that the pot of gold at the end of the rainbow will land in your lap. In the month to come, you can use your expertise to make money. Tackle problems with resourcefulness and ingenuity.

**CAPRICORN (Dec. 22-Jan. 19):** All you need to do is faithfully keep your promises. You might see the advantage in altering plans, but this might upset someone in your family unit. Find a compromise to prevent disputes.

**AQUARIUS (Jan. 20-Feb. 18):** When you hear about a new idea or application, you readily see the possibilities and eagerly incorporate it into your daily routines. A partner may be adept at making savvy business decisions.

**PISCES (Feb. 19-March 20):** People are willing to accept your decisions, although you may change your mind frequently. During the month ahead, you may purchase things that don't suit your lifestyle because you want to be more logical.



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

By Grace Nause

**“H**ow are you enjoying your retirement from the Hayes Presidential Center and your ‘Old Garden House’ lunches and dinners, Ms. Grace, and how is married life treating you?” Well, the answer to the first question is, it’s very nice. It gives Bernie and me more time together and we both are enjoying that. Honestly, I miss the friends I’ve made over the years at the Hayes Home and in my own kitchen. The time together with the guests there and here was always a pleasure. However, Bernie and I are happy together, busy making plans for the garden time soon to come, he with his vegetables and me with my flowers. What a team we make! We both love outdoors, the wind in our hair, the soil in our hands and a song in our hearts. This year, working together will be the best part of it all. We will be celebrating our 1st Wedding Anniversary on March 1st. We can’t believe it’s a whole year already.

“A bird in the hand is worth two in the bush”, “A stitch in time saves nine”, or how about the old Pennsylvania Dutch saying, “The hurrier I go, the behinder I get.” These bits of every day wisdom were part of my growing up years. It seems that my dad had one that fit every occasion. I’m sure that I, like every other kid, rolled my eyes and tossed my head and showed that, “Here we go again attitude.” But, secretly I liked them. They made me think, and in one short sentence did what a two-minute lecture could not have accomplished. What kid wouldn’t like that!

They say that we tend to raise our kids like we were raised. The tradition continues. At a recent family gathering, I found myself saying to my 4 yr. old grandnephew, “Don’t count your chickens before they’re hatched.” He stopped and looked at me and said, “What’s hatched?” He tolerated my explaining the “hatched” thing, then looked me straight in the eye and said, “That’s ok Aunt Grace, we don’t have any chickens anyway.”

I like to watch the weather. I don’t know if it’s a natural curiosity or if it’s been inspired by old sayings like, “Red sky at night, sailor’s delight; red sky in the morning, sailor’s take warning”, or “Big drops, rain will stop – little drops rain a lot”, or the one that says, “Rain before 7, quit before 11.” These fun bits of weather advice have turned me into a half-decent weather forecaster – in a fun sort of way.

We have set our Spring, “Pass-Along-Plant-Day” for Sunday, April 19th (the Sunday after Easter) from 2 - 4 p.m. Bring any extra flowering perineal plants that you have, and take home some others have brought. Come even if you do not have any plants to bring. Call me at 419-332-7427 for directions or questions. No cost – just flower talk and fun.

A reminder that the first tea of the season will be held here at The Old Garden House on the last Tuesday of March, the 31st at 2 p.m. Call reservations to us at 419-332-7427. Viola Purdy, Master Gardener, will be the speaker.

The April Tea will be served at 2 p.m. on the 28th when Fred Wolfe (Auctioneer), and his wife Pam will conduct a fun auction. Please bring a “White Elephant” to be sold. We will furnish “play money” for you to use to buy with.

Keep a smile on your face and a song in your heart until next month. Remember that “LIFE IS GOOD.” Ms. Grace



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# Helen Marketti's Music Corner



By Helen R.  
Marketti



## Howard Jones

80's artist, Howard Jones will be at the Kent Stage on Tuesday, March 10. He will be performing fan favorites as well as new material from his most recent album, Transform.

Howard's well-known hits during the 80's was, "No One Is To Blame", "Things Can Only Get Better", "What Is Love", "New Song" and more! I recently interviewed Howard about his latest album and current projects.

"The artists that I always enjoyed listening to when I was younger were Stevie Wonder and Keith Emerson (Emerson, Lake & Palmer) because I thought they were amazing keyboard players," said Howard.

"I started learning the piano when I was seven and got a radio when I was nine. I listened to the radio every night. I attended my first concert when I was 14. On the bill was The Who, the 1910 Fruit Gum Company and The Troggs and it just blew my mind. It was then that I thought, this is what I want to do with my life. That's when I decided I wanted a career in music."

Howard has specific thoughts of how he feels music has changed and evolved since the 80's as well as how the 80's generation still influences music interests today. "I think the biggest change has been that people can now make great records at home in their own bedroom if they can spend time learning the software and work from their computer. In the old days we had to go into the studio to get signed by a record company. There was a very narrow window that everyone was trying to squeeze through.



Technology as democratized peoples' ability to make music," he said. "People who grew up in the 80's are always going to love that era of music because it brings back all of those amazing memories and the important times while growing up. I think it was kind of a golden age of pop music. There were so many artists putting out so many great song-based records and also presenting the music with the new musical landscape of synthesizers and drum machines. There was a huge variety of genres going on at the same time. You had Reggae Ska indie rock, Glam rock and so on. Everyone could have their own tribe because there was something for everyone."

Howard takes a few moments to discuss his recent album, Transform. "I knew my fans wanted me to do a new electronic record and my record company wanted to reissue Human's Lib and Dream into Action. I was listening often to those first two albums and thinking about how I made records at that time. So, I made an album inspired by younger self encouraged by my fans."

Fans will enjoy his show on March 10 at the Kent Stage. "Every time I go out on tour, I like to change it up and do something different. For this tour, it's the acoustic trio and I will be playing songs from my whole career as well as some brand-new songs from the Transform album and a few covers because I like to surprise people."

Howard is continuing to work on more projects and stay inspired. "I have just released a new single of a track from the Transform album called, The One to Love You and it's been remixed by a guy called, Life Like. I am doing really well on the other streaming services and it's starting to get them added on radio. I just wanted to let people know that it's worth checking out."

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

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It may seem like gardening is a long way off but there are things you can do to get ready for spring.

-  1 Get tools in working order.
-  2 Buy supplies and any seeds you may need.
-  3 Make a schedule for starting your indoor seeds.
-  4 Walk around your garden and fix any plants that have heaved because of frost
-  5 Prune – You should already have your raspberries trimmed. Prune trees before new growth starts. Remember spring bloomers should be pruned after flowering.
-  6 Cut back your ornamental grasses.
-  7 Scrub and fill pots with new potting soil.
-  8 Remove mulch slowly- the frost free date in our region is May 16th.

While your waiting enjoy the snowdrops that are springing up. he RFD Garden Club meets the third Tuesday of the month at 7pm. If you would like to attend a meeting or would like more info, contact Pat Saam at 419-307-7776.

# Crossword Clues

## Across

- 1 Catnip or coriander
- 5 Throw in the towel
- 9 Former "Idol" judge Paula
- 14 Old music halls
- 15 Loosen, as laces
- 16 Author John le \_\_\_\_
- 17 Out of control
- 18 Road in old Rome
- 19 Martial arts-based fitness routine
- 20 \*Old West transport
- 23 British brew with a red triangle in its logo
- 24 "Oops, almost forgot"
- 25 Captain Marvel's magic word
- 27 Felt sorry about
- 29 Workable, as an alternative
- 32 Good-and bad-dietary substances
- 35 Consumed
- 38 Jiffy Lube supply
- 39 \_\_\_\_ Fáil: Irish "stone of destiny"
- 40 \*Trailways, for one
- 42 Big fuss
- 43 Pennysaver contents

- 44 "Family Matters" nerd
- 45 Kenton of jazz
- 46 Making a cake, say
- 48 DVR pioneer
- 51 Charlatans
- 54 Shoe polish targets
- 58 Molecule part
- 60 Having financial freedom ... and, literally, what the last words of the answers to starred clues comprise
- 62 Bouquet \_\_\_\_: chef's tasty bundle
- 64 Retail complex
- 65 Took a tumble
- 66 One sent back down the river?
- 67 "Metamorphoses" poet
- 68 Russian river
- 69 Loses on purpose?
- 70 Nickname for José
- 71 A great deal

## Down

- 1 "In what way?"
- 2 Novelist Wharton
- 3 Race with batons
- 4 Annoys persistently

- 5 Pielike brunch serving
- 6 Golden rule word
- 7 "Any more bright \_\_\_\_?"
- 8 Olympic symbol
- 9 Play a part
- 10 Words to a black sheep
- 11 \*Handsome guy or gorgeous gal
- 12 Metro regions
- 13 Many August babies
- 21 Water in the Seine
- 22 Place of safety
- 26 Kindle read, briefly
- 28 Furniture with a lock, maybe
- 30 "\_\_\_\_ Rose": "The Music Man" song
- 31 North Carolina campus
- 32 Personal trainer's target
- 33 Verdi princess
- 34 \*Temporary group for a specific job
- 36 23-Across, e.g.
- 37 Lean
- 40 Camp bed
- 41 Impulses
- 45 Deeply expressive

- 47 Emphatic denial
- 49 Wagner princess
- 50 48-Across ancestor
- 52 Swab again
- 53 Avoid, with "off"
- 55 Sporty '80s Pontiac
- 56 Note equivalent to E
- 57 Flies off the shelf
- 58 Like much whiskey
- 59 Prepare for takeoff
- 61 Toss of a coin
- 63 Elected pols

1	2	3	4		5	6	7	8		9	10	11	12	13
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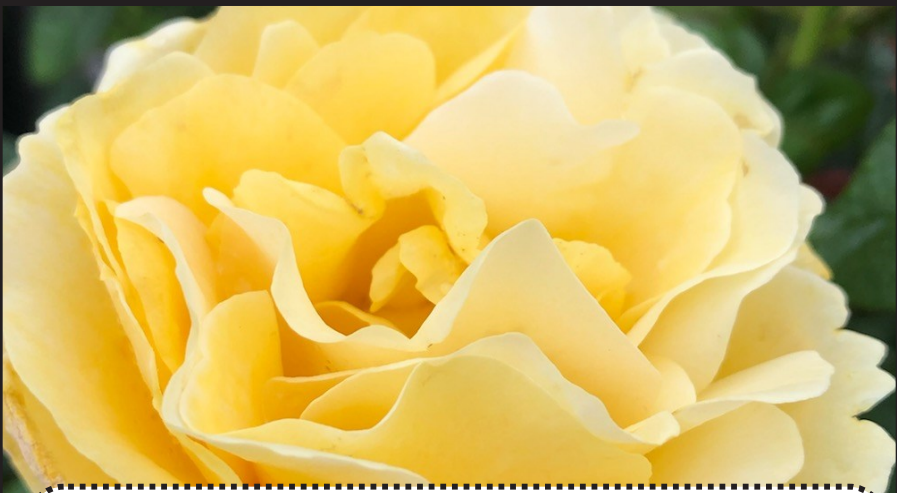
The solution will be in next month's issue.

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# Digital Magnifiers at Library for Partially Sighted

By Gregory  
Derodes, O.D.

The Fremont Lions Club has purchased five low vision magnifiers for public use and are available at the Birchard Public Library and the Gibsonburg Library. These devices allow visually impaired individuals to read magazines or books, review their bills and to magnify directions for medications. They can also be used to look at photos or letters! Many people that are of Medicare age cannot afford one of these high technology devices. As an optometrist it is frustrating to be able to watch someone read again in the office for the first time in years, but not be able to afford this device because they are not covered under Medicare.

I presented this problem to the Fremont Lions Club who decided to take on this project as a mission. The family and friends of one of our trusted Lions from the Gibsonburg area were able to help fund this project.

That Lion's name was Glenn Maddy, a veteran who spent months in a German concentration camp during WWII. Glenn almost starved to death during this experience and spent his life showing other countries how to grow food in areas that were difficult to farm. These countries included Zimbabwe, Ghana, Ukraine, Germany, Russia, the Philippines, Egypt and India. Even though Glenn was tortured to the edge of death, he still felt that he was one of the "fortunate ones," who was able to survive. Glenn has five daughters Patricia, Jamie, Virginia, Elizabeth, and Barbara. At the time of his death he had 18 grandchildren and 28 great-grandchildren. What a legacy has been left by this surviving soldier.

The mission of the Fremont Lions Club has been to be 'Knights for the Blind' since being formed in 1929 in the city of Fremont. Our local club collects funds through various fundraisers to help local people receive eye exams and spectacles when they are needed. We collect glasses at different stations in Fremont that are then taken on missions abroad for the partially sighted. We have funded projects for local service dogs, hearing aids and for research/treatments of blindness worldwide. We meet at the eagles for lunch every first and third Tuesday of the month at noon.

We are honored to be a part of this great project and could not be more thankful to our trusted lion Glenn Maddy and the butterfly effect he has had on our community. Please tell someone you know who is partially sighted about this local opportunity and how they can use them at the library.



## Press Release



### "Jaws with paws enforcing laws" dinner and live demonstration

A group of Sandusky County residents are organizing a benefit dinner at 6PM on Saturday May 16th at the Sandusky County Fairgrounds, inside the 4 H building, to raise funds for local K9 units and to honor the late Stefan Ried. Mr. Ried had been a policeman with the Fremont Police Department, as well as a deputy sheriff for Sandusky County.

Dinner will be provided by Bella Cuisine, a local catering and culinary school. Chefs Tom and Linda Lambert are graduates of the Culinary Institute of America, did post-graduate studies in Italy, and have managed several successful restaurants.

Following dinner, Brian Woods, owner of Lynnwood Kennels of Fremont, will make a presentation. Brian is a retired police K9 officer who has been training police K9 dogs for close to 30 years with those animals serving many local communities throughout the United States. He, with the assistance of several K9 dogs and their partners from area police agencies, will demonstrate training techniques including: searching and locating narcotics and other substances, finding lost persons, and taking down suspects attempting to escape or cause harm. These will be live demonstrations that the public normally does not get to see. Brian will also take questions from the public regarding these special dogs. The guests will also be able to get close to these dogs that spend their off hours at their partner's homes and as a part of their families. This will be a unique opportunity to get up close to these highly trained but gentle animals.

The cost for tickets to the event are \$40 each and can be purchased through: The Sandusky County Convention & Visitor Bureau; VFW Post #2947 (Craig Swartz) 204 Birchard Ave., Fremont; Sandusky County Sheriff's Office; or Brian & Wendy Woods, George & Lisa Dorsey, Gary & Kira Pollack, Sue Bowden, Janese Ried, Andy Caporgosso, Jim & Sue Fox, Dorothy & Dick Henry.

All funds raised from this event will go directly to the Canine Units of all Law Enforcement Agencies in Sandusky County to enable them to purchase equipment, training, or canines that otherwise may not be financially available in agency budgets.

Local companies and citizens are encouraged to be a sponsor for this event or to provide gifts for the silent auction, with 100% of the funds going directly to the Canine Units of all the Law Enforcement Agencies in Sandusky County.



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*Volunteer Appreciation Tea-Sunday, March 29th, New Hope Vineyard, Doors open at 1:45 pm  
High School Senior Scholarships due March 3rd by 4 pm*

**"Follow us on Facebook-Sandusky County Share and Care"**  
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# You're Never Too Old to Learn

By Kathleen Nalley

## Life Scholar students take classes for a myriad of reasons at Terra Community College.

There are the “groupies.” These are individuals who sign up for favorite instructors, regardless of what topic they chose to teach during the semester. Lois Livingston, retired principal, has said “I’ll take anything Mike Gilbert teaches.” This semester his course offering is Lincoln Assassination. While Mike’s expertise is with all subjects of historical context, Parm Boyer draws capacity-filled rooms in literature. Parm’s interest in westerns and novels set in the western states has resulted in the latest offering of Homesteading on the Prairie in March, discovering three famous



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American authors – Willa Cather, Ole Rolvaag, and Laura Ingalls Wilder. Larry Michaels shows his versatility with both areas. One course covers Fremont: The First 200 Years then he returns to More Fun with Poetry, where his familiarity with returning pupils adds a

personal touch, “Kathleen, don’t worry, I’ll find something romantic for you.”

Some students join the program when at a transitional time in life – either new to the area or newly retired. Cate Knipp’s retirement year has included not just a couple courses, but volunteer opportunities in the Terra Gracious Givers Volunteer Program on campus. Sharon Walk moved back to the Fremont area and was invited by a friend to try out a couple classes. She enjoyed a photography class and has been a continuing member of All Write, All Write, All Write, the writing group which attempts to inspire and share written work, and where Sharon has come to “know and love” all its members.

For some, it’s important to develop skills and interests. Nancy Sparks said “Life Scholars allows me to pursue my favorites – watercolor and writing. The level of instruction is top notch and the writing classes offer learning on a variety of subjects relative to improving and broadening my skill.” Kathy VanWey wanted to “learn to write better.” She appreciated the “community of like-minded folks who get together and sharpen each other’s skills.” She’s, also, “made friends that I hope will be life-long friends.” In her art class she was amazed to see retirees who never had the time to draw or paint, produce beautiful artwork.

Life Scholar members like Mike Gilbert, Margaret Wolf, Kathy Smith and Carole Miller share a similar theme, simply to “learn something new” and to continue their education with no homework and at reasonable cost. Interested? Contact Learn@Terra.edu or call 419-559-2255 to learn more.

# INTERPERSONAL EDGE:

By Dr. Daneen Skube

**You get more attention, respect when you really listen.**

**Q:** When I attend meetings, I try hard to say a lot to influence people toward my viewpoint. I find the more I talk, the less people listen to me. There are some people who say little and seem to get listened to intently. How can I get more attention for my ideas in future meetings?

**A:** You get more attention for your ideas if you mostly listen and speak much less. If you observe any business meeting, you can tell who has the most influence and respect. Generally, it is the person who says the least. You can also tell who has the least influence and respect, and it is the person who says the most.

Effective leaders and those who have power in organizations have learned that superb listening skills mean less speaking is necessary. When these people do speak, they understand the heart of the matter and address the issue concisely and with influence.

People at work may forget what you say especially if you say too much. People do not forget those who understood them and their needs. When we open up the heart of our listeners, we also open the opportunity to sway their opinions.

The mind of a listener is much harder to influence. The more words we speak, the more tightly the minds of our listeners close. People experience us selling them and automatically stop thinking about what we’re saying. The harder we sell, the less others pay attention.

The more you effectively listen, the more you understand the hurdles you face in persuading others. If you cannot address these concerns, your point of view is dead in the water.

Good listening involves throwing aside your own point of view, repeating back in your own words what you are hearing for clarification and asking detailed questions.

If you can set aside your own opinions and experience, you’ll almost always find a way that others can get what they want and you can get what you want. If you cannot get outside your own ideas, you cannot create ways for others to get what they need because you’ll have no data about what they need.

I point out to my clients that many of us carry around this book of rules that we feel strongly everyone else must obey. The problem is that everyone else is carrying around their rule book and has no interest in ours.

There is considerable impulse control involved in realizing no one else cares about our holy book of rules. They have their own book. If you can listen and learn about their rules, you may sway their opinion. If you insist they obey your book, you’ll only alienate those you need to help you.

The last word(s)

**Q:** I am blown away by how many stupid things people around me do at work. I could spend all day criticizing co-workers. Is there a way to be effective when everybody around you appears to be an idiot?

**A:** Yes, don’t peg your well-being on everyone around you changing. Peg your well-being on changing the way you respond to being disappointed in others and you will change your world.

*(Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel’s “Workplace Guru” each Monday morning. She’s the author of “Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything” (Hay House, 2006). You can contact Dr. Skube at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.)*

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To register, send name, grade, address, email & phone number:: polercanoe@gmail.com c/o Tim Balduff, Tourney Coordinator

The public is welcome to attend **Brunch at Trinity United Methodist Church**, 204 N. Wayne Street in Fremont on Sunday, March 22, 11:30-1 pm in Fellowship Hall. The menu will include a variety of breakfast and lunch items. The cost is \$8 for adults and children 10 and under, \$6. No reservations are required. Please call 419 332 8167 with questions.

**Humane Society Annual Membership Meeting**, Wednesday March 18th at the animal shelter on North River Road. Meeting begins at 6pm, the public is welcome.

**Fremont Area Women's Connection** will host the monthly luncheon at Anjulina's Catering, 2270 W. Hayes Ave. on March 10, 11-1 pm. "Words With Friends" is the theme with guest speaker, Connie Rhodebeck from Mount Vernon, Ohio, an etiquette coach, tells about "The Power of the Written Word". For reservations, call or text Donna at 419 680 2251 or email Carrol at fawcluncheon@gmail.com by March 5. The cost is \$12. Any cancellation also needs to be reported to Donna or Carrol.

**REIKI Circle**, Tues., March 10th at The Bellevue Hospital, Conference Room A-B 6-8 PM. Topic: Setting Right Intention

## Teaching responsibility in teens... and politicians

By Robert Morton

A parent told me that her teenage son refuses to eat breakfast, often misses the school bus, and won't clean his messy bedroom. I pondered over the question: Where have all the consequences gone?

She did much nagging, scolding, grounding, reprimanding, lecturing, moralizing and preaching, but to no avail. Perhaps, allowing him to suffer the consequences for his poor decisions might help teach him responsibility. Allowing him to "buck up" against the natural order of things may be the answer. It seems many Americans have forgotten that negative consequences usually follow bad decisions.

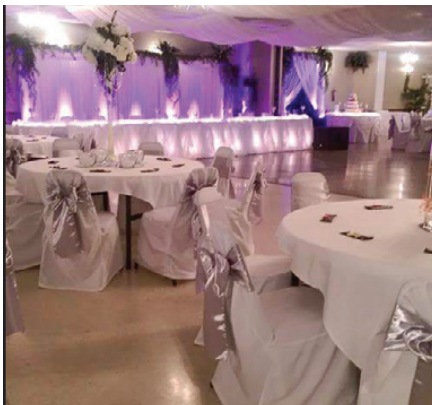
If I drove fast through a speed trap or refused to pay my heating bill, the cop or gas company representative doesn't ring my doorbell and start nagging, scolding and reprimanding me about the importance of obeying speed limits and paying utility bills on time. Instead, I end up paying a \$150 speeding ticket and wake up one night, freezing in the dead of winter.

Funny how things worked out. Mom decided to stop nagging and allowed her teen to experience the logical consequences that life unfailingly dishes out. When he refused to eat breakfast and missed the school bus, she remained silent and allowed the natural order of things to "kick in." Hiking to school on an empty stomach, facing an assistant principal without a written tardy excuse from mom, enduring hunger pains, finding out how embarrassingly loud an empty stomach can be in a quiet study hall, and sitting through after-school detention seem to make her son, not her, responsible for his poor decisions.

Parenting has changed dramatically. We used to do what our parents told us to do simply because they said so, and the bad consequences that followed poor decision-making befell us, as expected.

Maybe that's why a large majority of Americans don't trust those in Congress and view them as bureaucrats who manage to make poor decisions, or self-centered ones, and escape all responsibility for doing so.

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 books: "Finding Happiness in America" and the spy thriller "Penumbra Database"- both can be found in Kindle or paperback at Amazon.com books.



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Dear Cathy,

I have three female dogs. Sassy the oldest one is 11 and acts like an old lady. Star is 5 and very energetic. They both are good girls and very loving. A couple of weeks ago, my neighbor gave me Sarina, a 7-week-old puppy who is very energetic and loving.

My problem is, Sarina is teething, and anything and everything goes in her mouth. She has a teething bone and lots of toys. Sassy growls at her if she comes close and has even snapped at her twice. Thankfully, there's been no contact. Star growls and snaps at her. She tries to play with Sarina, but she doesn't like to be a chew toy. Sarina thinks my braid is a pull toy and I'm a chew toy. I tap her nose, tell her no and give her the teething bone or a toy, to no avail.

The girls are jealous, especially Star. When Star is giving me kisses, here comes Sarina. Star gives me a sad look and tries moving away. How can I stop the jealousy and the biting? I don't want to give Sarina back to my neighbor. Help!

- Jimmie, Arlington, Texas

Dear Jimmie,

Sassy and Star are snapping at Sarina to let her know it's not OK to bite them. If they are snapping when she approaches, they may be annoyed by her puppy energy and are telling her they want to be left alone. Growling and snapping are some of the ways that dogs communicate with each other.

There is no need to interfere unless they start fighting. In fact, if you do interfere, it could lead to some jealousy. Let them communicate with each other. Eventually, Sarina will learn what the two older female dogs are saying, and she will adjust her behavior to accommodate them, which is how it should be.

To avoid jealousy issues, don't stop petting one dog to pet the other. For example, if you're petting Star and Sarina comes along, continue petting Star. Sarina needs to wait her turn. I have trained my dog with "not now," to communicate I am not available to him at the moment, and "your turn" so he knows when I am ready to engage him.

You can do that with all your dogs. When you're done petting Star, get up and move to another location before you interact with Sarina. This helps separate the attention and doesn't make Star feel as though she is being pushed aside for the puppy. You might have to do this for a few months, but eventually they will all feel like family and won't mind when you pet one and then pet another.

When you introduce a dog or puppy into an established dog household, there are some adjustments to be made by everyone as the old dogs teach the rules of the home to the new arrival. Please allow a few weeks for this transition to occur.

Finally, give Sarina lots of toys to chew and play with her several times a day. If she is tired, she will be less likely to annoy Sassy and Star.

Dear Cathy,

I have a 2-year-old pit bull/beagle mix. I take him for walks at least three times a day. My problem is, I can't get him to stop eating dog feces. How can I break him of this habit?

- Charles, New York

Dear Charles,

Coprophagia, which means "eating feces," is fairly common among dogs. No one knows why dogs do it, but theories range from nutritional deficiencies and malabsorption issues to compulsive behavior disorders. Here are some ways to address the problem.

If this is a new behavior, make sure it's not a health problem. Sometimes, dogs start doing new things when they are sick.

Pick up your dog's poop with a bag as soon as he defecates. When on walks, train your dog to "leave it" as soon as he sniffs feces. Use the leash to guide him away from the feces. If he is out in the yard and some distance away from you, shake a can of coins to get his attention, and then say "leave it" when he looks up at you.

Over-the-counter supplements also can make your dog's stool taste bitter and unappetizing. Because dogs are equal opportunity poop eaters, these supplements must be given to every dog in the home so their stool tastes bad too. Try these things and let me know what works for you.



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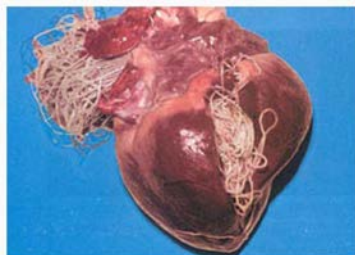
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## Is Your Pet Protected?

By Westview Veterinary Hospital

Spring is coming and now is the time to make sure your dog is on heartworm medication.

Heartworm disease can affect the length and quality of your pet's life. Infection occurs when a mosquito bites and transfers infective larvae to the pet. The larvae enters the blood stream



and travels to the heart and pulmonary vessels where it grows into an adult heartworm. Adult worms can grow to 12 inches in length. As you can imagine, significant irreversible damage continues to occur

as long as the worms live and reproduce. The damage alters blood flow which can lead to the formation of clots, ultimately increasing the pet's risk of death. As mosquitos can survive in very low temperatures and have the ability to find their way into homes, the American Heartworm Society recommends year round heartworm prevention.

For information on how to ensure your pet is protected from this life-threatening disease, please contact your veterinarian.



## 5 EASY Exercises to Prevent Muscle Loss Due to Aging

By Dr. Silcox

It's depressing, but after age 50, we begin to lose nearly 2% of our muscle fibers each year. Unfortunately, decreased muscle mass is associated with a threefold reduction in strength and power, and too frequently begins an increase of frailty that often correlates strongly with disability, falls and reduced lifespan.

Research confirms that regular exercise can reduce the speed of muscle wasting. The problem with using heavy weights is that as people age and muscle fibers begin to disappear, it explains why seniors are ten times more likely to be injured while lifting heavy weights compared to their younger peers.

A growing body of research shows it is possible to build muscle mass using light resistance exercise. The researchers were surprised that the low-intensity routine produced the same gains in muscle volume as high-intensity weight training.

In 2018 researchers from Japan had 88 men and women, ages 70 or older, participate in a low-intensity exercise weight-training program. At the end of the 12-week training program, in addition to significant increases in muscle mass, participants also had decreased hip and waist circumference and reduced abdominal fat.

This study is remarkable because the participants had no prior experience with weight training, the exercises

were performed at home (taking less than 15 minutes each day), and at the end of the study, only two of the 88 people involved had dropped out.

In a 2019 study, researchers measured muscle qualities following a 10-week exercise routine in which subjects performed one set of exercises lifting either heavy weights or light weights until they were fatigued. Surprisingly, while both protocols increased muscle strength and volume, only the light weights resulted in a significant increase in muscle mass associated with repair and remodeling.

If you'd like to start doing something about getting stronger instead of weaker, stop by the office for a sheet of the exercises that these seniors used during these research projects, it's free. After all, winter will soon be over and people will become more active and this is a great time to start.

If you don't have anything to use for resistance, I can show you how to make your own or have I'll have some available to purchase at a very reasonable price. Remember, this is light resistance, and you're NOT in a race for a "beach body". And as Dr. Ameer Kabour, Cardiologist at St. V's in Toledo says, "Time Waits for No One".

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# The Bellevue Hospital Recognizes Our Medical Staff

*Eudora Brown Almond of Georgia is credited with starting the first Doctor's Day Observance on March 30, 1933. The date marks the anniversary of the first use of general anesthesia in surgery. The first National Doctor's Day was celebrated in 1991.*

In observance of National Doctor's Day, the Family of The Bellevue Hospital would like to congratulate and thank all of the members of the hospital's active, courtesy, affiliate and honorary medical staff for all they do for their patients, our hospital, and the communities they serve.



*Representing the Medical Staff of The Bellevue Hospital are Medical Staff Officers for 2020. Pictured from left to right are: Douglas Hoy, M.D., Chairman, Credentials Committee; Karen La Salle, M.D., Member-at-Large; Corey Fazio, D.O., President; Steven Zieber, M.D., Secretary-Treasurer; and Nathan Samsa, D.O., Vice President.*

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