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Vol. 22 Issue 3

**MARCH 2021**

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# Lifestyles 2000

March 2021

Vol. 22 • Issue 3

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1999-2021



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# Parents, beware of the Hollywood TV clan

By Robert Morton

Mom notices her son, Brandon, and his sudden fascination with TV. His eyes follow the moving forms on cartoon shows and his growing interest in Sesame Street. At age 3, Brandon likes the commercials best because of the fast-pace and louder music.

Like the average child in America at age three, Brandon watches TV 45 minutes per day. In the early primary grades, his TV time will jump to 3 hours per day, and by 7th grade, he will spend 4 hours a day absorbing flickering images and sounds flowing from the tube.

Mom may not be fully aware of this electronic toy's long-term impact. Between the time Brandon starts first grade to when he graduates from high school, he will spend 16,000 hours viewing TV programs conjured up by 400 Hollywood writers and producers, and they will fabricate shows for Brandon that are full of hype, designed to lure him away from other things he could be doing. Before high school graduation, Brandon will be an onlooker to 200,000 acts of violence, including 40,000 murders.

TV advertisers, Hollywood writers and producers label Brandon by another name: "Super Consumer." They know that he has no money, but that mom and dad do. Before age 11, Brandon will view 20,000 TV commercials, many pressuring him to buy, or ask mom and dad to buy, a product. Advertisers know how to appeal to Brandon, since they hire child psychologists to tell them how children think. Brandon does not know if a product is good or bad for him...he just wants it yesterday.

TV advertisers do not satisfy Brandon's needs; they create unnecessary needs within him...and his parents. Advertisers pay TV networks (who hire Hollywood writers and producers), well over \$900,000,000 each year to broadcast slick commercials aimed at children. They also know that when Brandon matures to middle school age the pressure to belong is intense, and he will feel like a second-class citizen or outcast if he is not outfitted with \$130 Ninja pump sneakers or tailored Jordache jeans. Is TV teaching our children, and parents, to be independent thinkers...or sheep?

As mom looks down at little Brandon, still watching TV, something in her gut tells her a "game plan" is needed to limit TV viewing and complement it with "learning time." She will not allow the TV to become Brandon's friend and babysitter and leave him at the mercy of the Hollywood clan and their advertisers.

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

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# Lifestyles 2000

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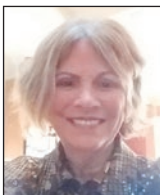
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## Publisher's Letter

As I work on this issue I am looking out on huge snow drifts and thinking I really need to go to Florida or Arizona ... except the thought of wearing a mask for hours on a plane is more than I can contemplate!



Spring is on the way folks, we can do this. Hope you enjoy our March issue, and remember to thank our wonderful advertisers.

Stay safe,

Joanne

## Find Pete



### Find Pete Winners:

Wow, over 150 correct answers! The answer was Bark Creek Pantry. Thanks for entering.

Winners are: Brenda Smith, Nora Miller, Barbara Estep, Jerry Lagrou, Mary Nossaman, Donna Hetrick, Gary Ashton, Gus Garcia, Fremont; Marcia Morelock, Gibsonburg; Diane Stetler, Green Springs; Shelby Volk, Mike Todd, Tom Beckman, Bellevue; Regina Albert, Gary Overmyer, Terri Chagnon, Matthew Wasserman, Clyde; Michelle Thrasher, Risingsun; Frances Zickefoose, Shirley Swaisgood, Helena; Kathy Yoder, Vickery.

### Find Pete Prizes:

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

### Find Pete Contest Rules:

To enter, send the name of the ad, your name and address on a 3x5 card or paper to: 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.

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## Healthy Living

# All about spinach

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\*International units

Source: U.S. Department of Agriculture, University of Arkansas for Medical Sciences, TNS Photo Service



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## Out to Lunch

By Lynn Urban

I heard about a place in Norwalk called Buckeye Pub and Grub at 71 Jefferson Street. It is a Norwalk favorite and is known to have pretty good food. For something different we decided to check it out. It's off the beaten path, if I hadn't put it in my phone for directions, I never would have known where this neighborhood bar/restaurant was located.

You could tell many folks were friends and neighbors and frequent customers. They serve bar food, and I know that most bar food can be unhealthy, but it's fun once in awhile.

There are some healthy choices, such as their taco salad, grilled chicken salad, and homemade soups. Chili is served daily and the other soup option changes daily, with Lobster Bisque being



the customers' favorite. I tried the beef barley soup, it was thick with lots of tender beef. They are also known to have the best wings and burgers in town.

We decided to order several things to share starting out with the hand dipped dill pickles. They had a bit of a kick in the breading, which made them stand out from others I have had. Another munchie we tried was the tater tots covered with mounds of cheese and bacon and sour cream. I also ordered the Steak Quesadillas, they were filled with mushrooms, green peppers, banana peppers, and cheese, they were pretty good.

On another visit I tried their Lake Erie Perch sandwich, it was stacked with three double fillets and came with cole slaw, which surprisingly had apples in it, and a choice of either fries or onion rings. I got the onion rings which were sweet onions fried just right. They also have a selection of sandwiches, tacos, and daily specials.

They are open daily from 11 a.m. to 12 a.m. except Sundays. Kids are welcome and have their own menu. Trip Advisor has given them a five star rating, the highest you can get.

## Jill on Money

By Jill Schlesinger

### RETIRE SMART: Is irrational exuberance back?

Nearly 25 years ago, then Federal Reserve Chairman Alan Greenspan asked, "How do we know when irrational exuberance has unduly escalated asset values, which then become subject to unexpected and prolonged contractions?" Given the recent volatile action of GameStop stock, I wonder: Is irrational exuberance back?

GameStop, the brick-and-mortar video game seller that many presumed was destined to the dustbin of retailers, started to attract enormous interest from individual investors on Reddit -- a message board where community members create content, submit links, and comment on specific topics (subreddits).

The active traders on the subreddit Wall Street Bets recall the day traders of the dot-com boom and bust. There are some similarities, as the pandemic recession has allowed many of the lucky employed to have the time and money to dip their toes into various assets. But today, better technology, zero-cost trading, and the social media megaphone has made it even easier to jump on an investment bandwagon.

The GameStop believers touted the upside as early as mid-2019, after Michael Burry (the guy in "The Big Short," who bet against the housing market in the mid-2000 s) had amassed a big position in the company, when it was trading in the single digits. Last fall, the bandwagon got even bigger after Chewy.com co-founder Ryan Cohen amassed a 12% stake and joined the board.

As the stock marched toward \$20, it was bad news for short sellers, who believed the stock was overvalued, amid a climate of shrinking retail footprints. For the uninitiated, short selling means that an investor borrows stock from an investment company and then sells it in the market. If price drops, the short seller can repurchase it and send the shares back to the lending company, pocketing the difference. If the price of the stock rises, the short seller faces losses.

Short sellers often get a bad rap and are seen as the villains of the financial markets. "There is a natural tendency to feel that short selling is somehow inherently malevolent or un-American. To the contrary, it is quite positive for our economy to correct overpricing and detect fraud," said Yale Professor Owen A. Lamont, when he testified as before the Senate Judiciary Committee in 2006.

It was short sellers like James Chanos, who uncovered the massive accounting fraud at energy giant Enron. Chanos has pointed out that the bets "against" companies are not whimsical, rather "short sellers ask the tough questions and dig out the discrepancies in the financial statements and other regulatory filings made by publicly traded companies." Similarly, Michael Burry did the hard work when he made his unpopular big bet against the housing bubble.

In the past, short sellers' biggest threat was the targeted company itself. Corporate boards would issue disparaging statements about short sellers; attempt to strong arm them with legal or regulatory action; and even resorted to technical measures to prevent them from being able to borrow shares to sell.

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# Mayo Clinic

## Weight gain often an issue as women move into menopause

Jacqueline Thielen, M.D., Mayo Foundation for Medical Education and Research

**DEAR MAYO CLINIC:** I recently turned 50, and I walk about 1 mile daily and work out two to three times per week. I believe I am beginning to go into menopause, as I have not had a period in a few months. Also, I have noticed the number on my scale rising, even though I have not changed my diet or activities. I've heard weight gain is common in menopause. As I enter this stage of life, what can I do to maintain my weight other than continuing to work out and eat well?

**ANSWER:** You are certainly well on your way to a warding off midlife weight gain with your healthy lifestyle. Weight gain is often an issue as women move into menopause, even for those who eat well and exercise regularly. Over the next several years, you may find it more difficult to stay at your current weight, and that you'll need to increase your activity level and be more diligent about your eating habits.

A woman is considered to be in menopause when she's gone a year without a period. Menopause usually happens in the late 40s or early 50s. The final years leading up to menopause are called perimenopause. They are characterized by menstrual irregularities. During perimenopause, many women start experiencing a variety of symptoms that come with menopause, including weight gain.

This weight gain happens in part due to hormone changes. Declining levels of the hormones estrogen after menopause and testosterone with aging contribute to a loss of muscle mass, which leads to fewer calories being burned at rest and with exercise. The hormonal changes also affect where fat is stored, leading to a tendency for fat accumulation around the midsection.

In addition to hormone changes, other symptoms of menopause, such as hot flashes, sleep problems and mood changes, can interfere with a woman's ability to adhere to healthy lifestyle measures. That

can contribute to weight gain. Genetic factors also may play a role. If your parents or other close relatives experienced weight around the abdomen as they got older, you're likely to do the same.

Considering all these changes, maintaining the same level of exercise and calorie intake you have always had may no longer be enough for weight maintenance as you head toward menopause. You may need to add more exercise to your regular routine.

For most healthy adults, experts recommend moderate aerobic activity, such as brisk walking, for at least 150 minutes a week or vigorous aerobic activity, such as jogging, for at least 75 minutes a week. Strength training is recommended at least twice a week. If you want to lose weight or meet specific fitness goals, you might need to exercise more.

Check your eating habits too. Choose fruits, vegetables, and whole grains, particularly those that are less processed and contain more fiber. Avoid or limit sugar-sweetened beverages, such as soft drinks, juices, energy drinks, flavored waters and sweetened coffee or tea. Cookies, pie, cake, doughnuts, ice cream and candy should only make occasional appearances in your diet, if you include them at all. Limit alcohol, as it also adds empty calories.

Though things may seem a bit overwhelming as you move into this new stage of life, keep in mind that positive lifestyle changes can reap many health rewards as you get older. Staying at a healthy weight lowers your risk for a variety of health concerns, including high blood pressure; heart disease; Type 2 diabetes; and certain kinds of cancer, such as breast, endometrial and colon cancers. In addition, avoiding excess weight as you age can make it easier to stay active over time. And that can help you look and feel better in the long run.

If you have questions about menopause symptoms or changes you experience in perimenopause, talk with your health care provider. You also can seek out a women's health specialist who can offer details about possible treatments that may ease symptoms and make this significant life transition easier to manage. -- Jacqueline Thielen, M.D., Women's Health Clinic, Mayo Clinic, Jacksonville, Florida

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



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# History Notebook

By Nan Card

Among the earliest pioneers of Rollersville were Jeremiah Niles King and his family who had come from Rhode Island via New York in 1834. He built the first house in the village and then constructed a gristmill where Jeremiah also made and machined tools. His son Joseph Crawford "Kit" King joined his father in the milling operation. He continued to oversee it after his father's death in a railroad accident at the Isthmus of Panama.

At the outbreak of the Civil War, despite the responsibilities of the mill, Joseph Crawford King was filled with patriotism. He enlisted with his friends in the 111th Ohio Volunteer Infantry. With him King carried a special weapon which can be seen in the nearby Civil War photo. It was a double barreled back action rifle with a telescopic sight. John Smith, Hessville gunsmith, had made the weapon for Joseph using tools machined by Joseph's father. The rifle was never far from King's sight as the regiment traveled into Kentucky.

An intelligent, exceptionally observant diarist, King recorded daily events at the regiment's camp as well as activities around Bowling Green, Kentucky. King soon began suffering from poor health, boredom, and disillusionment with military life. News from home added to his discouragement when he learned the mill and his finances were in disarray. In March of 1863, King received a disability discharge and headed for his home in Madison Twp. Over the next few years, with the help of Brice Bartlett, King put the mill on sound financial footing.

But in 1877, when King learned of the discovery of gold in the Black Hills, he headed west. He prospected near Rapid Creek and settled at Hill City with five other miners. King managed to file more than 50 claims, naming his stake the Buckeye Mining Company. Despite efforts at sluicing, digging, and ditching, King spent nearly as much time hunting game and building a winter shelter as he did mining.

Eventually King's partners became discouraged and left for home, but King persevered. Now alone, his rifle served as protection against raiding Sioux, claim jumpers, and thieves. When King became ill and desperate for food and clothing, he was forced to pawn his telescope, compass, gold scales, and revolver. Yet, he struggled on and eventually had some success. In early March of 1880, King stopped off at Rollersville to visit his family while en route to New York to negotiate some of his mining claims. A few weeks later, the "Fremont Journal" reported his death from pneumonia at Hill City, South Dakota.

The gunsmithing tools made by Jeremiah King and a rifle similar to that carried by Joseph were discovered in Sheridan, California where John Smith, the Hessville gun makers, settled near his daughter.

The collection is one of the finest 19th century gunsmithing sets known to exist. They have passed through the hands of several collectors. Today, the tools (some 600 pieces) and King's diaries are part of the permanent collection at the Frazier Museum in Louisville, Kentucky. However, typed transcripts of King's diaries (prepared by a King descendant) from his time with the 111th Ohio and in the Black Hills are part of the Hayes Manuscripts Collection.



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# Helen Marketti's Music Corner



By Helen R.  
Marketti



## Alison Arngrim

She is most remembered as the mean-spirited brat Nellie Oleson on the TV show, Little House on the Prairie. Alison Arngrim is involved with many projects and has gotten creative in the midst of the pandemic to keep working and keep fans interested.



"I grew up in a show biz family so we knew everybody. My mom did the voice for Casper, The Friendly Ghost and my dad managed famous piano player, Liberace. I remember when I was eight years old, we rented a house in Hollywood Hills to live closer to Liberace in case he needed anything. So naturally, I grew up thinking that this was a normal way to live and that everyone was in show business," recalls Alison. "I always enjoyed watching characters on TV and in movies that were villains. I adored Vincent Price! I thought Captain Hook was a genius in Peter Pan. (laughs) I thought villain characters were cool."



Playing the role of Nellie Oleson was not always easy and fun for Alison. "I actually had more trouble with adults than my peers," she said. "I remember adults saying that I must behave that way for real which wasn't true. I was actually shy but played a role that made people afraid of me. I remember being in a Christmas parade and someone threw a cup of orange soda at my face. Thank God it wasn't a beer bottle. People threw stuff at me all the time. They would become incensed at the sight of me."

Little House on the Prairie reruns are still being shown all over the world. "It's unbelievable that it still draws fans. I think its because the show dealt with real problems. Viewers could relate to the story lines. We didn't live in a mansion and have servants," said Alison. "Michael Landon was a fantastic human being. He was actually very funny in addition to being gorgeous, being a great actor and writer. Many crew members on "Little House" worked with him on Bonanza so they followed him when he started "Little House" because they loved working with him."



Alison has many irons in the fire at once. She sometimes finds it hard to keep up with herself. "I love all of the projects I am involved with but I get tired sometimes. Every day at 1:30 pm (PST) I go on Facebook Live and read to fans. At first, I was reading "Little House" books and now I am reading The Wizard of Oz. We have had to get creative during this pandemic. Tuesdays at 5:00 pm (PST) I do the Alison Arngrim Show on internet radio which is accessible through my Facebook page. I conduct celebrity interviews via zoom. I always open the show with what makes you feel good."

"More than half of what I do has moved over to the internet. I am busier now that before the pandemic. Everything is done from my living room. It does feel like we are living in an apocalyptic science fiction movie. It feels surreal. The Facebook Live events have helped me stay grounded. I find it relaxing and the fans do, too. We are all trying to make due and survive," explains Alison.

Alison's husband, Bob is from the Akron area. Through him she is now a faithful fan of Ghouardi. "I follow the Ghouardi fan page. I have been to Cleveland for the Ghouardi Fest. I love it. I have also been to the Rock Hall. Cleveland is great. I love Big Chuck and Little John! The Ghouardi Fest is usually in the fall of the year, if it's possible that it will take place this year and safe to do so, I hope to return."

[www.facebook.com/alison.arngrim](https://www.facebook.com/alison.arngrim)  
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# Astrology FORECAST

By Magi Helena

**ARIES (March 21-April 19):** You may feel more fulfilled if you are surrounded by family and friends who share cheerful memories. Focus on fact-checking fantasies in the month ahead.

**TAURUS (April 20-May 20):** It feels good having fun after you've accomplished tasks. If you follow through faithfully with your duties, you might receive appreciative comments from others and feel positive about yourself.

**GEMINI (May 21-June 20):** Your enthusiasm and imagination allow you to tackle several tasks at once and still have room for more. You may imagine that a friend is romantically attracted to you, but common sense prevails.

**CANCER (June 21-July 22):** Flowers and boxes of chocolates don't change the way you feel, you might take matters into your own hands and show your affection in other ways.

**LEO (July 23-Aug. 22):** A mistake might happen if you rush through something quickly. Although you may feel forced to deal with things you'd prefer to ignore, you may have plenty of time to escape into daydreams and enjoy yourself.

**VIRGO (Aug. 23-Sept. 22):** You and a special someone could memorialize your affection with the tiniest things. A social activity could be prominent in your monthly schedule.

**LIBRA (Sept. 23-Oct. 22):** Hearing from an old acquaintance could give you a chance to reminisce about the good old days. You may become restless to try new things and break away from routines.

**SCORPIO (Oct. 23-Nov. 21):** You and a special someone can share a casual walk or a home-cooked meal to celebrate togetherness. Enjoy the unconventional in the weeks ahead.

**SAGITTARIUS (Nov. 22-Dec. 21):** Decide your fate. Your good judgment comes into play when you must discuss serious matters with a partner. In the weeks to come, you may become a champion of teamwork, fair play and physical labor.

**CAPRICORN (Dec. 22-Jan. 19):** Don't feel guilty about spending extra dollars on entertainment or a hobby in the weeks to come. You deserve it.

**AQUARIUS (Jan. 20-Feb. 18):** Enjoy being the apple of someone's eye. You may feel as if you're stuck between a rock and a hard place now, but in the weeks to come you might have time to display romantic feelings.

**PISCES (Feb. 19-March 20):** Perhaps you could be a better listener. A situation may force you to determine who is telling the truth and who could be deliberately vague and misleading. be in the right place at the right time.



# Kiss-Me-Over-the Garden-Gate

By Grace Nause

It's late February already, Yeah!! Soon the trees will be sprouting leaves and our beautiful snow will be gone for another year. So far, the winter has been one like I remember from days gone by when the snow lasted in the trees for weeks, the winds were light and the kids were out with their sleds and skates. Winter in Ohio...with all its beauty. The silent splendor has visited us once more and we are grateful.

So, what's going on in your little corner of the world? In my corner, it's decision time again. Frankly, I really missed hosting Teas in 2020. As we all know, my indoor Teas (and countless other community events) had to be canceled due to the corona virus concerns. Not having teas the last few months reminded me of how much I enjoyed talking with the guests, hearing stories about their families and experiencing the joy of a house full of conversations and laughter. Even though we'd all like to resume normal social activities (including events inside the Old Garden House) in 2021, the responsible path to take is to continue to post-pone indoor events until further notice.

Speaking of events, we have set the date of Sunday, April 18th from 2 to 4 p.m. for our annual outdoor, "Pass-Along-Plant-Day." We'll have shovels for you to dig from my gardens. If you have perennial plants to share please bring some... if not, come anyway. There always is plenty to share and it is a chance to visit with other flower gardeners (please follow social distancing guidelines) so we can learn from each other.

So, what's happening at your house? My guess is if you have children, they are enjoying the snow and the weather cold enough to keep the snowmen standing up and snow forts from melting. This has been a beautiful winter - one that reminds me of the good old days when I was a kid playing in the snow for hours and loving it. The snowmen we made were there the next day and for many days after. The winds have been so light that there is still snow on my roof and the neighbors out-buildings. It's beautiful! So, until next month, enjoy the snow and winter in Ohio and know that Spring is coming!

## SODUKO PUZZLE

	4	1					3	
8			6			9		
	2		4		7			
4		8		3		1		
				2				
		3		8		6		4
			3		5		7	
		4			2			6
	3					4	1	

Solution on page 11.





Dear Cathy,

We have an eight-month old adorable little Chihuahua-Dachshund mix that we rescued in June. He is full of energy all day long, bouncing from sofa to chair to sofa. My problem is his constant barking and growling when I walk into the living room. I understand that barking is good to ward of strangers but I'm hesitant to invite friends over due to this situation.

-Joe, Lynbrook, New York

Dear Joe,

The quickest way to build rapport with your dog is to train him. Start with "sit." Use a clicker or reward word like "bingo" to mark when he sits. Then give him a treat. Once he understands that the clicker or reward word marks the desired behavior, you can train for behavior. If you walk into a room and he doesn't bark or growl, click or say the reward word and give him a treat. If he is sitting near you and appears very relaxed, click or say the reward word and give him a treat. He will begin to understand what you want and that he should look to you for guidance on how to react to things.

As for visitors, keep him on a short leash so he is under your control. If he barks or growls, verbally correct him with a short "Shh!" sound or use a Pet Corrector, which produces a similar sound with compressed air. The idea is to get his attention so he will stop the behavior. Do not reward him for this. Instead, ask him to do something else, like sit. When he sits, use your reward/treat technique. It will take time and consistency, but eventually he should understand what is expected of him and comply with your wishes.

Dear Cathy,

I have a two-year-old cat that I rescued from a shopping center when he was about six-weeks-old. In the last six months or so, he has begun eating fabric. He has eaten the hems off my pants, the sleeve of my pajamas and chewed the entire edge of my bed quilt so that it now has a "scalloped" edge. I can't tell if it is coming out the other end, as I have five cats and automatic litter boxes. I have found small remnants in vomit at times. Other than this, and him being quite rambunctious, he is a great loving cat. Any suggestions?

-Holly, Coconut Creek, Florida

Dear Holly,

Both dogs and cats can have something called "pica," where they eat non-food objects, like sucking on plastic bags or nursing wool. Pica can be caused by a range of things, like dietary deficiencies, health problems, genetic disposition, compulsion disorders and boredom. It also can be because the cat was weaned too young, which may be the case here because you found him when he was just six-weeks-old.

If you have ruled out health problems, then remove objects you think your cat might chew. Or spray the items with Bitter Apple to discourage him from chewing on them. Keep him mentally stimulated by playing with him for at least 10 minutes twice daily. Make sure he has lots of cat-friendly toys to pounce on and chew.

You also can put a feline pheromone collar on him and/or add feline pheromone plug-ins around the home. Pheromones reproduce the scent of a nursing mother cat, which calms most cats. I think your cat would greatly benefit from the use of pheromones in the home.



Introducing Fluffy!

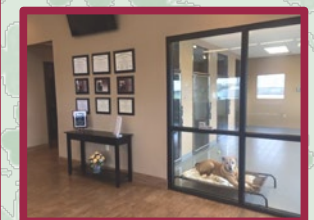
He is 15 years old, front paw declawed and weighs 19 pounds. He loves chin scratches and a soft bed to nap in! We are looking for a quiet home for him with no small children. He possibly has arthritis and it is uncomfortable for him to be picked up. His adoption fee is \$100, this includes his neuter, FELV/FIV test, vaccines current, deworming, flea prevention and micro-chipped. Please visit the shelter to meet him. We are open Monday through Friday 1pm-5pm and Saturday 1pm-4pm. Please be advised, there are social distancing restrictions in place. All visitors are required to properly wear a mask at all times.



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# Jump in with Both Feet for Better Health!

By Dr. Paul Silcox

Well, looks like Punxsutawney Phil was right. Our easily tolerable winter has come to a screeching halt! So, as we are hunkered down awhile longer (according to Phil), we'll have to just imagine being on a beach in warm sunny weather, soaking up some vitamin D3.

Have you ever walked on a beach and noticed how much better you feel after? The reason is that as you walk along the beach, your body absorbs millions of negatively charged ions that are produced in the water. Those negatively charged ions are called "antioxidants"

"Free radicals" that we are ALL exposed to from many sources can cause oxidative damage that accelerates the aging process and can cause mutations of cells as we go on through our daily lives. Living in today's polluted and stressful environment with chemicals in the form of pesticides, additives and preservatives found in our food, water, beauty and cleaning products can burden our body.

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## Classifieds

### SERVICES

**Dust Free Cleaning:** Spring is on the way, time for us to give your house a lift! Cleaning and sanitizing, will wear a mask if preferred. References, insured, four hour minimum, \$20 per hour. Call 419-603-6667.

**Donna's Sewing:** Alterations, Pants \$6, dresses, curtains, tailoring, zippers. Now making cloth masks for \$3. Located at 922 Carbon St, Fremont. Call 419-332-1654.

Cells of our body, when electrically imbalanced by free radicals, interfere with the body's functions that facilitate healing, and normal function. However, cells that are electrically balanced and fully charged have more oxygen and results in increased energy, vitality and well-being.

A process called Ionic Foot Bath Detox (IFB), generates millions of those negative ions that have the same effect as a walk on the beach. Decreasing free radical damage, along with a healthier diet, mild exercise and stress reduction provide a thorough and proficient way to maintain long term elevated levels of energy and wellness.

Doing a weekly cleanse for 6 weeks, at least twice a year goes along way to reduce our toxic load and accentuate the body's elimination pathways to aid in reduction of the negative influences from free radical damage. Sessions are only 30 minutes, quiet and peaceful. A package of 5 is \$200. If paid in full at the start, a 6th one is free. But please, don't jump in the foot bath tub. Save the jumping for the beach!

## A Snow Storm

As promised,  
the early snow is inching,  
weaving its white, wet blanket  
lacing trees, frosting roofs,  
and coating cars.

Snowflakes rush hour traffic-ing air  
between heaven and earth  
falling freely,  
freely falling,  
silently landing.

And I, I am poised inside  
a shook snow crystal ball  
safely looking out, awing  
at the newly whitening  
whited world.

Pauline A. Darr

## PUZZLE SOLUTION

6	4	1	2	9	8	5	3	7
8	5	7	6	1	3	9	4	2
3	2	9	4	5	7	8	6	1
4	7	8	5	3	6	1	2	9
1	6	5	9	2	4	7	8	3
2	9	3	7	8	1	6	5	4
9	1	6	3	4	5	2	7	8
5	8	4	1	7	2	3	9	6
7	3	2	8	6	9	4	1	5





# 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 Bellevue Hospital Family 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 2021. Pictured from left to right are: Peter Highlander, DMP, MS, Member-at-Large; Steven Zieber, M.D., Secretary-Treasurer; Douglas Hoy, M.D., Chairman, Credentials Committee; Michael Nill, M.D., Vice President; and Nathan Samsa, D.O., President.*

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