

# 2000er Lifestyles

**FREE**

Vol. 23 Issue 3

**MARCH 2022**



*Celebrating*  
**22**  
1999-2022  
**YEARS**

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### **Let's Do This Together**

March is National Nutrition Month. To celebrate, CHS will be posting recipes and tips to get you started on your journey to a healthier lifestyle. We'll include a variety of recipes to keep it interesting and fun. We'd love it if you'd share your thoughts and recipes with us using the hashtag **#LetsDoThisTogetherCHS**

### **Keep Your Doctor in the Loop**

It's always a good idea to schedule an annual check-up. This is the perfect time to do that. You can work together with your medical provider to make sure that you're making healthy changes that are right for you. **If you need a medical provider, call us at (419) 334-3869** and we'll help you find a provider close to you!



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# Lifestyles 2000

March 2022  
Vol. 23 • Issue 3  
[www.lifestyles2000.net](http://www.lifestyles2000.net)

Celebrating  
**22**  
YEARS  
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## AMERICA'S TEST KITCHEN

**These super-chocolaty cupcakes are crowned with a delicious chocolate glaze**

The recipe doesn't actually call for any chocolate in the cupcake batter, just cocoa powder. Cocoa comes from the seeds of cacao plants. The seeds are fermented, dried, roasted, ground up, and separated from cocoa butter to make cocoa powder. And while cocoa powder has tons of concentrated chocolate flavor, it has none of the sweetness of chocolate. On its own, cocoa powder is really bitter.

*Quick tip: We highly recommend using Dutch-processed cocoa powder in this recipe. If you use natural cocoa powder, the cupcakes will be drier in texture and lighter in color. You can use bittersweet or semisweet chocolate chips here, but we do not recommend milk chocolate chips.*



**Chocolate Glazed Cupcakes: Makes 12 cupcakes**

- |   |  |
|---|--|
| • 1 cup (5 ounces) all-purpose flour              | • 1/2 cup vegetable oil                            |
| • 1 cup (7 ounces) sugar                          | • 1 large egg                                      |
| • 1/2 cup (2 ounces) Dutch-processed cocoa powder | • 1 teaspoon vanilla extract                       |
| • 1 teaspoon baking soda                          | • 1/2 cup (3 ounces) semisweet chocolate chips     |
| • 1/2 teaspoon baking powder                      | • 3 tablespoons unsalted butter, cut into 3 pieces |
| • 1/4 teaspoon salt                               |  |
| • 1 cup (8 ounces) milk                           |  |

1. Adjust oven rack to the middle position and heat oven to 350 degrees. Line a 12-cup muffin tin with 12 paper liners.
2. In a medium bowl, whisk together flour, sugar, cocoa, baking soda, baking powder and salt.
3. In a large bowl, whisk milk, oil, egg and vanilla until well combined.
4. Add flour mixture to wet mixture and whisk until just combined and no dry flour is visible. Pour batter into a large liquid measuring cup. Divide batter evenly among muffin tin cups (each cup should be filled almost to the top).
5. Bake cupcakes until a toothpick inserted in center of 1 cupcake comes out clean, 20 to 22 minutes. Let cupcakes cool completely in muffin tin on a cooling rack, about 1 hour.
6. In a small bowl, combine chocolate chips and butter. Heat in microwave at 50 percent power for 2 minutes. Stir with a rubber spatula until smooth.
7. Remove cooled cupcakes from muffin tin. Turn each cupcake upside down and dip top in chocolate glaze. Turn cupcake right side up and let glaze set and harden, about 20 minutes.

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# Lifestyles 2000

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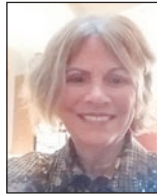
**Mission Statement:** Lifestyles 2000 is a monthly resource guide of northwest Ohio area events presented in an attractive format with entertaining and educational articles suited to fit your "lifestyle."

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## Publisher's Letter

So sorry to hear that Ms. Grace is not doing well and probably will not write any more columns. Please send prayers her way. Also, as many of you know, Pete had surgery last August and never recovered. Please keep him in your prayers and consider sending him a get well card that I can share with him. It would mean a great deal to both of us as I believe our readers are like family.



God bless, Happy St. Pat's Day and please stay safe and well.

Joanne

## Find Pete



### Find Pete Winners:

There were 155 entries, the most we have had in some time and the majority were correct. The answer was Old Fort Market.

Winners are: Alaina Fabbro, Jada Weaver, Michele Geyer, Sarah Auen, Lori Boskovich, Steve Musser, Steve Billow, Yolanda Garcia, Donna Steinbauer, Louise Yeager, Fremont; Connie Rounds, Oak Harbor; Sandra Wilhelm, Monroeville; Krista Paul, Kathy Berger, Gibsonburg; Duane Kimmet, Charlie Hall, Helen Gurney, Elizabeth Mossing, Brynn Stuart, Clyde; Mary Raifsnider, Bellevue. Congrats!

Also, remember you must include your address to win!

### Find Pete Prizes:

Prizes are from: Otto & Urban Florist, Lilie Beans; 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). Twenty prizes given monthly. One entry per household. **Deadline is the 20th monthly.** Please do not send the ad.

## THE IRISH AND THE INDIANS - KINDRED SPIRITS

By Kathy VanWey

While watching a historical documentary on immigration, it made me curious about my own ancestors who landed at Ellis Island due to the infamous Irish Potato Famine 1845-1849. Professor Google displayed a wealth of information, but what was of particular interest were some of the groups and individuals who in their wealth or lack thereof, dug down deep to help the Irish.

The work of Sir Paul (Pawel) Strzelecki, a Polish nobleman, is credited for saving the lives of over 200,000 Irish children.

The Sultan Khaleefah Abdul-Majid from Turkey donated £1,000, plus sent three ships loaded with supplies which evaded British Security and landed on Irish shores. Originally, he wanted to send £10,000, but Queen Victoria intervened asking him to scale back his generosity because her own donation was £2,000.

The Quakers set up several soup kitchens and distributed clothes and other essentials.

A Jewish Rabbi reached out to his New York City community. In the spirit of the Torah, they donated over \$1,000 roughly \$82,000 today.

While all donations were greatly appreciated, the most heart-touching was from the Choctaw Tribe. Only 16 years after suffering disease and death on the Trail of Tears, out of their poverty, they gave \$173, currently \$5,000.

In 1995, Irish President Mary Robinson visited the Choctaw Nation of Oklahoma.

She stated, "Thousands of miles away ... the only link being a common humanity ... another people [were] suffering as the Choctaw Nation had suffered when being removed from their tribal land."

In 2017, a sculpture was dedicated in Cork, Ireland, to the Choctaw Nation entitled "Kindred Spirits." As tall as a giraffe, it features 9 eagle feathers and represents "a time of great instability ... but also ... compassion, strength, and unity



... each feather is unique, ... and as a sign of respect they represent the feathers used in Choctaw ceremonies ... they are arranged in a circle resembling an empty bowl symbolizing the hunger suffered by the Irish people."

In addition, the Irish are returning the kindnesses. While the COVID-19 pandemic rages through the various reservations, as of 2020, the Irish have raised \$2.6 million dollars, with a goal of \$3 million for Native American Tribes.

Even 175 years later, the Irish, the Choctaw, and the other tribes are truly KINDRED SPIRITS. ([Irishtimes.com](http://Irishtimes.com))

By Kathleen Mary O'Brien VanWey

P. S. We're all Irish on St. Patrick's Day. Have fun everyone!

*Kathy is a retired adjunct psychology instructor from Terra and a Fremont resident. She is married to Dennis and they have two adult children. Their two cats rule the house with iron paws.*





## Out to Lunch

By Lynn Urban

It seems wineries are popping up all over, but one that is probably the oldest in our area is Firelands Winery in Sandusky featuring many national award-winning wines. You may not know this, but this winery is the leading producer of wine for Lonz winery, Mon Ami, and a few other local wines.

Firelands was built in 1880 as a winery and later added an exclusive tasting room and gift shop. The dining area was added about 5 years ago and has an open kitchen

with an Italian feel and smell.

We watched our garlic knots being made by the chef, as he twisted the fresh dough and topped it off with garlic butter



before putting it into the hot pizza oven. We ordered the white pizza that was made with a white sauce and topped with roasted red peppers, chicken, mushrooms, and arugula. It is the customers favorite. A good size pizza is only \$14.00.

For starters, share a charcuterie/cheese board filled with cheeses and Italian meats, enjoy with your glass of wine. If you order wine by the bottle, what you don't drink will be packaged up to go.

Besides pizzas, they serve panini sandwiches, salads, and homemade soups. For dessert try a piece of Limoncello mascarpone cake or some tiramisu cheesecake with a specialty coffee or boozy coffee. The menu is not huge, but the food is very good. There is always a weekly special entrée and soup.

This will be the place to go this summer when they have entertainment on the weekends and seating on the patio. Check out the pictures of the winery on their website. They are closed on Mondays and Tuesdays and open 12-9 Wednesday and Thursday, 11-9 Saturday and 11- 6 on Sundays. They will also provide tours of the winery when covid restrictions have ended.

## Jill on Money

By Jill Schlesinger

### The great reshuffle

The Great Resignation is so 2021. This year, we should replace that term with a new one, according to LinkedIn Principal Economist, Guy Berger. With millions of Americans quitting their jobs since last summer, it's easy to understand why we all hopped on the Great Resignation bandwagon.

Before we get to the replacement term, a little primer: the report on which economists declare that the number of resignations is at an "all-time record" is called the Job Openings and Labor Turnover Survey (JOLTS). The survey began in 2001 and as such, it captures the past two decades, but not seismic events in the labor force like the Depression and World War II. That said, as the labor market has recovered, millions of workers have quit their jobs voluntarily amid millions job openings. Did most tell their bosses to take their jobs and shove it? Sure, but that does not mean that they are never going to work again. Berger contends that workers are switching jobs, not eating bonbons on their couches, which means that the Great Resignation is more of a Great Reshuffle.

Employees at all earnings levels have been seeking higher pay, flexibility, and work-life balance. As postings became plentiful and labor shortages pinched various industries of the economy, a slew of Americans realized that they could seek better opportunities if their needs weren't satisfied.

For example, those who were furloughed or worried about being exposed to a front-line job in leisure and hospitality found that they could land jobs in warehousing and transportation. By doing so, they could lock in higher pay, benefits, and a more consistent schedule. The shift amounted to a massive change in each sector's workforce, according to the Bureau of Labor Statistics. From February 2020, the pre-COVID peak, through the end of 2021, employment in leisure and hospitality dropped by 1.2 million and during the same time frame, employment in transportation and warehousing was up by 218,000.

The trend of moving from one sector to another suggests that the labor market is experiencing a reshuffle, rather than a flat-out resignation. Berger noted that in trying to find workers, those sectors most deeply impacted by the COVID recession have been forced to right-size pre-pandemic low wages to entice eligible workers to fill open positions. He noted that pay growth in leisure and hospitality is up 16% from a year ago, more than twice the pace of inflation, while warehousing pay growth is up 8% annually. Knowing that there are ample jobs for higher pay may help explain why so many people are able to quit freely. "It is not a coincidence that hires, quits and wage growth are extremely elevated right now," explained Berger, "this is all part of the Great Reshuffle."

In addition to transitions among sectors, Berger said that the pre-COVID trend of Baby Boomer retirement has added to the Great Reshuffle. The Federal Reserve Bank of St. Louis found that "there were slightly over 2.4 million excess retirements due to COVID-19 by August 2021, but Berger contends that it is not yet clear whether older workers who left amid COVID and its variants are done for good, or whether they might rejoin the labor force. Research from the Center for Retirement Research at Boston College suggests that there has been "only a small increase" in workers claiming Social Security retirement benefits, so there many older workers could find their way back to work as COVID retreats.

Berger notes that we are still in the early stages of understanding the Great Reshuffle and its lasting impact, so it would behoove us to be open to the story changing over the next months and even years.

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



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## The Courageous Laura Haviland

After reading my article about the Underground Railroad published in Lifestyles 2000, my friend told me about her great aunt, Laura Haviland. In fact, she shared her first edition of Laura's autobiography, "A Woman's Life Work." (You can find a full transcription of the book online.) Laura was born in Canada in 1808 to American Quaker parents, Daniel and Sene Smith. At the age of 16, she married Charles Haviland. Shortly after, they moved with other Quakers to Lenawee County, Michigan.

Quakers had always condemned slavery, but initially did not work actively for abolition. Restless, determined, and driven to action, Laura Haviland took up the more active role of Wesleyan Methodists to fight slavery. With Elizabeth Chandler, Laura formed the Logan Female Anti-Slavery Society, the first abolitionist organization in Michigan. The Havilands began hiding fugitive slaves. Their home became the first Underground Railroad station in Michigan.



Laura also founded the Raisin Institute, the first racially integrated school in Michigan. The Havilands brought several teachers from Ohio's Oberlin College who helped them make it one of the best schools in the territory.

In 1845, the family was struck by erysipelas. Laura became desperately ill. Upon her recovery she learned that her husband, sister, parents, and young baby had died. Despite these tragedies, Laura remained as determined as ever to carry on her battle against slavery.

She made trips into the Deep South to aid escaped slaves. In an effort to bring the children of a fugitive slave couple to freedom in Michigan, she traveled to the tavern of slave owner John Chester of Washington County, Tennessee. Chester held Laura, her son, and another at gunpoint, threatening to kill them. They managed to escape only to be chased by slave catchers. For the next 15 years, Chester and his son harassed Laura Haviland in court, with slave catchers, and with threats of violence. After the Fugitive Slave Act, she began escorting runaway slaves to Canada. In 1851, she helped found the Refugee Home Society in Windsor, Ontario, a settlement with a church, school, and 25 acres for each family.

When the Civil War broke out, Haviland traveled throughout the South, distributing supplies, caring for the wounded, and working for better hospital conditions as far the Gulf of Mexico. At war's end General O. O. Howard appointed Haviland Inspector of Hospitals for the Freedmen's Bureau. Haviland traveled to Virginia, Tennessee, Kansas, and Washington, D.C. teaching, lecturing, and volunteering as a nurse.

The Raisin Institute went through many changes, becoming the Haviland Home, an orphanage for African American children. Eventually, the home was purchased by the state and became known as the Michigan Orphan Asylum.

Even in her later years Laura Haviland continued to work tirelessly to help freed slaves. Using her own money, Laura bought 240 acres in Kansas where African Americans escaping the violence of the KKK could farm, raise their children, and attend school. Both Haviland, Kansas and Haviland, Ohio were named in her honor. The image nearby is that of a statue of Laura Haviland in Adrian, Michigan.



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# Helen Marketti's Music Corner



By Helen R.  
Marketti



## An Interview with artist, Terry Wolfinger.

Terry Wolfinger has been drawing, sketching, painting and creating unique pieces of art work that have caught the attention of prominent figures in the entertainment industry. His talent and experience cover a variety of genres that enable him to explore different avenues for engaging audiences.

"I have been drawing ever since I can remember," said Terry. "My parents saved a drawing that I made when I was two years old. I drew a little man that was made from a bunch of circles. He had arms, legs and a face. My mom was very creative. She was always working on craft projects and made beautiful stained-glass windows. My dad enjoyed drawing different models of cars. I was always fascinated by their art work."



Axl Rose (Guns N' Roses)

"I have worked with great teachers who inspired me and artists who took me under their wing," he said. "Although I never actually worked for Disney, I was involved in a few Disney-related projects such as doing special animation on movie trailers for Beauty & The Beast, Aladdin and Pinocchio."

Terry had the opportunity to work for Stan Winston who was a special effects makeup artist for film and television. "He hired me on the spot after I showed him a portfolio of my work. I felt extremely fortunate. Through this experience, I was able to work on some exciting projects such as Jurassic Park II."



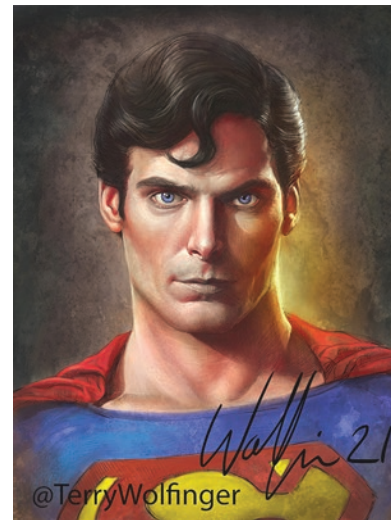
Val Kilmer as Doc Holliday

Terry has been fortunate that one opportunity has segued into another. "I did a portrait of Joaquin Phoenix as the JOKER (2019). The trailer had just been released and I had watched it several times and decided to make a drawing of him. I drew the picture for fun and posted it online. At that point, it was my most popular piece. A few months later, a representative from a company contacted me as they were looking for portrait artists with my style and asked if I would be interested in creating a portrait of Robert Downey Jr. as DOLITTLE (2020). Robert approved it right away and then more things started unfolding."

"HelMel Studios (Los Angeles) is owned by actor, Val Kilmer. Tom Stratton, who is the Director of HelMel Studios reached out to me. He said that Val really liked my work and suggested I put an exhibit together for the gallery. It was very flattering, but I wasn't sure if I was ready. My family

and friends encouraged me to take the opportunity so I went to the gallery to check it out. I remembered I had a sketch of Val as Doc Holliday from the movie, TOMBSTONE (1993) and sent it to Tom to show Val. I think Val Kilmer's role as Doc Holliday is solid. He plays the role amazingly well. He steals every scene. It's one of my favorite movies. Whenever Tombstone is on HBO, I will stop what I am doing until I have watched all of Val's scenes."

Terry has many exciting projects in the works which include his upcoming exhibit at HelMel Studios and creating artwork for movies, magazines and books. "There is something about putting pen to paper and after making a series of lines and scratches, an image starts to appear. It's the transformative and transportive nature of art that really does it for me. Inspiration is all around. It may come from a piece of music or a song and a whole story unfolds in my head. Or it could simply come from a great movie where I want to capture the essence of a scene or a specific character. Lack of inspiration is not a problem. It's the lack of time that becomes the real issue. I have so many ideas of what I want to create, draw or paint and new ones pop up all the time."



Christopher Reeve as Superman

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## Have the "Time" of Your Life By Robert Morton

Lots of folks today feel overwhelmed by all the tasks they must perform each day. Your week-at-a-glance organizer may look like a vast mosaic. It was Thomas Jefferson who said, "There is time for everything." Not true today. Time is a luxury item for most of us, and we are forced to spend more time on the less important and less time on the more meaningful things in our hurried lives.

We all must regularly sleep, eat, and hit the commode each day but after that, the rest of our time is a matter of personal priorities and choices. Perhaps, we should look at what's going on in our job, community, and family endeavors, and set balanced priorities, to reshuffle the time that we devote to the workplace, the community and to our kids and loved ones.

It is peculiar what we do with our precious time. We can waste, spend, keep, mark, take, and even "do" (in prison) time. Heck, time even flies, when we're having fun. But we can never "get" time for the meaningful things in our lives... we can only "make" time for them. The natural order surrounding us is an equal opportunity employer when it comes to time.

For example, for those working an 8 to 4 job, you are allotted an equal number of minutes and hours each day as a laid-back retiree like me, but you are forced to handle your equal time more wisely. The boss would not like it if you decided to stay in your pajamas until noon watching TV.

I guess Thomas Jefferson meant that there is always enough time to do the important things, but never enough time to do everything. So, take one day at a time- that's how time should be spent, and think about what is important to you, set goals and prioritize them. To guarantee that you act on the vital few rather than the trivial many, write your prioritized goals into your weekly planner. Make it a fun pursuit, for time flies when you're having fun. Then you can enjoy the "time" of your life.

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

## Gabby Gardener By Cindy Frontz

Aren't you ready for Spring? I know we live in Ohio, but I'm looking forward to some warmer weather so I can get outside. Let's think about planting flowers in sunny locations. Determine which part of your yard gets at least six hours of sunshine. Decide on a color scheme, try to plant your taller plants in the back of your design so they don't overshadow your smaller varieties. You can either start seeds indoors, buy plants or direct seed after the last frost. Some popular seeds to plant are zinnia's, sunflowers, celosia, cleome, columbine, butterfly weed or money plant. These are all good choices as you can save the seeds in the fall to plant the next year.

Enjoy designing your flower bed.

*Green Stem Gardeners (formally RFD) meet on the third Tuesday of the month, usually at a members home. Please call 419-307-7776 if interested in joining our club. Patti Saam, President.*

## Press Release

### Team Kenna offers Scholarship for High School Seniors

**Team Kenna;** an Ohio Non-Profit, is accepting applications from now until April 1, 2022 for scholarships for High School Seniors who are pursuing a 4 year degree in which they intend to use to work directly with children with hearing loss. Occupation interests include, but are not limited to, Audiology, Speech Language Pathology, Sign Language Interpreter, Social Worker, Education and ENT.

Scholarships are also available for Ohio high school seniors who have a hearing loss diagnosis. Seniors will need to completely fill out and submit an online application, along with a required essay on one of the following topics:

- 1) How has hearing loss affected and shaped you into the person you are today?
- 2) What does working alongside children with hearing loss mean to you?
- 3) What is the importance of hearing loss advocacy and awareness in children?

If interested please go to [www.teamkenna.org](http://www.teamkenna.org) to obtain information on applying.



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**ARIES (March 21-April 19):** In the month ahead, do your best to be able to remain calm under pressure. Your fingers may be stuck in many pies, but you should be able to coordinate them with ease. Your job or workplace may seem like the center of your social activities.

**TAURUS (April 20-May 20):** To live your best life, you'll need to find ways to exercise, both physically and mentally. It can help keep you more accountable to work out with a buddy. Avoid making plans that require complicated protocols.

**GEMINI (May 21-June 20):** Take time to carefully assess information so you do not miss a valuable piece of data. Save the day by keeping a cool head and finding workarounds if plans fall through. It may be difficult to negotiate successfully.

**CANCER (June 21-July 22):** Carefully assess the person and the situation before you open up fully. Once you are sure things feel safe, you can disclose your innermost thoughts. Sharing key experiences with someone could open doors.

**LEO (July 23-Aug. 22):** Transparency should be helpful now. Allowing someone to have a sneak peek at your ideas could turn out to be beneficial even if it could seem a little invasive. Let your passion for success guide your hand.

**VIRGO (Aug. 23-Sept. 22):** Your best social instincts could be triggered. Someone may test you or challenge you to keep up. Keeping your money in your pocket could be the best financial decision you make.

**LIBRA (Sept. 23-Oct. 22):** Healthy competition can push you to do better. Conditions could conspire to keep you and a loved one at odds. You might need to let someone else take the lead or go along with someone else's dominant ideas.

**SCORPIO (Oct. 23-Nov. 21):** Lay out a solid case to win an argument. You cannot expect that someone will be able to read between the lines if you are being too subtle. Say exactly what you mean to get your point across.

**SAGITTARIUS (Nov. 22-Dec. 21):** You may be too busy socializing or too much on the defensive to successfully reach a comfortable compromise. As the month unfolds, you may become more aware of how to best achieve financial security.

**CAPRICORN (Dec. 22-Jan. 19):** You may be commended for your commitment to a project, belief, or relationship. Your social activities might involve a wide range of people who should respect your enthusiasm, passion and dedication.

**AQUARIUS (Jan. 20-Feb. 18):** You could be concerned that someone may be offended by too much familiarity; watch for social feedback to guide you. Mixed feelings about investments and purchases can recede.

**PISCES (Feb. 19-March 20):** Don't count your chickens before they hatch. A family issue could seem more important than it is, so wait until the second part of the month to make critical decisions. A loved one could send out many mixed messages.

# Life Scholar

By Kathleen Nalley

Popular Life Scholar classes are necessitating additional sessions added to the schedule as community members continue to register for spring offerings. Holly Hoffman, Terra State Community College Director of Community Programs, says "As classes fill, we do our best to create additional sessions to accommodate those interested. We always will take names and start a waiting list so we can talk to the instructor to work something out. It's great to see the popularity of the classes continue to grow."

Local historian and retired Ross High teacher, Mike Gilbert, will be adding additional sessions to his two courses, Women Spies in World War II (March 8 & 15) and Northwest Ohio Stories (April 12 & 19.) As a recently published author of murder mystery, "Double Down," he will sign his novel following the March 8th class.

The Beginning Spanish course offered by Terra State faculty member Paula Gamertsfelder has gained traction with both a daytime and early evening schedule option. This weekly commitment to language acquisition will introduce students to greetings, introductions, and farewells in addition to language basics and simple dialogue. Small class size enhances instruction.

Other classes with growing numbers from the history section include WWII POW Camps in Ohio on April 26 taught by Ottawa County Museum personnel and Dan Baker's The Wild West on March 29 & April 5.

Interest in religion has seats filling in two new classes. How the Bible was Written with instructor Kay Mooney-Cox, will cover literary and religious strands in the first five books. The May 3rd class will attempt to answer questions of timelines and authorship. On April 4th, Larry Michaels will present events from Palm Sunday to Easter in Holy Week in Jerusalem: A Historical Perspective. According to Michaels, "A deeper understanding of the events of this week can help provide insight into the beginnings of Christianity and also to perhaps the greatest influence on the history of the past two millennia."

Say Yes to Fun in a special event hosted by the Sandusky County Senior Coalition at the Neeley Center which will highlight services available to seniors. Using a game show format and a "speed-date" with a program representative, there will be no vendor tables, but information and give-a-ways will be shared and questions answered for the 55yr. and older crowd. The \$5 fee includes lunch. For this and other classes, consult the Life Scholar Catalog at Learn.Terra.edu or calling 419-559-2255 to register.



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**My Pet World: When a dog excessively barks at other dogs on a walk, walk the other way**

Dear Cathy,

In October 2017, my husband and I adopted a female Bichon Frise named Miami Sky from a rescue in Virginia Beach. Miami was five years old when we adopted her, and she is a great dog. One of her favorite things to do is walk through our neighborhood. She likes to look around, smell the roses, and so forth while walking. There is a problem, however, involving a few dogs, both small breed terrier types. Miami reacts to them with continuous barking and lunging; so much so that I have to pick her up and carry her home. She also will wail and sometimes tremble. The other dogs pay her no mind and keep walking with their owner. This can happen even if she spots the dog from a distance.

One particular dog named Max, a Yorkie, is her main nemesis. She will walk in the direction of his house, stand, and look at the house, and sometimes circle back for a second or third look in the hopes he will come out, I suppose. I do my best to move her along, but for a little dog, she is strong. I have had to time her daily walks to avoid Max.

Is there an answer to this issue, or will I have to continue scheduling our walks in the hope of not running into Max? Any insights or advice would be most appreciated. -- Marianne, Virginia Beach, Virginia

Dear Marianne,

Many dog owners reschedule their dog's walk to accommodate aggressive encounters with other dogs. But I agree that a long-term solution is much better and enables you to look forward and enjoy the walks as well. Is there a way to address this issue? Yes, but it can take many months and requires a lot of patience and consistent training daily on your part to achieve.

First, get a pheromone caller for her to wear during the training period. Then begin training her to ignore other dogs by tossing treats on the floor in front of her. Start by training her in the house or outside in the driveway when no triggers are present. Use the smelliest, tastiest treats you can find, so she is obsessed with eating them.

After you have her focused on searching the ground for treats, take her for a walk with treats in hand. Watch for potential triggers and toss treats to the ground before she notices them or begins barking. If she stays focused on the treats, walk past these other dogs, praising and treating her for her silence and focused attention to you. If she ignores the treats and begins barking at the other dogs, say "heel," and abruptly turn 180 degrees and walk in the other direction as quickly as you can. She will have to stop barking to keep up with you. Wait a few seconds and then toss her a few treats for following you. Once she learns to turn with you without any tugging, give her treats immediately for the behavior. I advise incorporating a reward word, like "Bingo," to acknowledge when she gets it right. The goal is to get Miami to focus on you, so you have to be a little unpredictable in the direction you are walking and have the tastiest treats on hand to distract her.

Let me know in a few months how the training goes.

Dear Cathy,

I have a solution for "Jon" in Pompano Beach, Florida, whose 12-year-old cat Chelsea is urinating down the front of her litter box. I recently took in a shelter cat who urinates down the front of the litter pan. I got an extra-long litter pan and lined it with newspaper and/or potty pads. I put a shorter litter pan inside the larger one and pushed it to the back of the larger litter pan, leaving a gap between each pan. Now, when she uses the litter box, the urine runs down the front of the shorter box and into the lined larger litter pan. I pull the liner up over the lip of the bottom tray just in case. I have not had a problem since. I hope this suggestion works for others.

-- A. Delaney, Rocky Hill, Connecticut

Dear A. Delaney,

I love it. What an easy solution to a frequent problem for cat owners. If anyone wants to see exactly what A. Delaney did to keep her cat's urine from hitting the floor, check out the picture I posted on Twitter @CathyMRosenthal.

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



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# Coincidence & Encouragement

By Dr. Paul  
Silcox

There are things that happen to us at times that make us wonder, "Where did that come from?" and at other times, something happens that the significance doesn't necessarily register at the moment, but as we look at it in hindsight, it's as the song says, "I can see clearly now the rain is gone."

Sometimes the "rain" may be circumstances we find ourselves in. At others, it may be the tears that we are shedding or the hurt we are feeling that keep us from those moments of clarity.

I'm going to tell of some recent "coincidences" that have occurred over the last few months confirming that things are moving in the right direction.

I was approved become a Trainer for the NADA treatment protocol. The first class will be starting in March.

Last fall, I discovered that a local medical doctor I was working with here in Fremont, went to medical school in New York and did her residency at Lincoln Hospital in the Bronx. When she saw a picture of Dr. Michael Smith, who started NADA 45 years ago, we both said, "Small world, huh?"

A month ago, a new local addiction treatment facility came to my office to see if I was interested in working with them in the addiction community using acupuncture. They didn't know me or the story about my son. We were all fascinated by this coincidence.

One of their consultants from Monroe, Michigan, worked at Lincoln Hospital in New York directly with Dr. Smith and was someday hoping to be involved in a NADA treatment facility like he was years ago. That will be a reality in less than a month.

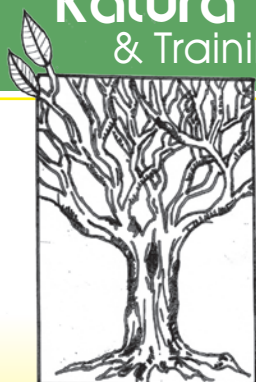
Then earlier this week as I opened my mail, I received a card from a lady that I've never met. It was a handwritten card of encouragement. It stoked the fire in me that reminded me of why, I am beginning on a journey that I hope will provide an alternative means for addicts to begin their path to recovery without drugs.

So for me, all of these 4 coincidences seem like building layers of a cake. Then getting this card of encouragement out of the blue was like the icing on that cake! Thank You Carol Miller for that card. I hope to meet you someday.

Dr. B.J. Palmer, the developer of chiropractic once said, "We never know how far reaching what we think, say or do today, may affect the lives of millions tomorrow" That is so true. Unfortunately, we see what the Sackler family and Perdue Pharma has deliberately done to our country for more than a generation for the sake of their profit with OxyContin.

It's time for recovery and healing. Have to start somewhere and Fremont is as good of a place as any. Because its home. And home is where the heart is. Maybe I can finally have my cake and eat it too!

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## IN YOUR OWN BACKYARD

**Kiwanis Club of Fremont meets every Thursday 11:45 - 1pm at the Fremont Elks Lodge.** Guests are welcome. Speakers for this month are March 3, Tory Thompson with Camp Fire, March 10, Sheri Trusty correspondent with Fremont News-Messenger, March 17, a tour at the Chamber of Commerce by Rachel Wynkoop, March 24, Melanie White with NAMI, and March 31 will be committee meetings in place of a speaker. For info email [sardisbirchard@yahoo.com](mailto:sardisbirchard@yahoo.com).

**Fremont Area Women's Connection will meet on March 8, 11-1 pm** at The Victor Event Center, 2270 Hayes Ave. (formerly Anjulina's). All ladies are invited to attend the luncheon and enjoy the "Piece It All Together" program. Mary Arndt, an award winning quilter from Elmore will provide a display of some of her quilts. Guest speaker is Lisa Haley from West Salem who will share her story of "Surviving Life's Surprises." Cost is \$14 and reservations are needed by March 4 by calling/texting Donna at 419 680 2251 or emailing Carrol at [fawcluncheon@gmail.com](mailto:fawcluncheon@gmail.com). Reservations and cancellations must be reported in the same way. Fremont Area Women's Connection is affiliated with Stonecroft Ministries.

**Fremont Lions Club will meet on March 1 at Fremont Ross High School.** Please gather at the front entrance at 11:30 am. The speaker will be Dana Roca who will discuss her experience with Multiple Sclerosis. Following the meeting those attending may tour the new school.

**On March 15 the meeting will be at the Fremont Eagles Hall at noon.** Roger Kuns from Fremont Rotary Club will speak to the group about the plans for the proposed amphitheater project. Students of the Month from Fremont Ross and Bishop Hoffman will also be present. Members and guests are welcome. For more info call Colleen Carmack, president at 419 680 3722.

**Trinity United Methodist Church, corner of Court and Wayne Streets, will host a Chicken and Biscuit Dinner on March 20 in the Fellowship Hall.** Serving will take place from 11:30 am-12:30 pm and will include homemade chicken and biscuits, vegetable, choice of salad and dessert for \$8.00. Dinners may be picked up. Reservations are requested but not required. For questions, call Terri or Steve at 419 332 8167.

## Classifieds SERVICES

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# The Bellevue Hospital Recognizes Our Medical Staff



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

In observance of National Doctors' Day, The Bellevue Hospital Family would like to congratulate and thank all of the members of the hospital's active, courtesy, 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 2022. Pictured from left to right are: Peter Highlander, DPM, 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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Blair Grubb, M.D.  
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