

# 2000 Lifestyles

**FREE**

Vol. 25 Issue 3

**MARCH 2024**

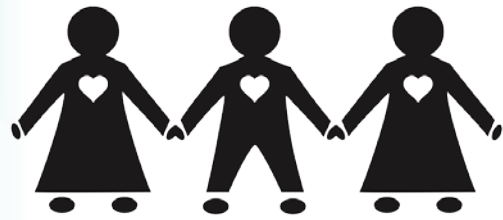


*Celebrating*  
**25**  
1999-2024  
**YEARS**

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## On the Road Again...Costa Rica Adventure

By Joanne McDowell

BUCKET LIST...do you have one? Mine clearly stated Costa Rica was a must, zip lining a maybe. As it turned out, I was able to cross both off my list in February after my younger sister Annette said she was going, and did I want to come along. We booked through Collette tours and did a cross country tour in nine days, starting in San Jose and ending in Liberia.

From San Jose, which was one night, we ventured to the Arenal Volcano area. Our rooms overlooked this spectacular volcano; the photo was taken from my balcony. After three days of seeing the local sights, including an organic farm tour, a ride down a river to spot monkeys, and a mother sloth in the parking lot, we moved on to the tropical Cloud Forest in Monteverde. I won't lie, it was a lot of bus time, in fact I feel asleep more than once!



This area was lush, and climbing up and down lots of hills was a daily occurrence. The tour included a choice of hanging bridges or zip lining, I decided to be brave and go for the zip line. Of course, no one mentioned it was over two miles with 13 cables and lots of climbing, while wearing gear, in 6,000 feet altitude! Thankfully I did it, (couldn't turn around), and survived the jungle. Twice I got stuck and had to be rescued, but by the third line I had it down. Did I see much, no, just a lot of jungle and treetops. I understand the hanging bridges were also a bit tricky, over two miles of walking. Maybe I did choose the right tour.

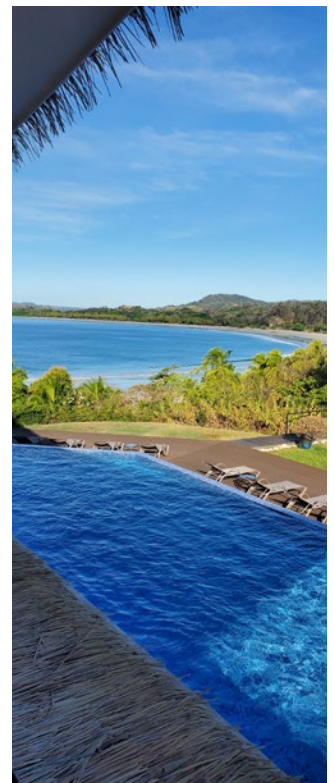
Our last stop was a town on the Pacific coast which is the Guanacaste province. Our adventure there was a Dolphin tour. Luckily, we saw several

whale's breach, a giant sea turtle and dozens of dolphins.

My sister and her husband continued on to Manuel Antonio National Park and saw a wide range of wildlife, from McCaw's to Crocodiles.

The country is beautiful, lush with vegetation, volcanoes, luscious pineapple, nice people and lots of beans and rice! It is worth visiting at least once.

If you love to travel, especially cruises, give my sister Annette Dudley Wright a call, She is with Cruise Planners and has traveled extensively. She and husband Tim put this trip together. Website: [tripemporium.com](http://tripemporium.com) or call Annette at 561-377-2774.





# Lifestyles 2000

March 2024  
Vol. 25 • Issue 3  
[www.lifestyles2000.net](http://www.lifestyles2000.net)

Celebrating  
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YEARS  
1999-2024



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**Available locations:** Fremont - Cookie Lady, Root's Poultry, Kroger's, Subway, Share and Care, Bark Creek Pantry, Dairy Queen; Gibsonburg - Kirwen's Grocery; Oak Harbor - IGA; Clyde - Subway, Drug Mart, Miller's Grocery, Bellevue Hospital, Bellevue Goodwill, and East of Chicago Pizza... and many more! Or go online to: [Lifestyles2000.net](http://Lifestyles2000.net).

# History Notebook

By Nan  
Card

## Soldiers of the Soil

When I was first married, my thoughts turned to spring and seed catalogs as soon as the Holidays were over. I couldn't wait to turn my suburban backyard into a garden! It was my personal Victory Garden just like my mother had told me she had planted during World War II. In reality "war gardens," as they were originally called, began in 1917 when a severe food shortage occurred in Europe. Farmers were recruited into the military and land soon became battlefields. It fell to Americans to feed the millions starving in Europe



Businessman Charles Lathrop Pack began the National War Garden Commission. He encouraged citizens to use every bit of available land – parks, schools, companies, backyards, apartment rooftops, and vacant lots to grow their own fruits and vegetables. He believed this would ease the pressure on farmers who were trying to feed Americans, our allies overseas, and our soldiers. President Woodrow Wilson said gardening "is just as real and patriotic an effort as the building of ships or the firing of cannon."

The federal Bureau of Education created the U.S. School Garden Army to urge boys and girls ages 9 to 15 to enlist as "soldiers of the soil." Funded by the War Department, the Bureau of Education distributed thousands of posters to schools and libraries. Teachers, women's clubs and civic groups spread the word. The program became so popular that pamphlets and radio broadcasts provided young gardeners with instructions on how and what to grow. Like many seed companies, Wagner Park of Sidney, Ohio promoted the program in its catalogs. The project not only raised food, but also morale and patriotic spirit.

More than one million school children enrolled in the School Garden Army. Agriculture education became part of the curriculum at many schools. Students learned about nature and how to maximize productivity, record germination rates, and note diseases and pests. According to The Encyclopedia of Cleveland History, the gardens of 50 Cleveland area schools raised and canned produce valued at \$100,000! The Cleveland Board of Education thought the program so important it purchased property so that gardens could become permanent.

Nationwide, children planted more than 5.2 million garden plots by 1918. An article in "History" estimated that the school garden army produced 1.5 million quarts of canned fruits and vegetables. When World War I ended, home gardens, by then known as Victory Gardens, declined only to re-emerge in force when the United States entered the Second World War.

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# Lifestyles 2000

## PUBLISHER/EDITOR

Joanne McDowell

## SALES

Joanne McDowell

567-342-3117

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

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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.

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

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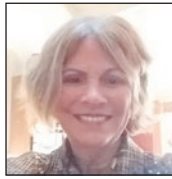
**Mission Statement:** Lifestyles 2000 is a monthly resource guide of northwest Ohio area events presented in an attractive format with entertaining and educational articles suited to fit your "lifestyle."

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Lifestyles 2000  
30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

Almost spring, my favorite season after a dark, cold winter.



May will be our 25th anniversary, thank you all for making it possible. Hopefully we will have some great summer prizes including African Safari and Miller Boat Line.

Enjoy our March issue, hopefully your will get a few laughs from my Costa Rica vacation experience!

Stay safe and healthy.

Joanne

P.S. This cover ran in 2010, I liked it so much I decided to use it again! Happy St. Pat's Day.

## Find Pete



### Find Pete Winners:

There were almost 150 correct entries, the answer was Otto & Urban Florist.

Winners are: Fremont: Sally Herr, Lewis Pope, Steve Rich, Christina Shoemaker, Diana Clinebell, Dena Cubelo, Bob Wells, Jimmy Hilton; Bellevue: Tom Beckman, Carol Hirt; Gibsonburg: Marcia Morelock, Mike Rudinoff, Jodie Samson; Clyde: Karen Langley, Julia Shuck; Kansas: Mark Brause; Oak Harbor: Susan Tucker. Congrats!

### Find Pete Prizes:

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

### Find Pete Contest Rules:

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

## Life Scholars

By Kathleen Nalley

As days begin to get longer and a bit warmer, thoughts move to spring and class choices from Terra's Life Scholars Program have begun to reflect what many consider the season to be.

With an early Easter on the horizon, Larry Michaels will address Holy Week in Jerusalem: A Historical Perspective on March 25. His focus will be to present events from Palm Sunday to Easter based on the biblical narrative, the Roman political situation at the time, and the religious tensions and expectations in Jerusalem. History of Aromatherapy and Healing Oils of the Bible will be presented by Peggy Wammes, RN and Certified Aromatherapist on April 9. Essential oils mentioned in the Bible will include their uses at the time and their therapeutic benefits. John Krochmalny broadens the discussion with God and the History of Religion. He will explore the Anthropological progression involving the concepts of God and mankind's understanding from the various stories/myths recorded and interpretations within various cultures. This will occur on April 24 and May 1.

Looking toward our Solar Eclipse 2024, a class will be offered March 27 in the morning and March 28 in the evening with Gene Zajac, NASA Solar System Ambassador, who will offer a presentation and discussion on the total solar eclipse happening on April 8th.

Before a summer of vacationing in nearby Lake Erie, adult learners may find the History of Kelleys Island on April 16 or Disasters of Ohio's Lake Erie Islands fascinating historical research. The first is held April 16 and taught by Leslie Korenk, island author and historian. The second will feature a presentation of author Wendy Koile. Both will have their books available for purchase. The Eileen Perry Learning Table monthly session on April 15 will host Erie Shores and Islands to acquaint students with updated tourism opportunities nearby.

For those interested in European travel, Adventures on the Rhine, with Professor, Andy Jorgen on April 18 will provide a pictorial tour of the Rhine River from Basel, Switzerland to Amsterdam and cities and sites (castles, cathedrals, and museums) along the way.

Staying at home may mean improving your understanding of watching TV and movies from the comfort of one's armchair. Cutting the Cord on April 12 with Tim Wasserman will explain some of the popular streaming services and the hardware you need to watch them.

Register by calling Life Scholars (419-559-2255) or email [Learn@Terra.edu](mailto:Learn@Terra.edu).



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When I'm at work and its lunch time, I'm usually wanting soup, especially when it's cold, preferably from one of the local restaurants and not a fast-food chain.

I found a new place that has really good homemade soups every day. It's Raevia's Cafe on Walnut Street, the old Serwin's Restaurant. It has been completely

remodeled and is really cute inside.

This is a place where you can get good homemade food fast, to go, or stay there and relax. Besides having at least two homemade



soups, chef

salads are made fresh, as well as ham and turkey sub sandwiches, pasta salad, and fresh fruit. Hot sandwiches are also available, like pot roast sandwiches, sloppy joes, and chicken sandwiches.

For breakfast, they open at 7 am, and serve homemade muffins, egg bites, and sausage gravy and biscuits. Besides good homemade foods, they're also a coffee shop. You can get a cappuccino, a latte, or an espresso, with your favorite flavor, as well as a fresh brewed good cup of coffee. Prices are reasonable for the fresh homemade food they serve. The owners are very nice and proud of their new venture, and I'd suggest that everyone stop in and give it a try. Stop by in the morning and get a fresh cup of coffee and while you're at it, grab a fresh homemade muffin or cookie. They are open from 7 am until 2pm on Monday and Tuesday, and 7am until 4pm on Wednesday, Thursday and Friday. They are closed on Saturday and Sunday.

## 12 Acres in Ohio

By Robin Arnold and Gena Husman

### The Blue Jay Way

It's 5:45-6:00AM—time to roll out of bed and line up roasted-in-shell peanuts along the back deck railing for the Blue Jays. We've offered peanuts every day—regardless of the weather, or the season—for the Blue Jays for many years. Unless it's a "free-for-all," involving several Jays where it's "grab 'n go," we have watched lone Blue Jays carefully picking up each peanut looking for the heaviest—which is its first choice. They may eat them right away, or hide them for later. We used to put out raw unshelled peanuts until we read that roasted (unsalted, of course) peanuts were safer to feed birds and squirrels because of the possibility of the raw peanuts being contaminated with a fungus. Other sources say it's ok to feed raw; but to be safe, we buy raw unshelled peanuts, spread them on a cookie sheet, and roast them in our oven at 350 for 20-25 minutes.

Most people recognize Blue Jays—they are a common sight in most of the eastern and central United States, and parts of Canada. But did you know that they all have different facial markings, and if you take the time to study the ones that come regularly to your yard, you can identify individual birds?

Also, their feathers are really a dull BROWN—not blue; prismatic cells in their feathers reflect the blue color to the viewer. If you are a backyard birdwatcher, you already know that Blue Jays are typically year round residents; what makes this interesting is that some of them migrate some years—but not other years, and some of them never migrate at all...and nobody knows for sure why. When they do migrate, they form huge flocks of up to a hundred birds. We've seen flocks of Blue Jays under our feeders when they migrate through in the spring.



Blue Jays are members of the corvid family...they are omnivores that eat not only nuts, fruits, seeds, (and peanuts, of course), but also grasshoppers, beetles, caterpillars, and smaller birds. According to the American Bird Conservancy, they will raid other birds' nests and steal eggs, and kill young birds. In addition to peanuts, they are very fond of acorns. (We have Oak trees scattered around our property that we never planted—a contribution from Blue Jays?) They can carry up to 5 acorns at a time for later feeding—2 or 3 in their throat and upper esophagus, 1 in their mouth and 1 more on the tip of their bill.

Jays communicate both verbally and with body language. They are excellent mimics and have a wide vocabulary; they can imitate the calls of hawks and owls to scare smaller birds into dropping their food—which the Blue Jay takes. Our chickens have run for cover on a few occasions when they thought they heard hawks that later turned out to be Jays. In captivity, Blue Jays can sometimes learn to imitate human words and the meowing of cats. Their crest is also a means of communication—the lower the crest, the lower their aggression level—such as when they interact with their mate or are feeding their young: the higher the crest, the higher their aggression level.

They often mate for life and stay together with their mate throughout the year. Male and female both gather nesting material, although the male does most of the gathering and the female does most of the nest building. They raise 1 brood of 2-7 eggs; the female incubates the eggs for about 17-18 days. During the incubation time, the male brings food to her. For the first 8-12 days after hatching, the female stays on the nest and the male brings food for her and the nestlings. The young Jays are usually able to leave the nest in 17-21 days after hatching, but remain with the parents, who continue to feed them for about one to two months longer, depending on how independent the young become.

Are they conniving bullies...or very intelligent and complex beings? Many people dislike Blue Jays because of their aggressive ways. Native American folklore associates Blue Jays with courage, determination, and protection. Studies at The Cornell Lab of Ornithology have concluded that Blue Jays are "intelligent, have complex social systems, and tight family bonds.

If you are interested in learning about Blue Jays on an "up close and personal" level, we'd like to recommend Julie Zickefoose's book, *Saving Jemima*. It is the story of an orphaned baby Blue Jay that Julie Zickefoose, renowned writer/artist, raised and cared for while trying to prepare her for eventual release. It is both educational and heartwarming, and after reading, you may find yourself taking a second look at the Blue Jays in your backyard.





# Helen Marketti's Music Corner

By Helen R. Marketti



## An Interview with Garry Peterson of The Guess Who

The Guess Who had many hits that heated up the radio waves with Shakin' All Over, American Woman, No Time, These Eyes, Undun, No Sugar Tonight/New Mother Nature, Share the Land and more! Garry Peterson is the original drummer for The Guess Who and has stayed with the band during many reincarnations of bandmates. However, one certainty is the longevity of the band's music and legacy in music history.

The Guess Who will be performing at Lorain Palace Theatre on Friday, April 26th at 7:30 pm.

Garry Peterson shares his thoughts on the music of The Guess Who and the turbulent time of the 60s. "It's been a pleasure to know that I was there to help create all of that great music. I joined the band in 1962. Who could have foretold that we would be talking about this now over 60 years later? Our history is definitely well documented. The music of that era usually reflects the time period in which it was written and recorded. The Vietnam War was going on, the hippie movement, flower power plus all of the cultural and pop cultural stuff is all intertwined. We will never see an era like the 60s again. There were those that were there and those that wish they were there. With modern technology, that music can now be saved forever."



Music fans are faithful followers of bands they love. "I guess we are always looking for a perfect world. Art reflects life. Music is art. Every age has that connection between the people and the music being written," said Garry. "It's similar to records. We put the records out and they belong to the band but there is another group of people who own the music and that is the fans. The fans bring the music into their homes, into their cars and into their lives. When a band

has a long history, the fans are part of that legacy. The fans are the ones who bought the records and without the fans, a band does not become popular."

The Guess Who was from Winnipeg, Manitoba, Canada. Garry explains how the band got their name. "The name for the band was actually a promotion gimmick for our first record in 1965. The record company purposely did not put the name of the band on the record, it just said, "Guess Who"? And that was mostly because the radio stations at the time were playing music from the British Invasion bands. So, the idea was that maybe listeners would be curious about who we were and where we were from. That gimmick basically branded us as The Guess Who. We've had so many band members come and go over the years, it's an appropriate name!"

The band released a new album in August of 2023 titled, Plein D'Amour. "There are 8 songs on the album and we have a video for each one," said Garry. "We are, of course, promoting this record during the tour but we are also working on another new album."

The current line up of The Guess Who in addition to Garry on drums is Derek Sharp, singer, lead and rhythm guitar. Michael Staertow, lead guitar. Teddy Andreadis, keyboards. Greg Smith, bass. "When people come to our show, we will play the well-known hits of The Guess Who and at least 5 cuts from our new album. Our shows are a mixture of the old and the new."

After 60 years, Garry has been the common denominator as he has stayed with The Guess Who in spite of all of the lineup changes over time. "You asked a great question. I am the common denominator or the catalyst. I've spent so much time doing this that I can not imagine doing anything else. I've dedicated my life to this band. I love playing music and entertaining people. When you entertain people, you are the doctor of the soul. The music means so much in people's personal lives. Music marks important events whether it's a marriage, a birth, a death, a graduation, or whatever life situation it is. Every time I go onstage, I carry in my heart my father and all of the great people who have been part of The Guess Who in some way over the last 60 years. I want to say thank you to all of The Guess Who fans. I have been with this band since the beginning. I look forward to seeing everyone and playing our music."

[www.theguesswho.com](http://www.theguesswho.com) | [www.helenrosemchetti.com](http://www.helenrosemchetti.com) | [www.lorainpalace.com](http://www.lorainpalace.com)

## Image of the Mind

By Alisa Florio

When you wake up do you get out of bed on your left side, or the right? Do you make yourself a cup of coffee, or java burn? Do you drink from the left side of your cup, or the right side?

Did you know our morning, and daily routines don't require us to think? Even our pets run on auto pilot without thinking. We follow steps from one thing to the next. Start and end each day much the same way. I'm sure you've known people who live the same year 80 times while trying to safely make it to their death. Never achieving their dreams.

You have within you a deep desire to perform something, or to be someone who will bring you real happiness, satisfaction, and a peace of mind. You may say to yourself this is, "Wishful thinking," but you never forget the fact that you have this desire. This is evidence your desire is attainable. This desire wants to connect with you too.

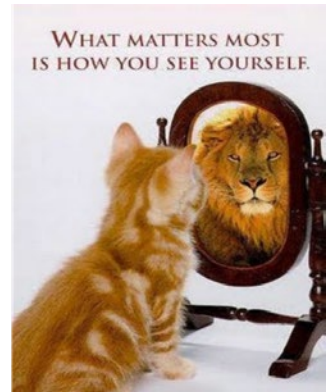
You hold 2 images on the screen of your mind. The 1st image is the picture of the person you know as yourself. A person who is dissatisfied with how your life is right now. You know there is more, you just don't know how to tap into it.

The 2nd image is a picture of the person you'd like to become. Relaxed, confident, enthusiastic, decisive, ready to meet any situation that comes along, and you're respected by all those around you.

You find yourself in this gap between the person you are, and the person you might be. This gap is called the, "Divine discontent in you." This attributes to all your growth and progress. This is your creative urge wanting to express itself. Nature has built this in you to grow into this expanded version of you, and to continue growing mentally as well as spiritually throughout your lifetime.

You want to feel secure, to be loved, to feel important, appreciated, needed and respected. All human beings wish for this. Begin your roadmap to achieving this second image you hold on the screen of your mind by adding this one step to your daily routine...

Stand in front of a mirror for at least 2 minutes, and say out loud to yourself what your dream is, and why you deserve it. Do this as often as you can throughout your day. Stay tuned in for your next step to connecting with your 2nd image. Feel a big hug from the universe, and know that you are loved!



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There is much going on at Camp Fire Sandusky County!

As we continue our hike to 100 years, we will continue to provide the best youth programming in the area and look forward to a future full of connections, excitement, and fun!

First, we would like to ask you to join us on this journey by joining our community of supporters for a special evening of fun, games, and bowling at Camp Fire's Incredibowl-a-Thon. In celebration of Absolutely Incredible Kid Day, we are hosting a fun bowling event with our friends at Plaza Lanes in Fremont, Ohio, on March 20 from 6 p.m. to 8 p.m. This event will help us to achieve our commitment to quality camps, programs, and daycare for the youth of our community throughout the year. It's only because of community supporters that we can make our vision a reality.

Absolutely Incredible Kid Day, celebrated on March 21, inspires, and encourages parents, guardians, teachers, and friends to acknowledge and reward children for their achievements. Kids do amazing things, and Absolutely Incredible Kid Day is an opportunity for adults to let them know how incredible they are!

Secondly, Camp Fire Spring Camps bring more opportunities to find that inner spark within your child. Let your campers explore, create, and learn while having fun at one of our Spring Camps. Registration is open with an exciting variety of camps, including a one-day Babysitting course, Metal Stamping camp, Crocheting/Amigurumi camp, Disc Golf camp, Independent Living, and Music camp. Campers have so much fun learning and socializing while finding their inner spark. Visit [www.campfiresc.org](http://www.campfiresc.org) for more information or to register your child today.

Finally, our Summer Camp program emphasizes outdoor activities and is staffed by experienced, motivated leaders from within our community. If you are searching for an engaging summer activity for your child that will teach them valuable life-long skills, Camp Fire summer camp is your ideal choice. Our camp activities are incredibly fun and teach essential life skills such as collaboration, communication, and perseverance.

Campers can explore their passions, think creatively, and bring their ideas to life in a supportive and safe environment where parents have peace of mind, knowing their children are having fun while learning. Since outdoor play and hands-on collaboration are crucial aspects of our curriculum, campers will also enjoy playing outdoor games and participating in team challenges.

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The "Other" Flowers

By now spring has certainly sprung. Flowers abound flaunting cascading colors inviting bees, ants, pics, and picks. These flowers have willingly or dutifully been planted annually or have perennially broken through the dirt absorbing the warmth of sun and inhaling water from sky, hose, or sprinkling can—evoking awe, pride, and perhaps aching backs.

In contrast, however, there are the season's "other" flowers fully bloomed. Yes, these "other" flowers are purchased fully bloomed and ready to be stuck into ground or arranged in a vase. These "other" flowers, however, carry no perfumed scent. No bees suck their nectar. No butterflies congregate.

Despite their plastic or silk floral appearance, there remains one fatal flaw tantamount to bug infestation, neglect, or over watering. Their color fades fast during its first and usually only season. Thus, like all other annuals, they have to be replaced, right?

Well, my last year's vibrant red, silk geraniums faded into a dead pink midway during summer's heat. Miracle Grow was not an option—BUT Rust-Oleum Red Gloss Protective Enamel transformed each flower into robust red originals! Now that's a miracle!

Question. At summer's end, will these "annuals" retain their vibrant red when washed, dried, and packed away until next spring and spring again?

I don't know. But IF they do, these annuals will have become my forever proud perennials.

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# My 2 Cents

By Kathy VanWey

## Award Shows, Swag Bags & The IRS

To break up our winter doldrums Hollywood gives us TV specials like the Golden Globes, Emmys, and the Oscars. The show-biz people dress up in outlandishly expensive ensembles, jewelry and pat themselves and each other on the back for their performances. The presenters read the names of the possible recipients and the lucky winner gets a little trophy. To make sure everyone is a winner each person goes home with a gift swag bag, valued at tens of thousands or even \$100,000+. Yeah, right. Another piece of Hollywood lore which has a kernel of truth and has been wildly exaggerated and misleading. It all depends on which group is doing the giving.

The 2024 Golden Globes advertised, "Victors and presenters will also be racking up the riches with an opulent swag bag that costs more than \$500,000." Read the small print. All 83 (and only 83) presenters and winners receive a bag, but only one takes home the biggie. Inside all the bags are gifts of travel, skincare and other goodies: a two-night stay at Abbaye de la Bussiere in Burgundy France valued at \$2,200; a five-day/four-night stay on the Celestia Phinisi Yacht Charter in Indonesia, valued at \$50,000; Caviar Russe valued at \$545; Limited edition of Edon Roc Gin \$275; Komos tequila \$499; Ateiler Eva Tattoo Session \$25,000. You get the idea.

Naturally, the Golden Globes organization does not want to be left out. After paying a fee to them, suppliers donate merchandise to support the Globes various charities. In turn these donations are auctioned off to the celebrities. Six bottles of the most expensive wine in the world, Liber Pater from France is valued at \$193,500. That only goes to one celebrity. The same with exquisite Coomi x Muzo Colombian emerald earrings, \$69,000. Opie Way: Bespoke custom-made sneakers up to \$1500 will go to six recipients. Two winners will take home a Zenith watch for \$14,000. Plus, certificates for pizza making and cooking lessons, home remodeling and plastic surgery. So, between the value of the original bag and the amount a high auction bidder spends you can see how \$500,000 can be reached. (nypost.com 12-22-23).

And there's always a catch, taxes. The IRS 1099 forms are issued with the bags. The IRS states the swag bags are not true "gifts." They are given with the hope that a celebrity will be seen with the items or promote them. On 3-12-23, Forbes.com reported that "2023 Oscar swag bags were valued at \$126,000. At 37% IRS tax rate, that's \$46,620. California celebrity residents face an additional 13.3% which is another \$16K for a total of \$63,378," over half the value of the bag. Ouch. Due to the tax burden, some celebrities decline the bags until it is explained they only pay tax on the coupons they use, not the value of the entire bag.

The Emmys are the most generous with their bags, all presenters, nominees, and guests are free to choose the coupons they want. The Oscar bags are the most extravagant but the stingiest in the number given. Bags only go to the hosts, presenters, and nominees of the top five awards: Best supporting actor/actress, best actor/actress and best director. C'est la vie.

Happy Oscar viewing, Happy Ides of March, and a Super Happy St. Patrick's Day!

# Achieve Your Dreams: Daily Tactics for Success

By Robert Morton

In today's fast-paced world, we often find ourselves swamped with a myriad of tasks and responsibilities, leading to feelings of overwhelm and stress. With constant demands competing for our attention, it's easy to lose sight of what truly matters.

Setting personal goals can help you focus on what truly matters in both your personal and professional life. So, sit down and write down a list of things that are important to you, your aspirations. The list will be your roadmap to navigate through life's complexities with purpose and intentionality. With an intentional approach to goal setting, you can make meaningful progress towards what's truly important to you.

The list represents your long-term goals, so make them more manageable and achievable. Break them down into smaller, actionable steps. By deconstructing long-term goals into bite-sized tasks, you can create a clear pathway towards success. For instance, if the ultimate goal is to start a successful small home business, breaking it down into tasks such as conducting market research, drafting a business plan, and establishing a budget will simplify the process and make it more manageable.

You've figured out what's really important to you. Now it's time to put them on your schedule. Find the time slots in your day when you can really focus on them. Whether it's first thing in the morning or during your lunch break, make it happen.

You broke those big tasks into smaller chunks. It's like eating a giant burger - you take one bite at a time, or you'll choke. You split them up and made them easier to handle. So, slot it into your day.

When you've got some downtime - maybe waiting for the bus or chilling in a coffee shop, remember that technology is your best friend. Pop on an educational podcast on time management. And don't forget to set deadlines to achieve your goals; deadlines keep you hustling.

Plus, there's the "two-minute rule" - if it takes less than two minutes, do it now and get it out of the way. Ever hear of the Pomodoro Technique? It's all about breaking tasks into focused work sessions with short breaks - super effective for staying productive.

Next up, create a killer workspace that screams productivity, where you can shut out all distractions and laser-focus on your tasks. Commit to your daily, value-aligned tasks every single day - consistency is key. Keep showing up and putting in the work, and you'll be focusing on the stuff that really matters to you.

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

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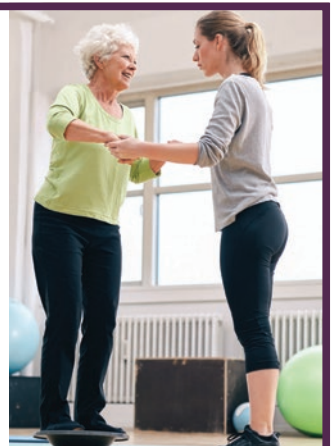
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**ARIES (March 21-April 19):** A straightforward project might get sidetracked or delayed by people jockeying for position who may think you're easily circumvented. The right people should see that you've earned your place.

**TAURUS (April 20-May 20):** Sometimes everything seems great until someone starts messing around with what works. It may be up to you to keep things calm and moving along as was planned so that your project stays on track and is successful.

**GEMINI (May 21-June 20):** One of the dangers faced when you're networking could be unknowingly upsetting someone you hoped to please. Try to do your best to keep in sync with the needs of others. Wait a few days before attempting a reconciliation.

**CANCER (June 21-July 22):** Get better outcomes by being thorough rather than speedy. Loved ones may be impulsive and ready to go at the drop of a hat but may not appreciate this response from you. Keep a watchful eye on expenses.

**LEO (July 23-Aug. 22):** The first lesson anyone with the tiniest amount of power learns is that they should be mindful of other's feelings. You may begin to attract more of the people who can produce results. Wait to start new projects.

**VIRGO (Aug. 23-Sept. 22):** Rely on facts and let other people waste time on guesswork. Use your imagination to find alternatives and you might get a reputation for brilliance. Hold off on making decisions now that could impact your relationships.

**LIBRA (Sept. 23-Oct. 22):** There may be issues with a romantic partner if you edge closer to commitment. Quirks, which were adorable, may develop into yellow or red flags. Ask yourself all the important questions much more time passes.

**SCORPIO (Oct. 23-Nov. 21):** Socializing is supposed to be fun, but some people may take it as rivalry. Don't let them draw you into their drama. Have a good time with friends, rather than try to impress strangers with mental gymnastics.

**SAGITTARIUS (Nov. 22-Dec. 21):** Certain issues may be coming to a head and there could be important decisions you must make. The easy way out could delay goals, but you should maintain your ethics and do what you can.

**CAPRICORN (Dec. 22-Jan. 19):** People might be giving you too much advice on a project. Some may sincerely have your success in mind; others could just be wanting to get a reaction. Think about your objectives before you make any move.

**AQUARIUS (Jan. 20-Feb. 18):** Railroads show you flashing lights when a train is coming but the universe can be more subtle. Seek inward for the correct direction in which to move before you do anything. The path ahead could be clear soon.

**PISCES (Feb. 19-March 20):** You can be more confident once you've prepared for every contingency. However, not every plan can prevent unexpected things from popping up. Cultivate inner readiness and surrender to things which are out of your control.

## The Path of Totality . . . Coming Soon Near You! By Denice Baldetti

**Are you ready for the 2024 Total Solar Eclipse?? This event will be here on April 8, 2024!** In northern Ohio, we are fortunate to be on the narrow Path of Totality, meaning the sky will become dark like dawn or dusk. **The Path of Totality** is about 10,000 miles long, yet only about 100 miles wide. The eclipse duration will only be approximately 4 minutes and 27 seconds.

### VIEWING THE ECLIPSE

Since Northern Ohio falls within the Path of Totality, viewing opportunities are abundant. If clouds don't interfere with viewing, people can view it from their own backyards! Here are a few other local opportunities to celebrate this momentous event.

#### Viewing at Bellevue Bee Farm

This farm is a unique viewing site offering open country spaces, free lunch and eclipse glasses. Activities include a presentation by Gary Wylie on *"Unveiling the Cosmic Drama of Total Solar Eclipses in Ohio,"* honey tasting and candle making. Tickets are \$25 per person. <https://shop.cherrycityhoney.com/product/gathering-april8>

### LOCAL CAMPGROUND EXPERIENCES

Campgrounds and temporary campsites are popping up all over. Seneca County alone is expecting over 100,000 visitors! For a unique staycation weekend, check out some local camping areas here: [sanduskycounty.org/eclipsecamping](http://sanduskycounty.org/eclipsecamping).

Copper Mare Ranch is a pop-up camping site in Tiffin, Ohio. This horse ranch has 400 campsites available from Friday thru Monday of the eclipse. Ranch owners offer evening party activities in an outdoor horse ring and historic ghost walks through the small village of Fort Seneca. Supernatural activity abounds in Fort Seneca, which is located on an old Army Road used during the War of 1812.

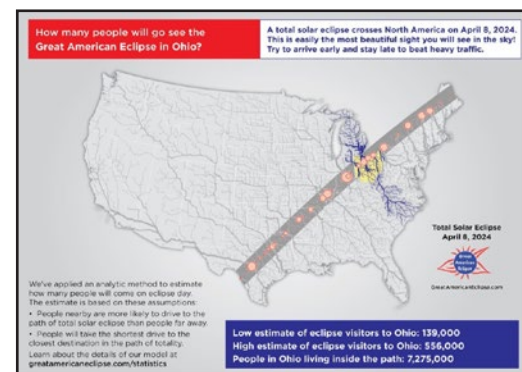
### ELOPE AT THE ECLIPSE!

In Tiffin, Ohio, *"Elope at the Eclipse"* is a free event tailor-made for couples looking to walk down the aisle during the eclipse. The weddings/vow renewals, conducted by a Seneca County judge, will provide live music, free beverages, a photographer and a personalized wedding cake! <https://www.destinationsenecacounty.org/2024-solar-eclipse-in-seneca-county>

### SAFETY TIPS

Always follow important safety viewing tips to protect eyes from serious injuries. **DO NOT** look directly at the Sun without specialized eye protection. **DO NOT** view the Sun through a camera lens, cell phone, telescope, binoculars or sunglasses. A few places to find eclipse solar glasses include optical stores, outdoor supply stores and pharmacies. Check with sellers to ensure eclipse glasses are ISO 12312-2 compliant for safely viewing solar events. To shop online check out: [ilovesolareclipse.com](http://ilovesolareclipse.com) or [absolutedeclipse.com](http://absolutedeclipse.com).

**The Total Solar Eclipse is coming on April 8th, 2024 - Don't miss out!**



*Path of Totality thru Ohio on April 8, 2024. Photo from GreatAmericanEclipse.com*

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Dear Cathy,

I have a beautiful three-year-old white Havanese named Penny. This past July 4th, she became spooked by fireworks and has been an extremely frightened dog ever since. At the slightest noise, she scurries under the bed and remains there for several hours. It can be as simple as my son dropping the soap in the shower or a loud noise from the TV.

I am uncertain how to approach this behavior. We all love Penny, dearly, however, this is no life for her, and we want our precious dog back. How can I treat her and return her behavior to six months ago?

— Fran, Oyster Bay, New York

Dear Fran,

Penny is exhibiting behaviors consistent with being a noise-sensitive dog. Some dogs are noise-sensitive from birth; others have traumatic experiences that set the stage for this anxiety and behavior change. There are many things that can frighten dogs, but fireworks are probably the number one thing causing them stress.

There are things you can do to help Penny overcome this behavior. These suggestions are not foolproof and can take time to accomplish. It also may take a combination of things and not just one thing to work. So don't just try one of the following suggestions on its own. Combine things until you find the right combination that reduces her fear and anxiety.

I recommend getting her a pheromone collar to reduce some of her anxiety and jumpiness when it comes to general noises around the house. Start her on over-the-counter calming chews available online or at a pet store. Get her an Anxiety Wrap® or Thundershirt® to wear as much as possible as the snugness of these products may make her feel safer and less likely to startle.

After laying this groundwork to create a more calming environment, spend time counter-conditioning her by exposing her to a low-level noise that you know she won't react to and rewarding her for remaining calming. Continue increasing the volume of the sound, slowly, over time, and rewarding her for each baby step she takes towards remaining calm when she hears certain noises. This will take time, so be patient with her as you teach her there is nothing to be afraid of.

Dear Cathy,

My four-year-old dog Kodi, an English lab, was rehomed at one year by a couple who bought him from a show dog breeder. He is a great dog except for stopping and laying down for any person he sees or hears during our walks. He seems to think they are coming to see him.

If someone is walking behind us, he lays down in the road to wait for them. I try to pull his 85-pound body up, but no luck. He just slides on the pavement. I know he loves and befriends everyone, but this is embarrassing and time consuming. Do you have any thoughts?

— Donna, Roanoke, Virginia

Dear Donna,

It can be challenging to untrain him to "sit" or lay "down" when someone approaches, but you can add another step to his training. Train him to "follow" you immediately after this behavior. To do this, ask him to "sit" or lay "down." When he does, say his reward word or use a clicker to mark the behavior, and give him a treat.

Then take the treat and put it near his nose and slowly draw it away from him while you ask him to "follow" you as you turn and walk away. Start the training in the house, then in your yard, and then during your walks. Once he learns that "follow" means following you, you should be able to tell him to "follow" when he begins to sit or lay down, and he should follow you instead of staying put.



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# DESPERATE TIMES DON'T ALWAYS CALL FOR DESPERATE MEASURES

By Dr. Paul Silcox

Stress, Anxiety, PTSD, being up tight – all seem to be ever present, or right around the corner, every waking day. Whether its work, the kids, parents, school, the news, the border, the economy, etc., we're being constantly bombarded.

Unfortunately, prescription medications are all too common to help "even us out" or "round off the edges".

I've been working with veterans and nurses, parents and grandparents, that the increasing stress of daily life and "stuff" left over from years past, has a tendency to build up and they feel tense, anxious and stressed out.

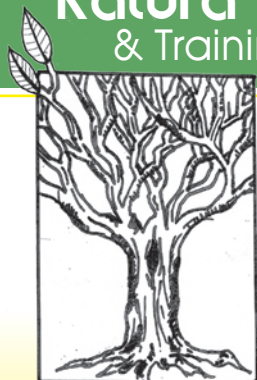
In the last five years I've learned of a non-medicinal approach that has helped out a high percentage of people that I've applied it to. A small bead about the size of a mustard seed is placed on each ear. It can be either a magnet or a seed and it is held in place with a quarter inch square piece of tape. It stays in place for about a week. Bathing is fine.

I have an article where this approach was used in a hospital with nurses under high stress levels. It was used for 3 months and had good results. I'm looking to duplicate this with at least a dozen people of different backgrounds here in Fremont.

The pilot study will be for 3 months. It would require weekly visits of less than 10 minutes. Ideally it would be the same day each week for what would fit a participant's schedule. A simple 7 question survey form would be filled out at the beginning, in the middle and at the end. There would be no needles or acupuncture done. A small bead would be placed on each ear, and it would be changed every week. There is NO cost to participate in this pilot study. It is being funded by a local service club from Fremont.

If you would like to participate in this study or learn more about it, please call at 419-307-8094, or stop by the office at 728 N. Stone St. for further details. I'm hoping to begin this study the last week of March.

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## IN YOUR OWN BACKYARD

**Trinity United Methodist Church**, 204 N. Wayne St., Fremont, will host their Annual Chicken and Biscuit Dinner on Sunday, March 17, 12:15-1:30 pm unless sold out. The dinner will include homemade chicken and biscuits, available for dining in Fellowship Hall or Carry -Out. No reservations needed and the cost is by donation. Call 419 332 8167 for info.

**Fremont Lions Club** will meet on March 5 & March 19 at the Fremont Eagles Hall from noon-1 pm. Students of the Month from Fremont Ross and St. Joe High School will be present on March 5. Deputy Caren Nemitz from the Sandusky County Sheriff's Office is the guest speaker. She will be explaining the I.G.N.I.T.E. program that offers numerous classes designed to reduce the negative impacts of incarceration while improving the skills necessary to be successful upon reentry. Guests are always welcome. Call Secretary Donna Thatcher at 419 332 3095 for info.

**North Coast Concert Band Concert and Big Band**, Sunday, March 3, 3pm, Fremont High School Performing Arts Center. Free concert.

**The Fremont Area Women's Connection** invites all women to join us for our Ladies Luncheon Tuesday, March 12th, Victor's Event Center, 2270 Hayes Ave. Doors open at 10:30 for coffee, lunch from 11-1, cost is \$14. Our theme is "Joyful Shopping" featuring Lynette Kirsch from the Sandusky County Share and Care.

Our speaker, Mary Boling from Avon, IN will tell about her life "Joy through the Journey." Make reservations by March 7th. Call/text Donna at 419-680-2251 or e-mail Carrol at fawcluncheon@gmail.com.

**Whispering Meadows Garden Club** is having a free event, open to the public, Thurs. March 14 from 7 to 9 p.m. at The Neeley Center in Fremont. Join Jay Berschback of 13 Action News as he presents "Let's Talk About the Weather & The Total Solar Eclipse". A pair of AAS-approved solar eclipse glasses is given to the first 100 people. Refreshments available, you must RSVP. To sign up, email bettyshade@outlook.com. Meetings of the Whispering Meadows Garden Club take place every month on the second Thursday from 1- 3 p.m. at the Sandusky Township House in Fremont. Visitors are welcome.

**The Friends of Clyde Public Library**, 222 W. Buckeye St, is having their Spring Book Sale on Thurs., March 21st from noon to 8pm, Friday, March 22 from 9am to 5pm and Sat., March 23rd from 9am to 3pm. Saturday is Bag Day. Bring ANY SIZE BAG and fill it for \$5. We have a selection of Hardback Books and Softback Books in Adult Fiction, Non-Fiction, Children's Books, DVD's, Audiobooks, Magazines. See you there!

**Downtown Fremont:** March 30, Easter Bunny Visit & Shop Hop, 11am-2pm.

March 30, Adult Easter Egg Hunt...GET YOUR GAME ON! 5:30-9pm

**Kiwanis Club of Fremont** meets every Thursday 11:45 am - 1:00 pm at the Elks Lodge except for the first Thursday of the month where they meet at The Back Lounge of The Strand Theater 5:00 - 6:30 pm. Guests are welcome. Programs are: March 7 - Social Gathering at The Strand, March 14 -Chari Mullen will speak about the Greater Fremont 43420 Initiative, March 21 - Peggy Courtney & Brenda Havens, Sandusky County Visitors Bureau, will speak about the April 8th Eclipse Events, March 28 -Christopher Rodriguez will speak about ProMedica's Patient and Advisory Council. For more information, email sardisburchard@yahoo.com.

**Share and Care Annual Meeting.** Sunday, March 24th Lunch at 12:30 Down Thyme. All volunteers that have served in 2023 are welcome to attend. Please RSVP 419-334-2832 by March 14th.

## Classifieds

### SERVICES & SALES

**Denny's Casino Trips for 2024:** Day Trips: Fire Keepers, March 16 & Aug. 10. Overnight Trips: Soaring Eagle, June 13, 14 and Oct. 27, 28th. For tickets or info call Denny Weiler at 419-334-9369.

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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 Bellevue Hospital Family would like to congratulate and thank all of the members of the hospital's active, affiliate, 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 2024. Pictured from left to right are: Corey Fazio, D.O., Secretary-Treasurer; Douglas Hoy, M.D., Chairman, Credentials Committee; Marc Naderer, M.D., President; Peter Highlander, DPM, Vice President; Nathan Samsa, D.O., Member-at-Large.*

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Daniel Barney, M.D.  
Thomas Rapp II, D.O.

## Cardiology

Mohamad Alghothani, M.D.  
Paul Chacko, M.D.  
Ehab Eltahawy, M.D.  
Blair Grubb, M.D.  
Rajesh Gupta, M.D.  
Samer Khouri, M.D.  
George Moukarbel, M.D.

## Emergency Medicine

Mariam Diab, M.D.  
Jack Hay, D.O.  
Jeffery Katko, M.D.  
Tony Le, D.O.  
Kevin Lewis, D.O.  
Melissa Marker, D.O.  
John Parente, D.O.  
Daryl Parker, M.D.  
Jeffrey Pay, D.O.  
Stephen Reineck, D.O.  
John Somple, M.D.  
Maria Strus, M.D.

## Family Medicine

Marcia Braun, M.D.  
Douglas Hoy, M.D.  
Marc Naderer, M.D.  
Jessica Rapp, D.O.

## General Surgery

K. Jordan Duckett, D.O.  
Michael Grillis, D.O.  
John Mourany, M.D.  
Michael Nill, M.D.

## Internal Medicine

Benjamin Ball, D.O.  
Shaikh Fawwad, M.D.  
Charles Valone, D.O.

## Neurology

Steven Benedict, M.D.  
Nicole Danner, D.O.

## Obstetrics & Gynecology

Corey Fazio, D.O.

## Oncology

Vivek Abhyankar, M.D.  
Timothy Adamowicz, D.O.  
Apoorva Chawla, M.D.  
Kasra Karamlou, M.D.  
Siddharth Kunte, M.D.  
Brian Murphy, M.D.

## Ophthalmology

Jonathan Zahler, D.O.

## Orthopedic Surgery

Steven Copeland, M.D.  
Dylan Mathews, D.O.  
Selvon St. Clair, M.D.

## Otolaryngology

Paul Biedenbach, D.O.  
Benjamin Murcek, D.O.  
Hilary Timmis, Jr., M.D.

## Pain Management

Andrius Giedraitis, M.D.  
Bradford Jones, D.O.  
Narendranath Lakshminipathy, M.D.

## Pathology

Chin-Yung Chang, M.D.  
Mohamed EL-Fakharany, M.D.  
Elham Kamangar, M.D.  
Bryan Tuttle, M.D.  
Alireza Zarineh, M.D.

## Pediatric Cardiology

Dingding Xiong, M.D.

## Pediatrics

Carrie Dichiaro, M.D.  
LeRoy Eberly, M.D.  
Obiaghanwa Ugbana, M.D.  
Alejandro Zamudio, M.D.

## Podiatric Surgery

Nicholas Brown, DPM  
Marc Dolce, DPM  
Peter Highlander, DPM  
Nathan Kalil, DPM

## Pulmonology

Nathan Samsa, D.O.

## Radiation Oncology

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Saju Rajan, M.D.

## Radiology

David West, M.D.  
Steven Zieber, M.D.

## Rheumatology

Matthew Morrow, M.D.

## Urology

Gregory Cook, M.D.  
Kathy Lue, M.D.  
Patrick Waters, M.D.

## Vascular Surgery

Mohamed Osman, M.D.

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