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# Lifestyles 2000

May 2020

Vol. 21 • Issue 5

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Celebrating  
**21**  
YEARS



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Many of our locations are currently closed but we are still available at: Fremont- Cookie Lady, Grund's, Root's Poultry, Kroger's, Subway, Marco's Pizza, Hasselbach Meats, Bark Creek Pantry; Gibsonburg Kirwen's Grocery; Oak Harbor IGA; Clyde Subway, Drug Mart, Miller's Grocery. Or go online to: [Lifestyles2000.net](http://Lifestyles2000.net)

# You're Never Too Old to Learn

By Kathleen  
Nalley

During times of restrictive movement and gatherings, Life Scholar members are learning to appreciate the wonders of technology in our lives and the opportunities afforded by it. While classes have been halted, committees have been meeting via Zoom to plan an amended Fall Catalog which will incorporate those courses and trips cancelled due to the official corona virus guidance. Included in the upcoming curriculum plans are classes on the use of Alexa, holding virtual meetings and becoming more comfortable with the iPad.

At least two popular fitness instructors are exploring options for virtual instruction with Holly Hoffman, Coordinator of Community Education. Stay tuned for progress in this area in coming weeks.

The newly organized volunteer program, Terra State Gracious Givers, has partnered with Crescent Manufacturing to sew masks for community members. Volunteers work at home with provided supplies that become donations to long term care facilities and home health/hospice workers. While not in class and not on campus, the social connection and natural generosity we have come to expect from members of this community of learners has met a need within Sandusky County. More volunteers are always welcome.

According to the Ohio Department on Aging, Ohio's population is aging. Today, our state has 2.5 million residents over the age of 60, and our 60-plus population is growing more than 20 times faster than our overall population. In just 12 years it is anticipated that Ohio will have nine counties where more than one out of every three residents are seniors. Terra State's Life Scholars program continues to provide lifelong learning to those 50 and over in our area. Research supports the value of staying active by participating in social, cultural and economic affairs to enhance quality of life, as well as, plan an active role in helping compensate for cognitive and emotional decline.

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# Lifestyles 2000

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

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

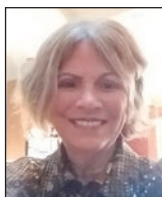
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## Publisher's Letter

So excited that this month is our 21st Anniversary! I know some of you have been reading that entire time. Congrats to Grace Nause who was in our first issue and continues to write for us. Helen Marketti has also been with us many years.



I want all of you to know, that are house bound, that our issues are on our website: [lifestyles2000.net](http://lifestyles2000.net) We also are in the rack in the new Kroger location, it is near the Pharmacy, next to the Lotto machines. All local papers are also there.

I have some extra April issues I will put in Clyde Drug Mart and Fremont Frisch's and the YMCA, if they get open.

Happy Mother's Day and also Congrats to our graduates. Everyone stay safe during this difficult time.

Praying May will be a better month. God bless.  
Joanne

## Find Pete

Such confusion!



I couldn't figure out why people were giving Westview as the answer in April's contest as it was the answer in March. So I checked out the ad, and there was "Pete" floating in the easter eggs!. The actual answer was Grund Drug but both counted. Hopefully this month he will be in just one ad, that guy sure gets around!

## Find Pete Winners:

Winners are: Torrey Mossing, Matthew Wasserman, Connie Morrell, Lynne Meyer, Theresa Chagnon, Clyde; Virginia Oglesbee, Port Clinton; Jackie Dunn, Oak Harbor; Barbara Behrendsen, Bernita Herr, Andrea Carter, Sylvia Sutton, Sheila Long, Brian Smith, Fremont; Margaret Ruffing, Timber Volk, Bellevue; Mike Reineck, Gibsonburg; Lisa Kelly, Shirley Swaisgood, Helena; Daisy Miller, Green Springs; Judith Schleter, Tiffin.

## Find Pete Prizes:

**Extra Chance to Win a Trip for 6 to African Safari!**  
- Mention "21 Years" in your Find Pete entry and be qualified to win a \$140 gift card to African Safari-3 to be given away. Prizes are from: Color Haven, Otto & Urban Florist, Pottery Perfection; A's Family Restaurant; Share & Care Fremont; Old Fort Market, The Calico Cat, Clyde. If you wish a specific prize, please include in your entry.

## Find Pete Contest Rules:

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

## Are you up for an ADVENTURE?

Whether you are looking to make new friends, learn some new skills, or just have some good ole fun.

Then this might be the group for you. "Sea Scout Ship 368"

We are located on the southern shores of Lake Erie in the Heart of Lake Erie Scout Council. Sea Scouting is designed to teach leadership and responsibility through boating, diving marksmanship and other projects including public service programs. Sea Scouting includes available advancement program that leads our youth through the skills to be very competent boater and mature leader. Sea Scouting is a program for young men and women ages 13-20 years old.

Mandatory Meetings are twice a month at Safe Harbor Marina in Sandusky. We also have lots of fun activities such as caring for and operating our own watercraft both sail and power, a Lake Erie "Sea Base", a camping, fishing, diving, tours and more program. Working with our sponsor on historic military vehicles and watercraft and many more fun activities, many chosen by the scouts themselves as part of their leadership training.

If you are looking for a program for your young adults that will help them to mature responsibly, teach them lifelong skills, allow them to try something before putting time and money into serious education and training, and give them the ability to conquer life and be strong as they become adults while enjoying it, then the Sea Scouts is the program for you. More information on our website: [www.seascoutship368.org](http://www.seascoutship368.org) or our Facebook page Sea Scout Ship #368. Email: [skipper@seascoutship368.org](mailto:skipper@seascoutship368.org)



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- 2 Timothy 1:7

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# Out to Lunch

By Lynn Urban

I'm sure everyone out there is going stir crazy by now having to quarantine at home. We're not able to go shopping, meet with friends, and what I miss most, go out to eat. Fortunately, the days are getting longer, so we can enjoy the outdoors at home. Time to start that yard work and fire up the grill.

What is nice is that most restaurants are still cooking and we can easily pick up our dinner, I have taken advantage of that at a few places. Some are also delivering. We also have many fine markets in Fremont and the outskirts, with wonderful deli foods for a quick meal. Most people want to avoid the large stores anyway. Add some fun and have a picnic in your own back yard.

This is a good way to spend time being creative and experimenting with new recipes at home. If you have a full pantry and cookbooks, like I do, you can come up with a great meal.

Here's a recipe I made using ingredients I had at home, although I did stop at Root's for a container of shredded chicken.

- Mexican Chicken and Rice Casserole
- 2 Cups shredded chicken
- 2 cups cooked rice
- 1 can drained black beans
- 1 can drained corn
- 1 can chopped chiles
- 1 cup mexican shredded cheese
- ¼ cup cream cheese
- ½/ cup salsa
- 1 teas. Cumin
- 1 teas. Garlic powder
- 1 teas. Onion powder

Mix together and put into 8 by 8 baking dish. Top with another cup of shredded cheese. Cover and bake at 350 for 25 mins.

So if we're still stuck at home for a while longer, don't forget you can still feel like you're going out. You can support your friends and neighbors by picking up your dinner at a local establishment, take it home and have your own refreshments. Hopefully by the next issue I will be dining out again!

## Jill on Money

By Jill Schlesinger

### Bleak predictions just keep coming

"Apocalyptic," "unprecedented shocks," "a generation-defining moment" are just some of the terms that describe the economy and the labor market right now. Sadly, the news could get worse in the coming months.

In the three weeks ending April 4th, a staggering 16.8 million Americans filed for unemployment, with millions likely to do the same over the next weeks and months. The Labor Department's March employment report showed that 701,000 jobs vanished, pushing up the number of unemployed people by 1.4 million to 7.1 million. The unemployment rate jumped from a 50-year low of 3.5% to 4.4%, the largest month-over-month increase since January 1975, and the broader rate, which includes part-timers and those who are marginally attached, increased to 8.7%.

The March report, which snapped a record 113-month stretch of job creation, was far worse than expected, because most economists and analysts had believed that because the Labor Department accumulates data early in the month (March 8-14), the numbers would not yet demonstrate the gravity of the situation. They were wrong.

Here are some of the updates from the economists I follow and talk to regularly:

-- The U.S. economy is likely to "lose more than twice as many jobs as we lost during the Great Recession during the first two months of this crisis alone. Unemployment will soar into the double digits. ...There is no scale to measure the misery associated with COVID-19 on all fronts," said Diane Swonk, chief economist of Grant Thornton.

-- "We are just seeing the tip of the iceberg when it comes to the collapse of the labor market," said Joel Naroff of Naroff Economic Advisors.

-- "This is more like 1929 and the 1930s, which hit the whole world," said Kenneth S. Rogoff, a professor of economics at Harvard University.

-- "Never in the history of the IMF have we witnessed the world economy come to a standstill," said Kristalina Georgieva, managing director of the International Monetary Fund.

--Coronavirus has delivered "unprecedented shocks to economies and labor markets. ... It is the worst global crisis since the Second World War," the International Labor Organization said.

Researchers at the Federal Reserve Bank of St. Louis outlined the dire situation, when they noted that of the nearly 165 million people in the civilian labor force, about 40% work in jobs "that are at high risk of layoff." Under a worst case scenario, that would result in 47 million unemployed and a staggering 32.1% unemployment rate.

While those numbers may be too high, plenty of other economists have predicted that the rate could spike to 15 to 20% due to the pandemic-induced recession, with estimates of job losses leaping into the tens of millions, as restaurants, bars, transportation, leisure and hospitality and, most recently, retail, take extreme measures to survive.

All these pressures lead economists to predict a historically bad period for the U.S. economy. Unfortunately, the key to mitigating the economic damage is to control the virus, which requires all of us to stay at home. A working paper that studied the 1918 flu pandemic, finds that the tougher measures to curb the spread could help the economy over the long term.

"Somewhat surprisingly perhaps, we find that areas that acted early and aggressively with non-pharmaceutical interventions do not perform worse economically, at least in the medium term - if anything, they actually come out of the pandemic stronger," said Emil Verner, an MIT Sloan assistant professor and co-author of the paper, with Sergio Correia, an economist at the Federal Reserve, and Stephan Luck, an economist with the Federal Reserve Bank of New York.

(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](mailto:askjill@jillonmoney.com). Check her website at [www.jillonmoney.com](http://www.jillonmoney.com))

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## The Fisk Jubilee Singers

On Tuesday, May 23rd 1882, President Rutherford B. Hayes wrote in his diary that the Fisk Jubilee Singers had stayed at Spiegel Grove for two days following their “successful concert.” He was not the first president for whom the Singers had performed. Touring the world for more than a decade, the Fisk Jubilee Singers had sung for other presidents and for queens, ministers, prisoners, patients, and, thousands of concert goers.



They were students at Nashville’s Fisk University. The American Missionary Association founded the school in 1866 on the grounds of an old Union hospital. The goal was to educate former slaves and other young African Americans. Five years

later, Fisk was functioning but teetering on the edge of bankruptcy. Its treasurer and music director George White scraped together what funds he could to take some of his best singers on tour for a fundraising effort for Fisk.

The American Missionary Association was opposed. Concerned about its reputation, the AMA viewed the singers as Fisk’s ambassadors for its educational mission. Performances, demeanor, and dress must be impeccable. This was not lost on President Hayes years later who wrote that “Miss [Mattie] Lawrence lady-like and intelligent and even more so Miss [Ella] Sheppard.”

The AMA relented and on October 6, 1871, White took his singers to Cincinnati, then Columbus, and on to Oberlin, following the old path of the Underground Railroad. The acapella ensemble, some of them teens and all but two born into slavery, had shared their “slave songs” with White. Soprano, arranger, and Fisk’s first black instructor Ella Sheppard wrote, “At first the slaves songs were

never sung in public; they were sacred to our parents.” But White collected as many spirituals as he could, asking his singers to teach him the songs of their parents. He called the group the Jubilee Singers, referring to the Old Testament’s Jewish year of Jubilee.

As they toured New York and New England, their white audiences gained a growing appreciation for the sacred songs they performed as encores. After touring for 8 months, the Jubilee Singers returned to Fisk, having raised \$40,000.

The following year, the Singers continued to hold performances in the U.S and then spent nearly a year touring England. In 1875, the Jubilee Singers embarked on a 3-year European tour. But non-stop travel, discrimination, poor accommodations, exhaustion, illness, grueling practices, and discord took its toll on the group.

Forced to re-organize in 1879, the Jubilee Singers set out once again under the direction of White and singer Frederick Loudin. In the 1880s they performed in Asia, Australia, New Zealand, and the American West. Eventually, the Singers raised \$150,000 for Fisk University and its Jubilee Hall.

The Jubilee Singers have continued to sing to this day, receiving awards and accolades from around the world. In 2008, President George W. Bush presented the Jubilee Singers with the National Medal of Arts. They are recognized for preserving the musical tradition known today as Negro Spirituals. You can listen to their songs at [fiskjubileesingers.org](http://fiskjubileesingers.org).

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# Covid-19 Cannot Infect the Human Spirit

By Robert Morton

We are quarantined in our home all day long with our pets. Our dogs lie next to my wife Sandy and me on the couch, loving our presence, while the cat looks down from atop the TV set saying, "What the hell are you still here for?"

Since I have got time on my hands and nowhere to go, I decided to get connected with myself by writing a personal mission statement that flows from the heart, from the inside-out. It is a great way to stay grounded during this time of confusion.

We all become what we think about, so I try to dwell on positive thoughts. Try it with me! Turn off the TV, ignore the doggy for ten minutes, and close your eyes. Relax. Breathe gently and stop thinking about the disorder this virus has brought into your life.

Thoughts will begin surfacing from your subconscious. You cannot stop the thought process. Researchers estimate we think about 20,000 thoughts per day. If you are continuously thinking, contemplating, and reflecting about things in an unintentional and involuntary way, why not condition yourself to think about things in a more deliberate and positive manner?

Keep thinking about the thousands of thoughts that pass through your mind each day. How unpleasant it would be for you to confront your daily demands with harmful, pessimistic, and unproductive reflections.

Begin writing down your personal thoughts on what you would like to achieve in life... the person you would like to become, your long-range goals and aspirations. Do not write them down as a wish list; pretend you are already there, describing how it feels to have reached your dreams.

Next, use your creative imagination to make these goals and aspirations begin to materialize in your daily life. Set yourself up for success by planning for frequent wins- break the long-range goals down into shorter, easily reachable ones. These initial victories will become mental coup d'états against your negative thoughts that hold you back, a kind of cognitive rebellion against yourself!

Much of the 20,000 daily thoughts that pass through our minds concern Covid-19. We are making personal and government-mandated changes to our daily routines, but viruses are billions of years ahead of us in evolution. They adapt quickly and have the home field advantage! But humans have the ability for creative imagination, which Covid-19 lacks. I think we're going to win in the end.

Robert Morton has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He authored two books: "Finding Happiness in America" and the spy thriller "Penumbra Database"- both can be found in Kindle or paperback at Amazon.com books.

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**June 30:** Auction Sales in Today's World

**July 28:** Tory Thompson, Exec. Director of Camp Fire

**August 26:** Metal Detecting with Ms. Grace & Bernie Nause

**Sept. 29:** Lynette Kirsch, The programs of Share & Care

**Oct. 27:** Joanne McDowell, Lifestyles' Publisher

**Nov. 24:** Bob Steinberger, "The Jolly Ole Elf"

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# Astrology FORECAST

By Magi Helena

**ARIES (March 21-April 19):** You might end up feeling fooled if you're attracted only by someone's or something's alluring appearance. Don't forget to pay your bills on time to avoid penalties and negative marks on your credit score.

**TAURUS (April 20-May 20):** Your suspicions might not be groundless, but this isn't the right time to call someone out. Keep your nose to the grindstone and focus on honoring your duties and obligations.

**GEMINI (May 21-June 20):** Your head may be in the clouds as your imagination soars, but some people may expect you to take things more seriously. Be responsible and take care of things that matter in the real world.

**CANCER (June 21-July 22):** Being kindhearted and diligent may only go so far to protect you; be sure you're checking all the boxes. A loved one could be difficult to deal with, but you can remain understanding and avoid a confrontation.

**LEO (July 23-Aug. 22):** You may feel restrained by circumstances beyond your control. You may be so focused on dealing with what may be wrong that you might not be able to appreciate what's right in the week ahead.

**VIRGO (Aug. 23-Sept. 22):** Your inner critic might be amped up and find fault with things and people. You may justify this by saying that you're simply insisting on excellence, but you may be too exacting.

**LIBRA (Sept. 23-Oct. 22):** Flattery is nice if you are the recipient, but it doesn't guarantee that the flatterer is trustworthy. You might be swayed by someone who butters you up with compliments or gifts.

**SCORPIO (Oct. 23-Nov. 21):** Temptation is something to avoid. Any impulsive decisions or actions might backfire in a very unpleasant way. Be forgiving if a loved one isn't as cooperative and loving as usual.

**SAGITTARIUS (Nov. 22-Dec. 21):** You might feel there isn't enough to go around, and your wallet may feel the pinch. The desire for material success could provoke you to take unnecessary risks or make poor decisions.

**CAPRICORN (Dec. 22-Jan. 19):** Your decisions about things in life and at work may be affected. Avoid making changes, new starts or key decisions, because what appears to be the right direction could lead to a dead end.

**AQUARIUS (Jan. 20-Feb. 18):** You might feel that people expect you to do all the hard work. Since you may feel unappreciated, your mood might not be as cheerful as you'd like. Avoid taking out frustrations on someone else.

**PISCES (Feb. 19-March 20):** Consider putting the pursuit of your dreams on hold until the second part of the month. It may be wise to put a new project on hold or pass up a chance to make a major purchase. Some people might be less cooperative than usual.



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

By Grace Nause

Welcome to May, 2020, it's Spring once again. We love this season with its rain showers and sunshine, warmer days and the planting time.

During the late winter days, I have read a few books, walked around the winter-weary yards, planned a few spring work projects and thanked the Good Lord for the many blessings He continues to send our way. We are grateful!

As I sat in our coronavirus quarantined house with pen in hand and began to write my column for this month's issue, my mind wandered back into a "remember when" mood. So, I went to the book shelf and took down a copy of the Christmas gift book that we had put together back in 2007. It was Rollie's and my gift to our 8 children and their families. It contained a re-printed copy of each Kiss-Me-Over-The-Garden-Gate column. It began with their first issue ever printed in May 1999 up to December 2007. Needless to say, reading them brought back so many memories of life-changing events that I had shared with you. It reminded me, once again, of the blessing it has been for me to have had the privilege of sharing my on-going life story with you - my readers.

This month's column is filled with bits and pieces of those "remember whens" taken from the previously printed columns. I hope you also will enjoy the backwards look.

First Issue ever printed May 1999, "It's Spring clean-up time. A chance for flowers and people to begin again to do the tried and true or to do something new." January 2000, "As a Christmas gift/turn of the century remembrance, I wrote a book for our grandchildren, 'Y2K-Here We Come Ready or Not.' It included short stories about their moms, dads, aunts, uncles, and their grandpa and myself." October 2001, "Tough Times Never Last, But Tough People Do!" These words almost sound too simple in view of the horrible events of this week and the thousands of lives that have been lost in our nation. However, in truth, fact and history, it is the bottom line. We are "tough people" and we will "outlast this, too." January 2002, "What are you going to do to pass the long winter days ahead? At our house, we plan to finish some remodeling projects, read a little, watch football a little, clean some dresser drawers, finish our plans to build a gazebo and to add a small greenhouse on the south side of the Garden House." December 2003, "You won't believe all the exciting things that have happened since last month's column. Rollie and I, along with my sister Ginny, and her husband Bill, have been on a Royal Caribbean Cruise Ship for 15 days. It took us along the Pacific Ocean shoreline from San Diego through the Panama Canal back to the Atlantic Ocean and Fort Lauderdale. It was my kind of weather 90 to 98 degrees."

A quick reminder of the "Tea at Two" events coming up. We are still under the "Safe distance-no gather" plan. Fred and Pam Wolfe, auctioneer team, will move from the April spot to the June 30th spot at 2 p.m. when they will visit and sell the "white elephants" that you will bring to tea. "Play money" will be given to you, to buy those treasures brought by other guests. Should be fun!

Well, I've already gone over my usual allotted space, so it's time to put my pen down and remind you that LIFE IS GOOD as we remember old days, old times, and old friends.

(Ms. Grace wrote for us in our very first issue in May 1999, so happy she is still one of our favorite writers. We love her!)



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# Helen Marketti's Music Corner



By Helen R.  
Marketti



## Burt Ward

Burt Ward who played sidekick Robin in the 1960s TV Show, Batman (1966 – 1968) recently took some time to share some memories and current projects.

"I always enjoyed watching I Love Lucy and The Ed Sullivan Show. I liked Ed Sullivan because you could see people from all over the world. I also loved watching Superman. That's the show that started the whole process of me wanting to be a super hero. My mother had a photo of me when I was three years old sitting on my tricycle with a bath towel around my neck held together by a clothespin. I wanted to be Superboy!"

Burt was not involved in acting during his school years, it was all by chance and networking how things progressed as he got older. "I went to Beverly Hills High School and of course many famous people went to that school including sons and daughters of film directors, producers and so forth," he remembers. "I decided during high school that I wanted to be an actor. I went to UCLA to take classes on acting."

"It was all by chance how I got into the movie industry. I was showing a house to a gentleman named, Saul David who was a well-respected movie producer, he suggested I stop by the 20th Century Fox studios for an interview. The part of Robin was the first part I had tried out for. I remember meeting the casting director who asked me if I would like to meet the executive producer and I happily agreed. I didn't have a clue that not everyone got to meet the executive producer. I thought everyone did!" "William Dozier was a prominent producer. He had been the VP at CBS. He then asked me if I would like to do a screen test."



Burt went on to impress the powers that be. "1959 was the first year that Karate was introduced to the United States. I had been studying it during high school. So, I was doing the moves and busted a board then I was able to do a screen test with Adam West. When that was over, I thanked them for their time and started to leave but they sent me to wardrobe to be fitted

for the Robin costume. It was the most uncomfortable costume I have ever worn. Well, I got the part and actually had it for close to a month before anyone officially told me.

Adam West will always be THE Batman. He and I got along great. We never followed a script. Much of our dialogue was adlibbed on the spot."

When asked why he thinks fans are still interested in Batman 50 years later, he said, "Batman has a wide appeal to children because it's hero worship. Who wouldn't want to be riding in the Batmobile, climbing walls and fighting for justice? The color and glamor are there.

On January 9, 2020 Burt was awarded a star on the Hollywood Walk of Fame.

"It only took 50 years!" "I am right across from Adam West. Our stars are facing each other just like we faced each other on camera. It was purposely planned that way. We are right in front of the Guinness World Record Museum."

Burt and his wife, Tracy are involved with caring for man's best friend which started 25 years ago. "Dogs are usually rescued by their breed," explains Burt. "We originally started rescuing Great Danes. Thankfully we have the space, land and resources to take care of these dogs in addition to veterinary services. We now take any breed of dog. At one point we were taking care of 60 to 70 adoptions a week. Great Danes usually live seven to nine years. English Mastiff's live around five to seven years. Tracy and I started working on what we could do to help dogs live longer. We came up with a special feeding and care program which is on our web site: [www.gentlegiantsdogfood.com](http://www.gentlegiantsdogfood.com)."

"On average, our program adds three to five ears to a dog's life. We had a Great Dane that lived to be 16 years old. We hired four top nutritionists. Our food is only 9% fat. Our dogs are living longer and are more active. In fact, we have 50 dogs at our house at any given time! We do not make any salary from this dog food, not a dime. This is all about helping people's dogs live a longer and healthier life. Our dog food is sold at all Walmart and Target stores. We are now working on creating a cat food. I think of this in terms of I used to be a cape crusader and now I am a canine crusader."



## Outpatient Laboratory Services New Hours, New Location

The Bellevue Hospital's Laboratory Services for routine blood collection has temporarily moved to:

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Dear Cathy,

Lulu is a 1-1/2-year-old lab-hound rescue who has been with us since she was 8 weeks old. Until three weeks ago, we took long daily walks, to her delight. The word "walk" or the sight of her harness still gets her extremely excited. She goes through all the motions of wanting to go for a walk, but once outside will freeze only a few steps from our driveway. We've tried treats, but no change.

We had been on a long walk with a friend and her puppy just before this happened. During that walk, the friend stopped to have a conversation with a person in an idling diesel truck. Noises frighten Lulu (pots in the kitchen, compressors, vacuum, etc.) I'm pretty sure she's afraid now because of this truck. Any suggestions on reducing her fear of noises and getting her to walk again? She really needs the exercise.

- Rosanne

Dear Rosanne,

Loud noises can be very stressful for some pets. Talk to your vet about an anti-anxiety medication that will lessen Lulu's reaction to noises. Also, consider getting her a canine pheromone collar to relax her for the next 30 days or buying canine pheromone spray to spritz on her leash or on your legs so she can inhale this right before and during her walk. Dogs (and people) need to relax to learn.

Once she is relaxed, introduce her to a few conditioning techniques. For example, find recordings of traffic noises online for her to listen to at low volume. You can increase the volume over time, but only to the level where she remains comfortable. Keep rewarding her for being relaxed around this noise.

Take Lulu for a car ride and park and roll down the windows a bit where she can hear some traffic sounds. Again, don't overwhelm her. You always want to increase exposure to sound incrementally to the point where she remains comfortable. Sit for five minutes and build up to 15-minute experiences over the next few weeks before driving her home.

If her comfort is improving, park the car down the street after one of your drives, and walk her home from there. You can increase the walk from half a block to around the block. She just needs to know her outings don't have to be scary and that she will end up in the comfort of her home again

When you are ready to start walking her again, try walking her at night instead when it's much less sound stressful. Once she is happy with her nighttime walks, you can introduce her to daytime walks again.

If after all this, she still freezes when you take her outside, then get a lawn chair and sit with her in the front yard for a while. Do this every day, increasing the time outside so long as she remains relaxed. Be patient. Dogs that are sensitive to sound need time to adjust. Eventually, she will want to go for a walk again.

(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.)



## Sandusky County Memorial Committee is Proud to Announce:

**On Memorial Day, May 25th, a ceremony has been planned prior to the service on the county court house steps.**

At 8:30 a.m. our program host, Lyne Walby, will give us the history of the many names listed in the park across from the court house. Our county commissioners will read the decree renaming the park "Sandusky County Veterans Memorial Park". Committee members will unveil the recently constructed archway depicting the park's new name.

Father Michael Roemmele, pastor of St. Joseph's and St. Ann's churches, will deliver a blessing to the park and attendees. Amethyst Di Modica will sing and a bag piper with the U.S.C.G. pipe band will play a few sets.

We have requested an F-16 flyover during the ceremony, which the Pentagon approved based on availability.

People attending are urged to bring lawn chairs. Following the ceremony the Fremont VFW will host the annual Memorial Day service. Former Fremont Julie Burke Barriere, Major, USAF will be the guest speaker.

In the event we cannot gather in a crowd, we will re-schedule the event.



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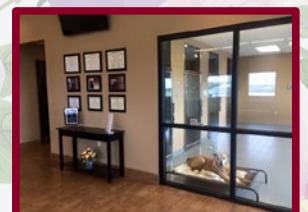
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## TAKE A STEP BACK, TAKE A DEEP BREATH, EXHALE.

*Remember. We Will Make It Through This!*

By Dr. Silcox

As a nation, that is. Unfortunately, not everyone will make it through the pandemic. We have begun to feel the pain of CO-VID 19 here in Sandusky County. Not only in our ability to move about freely like we all done our whole lives, but also in the lives affected by this disease, or lost to it.

One of the saddest things is hearing stories of people who have been infected by this virus, and their families have not been able to visit them, or comfort them, at a time when emotional support can be so important to ones drive to fight for life and to carry on towards recovery.

On the other side of the equation is seeing and hearing about the first line health care workers, EMS workers, police and firemen that are in the trenches daily, taking the risks themselves to try to treat and save others who are deathly sick.

Make no mistake about it, CO-VID 19 as changed us as Americans. It has caused us to sit up and take notice of how vulnerable we have become by our dependence on China and many other countries outside of our borders.

As hundreds of thousands that have been infected with this virus begin to recover and build natural immunities to it, and our American technologies develop vaccines to provide protection for the vast majority of Americans, we must take stock in the fact that America needs to turn our attention on strengthening internally, building our goods and providing our services in America. In doing so, we will be lessening, not only our dependence, but also our vulnerability to other countries that do not have our best interest at heart.

One way to begin is to become an active shopper for Made in America products on the shelves of stores. I just heard this morning of recent instances of people shopping in Wal-Mart that found garbage cans that were in another part of the store from where the "normal" place would be, and found American garbage cans that were significantly less expensive than ones that were made in China.

When we start looking for and buying items made in America, Corporate America will be getting the message for consumers, and from the top levels of the government, that we need to become self sufficient again.



## Press Release



### Project Noelle is in Sandusky County!

Project Noelle is a 501c3 non profit organization that helps children who have suffered due to the Opioid Epidemic either by death, in recovery, in jail/prison, or in active addiction. These children are now living with Grandparents, Single Parent Households, other family members, friends, or Foster Care.

Project Noelle helps with Christmas, Easter, Back to School Haircuts, Emergency clothing and diapers. We also have support groups for Children ages 5-12, Teens ages 13-17, Grandparents raising Grandchildren, and Grief Support for someone lost to addiction.

Project Noelle is located in 13+ Northern Ohio Counties including Sandusky County, and growing. If you would like more information on services or donating please contact Teresa Gebard at 419-271-0564 or email at Teresa.projectnoelle@yahoo.com.

You can also visit our website at <http://www.projectnoelle.com> or our Facebook Page "Project Noelle" and/or Project Noelle Sandusky County. The cost for tickets to the event are \$40 each and can be purchased through: The Sandusky County Convention & Visitor Bureau; VFW Post #2947 (Craig Swartz) 204 Birchard Ave., Fremont; Sandusky County Sheriff's Office; or Brian & Wendy Woods, George & Lisa Dorsey, Gary & Kira Pollack, Sue Bowden, Janese Ried, Andy Caporgosso, Jim & Sue Fox, Dorothy & Dick Henry.

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

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

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