

2000 Lifestyles



Celebrating
22
1999-2021
YEARS

FREE

Vol. 22 Issue 5

MAY 2021

Lifestyles2000.net



IS YOUR FAMILY *Growing?*

CHS

COMMUNITY HEALTH SERVICES

WE CARE.

Whether you're planning a baby now or sometime in the future, Community Health Services is here for you and all of your women's health needs.

Our Services Include:

- Pregnancy Care
- Gynecologic Surgery
- Family Planning and Birth Control
- Treatment for Premenstrual Syndrome (PMS)
- Treatment for Menopausal Symptoms
- Women's Well Care

YOU'LL LOVE OUR PHYSICIANS!



Abeer Ahmed, M.D.

Obstetrics and
Gynecology



Helen O'Connell, M.D.

Obstetrics and
Gynecology

For more information or to schedule an appointment, please call
(419) 334-3869, or visit our website at CHSOhio.com.

www.CHSOhio.com

| (419) 334-3869

| www.facebook.com/CHSOhio

| @CHS_Ohio





Lifestyles 2000

May 2021

Vol. 22 • Issue 5

www.lifestyles2000.net

Celebrating
22
YEARS
1999-2021



NEWS & NOTES:

Camp Fire News3

Life Scholar, Holly Hoffman4

ENTERTAINMENT:

Out to Lunch: Black Forest Cafe, Lynn Urban5

History Notebook, Nan Card6

Helen Marketti's Music Corner7

Astrology Forecast, Magi Helena9

In Your Own Backyard11

HEALTHY LIVING:

What has Covid Done to Your Skin, Alisa Florio8

Alternative for Plantar Wart, Dr. Paul Silcox11

HOME & HEARTH:

Jill on Money: No Houses, Jill Schlesinger5

Kiss-Me-Over-The-Garden-Gate, Grace Nause8

Children Feel Financial Stress Too, Robert Morton9

Gabby Gardener: Backyard Ponds, Patti Saam10

My Pet World, Cathy Rosenthal10

Available locations: Fremont- Cookie Lady, Grund's, Root's Poultry, Kroger's, Subway, Hasselbach Meats, Bark Creek Pantry, Dairy Queen; Gibsonburg Kirwen's Grocery; Oak Harbor IGA; Clyde Subway, Drug Mart, Miller's Grocery. Bellevue Goodwill and East of Chicago Pizza. Or go online to: Lifestyles2000.net



Camp Fire

Light the fire within

United
Way



Ready to get Silly!? Silly Spring Frisbee Fling May 22, is going to be just that! Each hole will be uniquely designed with a different frisbee golf challenge created by community organizations! Check out more about this family-friendly event on our website or facebook page. Can't join us for Frisbee Fun!? We are collecting shoes to turn into scholarships for summer camp! That's right any shoes kids, adults, flip-flops, boots, tennis shoes you name it, we need 2500 pairs of shoes to help provide \$1000 in scholarships for youth this summer! Donations are being accepted in the Camp Fire office lobby at any time or through a list of collection places throughout the County!

Summer Camp! Registration is now open on our website www.campfiresc.org! We were one of the only area organizations that hosted camps in 2020 with increased health and safety measures, and we look forward to continuing these measures as we welcome youth to campus again this summer! Scholarships are available and we do accept ODJFS child care funding.

Summer also means it's time for Teen volunteers! We are in need of volunteer Leaders in Training (LITs) and Counselors in Training (CITs) ages 13-18 who are interested in helping us make a difference in the lives of the youth attending our programs! All CIT's will be trained in First Aid/CPR, Conflict resolution, and Camp Fire's Curriculum called Thriveology.

Need a great place for a party, family get-together, or a wedding? Come check out the recent changes at Misty Meadows! We can't wait to assist you in planning your special event!

For more details, volunteer opportunities, or any questions call 419-332-8641, or stop out to the Camp Fire office at 2100 Baker Rd to see what is going on! Camp Fire is a United Way Member Agency.

Miller Ferry & E's Golf Cart Combo



Purchase discount package at EsPutinBayGolfCarts.com
at least one day prior to visit.



Lifestyles 2000

PUBLISHER/EDITOR

Joanne McDowell

SALES

Joanne McDowell

567-342-3117

email: lifestyles2000@sbcglobal.net

DISTRIBUTION

Pete McDowell

GRAPHIC DESIGN

Martha Blumel, Envision Graphic Design

ADVERTISING/ GENERAL INFORMATION

For advertising and general information

call 567-342-3117 or

email lifestyles2000@sbcglobal.net

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 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.

Lifestyles 2000 reserves the right to refuse any advertising for any reason. The opinions expressed by the contributors and writers do not necessarily reflect the opinions of the paper.

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."

Distribution of the paper does not constitute an endorsement of products, information or services. Neither the advertisers nor the publisher are responsible for omissions, misinformation, typographical errors, etc. herein contained.

Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Twenty-two years ago this month two wonderful events happened in my life. On May 3, 1999, my grandson Kayden Haas was born in Los Angeles, his photo has been on our cover several times over the years.



The second biggest event was the first issue of Lifestyles2000. I know some of you have been with us since the beginning, as has Miss Grace, our warm and witty writer. What a wonderful experience it has been and I so appreciate your being along for the ride.

God willing I hope to celebrate 25 years in another three!

Have a beautiful month, one of my favorites,
Joanne

Find Pete



Find Pete Winners:

There were over 150 correct entries. For those of you wondering what we were doing in April, yes there were 2 "Petes", one in Grund Drug and one in Swim Rite. Both answers counted as correct. The "Pete" in Grunds was left from last year.

Many of you missed the additional contest for Miller Boat Line and African Safari tickets, but you can try this month.

Winners of MBL tickets are: Timber Volk, Bellevue; Mary Post, Thomas King, Fremont; African Safari passes for 6 to Elaine Franks, Fremont and Robin Gilbert of Clyde. Congrats

Other winners are: Linda Gegorski, Deanna Root, Jane Ramey, Cynthia Ross, William Babione, Cindy Scranton, Kelly Dayringer, Marlene Gressman, Donna Henkel, Brian Smith, Shelly Johnson, Adilyn Butizer, Fremont; Bonnie Kistler, Sandy Kessler, Pam Aldrich, Marsha Clapp, Hayley Myers, Clyde; Pat Magrum, Helena & Julie Rudinoff, Gibsonburg.

Find Pete Prizes:

Add "Celebrating 22 Years" to your entry and be eligible to win African Safari passes or Miller Boat Line tickets. You do not have to find "Pete" to enter. You may state a preference.

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

Find Pete Contest Rules:

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

Life Scholar

By Holly Hoffman

Spring in northwest Ohio is not always predictable, but our Life Scholars classes are packed full of options as we wrap up our spring season. From arts and history to health and wellness, we have something for everyone. May finishes out our fused glass classes with Jill Groves from Manor Ridge Creations with a glass garden stake to set off your garden on May 20th. If you enjoy painting, join Carol Hoffman for an acrylic canvas painting class on May 8th, or Holly to paint a patriotic sign for your front porch on May 13th. Health and wellness classes take a front stage in May and throughout summer with not only our regular fitness classes, but several special presentations.

May is Stroke Awareness month and we are excited to partner with the Rehabilitation Hospital of Northwest Ohio to bring a four-week series to learn about types of strokes, risks, and available treatments. The series will be presented by a variety of physicians, licensed social workers, and speech and physical therapists on Tuesdays, May 4 - 25.

Do you or a loved one need assistance with rehabilitative services? There are so many different options, costs, and understanding of insurance coverage. Join our community partners from ProMedica, Rehabilitation Hospital of Northwest Ohio and PT. Services to learn about what next steps may be needed.

We will also be hosting a special event with the Dr. Dawn Henry and Dr. Lindsey Haubert of Heidelberg University as they explore "The Good, the Bad, and the Ugly: How the Brain Learns It All" as they discuss how the brain solves problems, learns to read, deal with trauma and retain adaptability throughout our life. This will be two sessions on May 19 and 26th.

Love to walk? Join us for a Tree ID Walk at Old Woman Creek on May 14th while Adjunct Faculty Zach Rinkes teaches us how to identify trees based on their leaves, flowers and fruit.

Our history classes continue with local historians Mike Gilbert presenting on George Washington with a special presentation following by Living History Productions providing a living history presentation of George Washington as he presents "Patriots in Petticoats". Dan Baker will finish out his season with a great presentation on The Big Bands on May 11th. If you love big band music, you won't want to miss this!

For more information on our classes and programs, please call 419-559-2255.



8080 Main Street,
Old Fort
419-992-4666
Mon-Fri 7:30am-6pm
Sat 8am-5pm
Sun 10am-4pm

**We've Got Your
Graduation Parties Covered!**

Homemade Shredded Meats
Party Trays of all kinds • Delicious Homemade Salads
Beautiful Hand Decorated Cakes by Jess
plus lots of new ideas. Give us a call or stop in.

Find us on Facebook 



Feeling Like Myself Again!

- PT, OT, Speech & Aquatic Therapy
- Stroke Rehab & Other Specialty Services
- State-Of-The Art Therapy Gym
- Spacious, Soothing Therapy Pool

 **Elmwood**
Assisted Living & Skilled Nursing
of Fremont

★★★★★ 

1545 Fangboner Rd. 419-332-6533

I have found the most unique German restaurant with all its traditional German atmosphere, bar, and décor. The Black Forest Cafe is a hidden gem in the forest of the Shady Grove Park in Oregon at 3624 Seaman Road.

This restaurant serves all of the authentic German dishes. We started out with the appetizers, the Reuben balls and a giant pretzel to share. There is also a sausage platter which would go great with a German beer. They have the Schnitzels and the Wursts. When I say Wursts, I mean sausages. There are of course, the bratwurst, the knockwurst, and Hungarian red sausages. The three different Schnitzels; the Jagerschnitzel is pork, the Huhnerschnitzel is chicken, and the traditional Weinerschnitzel is veal. All with their own different sauces or gravys.

I had the Jagerschnitzel, it is topped with a gravy consisting of mushroom, bacon, onion, and red wine. The gravy was so delicious I asked for more to take home with my leftovers. The portions are large and you definitely will have leftovers. The meals come with two sides. Some of the customary German sides are German potato salad, red cabbage, sauerkraut, and spatzel, a traditional German dumpling. They do have dishes other than German, such as steak, fish, burgers, and sandwiches. They also make homemade soups and a house salad with a signature sweet vinaigrette.

The featured dessert of the house is the Black Forest Cake. It is made with a deep rich chocolate cake, a buttercream frosting and topped off with a decadent cherry sauce. It was sooooo good!



In the warmer months the spacious Biergarten is open with plenty of seating.

This is also the park where the German American festival is held in late August. While the festival is on the restaurant is closed. The normal hours are Wednesday, Thursday, and Friday, 11-9 and 4-9 on Saturday. They are closed the rest of the week.

Check this out for something different other than the run of the mill. Enjoy!

Jill on Money

By Jill Schlesinger

The real estate conundrum: No houses

A year ago, the nation's housing market, like the rest of the economy, went into a deep, COVID-induced freeze. By the summer, the real estate industry had adjusted to socially distanced open houses and buyers were trying to get ahead of what would become a long year of work and school from home.

As we enter the spring, the housing market has a major problem that has persisted for a year: there is a lack of supply amid skyrocketing demand. At the end of February, existing housing inventory remained at a record-low of 1.03 million units, down by 29.5 % year-over-year - a record decline. Properties typically sold in 20 days, also a record. With so few properties on the market, bidding wars have erupted, and the median existing-home sales price rose to \$313,000 in February, 15.8 % higher from one year ago.

Builders can't keep up with demand for new homes, where the same market dynamics exists, but also, the cost of materials, like lumber, crude oil (the base component of paint, drainpipes, shingles, flooring), and copper are all shooting up. The median sales price of new houses sold in February 2021 was \$349,400, up 5.3 % year-over-year.

Millennials, who had remained on the sidelines for much of the housing market recovery, have jumped into the fray. According to an October survey from the National Association of Realtors, nearly half of millennial home shoppers were planning to buy a home sooner than expected because of COVID-19 and that helped push up the share of first-time homebuyers to 36% last year, from 31% in the previous two years. That said, the young set has to play catch up. Forty years ago, the median age of homebuyers was 29, while today, it has increased to 34.

These tech-savvy buyers are helping to change the way houses are bought and sold. No longer confined to just looking at listings on line, a new Zillow survey shows that almost 4 in 10 Millennials said that they would be comfortable buying a home online -- without ever seeing it in person. Fifty-nine percent said they would be at least somewhat confident making an offer on a home they toured virtually but not in person. These buyers can also apply for loans and have Zoom closings, all from the comfort of their current dwellings.

Where is the housing market going next? Despite the fact that we are coming to the end of the pandemic with accelerated vaccinations, many big companies have announced that employees working remotely may continue to do so permanently. That may allow some to seek out more affordable areas like Austin, Charlotte, Miami and Nashville. Some smaller cities have launched cash initiatives, homebuying allowances, tax credits and money toward local goods and services to induce pandemic movers to relocate there. MakeMyMove.com is an online directory that curates the deals, which can help buyers with \$5,000 - \$15,000 in assistance.

If you are in the market to buy, you will need to run the numbers, including mortgage principal and interest, homeowners' insurance, and taxes. Add a line item for upkeep and maintenance -- depending on the age of the house and its condition, factor in 1% to 3 % of the purchase price annually. And for the transaction itself, don't forget about closing costs, which averaged more than \$6,000 last year. It's easy to gloss over things like mortgage loan application and appraisal fees, the title search and insurance, as well as legal and recording fees, because they seem to be built into the legal process, but you should ask for discounts along the way to see if you can push them down.

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



Bethesda Care Center
600 North Brush Street
Fremont, OH 43420
www.bethesdacare.org
Phone: 419-334-9521

With a 5-STAR Rating
& certified in
"Great Places To Work",
Bethesda Care Center
provides quality Long-Term
Care, Memory Care &
Short-Term Rehab.
Call to schedule a tour!

Find us on Facebook at Bethesda Care Center



*What's your advisor's
sell discipline?
Call 419-355-0279 to
learn about ours.*

Jerome A. Wiggins, President
528 3rd Avenue, Fremont, OH 43420
www.vaultinvestmentpartners.com

Investment advisory services offered through Vault Investment Partners, a Registered Investment Advisor.



History Notebook

By Nan Card

Island Son Finds Life's Calling Far From Home

When we think of the Kelley families, we immediately think of that island in our Lake Erie, an island that carries their name and remains home to many of them. However, there were those like Douglas O. Kelley, who was born on the island in 1844. He was the son of Julius and grandson of Datus Kelley. Douglas left the island to attend law school at Hobart College in Geneva, New York.



A short time later, he left school and enlisted as a private in Ohio's 100th Infantry forming at Toledo, Ohio. He quickly rose to the rank of first lieutenant, but in September of 1863, he was captured at the Battle of Limestone Station. Young Kelley escaped and received aid along the way from African Americans, but soon was recaptured and spent nearly 15 months in Libby Prison in Richmond, Virginia. In the spring of 1864, Lt. Kelley was grievously wounded when a guard's bullet passed through Captain George Forsyth and hit Kelley in the throat. Bleeding profusely, Kelley was carried by his comrades to the prison's hospital ward where, in time, he recovered.

At war's end, Kelley returned to the island, read law and was soon admitted to the bar. He followed his younger brother Zina and the Episcopal missionary and educator Rev.

James L. Breck to California. While Zina attended St. Augustine College, founded by Breck in Bernicia, California, Douglas practiced law in San Francisco.

It wasn't long before Douglas found his true life's work. In 1872, he was ordained a deacon and several years later was accepted as a priest in the Episcopal Church. The Rev. Kelley chose to spend the next years as a missionary, establishing parishes and missions throughout the San Joaquin Valley - 18 in all. All of which are still active today. For many years, he was editor of the "Pacific Churchman" and compiled and published a "History of the Diocese of California: 1849 to 1914."

Rev. Kelley married Ann Fletcher. The two became tireless workers for the Episcopal Church, traveling throughout the San Joaquin Valley. They had 8 sons. The eldest, Tracy, taught at the Episcopal Church's St. John's College in Shanghai, China, and at the University of California. Another son served as an Army chaplain. In January of 1918, Rev. Douglas O. Kelley died at St. Luke's Hospital, a facility he was instrumental in founding.

To learn more about the Kelleys and the history of Kelleys Island, pick up one of Leslie Korenko's six books about island life. Read her blog and articles in the "Put-in-Bay Gazette." Leslie, an award-winning author, has done much to preserve and share the history of Kelleys Island.

**Order Early for
Mother's Day May 9th**

**Open 9-1 on
Mother's Day**

Fresh Bouquets & Arrangements
Hanging Baskets-Geraniums-
Patio Pots
Flower & Vegetable Flats

OTTO-URBAN FLOWERS
905 E. State St.-Fremont 419-332-9275

OTTO-URBAN GREENHOUSE
500 Elizabeth St. - Fremont

The Grund Drug Company
"Our Family Serving Yours
Since 1861"

Happy Mother's Day!

Pick up some of
our great cards
& gifts for Moms
as well as getting the
BEST prescription
service in town!

**Fremont's
only locally owned
pharmacy & downtown post office**
227 S. Front Street, Fremont OH
(419)332-5585
Monday-Friday 9am-7pm Saturday 9am-5pm

African Safari WILDLIFE PARK
Celebrating **50+** WILD Seasons

THE OHIO SAFARI PARK®
**267 S. LIGHTNER RD
PORT CLINTON
OH 43452**
**17 MILES WEST OF
CEDAR POINT!**
1-800-521-2660

2/21

\$3.00 OFF Ticket (Ages 7 years+)
\$2.00 OFF Children's Ticket (3-6 years)
\$109.95 CARLOAD (up to 6 people)

Provide e-mail address to redeem this coupon
Valid for up to 6 people with coupon • May not be used in combination with any other offer.

Drive-Thru Safari
Educational Animal Programs
Rain or Shine

AFRICANSAFARIWILDLIFEPARK.COM

North Branch Nursery, Inc.
Pemberville, OH 419-287-4679
www.NorthBranchNursery.com

Redeem this coupon for \$10 off purchases of \$50 or more.
Excludes Gift certificates, services and landscape.
Expires: 12/23/2021.
Limit one per visit. Cashier use code: Lifestyles

3359 Kesson Rd., Pemberville, OH Visit our Website for current hours



Helen Marketti's Music Corner



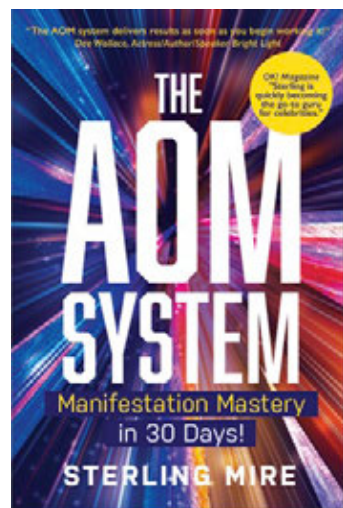
By Helen R. Marketti



The Art of Manifesting System. Manifestation Mastery in 30 Days.

Sterling Mire has been working on manifesting positive events and circumstances in her life since she was a child. She seemed to have an inner-knowing that there was something more "out there" that helps to bring our goals and dreams to fruition. Sterling began her career in music and acting which lead her to Los Angeles. Along the way she took university level courses in psychology and began the path towards helping herself and thousands of others work to create the life they desire. Over an 8-year time frame, Sterling has worked with over 4,000 clients which includes celebrities and companies such as Google, Hyatt and Hilton Hotels, The Beverly Wilshire Hotel, InStyle Magazine, People Magazine, Entertainment Weekly and The Lifetime Channel. Her recent book, *The Art of Manifesting System (AOM), Manifestation Mastery in 30 Days!* (2020, Sterling Mire) is a thorough step by step program to give our lives a reboot to start creating what we desire. Some of our dreams for ourselves may have been on the back burner for years because we did not have the confidence to move forward. Sterling gives you the tools and support to start moving in the direction of your dreams.

"I have always had the intention of writing this book since I started my practice eight years ago. I had created a cliff-notes version of the book and use it as a guide with my clients. This book includes everything that I would be telling clients during our sessions," explains Sterling. "I manifested an ideal place to write the




book. I manifested my editor. Everything fell into place quickly. This whole period that we are all going through due to the pandemic is actually a transitory period. It's an awakening. It's a time for everyone to move towards a soul-based identity. In other words, it's relating to our energetic side instead of giving energy to the limited, physical side. We have the opportunity to shift to a more united consciousness. We have the opportunity to co-create our reality and not be the victim. Some people are open and others resist change. We are always linking up to people and opportunities depending on our thinking and the energy we produce."

"If people follow my 30-day system and do the system exactly as it is designed you will be able to manifest in your life at a quicker pace. I recommend this to everyone. It's a sense of rebirth because the blocks that we have in place on our own lives are lifted. You're like a kid, exploring the world once again. You are creating a life that is authentic and acceptable."

One of the activities in Sterling's book is to create your day before you leave the house. Write down how you want your day to flow. "You can create your day and manifest on a daily basis. Things happen the way you design it. It's powerful to write out how you want the day to go and how you want the next twelve months to go. Writing connects your soul and your heart with your mind so they work in synergy and harmony. You are actually creating when you do this. Accept and know that it is so. It's already sprouting. It's easier to stay authentic to yourself when you practice the AOM system. When you create something, the seed starts to grow. There is abundance for everyone. There is no scarcity," explains Sterling.

Many of the companies that Sterling works with ask for different things. "Sometimes a company will want their entire staff to practice The Art of Manifesting System as an appreciation for their workers. Employers want to see their staff enrich their own lives," said Sterling. "Everyone is concerned with career, finances, health and relationships. I may work with diverse groups of people but there is no diversity in what people desire for themselves. Everyone wants to be happy, to be loved, to flourish and experience success. We need to practice being authentic at all times. That's where the power and the magic come from. It connects you to the power to manifest but so many people give their energy to fear and doubt which disrupts the manifestation process. We can manifest quickly. Follow the program as it is designed. It works for everyone. You have to be ready for positive changes and eventually it becomes your natural state of being."

www.getyourlifefornow.com



Sandusky County Share and Care/ Fremont Salvation Army Unit

Happy Mother's Day!

** Thank a Teacher * Forgive Mistakes * Walk your Dog
* Write a Thank You Note * Read a Book * Pick up Litter*

**Gently used clothing, glassware, crafts, books,
toys, jewelry, shoes and so much more.**

Short sleeve shirts .25 • Long sleeve shirts .50
Jeans \$2/Pants \$1 • Kids clothing .25

"Follow us on Facebook-Sandusky County Share and Care"

Tuesdays 10 am-7 pm, Thursdays 10 am-7 pm, First and Third Saturdays 10 am-3 pm

Dollars spent here support families in our community.

*Let no corrupting talk come out of your mouths, but only such as is good for building up,
as fits the occasion, that it may give grace to those who hear. — Ephesians 4:29*

**129 Bidwell Ave - Downtown Fremont
419-334-2832**



Lilie Beans

Fine fashions for you and your home.



1200 Oak Harbor Rd, Fremont 419-355-1111

Come in and Enjoy a Bouquet of Savings!



PRESENT THIS COUPON AND SAVE

25% OFF

ANY ONE REGULARLY PRICED ITEM.

(One coupon per customer. May not be combined with other offers.)
Offer valid through May 31, 2021.



New Beginnings, New Season, New You!!

Come see our beautiful, colorful, Spring Clothing lines, sure to make happiness bloom!





Kiss-Me-Over-the Garden-Gate By Grace Nause

What a beautiful spring so far this year. The daffodils and tulips are blooming in hues of yellows and reds that almost match an Ohio sunset. Our forsythia bushes have never had such vibrant yellow blooms. Maybe nature is as tired of isolation and separation as all of us and it is greeting Spring 2021 with new life and renewed vitality.

Bernie and I are helping nature where needed with tilling, raking, and weeding. Why is it that weeds are the last thing to go in the late fall and the first things to return in the early spring?

It is early morning as I write this article. Bernie is still asleep and I am enjoying the quiet of a new day with a hot cup of coffee, Scooter our cat, and a puzzle. You heard me right, a puzzle! Bernie and I have taken to working jigsaw puzzles during our extended time at home. The latest one is a gift from our daughter, Kaye, who visited over Easter weekend. As I ponder this puzzle and which piece fits where, I reflect on life and the people and connections that are necessary to make my life complete. Sort of a beautiful life puzzle, if you will, with many pieces needed to reveal the whole picture.

The first necessary piece is faith. God leads and guides me each day. My prayer time with Him is vital to who I am and how I face the ups and down of life. Finding love again with Bernie is another piece of my puzzle. We enjoy each day together and I can't imagine life without him at my side. Family is a piece that seems to grow even more important as I age. Life as an 86 year old brings plenty of physical challenges and although the spirit remains strong, the body is not always able to comply. I am blessed to have family that help wherever needed. Friendship is also a puzzle piece that completes my life. Friends like Vic and Clara Kline who stop by to play cards or bring fresh caught fish for supper. Or Lollie Wyss and friends who join me for tea and wonderful conversation. Also, the friends and neighbors who stay connected to us through cards and phone calls. And last but not least to all of you who have stayed faithful to this column over the past twenty-two years. Thank you for being a part of the puzzle of my life.

So until next month, enjoy the renewal of life and promise that spring brings, and why not work a puzzle? It might lead you down a similar path of reflection and gratitude, reminding you that life is still good!

What Has Covid 19 Done To Your Skin? By Alisa Florio

Are you one of thousands asking the question, “What is happening to my face?” We know the different seasons play havoc on our skin, but we have an even greater threat today, and it’s called Covid19. I want to ask you, “What has Covid19 done to your skin?” With more people working, and communicating through their computers, iPads, and cell phones; the blue ray damage these tools release has caused our skin to break down at record breaking speeds. We can also see this cellular breakdown occurring on our face, and necks from wearing facial coverings which drain our skin of it’s own natural moisture barriers causing our skin to become dehydrated, and malnourished. I have spent this past year working with my team of experts to come up with solutions for our clients on how to combat these concerns through daily maintenance products, and procedures. My team is always looking for the most natural approach to kick start our skin cells so our own bodies will reproduce new, healthy cells without the use of injections, laser, or chemical peels. People are spending thousands of dollars to find solutions to look and feel better about their appearance when there is a solution that costs a fraction of this amount.



Here’s the truth....No one wants to experience this premature aging in our skin that’s happening to us because of the pandemic, new technology, and environmental damage that we cannot control! You will be happy to know there is a solution that will kick start you skin to produce new healthy cells, minimizing and even erasing years on your face, neck, and chest without spending thousands of dollars.

Have you heard of needling? This is the most natural way to fool your skin into healing itself. Needling will cause the skin to produce new collagen and elastin resulting in firmer, brighter smoother looking skin. For those of us who want to eliminate fine lines, dark spots, yellow/dull coloring, to have a clearer, firmer, healthier glow; needling is the safest, most natural approach. To learn more about needling you can call Alisa Florio at 419-680-1486, or go to profilesbyalisa.com and click onto things you need to know.

LOOKING FOR AN OB/GYN?



Corey Fazio, DO
Obstetrics & Gynecology
Bellevue
419.483.2494



Gregory Karasik, MD
Obstetrics & Gynecology
Bellevue
419.483.2494



Andrea Moore, MD
Obstetrics & Gynecology
Clyde
419.547.4285

Specializing in:

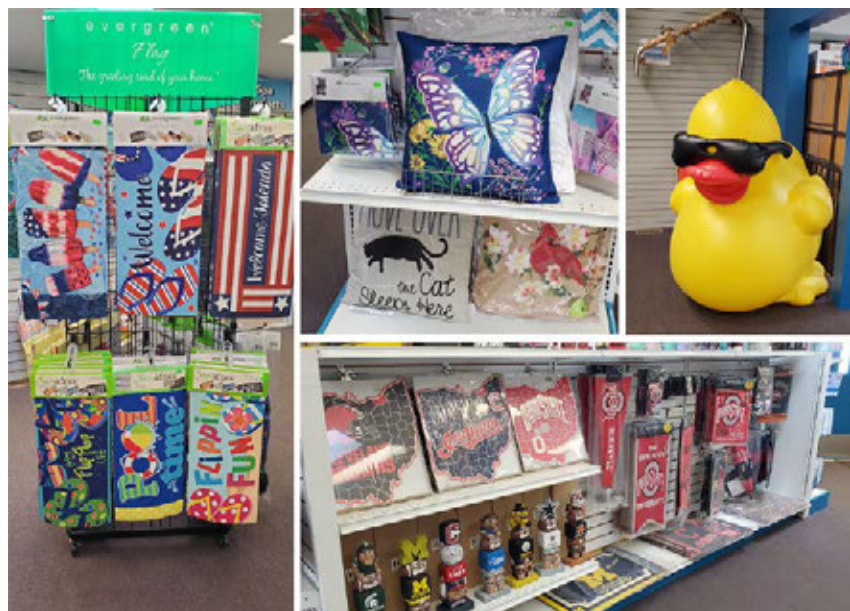
- Annual Exams
- Obstetrical Care
- Family Planning Services
- Gynecological Care
- Menopausal Care



Great Lakes Physicians
The Bellevue Hospital

bellevuehospital.com/services/great-lakes

MORE THAN A POOL STORE



Swim Rite Pools



2218 W. State St., Fremont
Mon-Fri. 9-5, Sat 9-1
419-332-4441 • www.swimritepools.net
email: sales@swimritepools.net



Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): Use your head and you can make the grade. Guard against becoming too argumentative today, because if you wait patiently, someone might change his or her mind by tomorrow.

TAURUS (April 20-May 20): Your efforts to be friendly and outgoing might meet with a small measure of mysterious disapproval. Despite this, you're willing to be forgiving and can avoid taking things personally.

GEMINI (May 21-June 20): You are sharp enough to look for the catch in any offer or deal. Take the time you need to make a careful decision and to mind your possessions. Focus on accuracy.

CANCER (June 21-July 22): Your patience may be tested by people who seem to be at cross purposes with you. Focus on making worthwhile improvements by visualizing the desired results.

LEO (July 23-Aug. 22): You might be able to put the knowledge that you gather to good use. Even handling your most dreaded task can give you a sense of accomplishment and contentment.

VIRGO (Aug. 23-Sept. 22): The way you look or act can make a statement or a whisper. As time flies by, you can talk your way out of any jam by being welcoming to all and remaining a neutral party if feuds occur.

LIBRA (Sept. 23-Oct. 22): Pay your most important bills early so you won't be caught napping.. Tackle projects that require logical sequencing, unflagging concentration and a degree of pattern recognition.

Children Feel Financial Stress, too.

By Robert Morton

Yeah, the economy is turning around, but there's still plenty of people who work two jobs, may be laid off, and have bills piling up. I'm amazed at the number of people now seeking help from food banks who were actual donors a few years back. Others who worked a steady forty-hour week with overtime now are laid off or must survive working less hours...with no benefits. There are more children on free/reduced school lunches than ever before and increasing numbers of kids have no healthcare coverage.

Children are not immune from our uncertain economy and the financial strain it places on them is underestimated. They sense the increased stress in their parents and hear and read about it in the news. I guess the best time for parents to discuss job insecurity and bills piling up wouldn't be during dinner, but quietly after the kids are asleep. Children need "predictableness" in times of family stress, so try and keep your discipline and expectations of them positive and consistent, and the household routine as unwavering as possible. Researchers found that, when families undergo extended struggles, like on-going financial difficulties, children may develop sleep difficulties, headaches or stomachaches, even have unexplained fears or anxiety that may take the form of clinging behaviors.

Don't hide the truth from them. Tell them the reasons why the family adjustments are necessary, for children's fear of the unknown will frighten them more than the truth. If the tight family budget means they can't get a puppy for Christmas, so be it. But always reassure them that the family will be okay, which it most likely will be, for everything in life is cyclical and that goes for the financial markets, too- most economists predict an upswing later on this year, a growth rate of 5 to 8 percent.

I hope this monetary turnaround filters down to the American household, and less people experience economic hardships and financial distress. It would be nice if fewer had to worry about holding on to their jobs, homes, cars, retirement accounts, belongings, savings, health insurance, and meeting their basic needs. Think of how happier the children would be, too.

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

SCORPIO (Oct. 23-Nov. 21): Passing quarrels are just temporary. Stay centered so you won't lose your composure over minor disagreements. Focus on enjoying beautiful things and agreeable people.

SAGITTARIUS (Nov. 22-Dec. 21): There is no benefit in being worldly and insightful if you don't put these attributes to good use. There may be plenty of fine print to absorb in any deal you review or sign.

CAPRICORN (Dec. 22-Jan. 19): If you want to indulge in the best that life can offer, go ahead. Steer clear of a dispute with a loved one or family member. Hold off on making major financial decisions.

AQUARIUS (Jan. 20-Feb. 18): Demonstrate a generosity of spirit and a willingness to cooperate in order to win some new friends and admirers. Put major purchases on the back burner.

PISCES (Feb. 19-March 20): Follow the lead of a partner who understands how to navigate group social events. In the month ahead, go within to explore and understand your vague misgivings about a career choice.





Training can help dogs live in harmony

Dear Cathy,

I have a Pomeranian named Winston who I am very bonded to. My boyfriend has a labradoodle named Puddles who is very sweet but needs lots of love and attention. We have all been living together for a year now. Any time I'm giving Winston attention, Puddles inserts herself between us and pushes him out of the way. With my boyfriend traveling a lot for work, I'm trying to split my attention between them, but Winston often gives up and walks away from our snuggle sessions. I can tell my little guy is getting frustrated. He has started to stand on the couch and bark at Puddles almost compulsively. He's also started pooping inside. I don't know how to split my attention between them fairly when it's just me, and I don't know how to calm Winston down when he's clearly upset that Puddles is in his space. Please help. - Karen, Costa Mesa, California

Dear Karen,

Even though you all have been together as a family for a year, Winston and Puddles are exhibiting stress behaviors. Puddles is needing constant attention (she is probably insecure when your boyfriend is away), and Winston is having trouble with Puddles in his space.

Get them both a canine pheromone collar to wear and start training them so they know their boundaries. You have to be able to tell Puddles "sit," "down," "out" or "not now" whenever she tries to get in between you and Winston. Winston needs to receive the exact same training so they both understand what's expected of them.

Assign each dog their own reward word like "awesome" for Winston and "bingo" for Puddles. A reward word is what you say when your dog does something right and is always followed by a treat. Train them separately at first, so they learn their separate reward words.

To teach "sit," ask the dog to "sit" and wait for them to comply. Then say the reward word and give them a treat. To teach "down," ask them to sit, then put the treat in front of their nose and move your hand to the ground as you say "down." Your dog will naturally fall into the down position as they follow the treat to the ground. Say the reward word and give them a treat. Teach them "out" when they walk into the kitchen. Simply stand in front of your dog and point your arm out over their body, take one step toward them, and say "out." Your dog will instantly oblige.

"Not now" is the simplest phrase to teach. When my dog wakes me too early, I tell him "not now." There was no special training involved because the phrase was paired with my lack of action, and my dog learned he needs to go back to bed until I am up. This phrase also works great when he wants dinner and it isn't dinner time.

You can use any of these phrases when you are giving affection to Winston and need Puddles to wait her turn, and vice versa. Always follow up with the dog you asked to wait, so they learn you are not saying "no." When each dog understands their own reward word, you can train them together throughout the day. Always use the right reward word for each dog.

Once they know what you and your boyfriend expect from them, they will both relax more and not be as needy.

(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. Please include your name, city, and state. You can follow her @cathymrosenthal.) © Tribune Content Agency, LLC.



Backyard Ponds

We love the ponds in our backyard, we started out with one when my son and my ex-sister in laws son, dug a hole. We tried an old swimming pool, a liner and eventually a preformed pond. That lead to another pond, and now another!

Once my husband hooked up the electrical for the pump, we were up and running. We have koi in one pond but are looking to put some in this bigger pond as well. I love when it is feeding time, they come right up to you, the grandkids get a kick out of that. The grandkids love taking an old pool skimmer to get the debris out of the ponds, they are a huge help.

I have daffodils, hyacinth, tulips and a forsythia bush. Later in the summer I will have zinnias, begonias and hopefully, gladiolus. I just planted 60 bulbs. Hopefully, the moles/voles won't get them. We used to really have a problem with them but between some traps that were set, and our cats, we haven't had a problem.

It is nice to sit outside, especially at night, and listen to the water. We have frogs that come to the ponds, we have "frog ramps" in each one so they can get out. Some nights it is very loud sitting out there. For the last pond, we are going to use a piece of rebar, put buckets tilted on it and plant flowers in each bucket. The top will have a metal watering can that will spill into the pond and I get to plant more flowers in the buckets. One can never have too many flowers. Maybe I'll plant some sweet potato vines, or trailing petunias or...this may take me awhile to figure out. Enjoy your summer!

Patti Saam, Pres. RFD. If you would like to check out RFD Garden Club, please call Patti Saam at 419-307-7776. We meet the 3rd Tuesday at 7pm of every month.



3032 Napoleon Road, Fremont
email: wvh@northcoastvets.com

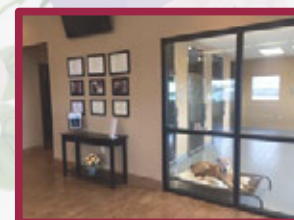
419-332-5871

It is our desire to provide the highest quality medical and surgical care to our patients and offer the best possible service to our clients.

- ◆ Complete Wellness Exams & Vaccines
- ◆ Full Range of Soft Tissue & Orthopedic Procedures Including Knee & Fracture Plating In a Full Surgical Suite
- ◆ Comprehensive Diagnostics
- ◆ Computerized Records With Telemedicine Capabilities
- ◆ In-room waiting & Checkout
- ◆ Heartworm, Flea & Tick Prevention
- ◆ Digital Radiology From Dentistry To Full Body
- ◆ Dental Procedures Including : Cleaning, Extractions, Polishing, Digital Imaging & Fluoride Treatments
- ◆ Private Comfort Room
- ◆ Class IV Therapy Laser & Ultrasound Options
- ◆ In-house Laboratory & Pharmacy
- ◆ Private Boarding Suites With Glass Doors & Lounging Cots

Visit us on line at westviewvethospital.com to meet our Veterinarians & Staff, take a look around, or link to our on-line store. [f](#) [t](#)

April showers bring May flowers, disease carrying fleas and ticks; and mosquitos that carry heartworm! Ask us about deals on preventatives!



Monday - Thursday 8am - 6pm, Friday 8am - 5pm, Saturday 8am - Noon, Closed Sundays

24 Hour On-call Emergency Service Available 419-332-5871



Alternative For Plantar Wart

(A Personal Story)

By Dr. Paul Silcox

Plantar warts can be a nasty, and nagging problem for some people. I've gone 65 years and 48 weeks in my life and never had one. A couple of weeks ago I thought I had a small stone in my shoe that was just in front and lateral of my heel on the bottom of my foot. I felt it for a day and when I put my slippers on when I got home, I didn't feel it and didn't pay that much attention to it. The next day I put my shoes on as I was going to work and I felt it again. It was noticeable, but not painful. I felt it all day and as I was going to bed I felt the bottom of my foot and felt a bump. It felt like a callous. I had a nurse look at it the next day and she said it was a plantar wart.

I remember treating several people over the years with ultrasound for plantar warts and it worked well for them. With that bit of information, and a little bit more from The Mayo Clinic, I decided to start treating my (rapidly becoming an annoyance) plantar wart, and KILL IT! The info I read said that it comes from HPV and is the same virus that can be on the hands, but on the feet is usually when they become painful

My situation had only been present for a few days, but I blasted it with pulsed ultrasound and within ten days it was gone. In years past, I've seen favorable results in cases that were more chronic, and had spread out more, or multiple areas of warts, but it took a bit longer. This has worked on feet and on hands. Some had been treated with underwater ultrasound, but if it is localized, the direct approach will do the trick.

One thing I would caution, this is the type of thing of thing that needs to be seen and treated until you know it's gone. So if you're not having any luck in your approach to treating plantar warts, sometimes an alternative may work. Ask

your doctor or podiatrist, or call me.

SILCOX
ACUPUNCTURE & CHIROPRACTIC



Dr. Paul Silcox
Phone 419-307-8094

728 N. Stone St., Fremont

www.drsilcox.com

 Walk In's Welcome

Pinnacle Hearing

8153 Main St, Old Fort
419-939-3186



Aaron Burks, Au. D.
Doctor of Audiology

- Diagnostic Hearing Evaluations
- Digital Hearing Aids and Service
- Cerumen (Wax) Removal
- Financing is Available



Jet Clean
POWER WASH & RENOVATIONS

Christopher S. Jacob
JetCleanPowerWash@Outlook.com

419-215-8820

www.JetCleanPowerWash.net

FREE ESTIMATES!

**Now accepting rehab admissions.
Providence Care Center.**



CHI Living Communities
Home is here.™

HomelsHere.org | 419.627.2273



IN YOUR OWN BACKYARD

Chicken Bar-B-QUE, Sunday, May 2 at Sandusky TWP Fire Dept, 2205 Oak Harbor Rd, Fremont. Serving from 11 am until sold out, 1/2 chicken dinner, \$10, drive thru only.

Fremont Area Women's Connection will resume their monthly events on the second Tuesday of each month, beginning May 11. "Let's Party, We're Back" is the theme for the luncheon at Anjulina's Catering, 2270 W. Hayes Ave, in Fremont. A cordial invitation is extended to all women to join us from 11 am-1 pm. The program will include a feature from The Party Starts Here, located in downtown Fremont. The guest speaker is Mary Kay Miarer from Kansas, Ohio who will share here life story regarding "What's in a Name". Cost of the luncheon is \$14, reservations are needed by May 6. Call Donna at 419 680 2251 or email fawcluncheon@gmail.com. Any cancellation should be reported the same way. Covid guidelines will be observed.

The June 8 luncheon will be a celebration of the 50th anniversary of the local group in Fremont. We hope many who have attended over the years will be able to attend as we celebrate this special milestone. The group is affiliated with Stonecroft Ministries, an international organization founded in 1938.

MEMORIAL DAY PARADE: May 31st, 10 am. Honoring our Fallen Veterans and Essential Workers. Sponsored by the American Legion, VFW and City of Fremont. Line up on N. Front St, parade ends at Roger Young Park. RSVP 419-307-3547. No political entries.

Spring is here and that means it is time for our annual **FREE Community Shred Event on FRIDAY, May 21, from 9:00 am - 12:00 pm.** Once again, Allshred Services will be at our office (528 3rd Ave, in Fremont) to help you with your spring cleaning by shredding any outdated bank statements, bills, legal agreements, or other documents! If you can't make it on May 21, please feel free to drop off your items ahead of time and we will make sure they are shredded for you.

We cannot accept cardboard, plastic, trash or hazardous items, CDs or DVDs, magnetic items, or x-rays. If you have any questions or need additional info please give me a call at 419-355-0279.

Classifieds

SERVICES

Dust Free Cleaning: Spring is here, time to rid yourself of the winter dust! Cleaning and sanitizing, will wear a mask if preferred. References, insured, 4 hour minimum, \$20 per hour. Call 419-603-6667.

Donna's Sewing: Alterations, pants \$6, dresses, wedding & prom, curtains, tailoring, zippers. Located at 922 Carbon St, Fremont. Call 419-332-1654.

ADVERTISE HERE: \$25 for thirty words, send your ad with a check to 30 Ponds Side, Fremont, 43420 by the 15th of the month.





National **HOSPITAL** *Week*

May 9 – 15, 2021

**To celebrate National Hospital Week,
we would like to recognize and show
our sincere appreciation!**

The Bellevue Hospital would like to thank our employees, physicians and volunteers, for all you do, everyday, for our patients and their family members.

During this past year of uncertainty, your commitment to the health and well-being of our community proved to be deserving of celebration.

Thank you for your ongoing compassion
and dedication to provide
Quality Care, Close to Home.

1400 W. Main St. • Bellevue, OH 44811 • bellevuehospital.com • 419.483.4040