

2000 Lifestyles

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Vol. 24 Issue 5

MAY 2023

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Happy Mother's Day!

A Guide to Friendship in Sandusky County

By Robert Morton

Are you feeling lonely and in need of some new pals? Well, don't worry, because I'm here to help you discover the power of friendship! Get off CHAT GPT or chatting on social media and get out...out of the house, that is.

You could start by joining a club or group that shares your interests. But if you're not sure where to begin, just wear a shirt with a funny meme on it. People love that stuff. Or, you know, you could just actually talk to real people, offline. Crazy, I know.

There are so many places to meet new people in Sandusky County. My wife and I really enjoy going to The Garrison in downtown Fremont. They have some seriously talented local musicians playing live music there. And of course, I can't resist grabbing a delicious craft beer and striking up a conversation with someone new. It's always a good time and a great way to meet new friends.

If you're like me and the thought of exercising makes you break out in a cold sweat, then the Sandusky County YMCA might not be your first choice. But hey, it's worth a shot! Maybe you'll find someone who can motivate you to actually enjoy working out. Or, more likely, you'll find someone who also hates exercising but loves to complain about it over a cup of coffee. Either way, it's a win-win situation.

My wife and I like to grab a delicious pizza and engage in some stimulating conversation at the Depot Bar & Grill in Fremont. Their extensive selection of craft beers makes my taste buds sing. As someone who is not a huge fan of exercise, I prefer to work on my socializing muscles instead, and the Depot is the perfect spot for that.

And finally, if you're interested in expanding your knowledge and skills while also making new friends, then check out Terra State Community College. They offer a variety of classes and programs for people of all ages and backgrounds, and they often host events that are open to the public. Who knows, maybe you'll meet someone who shares your passion for underwater basket weaving.

So, wear a funny meme shirt and get out there and meet people. Whether you're into craft beer, pizza, live music, whatever. Just remember to be yourself and don't forget to bring your sense of humor. Cheers to happiness and friendship, and of course, craft beer!

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.

National Ladies Homestead Gathering

By Cyndi Ball, Founder and Executive Director

"Fish out of water", "Odd one out", "Swimming against the tide", "Stick out like a sore thumb"

Ever feel like you could relate to these phrases? I have. A lot before 2011.

Let me explain. I have often felt and have even stated, I should have been born in a different era, namely the pioneer era. I love old-fashioned, work with my hands, traditional ways. In my early years, I'd spend hours in the woods making pretend houses out of golden rod stalks and other fallen tree branches. I'd build pretend fires and make whatever items were necessary for my "home."

I loved arts and crafts, learned to sew at an early age and was always drawn to animals of all kinds.

After I got married and started having children, those latent passions began to emerge, partly due to lack of funds and health insurance and partly due to imparting my love of working with my hands and love of nature to my children! As each child was gifted to our family, the deeper I dove into herbal medicine, clean eating, making homemade products for cleaning both home and body. Gardening, animal husbandry, carpentry, beekeeping and eventually, homesteading and all the glorious aspects the lifestyle embraces.

I was so busy homesteading and homeschooling, it took a few years before I realized I was walking this journey without other like-minded women. There were moments of loneliness, wishing I had another mom to bounce ideas off of or ask how they handled the death of an animal with their children.

And then, in 2011, after years of building our homestead, creating an educational homestead and homestead business, the need to reach out to other women for friendship could be ignored no longer.

At first, my whole intent was to teach my mistakes. I'd had women come to the farm to learn about chickens, bees, gardening, butchering, etc, always asking lots of questions. I thought it would be fun to get together and share the knowledge I had gained over the years homesteading.

On January 29th, 2011, I had over 22 women gather at my farmhouse to gain knowledge. Some had traveled over an hour to be there. We met, month after month, talking about topics they were most interested in learning. If I didn't know enough about the topic, I'd find someone who knew more and ask them to come and share their passion and knowledge. This went on for months. And with each passing month, more and more women began coming to the farmhouse. A tight-knit group of friendships grew along with homesteading knowledge.

In the fall of that same year, I organized a homestead weekend retreat in the magnificent Smoky Mountains of GA. We learned to bake bread, butcher chickens, make salves, and how to use a chainsaw and split wood. We ate homemade meals together, laughed together and cried together. And there, in the glorious fall colors of the Smokies, lifelong friendships took root and blossomed.

I no longer felt "weird", or like a "fish out of water". I was doing life with other like-minded women who loved homesteading as much as I did and we were empowered by the desire to live sustainably and bring a healthier lifestyle to our families. We were strengthened by friendship and community. It was a power I had never known before.

If you have never felt the incredible power, encouragement and support of being enfolded into a passionate community of like-minded women who understand you, I am inviting you to join us, June 23 and 24 for our National Ladies Homestead Gathering in Kidron, Ohio!

Tickets are still available for this 2-day event in the famous Holmes county Ohio Amish country region. Simply visit our website to register at: www.LadiesHomesteadGathering.org/event-5025137

There will be hours of homestead skill demonstrations, time to tour Ohio's beautiful Amish country with friends, yummy dinners together at the Dutch Kitchen and a special time for square dancing – no previous experience necessary.

Our mission statement is to **Empower Women through Homesteading and our purpose is to Share Knowledge. Build Community. Grow Friendships.**

As a 501c3 non-profit organization, National Ladies Homestead Gathering local chapters welcome and encourage women of all ages (16+ & nursing babies welcome) as more folks realize the importance of passing on self-reliance and traditional skills to the next generation.

Our monthly Gatherings are free to attend, and we welcome ladies from urban, suburban, and rural areas. Whether your homestead is in the planning phase or already established, all ladies have something to contribute or gain from coming together.

With 35 local chapters in 12 states across the U.S. you're wondering if there's a local LHG chapter near you? Simply check out our website for chapter locations: <https://www.LadiesHomesteadGathering.org/Chapters>



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Lifestyles 2000

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Available locations: Fremont - Cookie Lady, 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 Hospital, Bellevue Goodwill, and East of Chicago Pizza or go online to: Lifestyles2000.net.

Banning Gas Stoves or How to Become a Multi-Millionaire

By Kathy VanWey

Recently when the Department of Energy's Jennifer Granholm stated that 12.7M cases of childhood asthma were caused by gas stoves, my gut twinged. Oh, that's right, Jen has between \$1-5M invested in electric cars and batteries. It seemed like later that same week New York Governor Kathy Hochul announced a ban on all gas stoves in new construction. The gut screamed, "They're coming for our gas stoves!" To borrow Charlton Heston's line, "They can have my gas stove when they pry my cold, dead body wrapped around it."

For over 40 years we've been listening to the endless mantras of 'Saving the Planet.' Why are the feds going at wrap speeds now? The scene in All the President's Men came to mind. Deep Throat tells the reporter to follow the money. So that's what I did.

One dark money group pouring millions into passing bans on gas stoves is Rewiring America. It was founded in 2020 by The Chair Alex Laskey, Saul Griffith Chief Scientist, and CEO Ari Matusiak. Matusiak is a former Obama official and the CEO of other energy groups, both for non-profit and for-profit business

These guys are freaking geniuses! Earlier Laskey had made millions from sales of other green energy projects, plus brought in millions of federal funding and seed funding. Griffith had helped raise \$100M from investors plus millions in federal grant money. Under Matusiak's guidance, Rewiring America is both a nonprofit and a for-profit business. This is because the mission statement and goals are basically the same. But as a non-profit, the investors are not made public. And because it is sponsored by another dark money group, the Woodward Fund, it doesn't have to fill out any income tax forms. What a racket! (foxnews.com 2-26-23).

And guess who the group has hired as Senior Counsel – the political heavyweight, charismatic Stacey Abrams. I'm sure we'll be hearing much more from her. To learn more, see The Biden Plan for a Clean Energy Revolution and Environmental Justice under JoeBiden.com.

On March 23, 2023, The House voted 251 to 181 to pass an amendment that would prevent the DOE from implementing strict new regulations on gas stoves. (foxnews). Senator Schumer has declared that bill "dead on arrival." (newyorktimes.com).

On a personal note, Happy Mother's Day to all those who love us, teach us, nurture, and nourish us, inspire us, correct us, and make us better people, especially the generations who taught us how to cook on gas stoves. Thank you!



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all mothers a
Happy Mother's Day!*



Find us on Facebook at Bethesda Care Center



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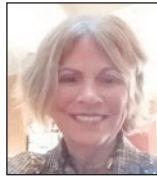
Mission Statement: Lifestyles 2000 is a monthly resource guide of northwest Ohio area events presented in an attractive format with entertaining and educational articles suited to fit your "lifestyle."

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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Never thought we would be celebrating 24 years! Thanks to our advertisers and readers we made it.



What is the old saying about find a job you love and you'll never work another day? That has been true these past 24 years.

May is a favorite month as we have so many family birthdays, including my own and Pete's, my son Rhett and grandson Kayden. Then Mother's Day and Memorial Day, not to mention blue skies and warmer weather!

Wishing you all a fabulous month!

Joanne

Find Pete



Find Pete Winners:

"Pete" was in the Backstage Lounge ad, which 130 of you guessed correctly.

Remember this month we begin the tickets for Miller Boat Line and African Safari. Be sure to add your address as once again several winning entries were discarded for lack of address.

Winners are: Kathy Heter, Davi Anderson, Darla Brown, Lavonda Steinberger, Jill Simpson, Mary Kucha, Gary Ashton, Marsha Cook, Barbara Behrendsen, Fremont; Brenda Cox, Lora Butz, Bellevue; Tricia Spitzer, Matthew Wasserman, Angela Missig, Michele Smith, Clyde; Brooks Babione, Burgoon; Lynn Fox, Judy Nehls, Gibsonburg. Congrats!

Find Pete Prizes:

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

We are Celebrating 24 Years, if you add the words, "24 Years" to your entry you will be included in a drawing for Miller Boat Line tickets or a pass for 6 to African Safari. Be sure to say which prize you would prefer!

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.

Twenty prizes given monthly. One entry per household. **Deadline is the 20th monthly.** Please do not send the ad.



Gabby Gardener

By Cindy Frantz

Do you want to save the monarch butterfly?

They are in trouble because of toxic pesticide use, climate change and habitat loss. Did you know that the milkweed is the sole host for the monarch butterfly? Monarchs lay their eggs on milkweed, hatch into caterpillars, eat the leaves and turn into butterflies. There are over 100 species of the flowering perennial. The seed pods contain seeds connected to a silk parachute. They can be planted in fall or spring. Milkweed attracts

pollinators to your garden, the nectar is a source for bees and wasps and

suppresses pests like stink bugs, aphids and leaf hoppers. They spread

by underground rhizomes, grow 4-6 ft. tall and bloom from June

to August. So consider planting milkweed so you can

enjoy seeing the monarchs again.



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Out to Lunch

By Lynn Urban

A friend of my mom's and her daughter told me that their favorite place to get breakfast in Marblehead is at a restaurant called Latitudes. In fact, they took my mom over there this spring for lunch/breakfast and she really enjoyed it. Ever since they had talked about it, I've been wanting to try it because it sounded like a good location for my column.

It's right on the main drag in Marblehead, and boy is it popular. It isn't even summer yet and it was full when we went on

Sunday at noon. The staff is extremely friendly and handles the crowd well. The restaurant is open daily from 7 a.m. until 2 p.m. and serves breakfast all day. I was in the mood for breakfast, so the first thing I asked about was the sausage. The friendly waitress said it was from Tanks, so I knew it was going to be good. I believe all the meats are local. The same was for the cheeseburger, it was very good. The prices are reasonable. Our bill for French toast, sausage, a cheeseburger and delicious homemade coleslaw, coffee and a latte, was only \$25.00.

Besides the great breakfast selections there are lots of hearty lunch sandwiches, such as a BLT with 6 pieces of bacon, a grilled chicken topped with bacon and provolone, and a variety of large fresh salads. The chalkboard also has daily homemade specials and soups, and when available, homemade desserts. The restaurant is small but has counter space, and has extra seating out front, outside. It's a nice atmosphere, and just knowing you're at the lake, it's like a little vacation day.



Mayo Clinic

By Krystin Hidden, M.D.
Mayo Foundation for Medical
Education and Research

How to avoid an ankle injury

DEAR MAYO CLINIC: I am in my early 50s and enjoy an active lifestyle. I recently heard reports of an increase in ankle sprains and broken ankles particularly in an older population, due in part to both activity and aging. How can I avoid these injuries in the first place?

ANSWER: The ankle joint is composed of the ends of the tibia and fibula bones that are connected by multiple ligaments that help stabilize joints. Collectively, this relationship is critical for stability and motion of the ankle.

Injury to any of the ankle bones, ligaments or tendons, and several types of arthritis, can cause ankle pain. Many people report ankle pain, which can be a precursor to ankle injuries.

The most common issue is a sprained ankle, which is an injury that occurs when you roll, twist or turn your ankle in an awkward way, forcing it to move out of its normal position. This can stretch or tear the ligaments. Failing to treat a sprained ankle properly, engaging in activities too soon after spraining your ankle or spraining your ankle repeatedly might lead to ongoing complications.

As far as an ankle fracture, the most common area for this to occur is at the fibula, specifically the lateral malleolus. In isolation, lateral malleolus fractures may be treated without surgery if no other ligament injuries are identified with special views on X-rays. Fractures of the lateral malleolus, medial malleolus and posterior malleolus often require surgery if they occur in combination, as the ankle becomes unstable and prone to arthritis if not surgically treated. These joints are translational joints — allowing one part to translate in respect to each other — not rotate. But historically it has been shown that just 1 millimeter of translation of the joint reduces 42% of the contact area. If this stable relationship is not restored, ankle arthritis may rapidly progress.

The incidence of ankle fractures is estimated to be more than five million ankles in the U.S. per year. Fractures can range from tiny cracks in your bones to breaks that pierce your skin. Ankle fractures can be caused by multiple factors, including low-energy rotational injuries in recreational sports or high-energy motor vehicle accidents. Treatment for a broken ankle depends on the exact site and severity of the bone fracture. A severely broken ankle may require surgery to implant plates, rods or screws into the broken bone to maintain proper position during healing.

Prevention of these injuries is multifactorial, starting with a healthy diet and daily exercise. It has been estimated that more than 1 billion people worldwide are vitamin D deficient, and current guidelines recommend at least 600 international units (IU) for people ages 1 to 70 and 800 IU per day for people over 70.

Additional preventive measures for ankle injuries include ankle proprioceptive exercises, which optimize both balance and coordination. These exercises enhance the stabilizing ligaments and muscles to the ankle joint, including the tibialis anterior, tibialis posterior and the peroneal muscles. Furthermore, a healthy lifestyle with daily physical activity will help these muscles to stabilize the ankle on uneven surfaces.

Well-supportive shoes with inserts that help to pronate the forefoot also may better position the ankle joint for patients with high-arched feet. Finally, a tight calf, or gastrocnemius muscle, may predispose patients to ankle fractures, as a highly arched foot may be more prone to ankle sprains. Daily stretching of the calf muscle helps to combat the imbalance at the ankle joint and could help prevent ankle injuries altogether.

Treatment for ankle injuries may depend on the severity of the issue. Certainly for a sprain, self-care measures and over-the-counter pain medications may be all you need, but a medical evaluation might be necessary to determine the appropriate treatment and prevent repeat injuries. It is important to seek out a qualified health care professional, such as an orthopedic, physical medicine or sports medicine specialist to assist. Connecting with a physical therapist may be a part of the recovery and prevention program, depending upon your specific needs.

In conclusion, ankle fractures may occur from high energy accidents or low energy rotational injuries. A healthy diet with appropriate consumption of vitamin D will optimize bone health, and daily exercise will directly activate the ankle stabilizing muscles and ligaments. For those patients prone to ankle injuries with highly arched feet, stretching of the calf muscles as well as wearing supportive shoes with inserts may place the ankle joint in a better position to prevent future injuries. — *Krystin Hidden, M.D., Orthopedic Surgery, Mayo Clinic, Rochester, Minnesota.*

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Image of the Mind

By Alisa Floria

Have you ever had a dream that you'd swear you were living it out as your current reality? Maybe, you've seen glimpses of yourself living an expression of life coming from the person you'd love to step into. Have you felt nudges, or heard a small voice calling from within; encouraging you to explore this new version of YOU?



These are callings from within you that want to express outwardly the life you dream of living.

We've learned our lives mirror the images of our attitudes; and we can rocket fuel our results by conducting ourselves as though you have a good, positive, and expectant attitude. Through Universal Law as we live in this way, goodness has to be given to us.

The deepest craving we have as human beings is to be needed, to feel important, and to feel appreciated. When we treat every person we meet as the most important person in the world, we all reap the benefits.

I'd like to be transparent by sharing promptings through dreams, and yearnings that have brought me to this month's writing. We've seen things happening in our world that make one think we may be turned upside down. So, I ask you, "Are we upside down? Where is God in America? Who can we trust, and how do we find our purpose?" These are the biggest concerns people have today.

In November of 2020, my friend Heather, and I went on A Quest For Christ to find out where God was in America. We can't deny America was in need of help during such turbulent times. Getting grounded with the earth, and letting go of the wheel of life was a journey of faith for us in the deepest of ways. Here we are in 2023 and my son, and I have had dreams that we're leaving, and going on a journey; again the promptings are so strong they can't be denied.




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I remember thinking in 2020, "How in the world am I going to fund this trip Lord?" And this tiny voice said, "Trust in me." And Heather, and I trusted that if God was sending us, He would provide for us, and that he most certainly did. So, here I am trusting in Him again to lead Sam, and I on this journey of faith to pray over America.

We hope you join us, and Stay tuned to [A QUEST FOR CHRIST](#) on Facebook. If you'd like to donate please feel free to message us. Feel a big hug from the Universe, and much peace to the IMAGES OF YOUR MIND!



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The Croghan Congressional Gold Medal

Nearly all Sandusky Countians know of the brave defense of Major George Croghan and his men at the Battle of Fort Stephenson during the War of 1812. The 21-year old was brevetted lieutenant colonel for his heroic actions.

During and after the war, Congress approved several gold medals for victorious military actions. But it was not until February 1835 that legislators belatedly recognized Colonel Croghan for his defense of Fort Stephenson. In that same resolution, Congress also ordered the president to present swords to six of Croghan's officers: Captain James Hunter, Lieutenants Cyrus Baylor and John Meek, Ensign Joseph Duncan, and the nearest male representatives of Lieutenant Benjamin Johnson and Ensign Edmund Shipp.

West Point engineer Washington Hood, who also worked as a portrait copyist, designed the reverse of the Croghan medal. His sketch portrayed the battle scene at Fort Stephenson with three ships in the distance. According to the "Numismatic News" Hood's drawing differed from other army medals in that he included the Latin phrase "Par Magna Fuit" (His Share Was Great). The obverse was reserved for a portrait of Croghan to be prepared by Moritz Furst, the Philadelphia Mint's contract engraver.

Croghan asked his brother, then living in Pittsburgh, to provide Furst with a miniature portrait as a personal sitting was not possible. Furst used Hood's work and the portrait to create the engraving. He received \$1800 for his work. Congress appropriated another \$250 to cover the cost of striking the medal, the gold, and a case.

By March of 1836, Furst had completed the medal. However, a year later the medal still remained at the mint! Prodded by an agitated former Secretary of War Lewis Cass, the mint finally shipped the medal to Washington, D. C. At long last, the Congressional gold medal was presented to Colonel Croghan - the final War of 1812 medal awarded.

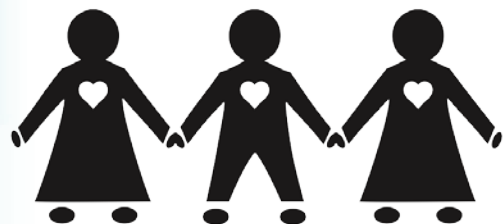
Croghan resigned from the U.S. Army after the War of 1812. He lived in New Orleans where he was appointed a postmaster. He later rejoined the army and in 1825 was promoted to colonel and served as one of two U.S. Army inspectors general. He fought with Zachary Taylor at Monterey in the War with Mexico. Croghan died during the cholera epidemic at New Orleans in 1849. He was originally buried in the family cemetery in Kentucky.



Colonel Croghan's body was brought to Fremont for re-burial by Colonel Webb C. Hayes. Hayes contacted his descendants, hoping to locate the Congressional gold medal. None appeared to know of its whereabouts.

Using Furst's original dies, the Philadelphia Mint began producing bronze copies of the medal. "Numismatic News" stated that collectors could still order them as late as 1901. Many museums, including the Hayes Library and Museums hold copies of the bronze medal. The Smithsonian has a dozen in its collection.

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Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): You could reach your goals by displaying unwavering devotion to your cause. Validate yourself; you might not receive the personal glory you hope for if you are one small part of a large team.

TAURUS (April 20-May 20): Purpose can satisfy more than pleasure. Plant a tree or find other ways to support Mother Earth. Connect with some idealistic friends or immerse yourself in passionate environmental or humanitarian efforts.

GEMINI (May 21-June 20): It's easier to get along with people if you go along with their ideas, but that may not be the best strategy long term. A slip of the tongue or brief misunderstanding could be forgiven with a quick apology. Give someone the benefit of the doubt.

CANCER (June 21-July 22): When you handle hot stuff, it can be a good idea to use hot pads. Your enthusiasm could irritate someone who thinks you are being pushy. Do not hesitate to spend a few extra dollars if you want to obtain the best quality.

LEO (July 23-Aug. 22): Hang a flag or root for the home team. You can share in the rewards when there is a team effort. You could make social headway by agreeing to a compromise, by making an apology, or by politely ignoring a difference of opinion.

VIRGO (Aug. 23-Sept. 22): Do not be shy about sharing your thoughts but at the same time be receptive to the opinions of others. Be tolerant when someone makes impulsive decisions so you can keep the lines of communication wide open.

LIBRA (Sept. 23-Oct. 22): You could have the imagination to turn an idea into something profitable. Join forces with other people to achieve your personal ambitions. Look for the perfect opening to ask for favors or request preferential treatment.

SCORPIO (Oct. 23-Nov. 21): There may be an opportunity to find common ground and form relationships with people who share your interests and ideals. If a close relationship has undergone a rift, today might be a suitable time to knit things back in place.

SAGITTARIUS (Nov. 22-Dec. 21): This could be the best day to try to kiss and make up. Family spats can quickly be forgotten if you exercise some diplomacy. Address the needs of other people before your own and everything will be fine.

CAPRICORN (Dec. 22-Jan. 19): Make field goals in your business and financial affairs or score points by profitably using astute observations. You can power through problems but should be cautious about new and unproven investments.

AQUARIUS (Jan. 20-Feb. 18): Count on a generous partner who can make your life brighter. Because you might be busy with your obligations, you may develop a blind spot. Double check your receipts and credit card statements.

PISCES (Feb. 19-March 20): You can be comfortable and demonstrate good taste without spending too much cash. Avoid impulse purchases just to show off or to be in lockstep with current trends. Purchase the best your money can buy.

Life Scholar

By Kathleen Nalley

What do gardening and the Constitution have in common? This May at the Life Scholar Program, the common denominator is Sara Sherick who is teaching the class, Preparing Your Garden for Spring on May 2 and co-teaching The Constitution with Randy Hoffman on May 3 and 10.

A master gardener, Sara explained "gardening is a way of life" when one grew up on a farm, as she had. Sara was born and raised in Sandusky County and attended Ross High School before graduating from BGSU with an education degree in the sciences and later returned to study law at the University of Toledo. What drew her in that direction? "Water quality and environmental law" was her quick reply to the question. She remains active in advocacy groups to protect the environment with Lake Erie Water Keepers and the Lake Erie Foundation.

The gardening class focuses on native gardening, looking at plants, flowers and grasses that will be beneficial to pollinators. A benefit to choosing wildflowers is their attraction for certain species of birds, as well.

The Constitution is a recurring class in the Life Scholar curriculum which has consistently grown in popularity with seniors who keep up with current events. Sara and Randy are adept at modifying the content to address better understanding of cases in the news. With summaries of cases that led to certain decisions and the history of past justices' influence on decisions, the recently emerging judgements and laws can begin to make some sense. Amendments and Supreme Court Ethics will be included in this spring session, as questions of accountability arise from students. Questions and discussion are welcome components of the course, and the adult learners don't disappoint. According to Sara, "I always learn from teaching. I go away from class with a renewed focus, with energy."

The Lifelong Learning Book Club occurs monthly during the lunch hour, so members are encouraged to bring a lunch or snack during the discussions. This is a series lasting 12 months, so there are many books left to read before a new book list is chosen starting in October. Members volunteer titles for the book selection and rotate as facilitators. This allows for a variety of topics and questions developed to delve more deeply into a book's content and story. Don't miss May's selection of

The Killer of the Flower Moon by David Grann on the 26th.

To register for classes, email Learn@Terra.edu or call 419-559-2255.

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Helen Marketti's Music Corner



By Helen R.
Marketti



The Immediate Family

The Immediate Family is a group of five gentlemen who recorded, toured and became friends with a host of famous music artists beginning in the 1970s. Their names are listed on record albums from A to Z as they were sought after time and again. Their talent and genuine personalities contributed to the songs of the day that hit the charts over and over while creating lasting friendships in an industry that sometimes is not "friendly".

A recently released documentary about The Immediate Family details their beginnings and brings their career full circle to now at this moment. Ranging in age from 65 to 75, The Immediate Family consists of Danny Kortchmar (guitar), Waddy Wachtel (guitar), Russ Kunkel (drummer), Leland Sklar (bassist) and Steve Postell (guitar).



The documentary's director, Denny Tedesco is no stranger to putting together memorable and attention grabbing documentaries. His father was Tommy Tedesco who played guitar for another group of session musicians during the 1960s called The Wrecking Crew. Denny's documentary on The Wrecking Crew fills in the gaps as to who was the band that played on all of those hit records in the 60s. Yet their names were never listed on album covers because record companies did not want the public to know about them. They were strictly a hidden treasure as studio musicians. As they faded back and a new generation began, The Immediate Family was in the thick of things basically from the beginning.

The documentary has in depth interviews with James Taylor, Jackson Browne, Linda Ronstadt, David Crosby, Phil Collins, Stevie Nicks, Carole King, Neil Young, Keith Richards and many more. The love and admiration for these gentlemen are clear and evident. There is a mutual respect and the same end goal of making great music.

Denny Tedesco shares his thoughts on The Immediate Family, the making of the documentary and the importance of their story being shared. "They call themselves The Immediate Family because they have always felt like brothers. The longevity of The Immediate Family has lasted longer than The Wrecking Crew because they toured and played live. These guys have great personalities. The love what they do. There is a great line in the documentary from Waddy where he said, "I never met someone that was happy after retiring from the music business." If you love your work, there is nothing better."

When word circulated that Denny was putting together this documentary, artists practically stood in line to share their love and experience working with The Immediate Family. The music and friendships intertwining to create the music we enjoy and savor.

"Each era is a different animal," said Denny. "In the 60s my father and the rest of The Wrecking Crew would record an entire album within a day or two. There wasn't any time to prepare, they just did it. They never toured with artists either, they stayed in the studio. Plus, The Wrecking Crew guys were an older generation. My father did not "hang out" with music artists in the 60s. He played on their records and that was basically the extent of "their relationship". During the 70s, things started changing and recording music became a recording project where you could take more time in the studio. The Immediate Family were younger too so they became friends with the artists. The entire music catalog from the 60s and 70s is a book mark in our lives for those who remember. That music brings back memories. That's why tribute bands are so successful."

"It took three years to make this documentary. Right now, it is being shown at Film Festivals around the country. It would be wonderful if it comes to Cleveland! My questions to the artists were never about their own careers, it's about their time with The Immediate Family and what those guys meant to them."

www.theimmediatefamilyfilm.com

www.helenrosemarketti.com





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Dear Cathy,

I am a huge advocate for feral cats, and wonder why Megestrol or feline birth control is not used to prevent female feral cats from going into heat. The offspring of feral cats suffer horrible deaths. They are blinded by infections, suffocated from pneumonia, eviscerated by predators, drained of blood by fleas, and eaten by maggots. Those of us who do rescue work see this almost daily.

Megestrol is a miracle drug. I crush a pill in a plastic bag, pinch a tiny bit per cat, and add it to their food once a week. The cost is \$.10 a pill, which is incredibly affordable. Why is this not accessible to rescue folks? I know very few people willing to do TNR (trap-neuter-return), and we've lost most of our spay clinics in the wake of the pandemic. Here in the northeast, the average cost for a simple spay is \$850 to \$1000 at the local vet hospital. Megestrol is effective. I would love to hear your thoughts about feline birth control. — Francine, Killingworth, Connecticut

Dear Francine,

Researchers have been looking for a non-sterilant solution to halting pregnancies in cats, especially feral cats, for many years. Megestrol is considered a "stop-gap" drug that has been proven to halt or prevent cats from entering estrus (heat). But it is not considered permanent birth control. The drug can only be prescribed by a veterinarian and given to cats for up to 30 weeks. It does have some side effects.

Megestrol gained traction during the pandemic when community cat caretakers administered the drug to their colonies to prevent pregnancies while waiting for scarce spay-neuter surgery appointments. Because long waits for spay-neuter surgery appointments continue, cat owners also could request this drug from their veterinarian if there is a risk of their cats getting pregnant before their surgery dates.

While it would be an easy drug to administer to owned cats, it is more challenging to use it with community cat colonies where male cats and wild animals are also at risk of eating the medicated food. Male cats would still be able to impregnate female cats but are susceptible to the drug's side effects. The drug can also have a similar estrus-halting impact on other female mammals. So, a colony caretaker would have to monitor who is eating from what bowl, note the intake, and remove the dishes immediately after feeding. The drug also can impact humans, so caretakers would need to prevent its absorption through their skin.

The Alliance for Contraception in Cats & Dogs is an organization whose mission is to advance nonsurgical sterilants and contraceptives for cats and dogs and to promote their global accessibility. Check their website for more information on Megestrol and other research into animal contraceptives. Nonsurgical sterilants would be a game changer in controlling pet overpopulation. This drug is a step in that direction.

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UNUSUAL, BUT HERE ARE 10 THOUGHTS FOR MAY!

By Dr. Paul Silcox

1. We are all faced with vast opportunities brilliantly disguised as impossible situations. (Chuck Swindoll)
2. The trash in my mind is the only thing that keeps me from what truly matters this moment, here and now. And when I am in the present moment, I will be truly amazed at what I can do and how well I can do it. All I need to do is be conscious of my choices and responsible for my actions. There is never, nothing going on. There are no ordinary moments. (The Peaceful Warrior)
3. Nothing contributes to much to tranquilize the mind as a steady purpose . . . a point on which the soul may fix its intellectual eye. (Mary Shelley)
4. Great spirits have always encountered violent opposition from mediocre minds. (Albert Einstein)
5. Remember . . . 1. God is a loving and sovereign God. & 2. When things go wrong and we doubt Him, See Rule #1.
6. Failure will never overtake me if my determination to succeed is strong enough. (Og Mandino)
7. Sometimes the best thing we can do is not think, not wonder, not imagine, not obsess. Just take a deep breath and have faith that everything will work out for the best. (unknown)
8. Ten two letter words to live by. . . IF IT IS TO BE, IT IS UP TO ME. (unknown)
9. Anything God has ever done, He can do now. Anything God has ever done anywhere, He can do here. Anything God has ever done for anyone, He can do for YOU (and me). (A.W. Tozer) And finally, when it seems like the other side is winning, Remember Rule #1, and . . .
10. **Illigiti mi non tatum carborundem.** (Don't let the bad guys grind you down!)



IN YOUR OWN BACKYARD

Chicken Bar-B-Que, Sunday, May 7, 11am until sold out. 1/2 chicken dinner, \$12, Drive Thru Only, Sandusky Township Fire Dept., 2205 Oak Harbor Rd., Fremont.

North Coast Concert Band, May 7th, 3pm at Sandusky High School featuring the Firelands Symphony Chorale, Freel

The 4th Annual MS Walk will be held Saturday, May 13 in Connor Park, 2300 Morrison Rd., Fremont. Official start time is 11am and will have a Proclamation presented by the Mayor of Fremont, Danny Sanchez.

Door Prizes will be presented and you may walk anytime till 4pm! Meet at the rear shelter house area at 10:30am for registration. You may walk as an individual or as a team. There is no minimum. For further info contact Dana Roca, danaroca8@gmail.com

Fremont Area Women's Connection's Ladies' Luncheon is Tues., May 9th at Victor's Event Center 2270 Hayes Ave. We invite all women to "Grow the Artist in You" featuring Joni Hasselback of Joni's Boutique. Learn about Bob Ross painting, glass fusion, etc.

Our speaker will be Lee Doll of South Lebanon, OH telling her story, "My Worst Day on My Best Day."

The doors open at 10:30am for coffee, lunch and program is 11-1pm. Cost is \$14. Make your reservation before May 5th. Call or text Donna at 419-680-2251 or e-mail Carrol at fawcluncheon@gmail.com. Reservations/cancellations must be reported in the same way.

SCORTA (Sandusky Co. Ohio Retired Teachers Association) June Meeting/Luncheon is Friday, June 9th at 11am at Crystal Arbors (Applewood Bistro), 1800 E. State, Fremont. Menu/cost will be in June issue. Spouses and new retirees welcome.

Business meeting promptly at 11:30 am, lunch at 1:45 am. Our speaker will be Deb Nofzinger from the Sandusky County Park District at 12:30 pm. Call/email Madi Doble at 419-307-1703, madidoble54@yahoo.com; deadline is June 1st by 9pm.

Put-in-Bay, OHIO - In honor of fallen American War heroes, Miller Ferries will offer active U.S. Military personnel and American Veterans

free passenger fares during Memorial Weekend, Saturday, May 27 - Monday, May 29. "This is a small token of appreciation for all they have given our country. We want to make it easy and affordable for Veterans and current military personnel to get away and enjoy Lake Erie," according to Katrina Reed, Miller Boat Line Communications Manager. To receive his or her round trip ferry tickets to Put-in-Bay or Middle Bass Island, military personnel and veterans are asked to please present military identification at the Miller Ferry ticket booth.

On May 29, the National Park Service's Perry's Victory and International Peace Memorial on Put-in-Bay will honor America's fallen heroes and their families during a ceremony dedicated to all servicemen and women who have lost their lives in conflicts since the birth of the United States of America. The ceremony will feature re-enactors, veterans, and active duty military and pay tribute to everyone who has defended the United States of America from the Revolutionary War to the Iraq War.

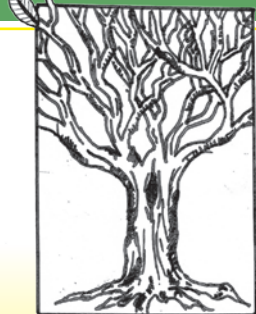
Friends of Birchard Public Library presents Wendy Koile, "Lake Erie Murder and Mayhem". Learn little known facts of Lake Erie. Wed., May 10th at 7pm. Free and open to the public.

National Day of Prayer will be observed in Fremont on Thurs., May 4 at noon at the Municipal Building, 323 S. Front Street. Local pastors including: C.J. Burel, Gary Click, Ed Miller, Glenn Miller, Kevin Pinkerton, Maureen Pump and Andrea Thurston will pray into seven centers of influence in our nation of Church, Military, Business, Family, Government, Education and Media. Fremont Mayor Danny Sanchez will read a Proclamation and Journie Jones, a student at Ross High School will sing the National Anthem. Cynthia and Rex Mason will conclude the program with singing God Bless America.

Fremont Lions Club will meet on May 2 & May 16 at the Fremont Eagles Hall. The speaker on May 2 is Kristie Bilger, executive director of Downtown Fremont. On May 16, the speaker is Heidi Osborne, executive director of Our Lady of the Pines Retreat Center. May Students of the Month will be present. A business meeting will be held on May 30. The annual Pancake Breakfast will take place on June 11 at the Fremont Eagles Hall. Members and guests are welcome to attend the meetings. Contact Donna Thatcher, president at 419 332 3095 with questions.

Kiwanis Club of Fremont meets every Thurs., 11:45 - 1 pm at the Fremont Elks Lodge, the first Thursday of the month they meet at The Back Lounge of The Strand Theater., 5-6:30 pm. Guests are welcome. Programs for this month are May 4 - Social Gathering at The Strand Theater, 11 - Andrea Gibson, founder of Giving Birthdays, 18 - The Fremont Ross Jazz Ensemble will give a performance, 25 - Matt Wahlgren with Guns to Gardens. For more info email sardisbirchard@yahoo.com

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