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# Lifestyles 2000

May 2024  
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 Or go online to: [Lifestyles2000.net](http://Lifestyles2000.net).

# Guns to Gardens Event

All are invited to the second annual GUNS TO GARDENS, a gun safety event Sat., June 8, from 10am - 2pm. The event is behind St. Paul's Episcopal Church, 206 N. Park Avenue, Fremont, and will be held in the Courthouse parking lot and St. John's Lutheran Church parking lot. The Event stems from Isaiah 2:4 and Micah 4:3, that speaks of an end to war by forging swords into gardening tools. Last year one grandfather expressed when turning in a gun, "I was concerned that children would get and use the firearm". Another donor said, "the gun is unsafe. It misfires".



The day features a CASH gun buyback, blacksmithing, crafts for kids, live music by Jamey Leigh Music and Clay Kirchenbauer, and food vendor. Booths focusing on gun safety, gardening, and support services will be present. Booths will offer activities, networking, and educational information. In addition, a FREE raffle ticket for a garden tool forged by blacksmith Carolyn Powers can be picked up at each booth. Kenny Glass will also be blacksmithing on site. At 11am, a multi-denominational prayer vigil for peace and non-violence will be held.

The "Gun Buyback" will be at the side alley of St. Paul's Episcopal Church, allowing people to anonymously turn in unwanted firearms. Donors of guns need to arrive at the side alley of St. Paul's off Park Avenue. Firearms need to arrive by 1pm, unloaded, in car trunks. Fremont City Police will identify the type of each gun for purposes of cash value ranging from \$25 - \$250. Single and Double Shot handguns can be sold for \$50; Rifles and Shotguns \$100; Pistols and Revolvers \$150; Semi-automatic rifles \$250, and Other non-working guns \$25. Nick Wasserman will chop saw guns brought to the event. Owners may then trade gun parts back for the offered cash.

<https://www.stpaulsfremont.org/guns-to-gardens.html>.

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# Lifestyles 2000

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

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."

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Lifestyles 2000  
30 Ponds Side Drive  
Fremont, OH 43420

# Publisher's Letter

By Joanne McDowell



Twenty-five years ago I wondered what I wanted to be when I grew up! After eighteen years in billboard sales in seven counties, and then a few months of being a sales manager in Toledo, for Toledo Parent and City, I wasn't happy. One night

I came home and told Pete I was going to start my own magazine. I had my billboard clients to call on, and four counties to cover. That was February 1999, in May our first issue came out, and I have never been sorry. (My first grandson Kayden was also born that year in May, much to celebrate!)

Twenty-five years later I have survived the loss of my parents, sister, covid, Pete's passing and the downsizing from four to one county. "Find Pete" was his idea, I thought it was ridiculous, but years later people still love it. (I used to tease Pete that I was going to exchange his face for our dog Chewy!) Best of all, I have a copy of every magazine since 1999!

I am not guaranteeing you another twenty-five years, but I will continue on as long as I can. I was especially blessed when Pete passed in November and so many of you sent cards and emails.

Our readers are like family, I see you wherever I go, and I love your comments, your messages and inspiration, it makes it all worthwhile. I was especially blessed when Pete passed in November and so many of you sent cards and emails.

Thank you all for being readers, I hope you enjoy Lifestyles as much as I enjoy doing it, God has blessed me.

## Find Pete



### Find Pete Winners:

There were a few less than 150 correct entries, the answer was Clark Printing.

Winners are: James Hultgren, Castalia; Linda Stine, Tom Bosquet, Lynne Russell, John McKnight, Debby Howey, Fremont; Maria Marsh, Linda Mac Donald, Gibsonburg; Jan Johnson, Green Springs; Shelby Volk, Sue Felder, Bellevue; Stephani Bauer, Heidi Clevinger, Julie Toy; Tammy Brooks, Monroeville. Congrats!

### Find Pete Prizes:

Sixteen entries are chosen monthly for the following prizes: \$5 gift certificates for Old Fort Market, Otto & Urban, Share & Care and A's Family Restaurant. You may specify a prize. **Add "25 Years" to your entry and have a chance to win Miller Boat Line or African Safari tickets.**

### Find Pete Contest Rules:

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

Starting in May we will have Miller Boat Line tickets and African Safari tickets again. You don't have to enter the contest, but if you want to win tickets just send an email or postcard with the words "25 Years" and the prize you would like. (I took my daughter and granddaughter to African Safari last summer and we had a ball, I have never laughed so much!)



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When I'm looking for a restaurant to review, I look for different items on the menu that you typically wouldn't find everywhere else. The Macstack Tavern in Port Clinton is just that, where it's happy hour every day, from 3-6, with \$2.00 drafts and \$6.00 appetizers.

They specialize in Macaroni and cheese, all different ways. You've got chicken, bacon, ranch mac, Buffalo chicken Mac, BBQ pork Mac, Rubeen Mac, and for the vegetarian, you've got Brussel sprouts with balsamic glaze mac. They start with a bowl of pasta covered in ooey,

gooey, white cheddar cheese sauce and add various toppings to your liking. Don't expect to finish it all in one setting, it's very filling.



Besides their mac claim to fame, they also make a mean burger. They start with their custom blend burger and turn it into a gourmet burger sandwich. Other sandwiches that sounded good were the fried chicken, perch, Rubeen, BBQ pork, and a steak and egg sandwich, all served with house made chips. We happened to go on burger night, Wednesday, where all burgers were \$8.00, quite a deal.

For an appetizer we got the house made spinach artichoke dip with rye toast. It was delicious and a nice presentation. I noticed on the menu that they had homemade cheesecake, but I couldn't eat another thing after that huge burger. If you're lucky, you may hit it on a night when there is live entertainment, especially on the weekends. They are open now until 8:00 pm every day, but that may change in the summer. Check out their website online for hours and menu. They are located in the Bassett Plaza at the corner of Rt. 53 and Rt. 163.

## 12 Acres in Ohio

By Robin Arnold and Gena Husman

### Blanding's Turtle and Robin's New Friend

Spring arrived a little early this year—with a few days of winter thrown in here and there to confuse us and Mother Nature! Every year is different down here...last year we hardly saw any ducks in the marsh or on the pond; this year there were ducks everywhere. This spring three Buffleheads hung out on the pond for several days before heading north, while ringnecks, blue-winged teal, gadwalls, mallards, and wood ducks stopped over in the marsh.

On a warm, sunny day in mid-March, we took a "photo walk" at Magee Marsh. It was a little early to see any birds but the day was so beautiful that even the turtles were out, sunning themselves on every available log or branch in the water. Most of them were painted turtles of all sizes, but the most interesting find was a rare Blanding's turtle, considered endangered throughout its habitat—central and northern parts of the US and southern Canada. Robin saw one up on the dike around our marsh a couple of years ago, but never saw it after that. Their decline is partly due to habitat destruction and fragmentation since they will travel and cross roads to get from one body of water to another, especially females seeking a nesting site—a factor contributing to early death by automobiles and trains. Of all the turtles out sunning, this was the only Blanding's we saw. Robin recognized it right away by its bright yellow throat and jaw.



Blanding's turtle was named after the Philadelphia naturalist, William Blanding, who first observed it. Barring untimely death on the roadways or railroad tracks it has a lifespan of 60 to 80 plus years and can lay eggs and reproduce into its 80s. The oldest known individual Blanding's is 83 years old. It is considered a "semi box" turtle because the bottom shell is hinged slightly different than a box turtle's shell.

As we stood watching the turtle sunning itself, a young couple, out enjoying the afternoon, stopped and asked what we were looking at. After Robin pointed it out and told them what she knew about this rare turtle, the young man pulled out his cell phone and Googled it. They were impressed with this rare sighting, thanked us, and took a picture. They were still looking when we walked on.

Robin has a knack for making some strange "friends" on some of her photo walks around our property. Last spring a young woodchuck nearly crawled into her lap as she was kneeling to take photos of it and didn't run off even when it realized she was not its mother. This spring a large, disfigured opossum almost walked up her leg as she was sitting on the ground attempting to photograph it. She finally had to say "Hey!" to distract it or it would have ended up in her lap. Its badly disfigured face looked like either something had gotten ahold of it...or maybe it had been born that way. Regardless, it managed to eat the apples and carrots she put out for the deer. A few days after her first encounter with the opossum, Robin saw it again as she was walking along the dike. It waddled out of the shrubs and strolled right along beside her at the edge of the marsh. As they neared the side of the dike, she had to stop so the opossum could cross in front of her and go down to where she had put out the apples and carrots for the deer. Hmm...we're not sure if the deer are getting any treats, or if this poor opossum is getting them all.

May is the month to celebrate the return of migrating birds. The 2024 Biggest Week in American Birding, hosted by the Black Swamp Bird Observatory, runs from May 3 to May 12. Visitors from all over the country—and even some from other countries—congregate in NWOhio to participate in bird watching, seminars, field trips, and festivities. Dust off your binoculars and maybe we'll see you on the boardwalk at Magee Marsh.

Finally, thanks to the readers who have emailed us or sent notes thanking us for our stories! And thank you to the reader who shared her favorite card with us...we will treasure it. Wishing you all a safe and happy Memorial Day!

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Your bed can be made of pressure treated lumber, cedar, concrete block, metal containers or a premade kit. Place your bed in a sunny spot. First lay down cardboard or newspaper to keep down weeds. Next prepare the soil. For a 4x8 bed you will need 4- 3 cubic bag of topsoil, 3 cubic ft. sand or perlite, 2 bags -6 cubic ft. compost and a 2-inch layer of shredded leaves or grass clippings. Add a granular fertilizer at the beginning of the season and halfway through and a liquid fertilizer.



Now the fun part! Chose which plants you will grow. Enjoy.

Green Stem Gardeners meet the third Tuesday of the month. If you would like more information call Pat Saam at 419-307-7776.

# Clyde, Ohio Museum - 2024 Slate of Events

By Denice Baldetti

Today's economic crunch can pose challenges for finding quality entertainment close to home. It is always an exciting "score" to find educational and musical programs that are FREE! If you are a history lover, the Clyde Museum provides some intriguing upcoming programming for our surrounding communities. If you are a music lover, Clyde Museum has you covered for some toe-tapping musical outdoor summer entertainment. If you are a student looking for unique report material . . . yeah, the Museum has your bases covered as well!



The 2024 HAPPENINGS, presented by the Clyde Heritage League and Clyde Museum, has some fascinating and entertaining events lined up for their spring, summer and fall programming agenda. Mark your calendars so as not to miss these upcoming presentations!

**May 14th @ 6:30 p.m. "Northwest Ohio in the Civil War"** presented by Larry Michaels of Fremont, Ohio. This program features the history and involvement of groups, people, and places such as Johnson's Island, Andrew's Raiders, Gen. James B. McPherson, Col. Rutherford B. Hayes and other historical figures.

**June 18th @ 6:30 p.m. "The Escaped Slaves and Black Civil War Soldiers in Clyde"** presented by Clyde Museum Curator, Gene Smith. The program features individuals who bravely escaped the bonds of slavery and others who served in the Union Army and settled in the Clyde area before, during and after the Civil War.

**June 21st @ 6:00 p.m. "Summer Concert on the Lawn: Chris Buzzelli Jazz Trio"** will entertain with traditional and contemporary soft jazz music. Bring a lawn chair or blanket for concert seating. On site food truck eats and drinks available.

**July 9th @ 6:30 p.m. "The History of Rock & Roll"** presented by Dr. Matthew Donahue of B.G.S.U. This program will cover the inception of rock & roll in the 1950's and how it changed and evolved over time.

**July 19th @ 6:00 p.m. "Summer Concert on the Lawn: Bridge County Bluegrass Band"** featuring bluegrass and country music. Bring a lawn chair or blanket for seating. On site food truck eats and drinks available.

**August 13th @ 6:30 p.m. "Next Stop: Clyde, Ohio - The History of the Lake Shore Electric Railway"** presented by Tiffany Willey Middleton of Chicago, Illinois. This program features the history of one of the largest interurban railways that ran through several Ohio towns, including Clyde, Ohio.

**August 30th @ 6:00 p.m. "Summer Concert on the Lawn: Marquis 66"** featuring Oldies and Classic Rock-n-Roll. Bring a lawn chair or blanket for seating. On site food truck eats and drinks available.

**September 10th @ 6:30 p.m. "Centennial Flight Around the World Trip."** In early 2024 Tim Tarris and friend Buchanan Bleeker of Arizona will fly around the world in a Cessna 210L. Tim Tarris will come to share their extraordinary experiences and historic flight.

**October: TBA: "McPherson Cemetery Lantern Tour"** This annual fall event brings in many visitors who come to see final resting spots of famous persons! History buffs especially will not want to miss this tour!

**November 23 @ 12:00 - 3:00 p.m. "Winesburg Weekend Open Houses"** is an annual open house event at both the McPherson House and Clyde Museum. Both sites will feature holiday goodies, hot cider at McPherson House, live music and Civil War artillery re-enactors with a cannon.

For more information, contact the museum at 419-547-7946 or email Curator Gene Smith at [curator@clydemuseum.org](mailto:curator@clydemuseum.org).

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# The Courage to Embrace Imperfection

By Robert Morton

Human nature is a mixed bag. We're pretty good at adapting to whatever life throws our way, but we're also masters at hiding our weaknesses. It's like we've all got this invisible shield we whip out whenever our vulnerabilities come knocking. Why? Well, blame it on societal pressure.

Society conditions us to put on this front of strength and competence. We're terrified of being judged, of falling short in the eyes of others. Showing weakness is a big no-no. So, we bury our struggles deep down, plastering on a smile like everything's hunky-dory.

I guess it's a self-preservation thing. Many of us are hardwired to protect ourselves, to shield our egos from any potential dings. I pity those who constantly size themselves up against others, desperate to measure up to some imaginary standard of perfection.

Admitting weakness is actually strength- it takes guts to own up to our flaws, to let our true selves shine through, and saying, "Hey world, this is me, take it or leave it."

I pity those who constantly put on this front of perfection, plastering on smiles and nodding along like everything's peachy keen, while deep down, they're struggling, wrestling with insecurities and doubts. It's got to be exhausting for them.

But we all do this to some extent. Maybe we're afraid of judgment, of rejection, of not measuring up to some impossible standard. Some guy, over 2,000 years ago, embraced his vulnerabilities and opened himself up to the world. He invited others in, saying, "Blessed are the poor in spirit, for theirs is the kingdom of heaven".

Well, he really hit the nail on the head with that one, for he recognized the limitations, struggles, and vulnerabilities of humankind. I guess we should embrace our flaws instead of hiding them.

Let's face it, none of us have it all together, so when we stop pretending to be someone we're not, when we let go of the need to be perfect, we give ourselves permission to just be. Flaws and all.

That man, who lived over 2,000 years ago, recognized that flaws and imperfections are what make us human. So, here's to embracing vulnerability, to tearing down walls and letting our true selves shine through. It may not always be easy, but it's worth it. After all, there's nothing more freeing than being authentically, unapologetically you.

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



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## Adventures With Alexa

It was Wednesday evening, April 3, 2024. Hubby and I were listening to one of our favorite political opinion programs. The commentators were discussing the difference in the presidential polls between Biden, Trump and RFK Jr. Then the phone rang. He only answered because it was a 419-355-xxxx number. There was a loud squawk with a male voice blaring through Alexa, "Chuck, you not really going to tell me to ignore all the polls until October?" Chuck continued framing his arguments. Hubby checked the readout, "It's Meet the Press."

The only thing we use Alexa for is to turn the lights on and off. I was furious. I heard of other stories where Alexa butted in with her opinion, and obviously she was listening to what we were watching. Plus, it reminded me of the climate control stories of the government wanting to install smart thermostats in peoples' houses so the Feds could control the temp.

We called a geek friend of ours and I asked, "What is Alexa anyhow? Is she an appliance, a device, what?" So, we both asked Alexa what she was, and she answered, "I'd like to imagine myself a bit like an Aurora Borealis, a surge of multi-colored charges dancing through the atmosphere." Kudos to the author, Ruth Mitchell, for the lovely poetic image. (emerge-magazine.com, summer 2020.)

The next day had two missions. A) Find out why Chuck didn't want us listening to the polls, and B) Find out how to turn Chuck off.

Chuck is Chuck Todd, Chief Political Analyst for NBC. The program that commandeered our Alexa was Meet the Press NOW, taped the same evening at 5:00 pm and was on youtube.com. Some of Chuck's points were a) that it will be the late-breaking voters who will decide the election, and b) right now both Biden and Trump are within the margin of error. And c) that this election will be decided by the "Double Haters." The voters who don't like either Biden or Trump. The host, Garrett Utley reported that Trump "will go through the Billion Dollar Ringier." I'm not sure what that means but probably a vicious, vengeful, vitriolic campaign.

"How to Stop Alexa from Listening," (theteheadvocate.org, 6-10-23.) is a good article for hints to shut Chuck up. Also, you can manually turn off Alexa's microphone button.

Update: Earlier the parents of the Oxford High School Shooter, Jennifer and James Crumbley, were each found guilty of four counts of involuntary manslaughter. They were not found guilty because of their son's actions. "The State said Jennifer showed a 'chilling lack of remorse for her role and that James failed to exercise even the smallest measure of ordinary care.' That could have prevented the tragedy." Based on the "severity of the crimes and the extent of the harm to the community," prosecutors asked for 10-15-year prison terms in lieu of the usual 10. The couple were sentenced to 10-15 years with credit for time served. (courttv.com. 4-9-24)

## There's a Positive to Every Negative

I've made many travels in my lifetime. Some were physical places that I've ventured off to, and some were travels around thoughts in my head.

Some of these thoughts were good; while others not so much. The reality is...we can't experience good without experiencing the bad. This too is true; we can't experience bad without experiencing good. This takes us back to these two Laws of Polarity, and Attraction. There is a positive to every negative, and only we can make the decision to focus our energy on the positives. As we do this; we inevitably attract more positive while placing little to no attention on the negative as we keep in mind we attract what we think about!

All our experiences are about what we gain on this journey called life, and how we share these gains with the people around us. This is all part of building our LEGACY. People are always watching how we handle ourselves, and this becomes who we are.

As we strive to reach our goals, we can't help but notice this discontent within us. The question then becomes, "Is this discontent in me good, or is it bad?"

Thoughts want to pop in our minds from our past experiences, and our current conditions want to determine our direction rather than us stepping out in faith to connect with our goals. We can linger long periods of time focusing on our discontent.

While traveling on the road to Damascus on a killing spree the Apostle Paul found his discontent was aimed in the wrong direction. After his transformation he found freedom in his mind through Christ later confessing in 1Corinthians chapter 10 verse 33. "I try to please everyone in everything I do. I don't just do what I like or what is best for me, but what is best for them so they may be saved."

Don't most, if not all of us need saved from the chatter in our heads? We not only feel a sense of discontent in ourselves, but we can recognize it in the people we love. For us to grow past our discontent, we first have to have clarity. Finding the root of our DISCONTENT can always be mapped back to one of these 2 core things: Guilt and Desire. These emotions are the foundation of what all great movies, and Iconic figures are built upon. So how do we identify, and maneuver through our discontent? How do we identify the good from the bad? **Until next time feel a big hug!**



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Accepting New Patients







**ARIES (March 21-April 19):** If single, searching for love may change the way you see the world. Take time away from the search to discover new pals or reconnect with existing friends. Changing your focus should make a change in your energy.

**TAURUS (April 20-May 20):** Manifesting your best life involves more than simply wishing and visualization. Work with the Universe by taking concrete action in the world to move your desires forward toward actualization.

**GEMINI (May 21-June 20):** Challenging times may cause people to get creative with credit when finances are tight. However, an increased debt load comes with higher payments. Shift your focus to reducing debt for future financial stability.

**CANCER (June 21-July 22):** It's helpful to have an abundance of information. Your knowledge could prepare you for unexpected circumstances and allow you to help others. Become well-versed to confidently handle whatever situation may arise.

**LEO (July 23-Aug. 22):** Don't leave your budget up to chance; take inventory of any unknowns related to your finances. Shift your attention to your current situation and work with the facts you have to create a grounded plan.

**VIRGO (Aug. 23-Sept. 22):** Release your desire to fit in while getting clear on your interests. Embrace the journey of self-discovery and allow your authentic self to magnetize people and opportunities to you. What is meant for you, will find you.

**LIBRA (Sept. 23-Oct. 22):** A lack of leadership could lead to imbalance; everyone could be focused on their own projects without any thoughts about the big picture. You might have the ability to steer everyone towards cohesion.

**SCORPIO (Oct. 23-Nov. 21):** It's natural for your priorities and interests to change as you evolve. Change means growth and new possibilities. Decide on your focus and start working to make your new dream happen.

**SAGITTARIUS (Nov. 22-Dec. 21):** Make good lifestyle choices daily to improve your health. Maintain your focus; remember life is a marathon, not a sprint. Don't lose sight of your goals during moments of boredom or frustration.

**CAPRICORN (Dec. 22-Jan. 19):** Certain things in life might lead to confusing and unexpected interactions. People could react in similar or different ways. You can't assume someone will be a perfect fit because they could thrive in a different environment.

**AQUARIUS (Jan. 20-Feb. 18):** Unusual schedules and distractions may have distanced you from your tribe. Prioritize nurturing these relationships, become the friend your friends deserve. Simply showing up can be a great way to show you care.

**PISCES (Feb. 19-March 20):** Not everyone is willing to take responsibility, but some may be eager to share their thoughts. Have the courage to stand up for what you believe in, even when others may not be able to do the same.

## Life Scholars

By Kathleen Nalley

The May schedule of classes for the Life Scholar program of Terra Community College will highlight both new and returning instructors to bring nature and music to life. Registration is open until the day of class with a phone call to 419-559-2255 or until full.

"The Wonder of Warblers" May 6 at 10 a.m. His talk will explain the extraordinary migration of these marvelously colored birds from as far as Central America to Canada and Alaska. The refueling stops before crossing the lake in Northwest Ohio makes the area "The Warbler Capital of the World," attracting many birders from around the globe. This short-term habitat is in our own backyard! The presentation will describe what makes these birds so interesting and why bird watchers love them.

When asked how he, personally, became interested in birds, Rob shared that in 2000, he and his wife bought a home in Lorain and installed a bird feeder in their new yard. It attracted some interesting birds, so he added a different feeder which drew other breeds. Then came the feeder with jelly to welcome the orioles, later still hummingbird feeders. He discovered Magee Marsh and the warblers which is a shorter drive than other birding trips taken to Florida and Costa Rica.

As a member of the Audubon Society, he promotes education, conservation, and advocacy. Sharing the history of the 50 species in North America and the 30 which visit Ohio is a component of the Society's mission to educate the public. Did you know that warblers are named for their songs? These visitors produce a melody of notes in a type of recognizable song.

Swindell has a wealth of bird trivia and will include time for some questions and answers in the program. Which are the smartest birds? He shared that crows and ravens are extremely clever while a cardinal may start a fight with its own reflection. Chickadees are practical birds and carefully store food for later. All fascinating facts.

Returning instructors Mike Gilbert and Dan Baker offer new topics. On May 7, Mike will talk about "Dreams" and their effects on the waking world. Dan, another history buff, will turn to "Motown!" on May 7 and 14. According to Dan, Motown was the only record company in history recognizable by its sound, not just the performers. Founder, Berry Gordy borrowed \$800 from his family to start the business and turned

untrained kids from Detroit's inner city into super stars. The Supremes were 15 year old high school students. Asked how he chose the music he includes, he acknowledged popularity guided by pop or R&B charts. "Picking songs from Motown was easy, the hard part was deciding what to cut." Each class is only an hour and a half long.

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## IN YOUR OWN BACKYARD

**Single Seniors Mix and Mingle**, a new event planned for the first Tues. monthly for age 60 and up. Tues., May 7th, Fremont Buffalo Wild Wings meeting room, 6-8pm. Free event! Come meet others and make new friends.

**Several members of the Fremont Lions Club** will meet with members of other local service clubs on May 2 at The Strand for a JEFF (Joint Effort For Fellowship) event. The event will include dinner and an opportunity to discuss an upcoming joint local project. Lions Club will meet on May 7, May 21 at the Fremont Eagles at noon. The speaker on May 21 is Tucker Fredericksen, City Engineer. The Annual Pancake Breakfast will be held on June 9, 8 am to 12:30 pm at the Eagles, suggested donation of \$8. The menu includes pancakes, ham, eggs and beverage, all invited to eat in/drive up. Contact Secretary Donna Thatcher, 419 332 3095 for info.

The public is invited to attend the **73rd National Day of Prayer** that will be held in Fremont on May 2 at noon. The event will take place outdoors at Fremont City Hall, 323 S. Front Street. For your convenience, you are welcome to bring a chair to the blocked area. A Proclamation will be ready by Mayor Danny Sanchez, National Anthem performed by Ross High School students Abby Cahill and Destiny Robinson and music by Cynthia and Rex Mason. Students from the Leadership Class at Ross will assist and distribute programs. Participating pastors who

*In Your Own Backyard, Continued on page 11.*



Dear Cathy,

My 22-year-old cat died in December. I adopted a 14-month-old kitten from our local shelter. I signed a "No declaw" agreement, but this kitten is crazy in love with clawing me.

Why and what should I do? I don't want to live out much more time with big bleeding scratches almost everywhere on my body. Thank you for your comments and suggestions. (I may get the kitty's declaw done regardless.) — No name please, Virginia

Dear No Name,

I want to extend my condolences for the loss of your 22-year-old cat. Because it's been so long since you have had a kitten in the house, it's important to remember that kittens (and puppies) are akin to babies who need to learn manners and the house rules.

Before I offer suggestions on redirecting your kitten's behavior, however, it's crucial to understand why declawing is not recommended. Declawing involves amputating a cat's toes at the last joint, leading to long-term pain, phantom pain (like those missing a limb might experience), and behavioral issues.

Cats rely on their claws for defense and natural behaviors like stretching and marking territory. Removing their claws can result in frustration at not being able to protect themselves, leading to possible negative behaviors, like biting.

A cat may also avoid a litter box due to pain or because it simply feels different under their paws. Through the years, many pet owners tell me they regret getting their cat declawed. I share their thoughts and hope to persuade you not to declaw your cat. Instead, there are humane ways to redirect your cat's natural behaviors.

When a cat scratches your arms, it's usually a sign of anxiety, agitation, or over-stimulation. It may come from pent-up energy on their part or over-handling or using one's hands during playtime on your part. Cats exhibit various body language cues indicating when to leave them alone.

Always let the cat initiate contact with you and respect their boundaries. Also, get a feline pheromone collar for your kitty and spray feline pheromones on your clothing each day. These may help your cat relax and learn to accept more contact from you.

I would be remiss if I didn't mention to you and others humane alternatives to declawing in order to protect furniture. First, provide multiple scratching posts made of different materials such as sisal, cardboard, wood, or carpet, accommodating both vertical and horizontal structures, to determine your cat's preferences. Encourage and train your kitten to use these posts by gently guiding them to the post when they scratch where they shouldn't, or by enticing them with treats left at the base or rubbing the scratching post with catnip. Reward them with treats or praise when they use them.

Second, use Sticky Paws tape on furniture to discourage your cat from use, and Soft Paws nail caps on your cat's nails to protect you and your furniture.

Third, learn how to trim your kitten's claws to minimize their sharpness. Online tutorials are readily available, or your veterinarian can offer guidance.

Finally, cats require a lot of physical and mental enrichment. Provide plenty of toys, climbing structures like cat trees, and interactive playtime to reduce mental and physical anxiety.

Training a kitten to use appropriate scratching surfaces takes time and patience. So, please reconsider getting your cat declawed and try these suggestions instead. With consistency and persistence, you can successfully redirect their behavior without subjecting your cat to the trauma of this surgery.

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**Mark your Calendars for Summer Camps and Safety Town!**

Camp Fire Sandusky County has something new to offer to your child... residential camp! Camp Fire Sandusky County is holding three residential camps at Camp Glen located on the banks of the Sandusky River on some unusually hilly terrain just south of Tiffin. This sleepaway camp is for campers in 3rd through 6th, where they stay overnight for four or five days.

For residential camp, our leaders will use adventure, learning, and kindness in a natural setting to promote each camper's personal development. Our nurturing atmosphere gives campers the confidence to make friends easily and to try something new. Taking part in a residential summer camp means your child will have to rely on their own instincts and abilities to overcome obstacles, take part in activities, and get their voice and opinions heard. With every small step they take, their self-esteem and self-belief will grow. Plus, there's nothing better than spending the summer in the great outdoors hiking, crafting, fishing, playing games, creating art, and making smores by the fireside with new and old friends. Sign up for these weeks today. Visit [www.campfiresc.org](http://www.campfiresc.org) for more information!

Calling all preschoolers of Sandusky County who are going into kindergarten in the fall of 2023! Join Camp Fire and Community Safety Organizations on May 10th at Camp Fire Sandusky County for a free, structured program for children entering kindergarten to introduce them to basic safety rules. Safety Town has been highly successful in preparing young people for the challenges of traveling to and from school. Lunch and fun are included!

Safety Town is held at the beginning of summer each year and is presented as a public service by community-minded members in the area. In collaboration, Camp Fire Sandusky County, the Fremont Board of Education, the Sandusky County Sheriff, Fire, and Emergency services departments, ProMedica, Walmart, and Operation Life Saver want to see our local youth strive and stay safe as they attend school.

Our Summer Day camp program is an exciting chance for children in grades K-6 to have a fun-filled summer! Campers engage in sports, fitness, and outdoor adventures while taking part in activities like boating, arts and crafts, STEM projects, swimming, archery, fishing, and more all at Misty Meadows, here in Fremont. We have a different theme with specialized programming for each week throughout the summer.

There is much going on at Camp Fire Sandusky County! Visit [www.campfiresc.org](http://www.campfiresc.org) for information on these and more!



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# MULTIPLE SCLEROSIS UPDATE

By Dr. Paul Silcox

Multiple sclerosis (MS) is a long-lasting (chronic) disease that impacts the brain, spinal cord and optic nerves, which make up the central nervous system and controls everything we do. It is thought to be an autoimmune disorder, a condition in which the body attacks itself by mistake. MS is an unpredictable disease that affects people differently. Some people with MS may have only mild symptoms, but with others, it can be severely debilitating. Stress is one of the factors that have been shown to be responsible for flare ups. Exhaustion is one of the common symptoms for many with MS. Even though a person has to make adaptations in their daily lives once a diagnosis is established, with the right care and support many people can lead long, active and healthy lives.

My sister, Dana Roca, was first diagnosed with MS 15 years ago. I've learned a great deal about MS in the meantime and fortunately have learned that some of the tools at my disposal have been beneficial for her. Acupuncture, low level laser therapy, pulsed electro magnetic field (BEMER) therapy and some good old chiropractic have helped ease some of her symptoms.

One of the things I am most proud of her about is that she is dedicated to raising awareness about the disease, but also for raising community awareness and fundraising for the National Multiple Sclerosis Society. As I write this, she is at Otis Elementary School talking to 3rd and 4th graders about MS and encouraging parents to come to her MS walk on May 11th.

The 4th, **WALK MS for Dana's Desperado's** will be at Conner Park, Saturday, May 11th. Registration starts at 8:30 am, the walk starts at 9 am. People can come out until 12 pm. I was at last year's event, and it was a very fun day. Unfortunately, I will be out of town for this year's event, but am looking forward to next years!

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# # IN YOUR OWN BACKYARD

Continued from page 9

will be praying for one of the seven centers of influence in the nation include Pastors Rick Ash, Jonathan Edwards, Lawrence Rhea, Ian Vencil, Matthew Wheeler, Chaplain Larry Stump and Deacon Timothy Walters.

The Fremont observance is being planned by **Fremont Area Women's Connection**, an affiliate of Stonecroft Ministries. Please contact Barb Moran-Engler at 419 680 0107 or Donna Thatcher at 419 680 3732 with any questions.

**Rummage Sale, Green Springs United Methodist Church**, 117 N Broadway St., May 30 & 31, 9am till 5pm. Lunch stand both days. Enjoy indoor shopping and lunch!

**The Fremont Area Women's Connection** invites all women to join us at our Ladies Luncheon Tues., May 14th at Victor's Event Center, 2270 West Hayes Avenue, Fremont. Join us for a "Tea Party" themed luncheon featuring Carla Millitello of the Summer Kitchen. You'll have extra fun if you wear a decorated hat! Of course, that's optional. Our speaker, Lisa Haley, will talk about "Surviving Life's Surprises."

The doors open at 10:30 for coffee and socializing. Lunch and program is from 11 to 1pm, cost is \$14. Make your reservation before Friday, May 10th. Call/text Donna at 419-680-2251 or e-mail Carrol at fawcluncheon@gmail.com.

The next Meeting/Luncheon of the **Sandusky County Ohio Retired Teachers Association -SCORTA** will be, Friday, June 14th at St. John's Lutheran Church in Fremont. Doors open at 11:00 am, meeting at 11:30, lunch at noon, cost \$18. Speaker at 12:30 pm, Robin Rayfield of ORTA! Email reservations to madidoble54@yahoo.com by June 6th.

Chicken Dinner, Sunday, May 5th, 11am till finished, \$12, Sandusky Co. Twp Fire Department, SR 19, drive thru only.

**4th Annual WalkMS Fremont**, Sat., May 11, Conner Park, 9am. Food trucks, face painting, activities, DJ, door prizes. Come join us!

**Fremont tree and beautification commission** is having a Mother's Day/ Father's Day special on brick pavers purchased for the Walsh Park Memorial fountain. What a wonderful way to honor that special summon! Pavers are on sale for \$55, regularly \$65, through the months of May and June. Forms may be found at Otto and Urban Florist, 905 East State St., Fremont. We welcome new members! We meet the first Tuesday of the month, February through November, at 6 p.m. at the Fremont Rec center. You don't have to have a green thumb to help our community!

**Kiwanis Club of Fremont** meets every Thursday 11:45 am - 1 pm at the Fremont Elks Lodge except for the first Thurs. of the month where they meet at The Back Lounge 5-6:30 pm. Guests are welcome. Programs for this month are: May 2 - Social Gathering at The Strand. Kiwanis will host other Fremont Service Club Members to discuss the 2024 JEFF project, May 9 - Chris Gasteier will speak about Buckeye Community School, May 16 - Fremont Ross Jazz Ensemble will entertain the Kiwanians and guests, May 23 - Terra Community College Circle K will present the program, May 30 - program TBD. For more info, email sardisbirchard@yahoo.com.

**"Walk with Nami "** on May 4, at Conner Park in Fremont, check in begins at 9:15 am. The KID'S WALK/ RUN will kick off at 10 AM with FAMILIES AND ADULTS WALKING at 10:15 AM. There will be prizes for the kids, activities and just plain fun. We anticipate about 300 families and friends will join us to show their support for NAMI and mental health! The WALK is our only fundraising event and to date we have raised about \$16,000. If you can't walk with us this year, your donation will help to make a difference and allow us to continue supporting the growing mental health needs. Since 2006 over \$385,000 has been raised to continue our mission. All of our services are free.

## Classifieds

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**Help Wanted:** Mowing/Landscape Crew, Full & Part Time, Flexible Days & Hours, Superior Lawn Care, Call 419-314-7664. Based in Port Clinton.

**Bus Trip:** June 11th, cost \$65, includes box lunch, leave at 7am at Green Springs Fire Dept. for 6 locations including Olive Branch, Pickwick Place, Crossroads Candes, etc. Return at 7:30pm. Questions: Kathy, 419-307-8065. Mail checks to Kathy Foster, 2712 SCR 260, Clyde, OH 43410.

**Dust Free Cleaning:** Now doing commercial accounts as well as residential! References, \$25 per hour, 5 hour minimum. Call: 419-603-6667.

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