

2000 Lifestyles

FREE
Vol. 21 Issue 11
NOVEMBER 2020



Lifestyles2000.net

Could You Be Diabetic?

HERE ARE THE FACTS

TYPES OF DIABETES

- 1 TYPE 1** • Often occurs in teens or early adulthood. 10% of people with diabetes have Type 1.
- 2 TYPE 2** • Risk of Type 2 is increased in overweight, inactive and older people. 90% of people with diabetes have Type 2.
- 3 GESTATIONAL** • Occurs during pregnancy.

PREDIABETES—
when **BLOOD SUGAR** is higher
than normal but not yet Type 2.

1.5 MILLION
new cases of Diabetes are
diagnosed **EACH YEAR.**

The American Diabetes
Association estimates that the
total national cost of diagnosed
diabetes in the U.S. is
\$245 BILLION

34.2 MILLION
people in the US have Diabetes.
7.3 MILLION
don't know it.

NEED A PROVIDER? NEW PATIENTS ARE WELCOME!

*For more information or to schedule an appointment,
please call (419) 334-3869.*

KNOW THE SYMPTOMS

- Urinating often.
- Feeling very thirsty.
- Feeling very hungry – even though you are eating.
- Extreme fatigue.
- Blurry vision.
- Cuts/bruises that are slow to heal.
- Weight loss – even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

TALK TO YOUR MEDICAL PROVIDER

It's a good idea to get a physical every year. Even if you're not having symptoms yet, you could be at risk for diabetes. Over half of Americans are at high risk of this disease.

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Lifestyles 2000

October 2020
Vol. 21 • Issue 10
www.lifestyles2000.net

Celebrating
21
YEARS



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Available locations: Fremont- Cookie Lady, Grund's, Root's Poultry, Kroger's, Subway, Hasselbach Meats, Bark Creek Pantry; Walgreen's, 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

Front Cover: Sandusky County Veterans Memorial Park.

Camp Fire News



Camp Fire

Light the fire within

A United Way Member Agency

Thanks, WoHeLo, Gratitude, Love, Appreciation, Grateful all words spoken by the youth attending Camp Fire programs, thanks to the generous support of alumni, Board Members, businesses, grantors, youth, and their families! This year more than ever we say WoHeLo and Thank you for helping keep our programs running through this pandemic; bringing quality social-emotional in-person programming to youth in this time of disconnect!

This November we would like you to remember your past connection with Camp Fire or any other youth-related group and give thanks. Camp Fire is asking you to send a card, write a note, send a message on social media, join the Alumni Group Page, send a picture, share memories, and reconnect. Bring a smile to youth service organizations who have been working so hard through this pandemic to keep the dreams and hope alive for these young people in our community! Letting us know how much we Rock, by filling our socks with the kind words to keep us running forward!

Keep an eye out for our Camp Fire Rocks Giving Tuesday drive on December 3rd! Camp Fire will be hiding Rocks throughout the County for you and your family to find! More information to come!

Have a safe and wonderful Thanksgiving holiday! We are Thankful for YOU! WoHeLo!

For more information please follow us on Facebook at [Facebook.com/campfiresc](https://www.facebook.com/campfiresc), visit our website at www.campfiresc.org, call the office: 419-332-8641, or stop out to the Camp Fire office at 2100 Baker Rd to see what is going on!

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Lifestyles 2000

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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."

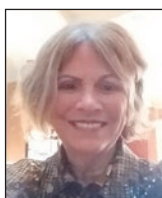
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Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

Happy Veteran's Day and Happy Thanksgiving to our readers! So happy you picked up the November issue.



Last month we added a new advertiser, Lilie Beans, formerly Variety of Shades. We want to thank them for joining our family of local advertisers. As always, we appreciate our advertisers that make Lifestyles possible each month and we appreciate you for giving them your support.

Enjoy your November holidays and be safe.

God bless you and yours,

Joanne & Pete

Find Pete



Find Pete Winners:

There were 120 correct answers in October, the ad was Lilie Beans. Thanks for playing!

Our winners are: Barb Swedersky, Jeff Covert, Jerry Lagrou, Pat Williamson, Ada Williams, Elaine Franks, Sue Homler, Jim Bennison, Judy Rapp, Deb Shearn, Caedon Abalos, Fremont; Shirley Swaisgood, Helena; Tom Beckman, Timber Volk, Bellevue; Deb Baker, Burgoon; Stephanie Caraway, Terri Chagnon, Therese Farster, Matthew Wasserman, Clyde; Sharon Miller, Bettsville.

Find Pete Prizes:

Prizes are from: Lilie Beans, Otto & Urban Florist, Pottery Perfection; A's Family Restaurant; Share & Care Fremont; Old Fort Market, The Calico Cat, Clyde. If you wish a specific prize, please include in your entry.

Find Pete Contest Rules:

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

Life Scholar

By Kathleen Nalley

Disasters, assassination, and mysteries dominate the history offerings at Terra Community College's Life Scholar Program this November and December. Taught by instructors passionate about their subject matter, the samplings are plentiful, and most are available virtually, allowing students to attend in the comfort of their homes.

Unsolved Mysteries will highlight the Lost Franklin Expedition, the Dyatlov Pass Incident and Where are the Sodder Children? All are mysteries of loss at sea, on mountains and by fire with both fascinating and controversial theories taught by Dan Baker.

Hayes Presidential Library & Museums Photograph Curator Gilbert Gonzalez will offer two sessions which will explore 39 years of his work with historical photographs and provide a window into the lives of people who lived during America's centennial and thereafter, many used to create exhibits, digital media and publication art. He will generously share some of his own behind the scenes experiences and challenges.

Mike Gilbert will offer a Veteran's Presentation honoring veterans who have served in times of peace and war on November 10th. There will be no cost to veterans who would like to attend. He will follow this program in December with the Lincoln Assassination. Mike has discovered a local connection to the assassination with Rutherford B. Hayes and a local dentist. His lecture will introduce the myriad of personalities behind the murder as well as a new look at the event based on his ongoing study of this impactful historical event.

John Gibson will introduce Greatest Disasters in American History, a series running from Nov. 16 to Dec. 7. The diverse disasters selected were those events "with the most lasting impact on our country." He will share how understanding of the 1918 Pandemic with record deaths might offer insight with our present crisis. The Great Mississippi River Flood and the Dust Bowl changed the country's demographics as huge numbers of people were forced to migrate. He will include the Missouri Earthquake, the Galveston Hurricane, the San Francisco Earthquake, the Alaska Earthquake and Hurricane Katrina.

John's passion for the subject is tied to personal experience during the Blizzard of 1978. His wife had just delivered their son who was a day old at the hospital when the storm struck and his 3 yr. old toddler was stranded with grandparents in a rural home without electricity for days. The underestimated impact of this powerful weather event created, for him, an avid interest in disaster preparedness. Lessons learned will be shared.



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Out to Lunch

By Lynn Urban

One of my favorite restaurants was the Garden Restaurant in Port Clinton, dining in an older home lends to a more cozy dining experience. The feeling is very similar at The Buckeye Restaurant in Clyde at 203 West Buckeye Street. It's a beautiful turn of the century victorian house that has taken over two years to be renovated into a lovely restaurant full of antiques, fireplaces and history. Every part of this graceful home has been restored or replaced right down to the bones, including a brand new kitchen and six bathrooms. Rooms upstairs are for extra dining if needed.

The coffee shop opens Tuesday through Saturday from 6-10 a.m. The restaurant's hours are Tuesday through Saturday 7 a.m. until 8 p.m, and brunch on Sunday from 10 a.m. until 2 p.m. They are closed on Monday.



I enjoyed their savory Sunday brunch, which was served out by the servers, at a buffet, consisting of fresh baked muffins, homemade cinnamon rolls, quiche, bacon, ham, eggs, french toast, potato casserole, sausage gravy, and fresh fruit. All you can eat for \$12.00 and \$5.00 for children. Most of these items are also on the daily breakfast menu.

On another visit I picked up a Bobbys Chicken Salad. It was a large green salad with a grilled chicken breast, and loaded with apples, strawberries, pineapple, walnuts, and feta, all for \$8.00. It was very good and fresh.

Dinner menu specials change daily and start at \$10.00, along with the steak, pork chops and salmon that's on the menu everyday.

An ice cream shop is also on the premises, in case you would like to stop in just for ice cream.

A lot of blood sweat and tears has gone into this beautiful home, and the owners are very proud of their accomplishments. It's someplace everyone should try for a good homecooked meal and to see how this beautiful home has been transformed into a lovely restaurant.

Jill on Money

By Jill Schlesinger

What do the October surprise and the September jobs report mean for recovery?

As the shocking news emerged that the president and first lady tested positive for the coronavirus, some investors may have wondered if this was the "October Surprise" they feared. Presuming that the President recovers, investors are also absorbing the last employment report before the election. The September jobs report showed that the pace of economic progress is slowing down. The economy added a lower than expected 661,000 new positions, the smallest rise since the job recovery began and a significant deceleration from the spring bounce back. (Note: recent announcements of layoffs from large airlines, Disney, publisher Houghton Mifflin, insurer Allstate, and designer Ralph Lauren, were not included in the September report.)

The U.S. now has 10.7 million fewer workers employed than it did in February. To put that into perspective, for the five years starting in 2015 through 2019, the economy added a total of just over 11.6 million jobs, so the pandemic has wiped out almost five years of job gains. At the current pace, it would take another 16 months for the U.S. to regain the pandemic jobs lost.

The unemployment rate fell from 8.4% to 7.9%, but partially for the wrong reason--the number of people who are in the work force (the "participation rate") dropped to 61.4%, two percent lower than it was before the pandemic. Front and center of those opting out, are women, especially those with school-age children.

The September jobs report syncs up with findings from "Women in the Workplace 2020", an annual analysis conducted by McKinsey & Company and Lean In, which surveyed more than 40,000 people across 317 companies from June to August of 2020. McKinsey found that "more than one in four women are contemplating what many would have considered unthinkable just six months ago: downshifting their careers or leaving the workforce completely." This was the first time in the six years of the survey that women appear to be leaving the workforce at higher rates than men, with as many as two million women considering leaving the labor market. If the trend were to hold, this would be bad news for the closing of the gender wage and promotion gap.

The September jobs report also highlighted the racial employment gap. Diane Swonk, Chief Economist at Grant Thornton wrote, "The unemployment rate for Black workers held at 12.1% in September, nearly double the unemployment rate for white workers. White workers are being hired back much more rapidly than Black workers, which is exacerbating inequality." The unemployment remains stubbornly high for Hispanic Americans too - 10.3%. Like the gender gap, the pandemic is exacerbating the racial gap.

According to the Federal Reserve's Survey of Consumer Finance for 2019, inflation-adjusted net worth (the difference between families' gross assets and their liabilities) rose 18% between 2016 and 2019 to \$121,700. Over the time period, Black non-Hispanic and Hispanic families saw big gains, but even with the progress, "the typical White non-Hispanic family still had more than double the amount of wealth than the typical family in any other racial or ethnic group in 2019." Under the hood of the Fed's report, the details are sobering:

-- White non-Hispanic family wealth: \$188,200

-- Hispanic or Latino family wealth: \$36,200

-- Black non-Hispanic family wealth: \$24,100

Where does this leave us? The economy is recovering, but the pace is slowing. The pandemic continues to wreak havoc on household finances, especially for low-wage workers, people of color and women. The September jobs report shows that economists and Fed officials are rightly concerned that there needs to be additional stimulus to protect at-risk Americans and to propel the seemingly stalling recovery.

(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)



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Sandusky County Veterans Memorial Park



In the summer of 2019, Lee Swartz went to the Sandusky County Commissioners with the idea to enhance the Veteran's Park across from the Sandusky County Court House. He also asked that the park be officially renamed Sandusky County Veteran's Memorial Park.

Mr. Swartz envisioned an arched entranceway to the main walkway into the park on Park Avenue, along with a granite monument to grace the park. Both requests were approved.

As was done in 2005, a few members of the original Veteran's Memorial Committee would solicit funds from local businesses and residents. No county dollars were requested for the project.

During the project two trees had to be removed due to the uplifting of the sidewalk, and two historical markers were replaced at more strategic locations in the park.

The archway is now finished and the beautiful granite stone honoring our veterans is set in place, as seen on our cover. Make plans to visit this beautiful monument, it is awe inspiring.

In November of 2019 our local VFW Post 2947, along with the local veteran's office, erected and dedicated a beautiful plaque depicting the thirty service men from our county killed in action during the war in Vietnam.

On November 11th the park will be officially dedicated with a thirty minute program ending with an F-16 flyover. The flyover has been approved but a plane must be available. Bring your chairs at 11 a.m., our local American Legion will conduct the annual Veteran's Day ceremony led by Commander Mark King.

Small Businesses and America's Happiness at Stake

By Robert Morton

Even before the Covid-19 pandemic, many Americans seemed to be unhappy. Why? Years ago, I had my students research this question at Bowling Green State University, and while cleaning out my home files, I came across their findings on how Americans can become and stay happy.

One student summarized 15 articles and 5 videos that explained why gloom and melancholy is so prevalent in the U.S. and how you can beat the odds and find happiness in the land of the free! She explained a Life Twist study that suggests money cannot buy happiness and more Americans are redefining success and happiness in a way that does not involve wealth. Only around one in four Americans (27%) still believes that wealth determines success.

Another student, who probed into why Americans are so unhappy, wrote about an American journalist who traveled to Mumbai, Bangalore, and Delhi. As he visited these regions of abject poverty in India and talked to the people, he was amazed at how much happier they seemed compared to Americans.

Other interesting student discoveries revealed that two thirds of Americans say they're unhappy, with Hispanics, college grads and the disabled being the most discontented; the happiest Americans are those over 50 who earn over \$50,000 a year; American women are happier than men; political independents are less happy than either Democrats or Republicans; and your capacity for happiness is, to a large degree, determined by your genes.

One student wrote about psychologist David T. Lykken and his belief that trying to be happier is like trying to be taller and that we each have a "happiness set point". I disagree with Lykken and feel we all can pursue happiness.

Most of the articles and videos the students turned in proved that we can thwart negative emotions such as pessimism, resentment, and anger, and replace them with positive emotions such as empathy, serenity, and especially gratitude.

But, as 2020 limps along, a shadow continues to haunt Americans: Social media disinformation-spreading, the corona virus pandemic, and a deep, uncompromising political division combine to drain the remaining joy within us. Toss in a nationwide opioid addiction and the happiness index looks bleak. As I write, the corona virus has killed 221,000 and the infectious disease experts calculate that 483,000 will die by February 2021.

As the pandemic worsens, the over 30 million small businesses in America will need a robust stimulus package to keep them afloat. They employ half of the U.S. workforce, and we simply cannot afford to see small business owners agonize over the drop in income, inability to pay their employees, and possibility of going under. It is time for our political leaders to sit down together and agree on a robust stimulus bill that spotlights small businesses. America's happiness is depending on them to do so. Time is running out.

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.



For 48 years, the Memorial Hospital Auxiliary has sponsored the

Christmas Greetings Project

To meet the future healthcare needs of our community, this year's fundraiser will support our Auxiliary Health Education Scholarship Fund. This fund is awarded every year to students in Sandusky County who are pursuing a healthcare degree.



For donors who respond by **November 30, 2020** an acknowledgment will appear in a December issue of the News-Messenger and the January issue of Lifestyles recognizing your generosity.

If you are interested in helping, please complete the form and send to the address below.

Name (As you wish name to appear in the paper): _____

Donor Name: _____ Phone Number: _____

Address: _____

City: _____ State: _____ Zip: _____

Donation Amount: \$ _____

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A Quest for Christ



Thirty years after joining as a team to do beauty events, Alisa Florio and Heather Sigurdson unite for the biggest event of their lives, to take a Spiritual Journey on, "A Quest For Christ," to discover WHERE GOD IS IN AMERICA.

As a country facing some very challenging times we have to ask ourselves if removing God has been the wisest thing for us to do? Come with us on a visual tour to some of the Natural Wonders of the World right here in America. We will talk to people and visit amazing places that have been recognized for their spiritual energy. Leading thousands to go for healing, to pray for loved ones, and admire the wondrous complexity behind the infrastructure of these sights from landscapes, highways, churches, trees, peace parks, foods, sunsets, staircases, and more.

We will begin in Ohio, travel to California down to New Mexico, through Arkansas and return to Ohio. You can connect with us at Profiles by Alisa on Facebook, or on our website at profilesbyalisa.com.

If you would like to help support our mission to voice an awareness that we need to bring God back into America we have t-shirts and beautifully beaded energy bracelets for sale by contacting Alisa Florio at 419-680-1486. Thank you for your help and feel a big hug from us!



Press Release



COMMUNITY CHRISTMAS TO HELP FAMILIES IN NEED DURING THE HOLIDAYS

Community Christmas helps to connect organizations and individuals who wish to help others in need during the holiday season with those struggling to put food on their tables and provide gifts for their children. By acting collaboratively, we are able to avoid duplication of giving, and therefore, reach a greater number of families.

Applications for assistance will be different this year due to the ongoing COVID-19 public health restrictions. We are moving all applications to online submission only. (We have an application assistance hotline that will be monitored by volunteers to provide assistance to anyone unable to complete the online application. The application assistance hotline number is 567-342-1450.) The application form is live and will be available until 4pm on November 30th.

We will release the web address to access the online form via our Facebook page (Community Christmas of Sandusky County). Past application pickup locations will also have a flier with details of the new online application process.

Families with children 12 and under are able to request clothing and toys for their children. Seniors, aged 65 and older, may apply for a standard care package which includes household items and personal care items. Households with qualifying children and/or seniors may also request holiday meal assistance.

****NO PAPER APPLICATIONS WILL BE RELEASED THIS YEAR.** Online applications must be completed by 4pm on November 30th. Only ONE application is allowed per address - multiple family homes should fill out ONE application.**

Community Christmas is also seeking the help of those in the community who are willing to donate gifts and food to families, or would like to serve as a volunteer this Christmas season. Please, contact our team today to see how you can help.

Phone: 419-552-8791 E-mail: communitychristmas.sc@gmail.com



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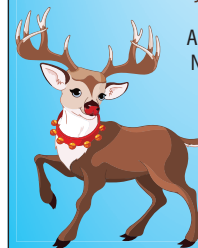
Covid Christmas Dasher

Sat., Dec. 5th from 9-2

Jump on a Comet-Travel at Blitzen Speed to Dancer or Prancer your way into Our Covid Christmas Dasher Open House!

Like Cupid, you will Love our Samples. Don't be a Donner - Let Rudolph Guide Your Way to See What the Vixens have in Store this Year!

Pick up a Sample Pack of our New Holiday Treats-the Tasty Pack goes with you!



All of our Yearly Favorites and New Items will be ready that day for Purchase.

We will not have tasting this year due to Covid. Santa says masks and social distancing will be a must!

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Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): Enjoy being playful and passionate. Your romantic partner may be more affectionate than usual. You may find yourself focused on winning a competition or too eager to take risks.

TAURUS (April 20-May 20): Your social calendar could fill up. You might even be forced to pick and choose between events. You may be in demand for parties, presentations or as a personal companion.

GEMINI (May 21-June 20): Explore the latest trends and treasures with a special someone, but remember you must eventually head back to normal life. The month ahead may offer plenty of excitement and open your eyes to a realm of possibilities.

CANCER (June 21-July 22): Run your home base like a business. Keep receipts in a safe place and focus on sensible financial strategies. Loved ones and partners should cheerfully cooperate with all your ideas.

LEO (July 23-Aug. 22): As this month unfolds, an opportunity could appear that will help you reach an important objective. Enjoy pleasant companions and use your good taste to purchase items that upgrade your surroundings.

VIRGO (Aug. 23-Sept. 22): This is a good time to reach a compromise or offer concessions that make everyone happy. With gentle Venus in your sign, you're likely to enjoy the company of others wherever you go.

LIBRA (Sept. 23-Oct. 22): Glamor and romance are in abundant supply. A loved one might expect some pampering, although your thoughts may be focused on creating dollars.

SCORPIO (Oct. 23-Nov. 21): Unfiltered opinions could shock people who may be surprised at excess bluntness. Consider matching your content to the company. The month ahead could contain a few surprises for you.

SAGITTARIUS (Nov. 22-Dec. 21): As this month begins, you may be filled with a spirit of cooperation and inspired to help others without being asked. Watch your spending, as there may be extra demands on your resources.

CAPRICORN (Dec. 22-Jan. 19): This is likely a good time to mend fences, ask for favors and forgive someone. Some members of your household might be in the mood for impetuous fun. Avoid dust-ups that may occur.

AQUARIUS (Jan. 20-Feb. 18): Ask for someone's opinion before taking further steps. If tactics are based on sound principles, your actions will be more profitable, however someone may not understand your actions.

PISCES (Feb. 19-March 20): If you wait to make a key decision, a helpful friend could intervene with wise advice. You might even learn that it's not necessary or strategic to jump in headfirst where love or money is concerned.



Kiss-Me-Over-The-Garden-Gate

By Grace Nause

What a beautiful Fall season! Blue skies and gentle breezes, golden leaves, football games, children at play and family gatherings...my favorite season.

We, as you know, have not been able to hold our Teas because of the Coronavirus. We will hold the Tea in November on Tuesday, the 24th at 6 p.m. We can take reservations up to the 20th of November, or until 30 reservations have been taken.

With this crazy virus experience, it has been challenging to keep to a schedule that would be safe for our guests. At this writing, we have three adults and one child registered. We can take up to 30 (adults & children 4 yrs. or older). After Tea, the Jolly Old Elf, Santa, will be our guest and will come to visit with the children. Hopefully by November 24th, when we serve the last Tea of this year, the virus will be history and we will be "back to normal." If you have questions, my phone number is 419-332-7427, call to make reservations.

So, what's happening with you, you ask? Well, lots of summer cleanup and fixup and family time, a wedding, annual dentist visit and doctor visits... (good reports...YEAH!), grass to mow, some small paint-up, fix-up tasks to do, and family events to attend and always, "porch swing- sitting time with Bernie"...the best part of the day.

One of my granddaughters, Leah Webb, was married on Saturday, October 12th, an event that brought lots of relative's home to celebrate with them and the family. What a joyful occasion

— cousins from everywhere and her aunts and uncles from every direction; the state of Washington, Georgia, Minnesota and Michigan. It was such a welcome family time. LIFE IS GOOD!



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1st & 3rd Saturday 10-3 pm**

Dollars spent here support families in our community.

"Give, and it will be given to you. A good measure pressed down, shaken together, and running over; will be poured into your lap. For with the measure you use, it will be measured to you." Luke 6:38

129 Bidwell Ave., Downtown Fremont, 419-334-2832




Helen Marketti's Music Corner



By Helen R.
Marketti



Jennifer Juniper - A journey beyond the muse

Jenny Boyd was part of the swingin' 60s crowd when the era was hot with sounds and melodies of defining music, culture and fashion. She knew Mick Fleetwood (Fleetwood Mac) from their days at school as teenagers and later married him. She had a modeling career which she left to pursue a more meaningful path. Her older sister is Pattie Boyd who was married to George Harrison and later to Eric Clapton. Jenny's recent memoir, *Jennifer Juniper* (Urbane Publications, Great Britain, 2020) takes the reader on a journey from her childhood in Kenya, Africa to working with individuals who have struggled with addiction and in between a rock and roll life that did not always glimmer brightly.

"I began writing down memories of my life about twenty years ago, not thinking it would one day become a book. It was more about trying to make sense of my life. I was working for an addiction treatment center at the time so my writing was quite sporadic. It was only in the last four years that I knew I wanted to write a memoir," explains Jenny.

The title of the book, *Jennifer Juniper* is an appropriate term as it encompasses a time in her life as well as a song written for her. "The title came to me when I realized my story was not only about the innocence of the 60's but also what the song, *Jennifer Juniper* represented which was written for me by the singer, Donovan because he had a crush on me in those early days. My story continues to further take the reader to the decadence of the 70's and beyond."

Finding their place in those awkward adolescent years, Jenny crossed paths during high school with a classmate named Mick Fleetwood. Gradually they became a couple and got married. It was during their marriage when Fleetwood Mac began taking shape and the album, *Rumors*, was beginning to gain fast momentum. "I guess you could say Mick and I grew up together from knowing one another at an early age and no matter what we have been through, we have a very special bond."



Working on the *Rumors* album kept Mick away from home and the family unit. He and Jenny had two daughters. She was navigating motherhood in a rock and roll world. "It was a very challenging and complex time in many ways especially at that time as a mother of two little children living in a different country and away from our families. I was happy for Mick that his dream was coming true. Fleetwood Mac had definitely got the recognition he wanted and what they deserved but it came



at such a price. I loved listening to them playing, or creating songs in the studio, but I also wanted Mick to be a father to his children. The alcohol and drug-taking had become as big a part of the scene as their music. At times I could join in but not all the time, it was counter-productive to the life-style I wanted for our children."

Jenny and Mick married and divorced twice. Sky rocketing fame usually comes with a cost at other levels. Focusing on the band and their future success did not leave much time with family. "I think Mick would agree with me when I say he wasn't fully present in our marriage. The band was the number one priority. It didn't mean that he didn't love us, it was just the way it was and I was fully aware of it."

Many readers and fans will marvel that Jenny's brother-in-law at one time was George Harrison of The Beatles. He and Jenny always had good rapport. His advice to her once when attending a gathering was to "Just be yourself." "Without me realizing it at the time, that advice has been like a mantra to me throughout my life. It's exactly the same as finding one's voice, finding one's creativity and express yourself. It is the same as the message in my previous book, *It's Not Only Rock n' Roll*," she explains.

Her desire to change led Jenny to AA meetings, returning to school, earning degrees and starting Addiction/Recovery programs. "After twenty-something years, I am no longer involved in the addiction field. I used to set up bringing therapists to the UK from the United States to help people with self-esteem issues, relationship problems and self-awareness. I gave it all up about five years ago and began writing full time," explains Jenny.

When asked what her relationship is like with Mick Fleetwood today, Jenny said, "Mick is not only the father of our children but he is also a very good and supportive friend. We share grandchildren. We have shared so much over the years, learned many lessons and throughout it all he has remained a very special person in my life."

Readers will want to have a copy of *Jennifer Juniper*. Detailed insight from someone who has lived a variety of lives will shed light on what we can do when our minds have set a goal. "My wish would be that my reader might feel inspired after reading my book, that they know through adversity one can become stronger and it's never too late to find your own voice. I have found throughout my life, that once I commit to taking a leap in the dark, staying true to what I believe in, it's as if the universe supports my decision. My greatest advice was to be kind to others and to "Just be yourself."

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Dear Cathy,

We have an eight-month old mix cattle dog and retriever who is very smart. However, since he was about four months old, whenever someone new comes in the house he runs to them and rolls over in his back or side and tries to curl around their legs in a submissive way and then proceeds to squirt urine on them. We cannot get him to stop even with a spray bottle. It happens when he gets excited too. I thought he would grow out of it but so far, no. Any suggestions?

-Lee, Stony Brook New York

Dear Lee,

What you are describing is submissive urination. Submission urination is basically an insecure dog's way of letting the people (and dogs) around him know he is not a threat. It can be difficult to halt this behavior entirely, but there are things you can do to mitigate it.

Start by building his confidence through daily training. Training helps to build up his confidence and creates a better relationship between the two of you. Once trained, when you think he is about to drop, roll and pee, ask him to "sit" instead, which will keep him upright and unable to urinate on you.

When you come home, toss a few treats across the floor without any fuss and continue walking past him. This food distraction will help him manage his initial excitement of seeing you and reduce the chance for submissive peeing. After you put your things down, take him outside to relieve himself. When he is done, ask him to "sit" and pet him on the side of the shoulder. Don't stand over him or pet him from above as these are dominant postures that can trigger submissive urination. Talk to him in a normal voice. No baby talk or raised voices, and don't overdo it, since talking can sometimes overexcite a dog, which in turn leads to submissive urination. Follow the same practice with your guests.

Submissive dogs often benefit from calm environments. Buy a pheromone collar for him to wear and add pheromone plug-ins around the home to reduce his anxiety. While he may or may not grow out of this, implementing these practices can help build his confidence and reduce the triggers that cause the submissive urination.

(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.)

Shelter Tails

By Joanne McDowell

What a year this has been-our animal shelters was closed down for 6 weeks and all fundraising was cancelled! But in spite of it all, the Humane Society of Sandusky County has adopted 47 dogs and puppies to forever homes; of these, 22 dogs were rescued from a Cleveland kill shelter. Two hundred two cats and kittens have found homes, out of 240 taken in this year. Not to mention, 3 guinea pigs, a tortoise, four horses and a donkey, taken last year in a humane rescue. And we still have two months to go!

In the first ten months of the year we have treated dogs for heart worm, amputated limbs from injured kittens, and done numerous x-rays and dentals. Our staff has done a great job of saving dogs and cats that otherwise would have perished.

Now we need your help. Our 17th Annual Whiskers and Whine has been cancelled due to the virus, but we still need to raise money to get us through the long winter months. We also have no idea when we will be able to again do a fundraiser.

Please consider a donation by mailing or dropping off a check to our location at 1315 North River Road in Fremont. Or visit us at our website: <https://www.humanesanduskyco.org> Either way, we will be most grateful!



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Digestion and the Holiday Meals By Dr. Paul Silcox

Being able to enjoy a holiday meal is not always about what you eat. But about how your body can handle what you eat. Over 60 million Americans have digestion issues that cause massive intake of TUMS, Roloids, Mylanta, and Prilosec. Here are 6 habits to keep in mind that support digestive health that will make it easier to enjoy those holiday meals with your family.

1. Chew your food THOROUGHLY. Digestion begins in the mouth by breaking down the food for smoother digestion.

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2. Handle Stress. Stress causes less blood flow to the gut and digestion to slow down. Take time to relax. Breathe deep, lessen the stress and be happy! Try to avoid touchy topics of discussion. Especially POLITICS this year!

3. Get some regular exercise that support intestinal muscles and helps digestion function.

4. Stay hydrated. Drinking water supports bowel regularity and the health of the digestive system. In addition, drinking a glass of water shortly before a meal helps you feel full sooner, and eat less. This is one step that can help people to lose weight over a period of time.

5. Eat more fiber. Dietary guidelines recommend 25-35 grams of fiber a day. But it's estimated that Americans normally only get 15 - 20 grams of fiber a day. Fiber keeps food moving through the intestines, and also helps lower blood sugar and cholesterol.

6. Take supplements to assist in digestion. Gas, bloating, burning sensations after eating, is all indications of improper or incomplete digestion. It is NOT always an indication of too much acid in the stomach as we are taught on television. As we age, our bodies often have LESS enzymes and acid needed to digest our food that can make us miserable. There are numerous products containing enzymes to aid in more complete digestion. One I have relied on for the last 20 years is Digestzyme.

Remember, we don't have to eat perfectly. But we do have to eat BETTER quality and usually, LESS quantity, and give our body what it needs to process the food more thoroughly to produce more intake of nutritional value. It's not as hard as you think. There is HOPE and help.

But remember, the best thing to do on Thanksgiving, is to be Thankful!

IN YOUR OWN BACKYARD

Fremont Tree and Beautification Commission has that perfect way to honor a veteran! You may purchase a memorial brick for \$50, regularly \$65. These bricks are placed in the fountain area of Walsh Park. Our Veteran's Day Special runs through the month of November. Forms can be found in the Mayors office or at Otto and Urban Florists. If you have any questions, please call Rick at 419 307 8924.

6th Annual Veteran's Breakfast, Sat., Nov. 7th, drive thru only at Fremont VFW, Birchard Ave. in Fremont from 9-10:30 or until food is gone. Food has been donated by local businesses and served by volunteers in the parking lot.

Ladies are cordially invited to attend the **monthly luncheon of Fremont Area Women's Connection** on Nov. 10, 11-1 pm at Anjulina's Catering, 22 70 W. Hayes Avenue. The program will include Geri Munson-Gallagher who will display creative items of personalization from her business, "Better with a Letter". Guest speaker, Mary Kay Miarer from Kansas, Ohio and her life story is "What's in a Name".

Cost of the luncheon is \$14 and reservations are needed by Nov. 5 by calling/ texting Donna at 419 680 2251 or emailing Carol at fawcluncheon@gmail.com. Any cancellation needs to be reported in the same way. CoVid rules will be observed. The October luncheon raised approximately \$1,000 for Stonecroft Ministries as a result of the annual Harvest store and silent auction fundraiser. Fremont Area Women's Connection has been in Fremont for 49 years and is affiliated with Stonecroft Ministries.

The Three Glass Artisans, Elaine Bast, Fran Jackson & Jill Groves are pleased to announce that their **Annual Open House** will be held on Friday, Nov 13 from 3 to 7 pm and Saturday, Nov 14 from 10 am to 4 pm at the First United Church of Christ, 1500 Tiffin Rd, Fremont. These three ladies create beautiful & unique artwork through fusing art glass in a kiln. This is a great opportunity to shop for their latest designs for holiday gifting or to treat yourself. Some of the items for sale will be jewelry, plates, bowls, vases, holiday décor & ornaments, suncatchers, wind chimes, and more. A door prize drawing will be held. For more info contact Jill Groves, 419 902 7966 or manorridgecreations@gmail.com

Downtown Fremont:

Santa in the House on Nov. 27 from 5-7pm and Nov. 28 1-3pm.

Tree Lighting on Nov. 27 at 7pm at the corner of Front and State Streets by Santa's House. Nov. 28 is **Small Business Saturday**

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