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NOVEMBER 2022



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Lifestyles 2000

November 2022
Vol. 23 • Issue 11

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Celebrating
23
YEARS



NEWS & NOTES:

Life Scholar, Kathleen Nalley 9

ENTERTAINMENT:

Sudoku Puzzle 3

Sudoku Solution 8

Out to Lunch: Reino's, Lynn Urban 5

History Notebook, Nan Card 6

Helen Marketti's Music Corner 7

Astrology Forecast, Magi Helena 9

In Your Own Backyard 11

HEALTHY LIVING:

Mayo Clinic: Dementia 5

You Were Designed to Become!, Alisa Florio 8

Get Ready for Winter '22-'23, Dr. Paul Silcox 11

HOME & HEARTH:

More Thoughts on Elections, Kathy Van Wey 4

Children Find Themselves Through Play, Robert Morton 9

My Pet World, Cathy Rosenthal 10

Holiday Recipe 10

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Cover photo by Judy Ford: Judy is a 40 year resident of Sandusky County. Judy says, "Photography is my therapy and my passion! My favorite place is behind the lens. Nature and animals are my favorite subjects, if it has legs I love to take its picture!" Judy has done weddings, senior photos and family sittings, but spends most of her time around the marshes and water. judy.knipp@yahoo.com or Judy Ford on FB.



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Sudoku Solution on page 8



Lifestyles 2000

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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

Welcome to our November issue!

We want to remember to honor the veterans this month, be sure to thank them for their service.

Happy Thanksgiving to all of you, enjoy your family and friends and be thankful.

Thank you to those who asked about Pete and promised prayers, we appreciate it. We also thank our readers and advertisers for staying with us each month.

God bless,

Joanne



Find Pete



Find Pete Winners:

There were 120 correct entries this month, wondering if it was more difficult. The answer was Jennifer Leonard Medicare ad. Thanks for entering.

Winners are: Mary Jurovcik, Rose Foos, Betty Sanchez, Laura Stull, Tonya Haubert, Marci Figley, Dick Hoffman, Kylee Cleveland, Margie Joseph, Fremont; Terri Chagnon, Maryann Gerner, Judy Coon, Denice Klask, Clyde; Paula Renfro, Joanne Jenne, Green Springs; Sharon Miller, Bettsville; Lynn Fox, Gibsonburg; Joel Bickhart, Bellevue. Paula Clever, Oak Harbor; Janet Perry, Woodville.

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.

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MORE THOUGHTS ON ELECTIONS

By Kathy VanWey

The election viciousness and vitriol continue, especially the charges of Fascism and Nazism. Let's take a closer look. According to Merriam-Webster, Fascism is: "a movement or regime that exult nation and often race above the individual and that stands for centralized autocratic (absolute) government headed by a dictatorial leader, severe economic and social regimentation and forcible suppression of opposition."

Nazism is the perfect example of fascism. Interestingly Benito Mussolini is considered the father of fascism. His 1926 slogan was "Everything in the state, nothing outside the state, and nothing against the state." To gain power he promised, "an end to corruption and to replace turmoil with order." He also said, "Fascism should more appropriately be called Corporatism because it is a merger of state and corporate power."

After the January 6th Capitol Riot, some politicians accused the Trumpers and MAGA Republicans of being fascists or semi-fascists.

Meanwhile, other politicians are actively furthering the Climate Agenda by reducing fossil fuel emissions. By 2030 California has banned natural gas furnaces and heaters and by 2035 the sale of new gasoline vehicles.

President Biden attended the recent The Detroit Auto Show. While manufacturers rolled out the newest EVs, he rolled out \$900 million in funding for charging stations in 35 states. Also, he pledged "tens of billions in loans ... tax credits and grants to speed the transition away from internal combustion vehicles."

Political analysts have discussed the massive cultural and societal transformations we are witnessing such as: ANTIFA, BLM, CRT, Transgenderism, Open Borders, Woke Culture, Defund the Police, and No Cash Bail. Oh, and replacing red meat with plant substitutes. YUCK! Oops, my bad, Bill Gates changed his mind on that one.

The renowned author of The Chronicles of Narnia, C. S. Lewis stated, "Of all the tyrannies, a tyranny sincerely exercised for the good of the victims may be the most oppressive ... It would be better to live under a robber baron than those under the omnipotent moral busybodies ... who torment us for our own good [for they] will torment us without end for they do so with the approval of their own conscience."

My version: "Beware of the robber barons who camouflaged themselves as moral busybodies for they are making vast fortunes - while tormenting us with the approval of their own conscience."



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Out to Lunch

By Lynn Urban

Reino's Pizza and Pasta in Tiffin just might be my new go to place for Italian. This cozy little restaurant has a full bar on one wall and booths on the other, and they've got the friendliest servers.. It's a very popular place with the locals.

Its pizza, with their homemade sauce, is said to be one of the best in town, and I agree, the food here is delicious. The variety of pizza



options are endless. They've got 11 specialty pizzas and a good selection of toppings for creating your own. It's also the same with their large selections of salads, subs and foldovers. Because I like thin crust, we tried the flatbread pizza with bacon, tomato, spinach and feta, it was excellent. A medium was \$16.00.

Pizza isn't the only thing on the menu, they've got a variety of excellent pasta dishes, and chicken, veal, and eggplant parmesans. All dinners come with an Italian salad and homemade bread, most of them for around \$12.00, and the portions are large.

On another trip, I was able to add spinach and mushrooms to their classic lasagna with meat sauce, it was so good. That's what I liked about this place, you can customize your order. And of course, I had to try the tiramisu, an Italian dessert. It was just as good as everything else Reino's has to offer.

If you happen to stop in for a quick lunch, you can grab just a slice or two of pizza, or any one of their lunch specials. Enjoy!

Mayo Clinic

Gregory Day, M.D., Mayo Foundation for Medical Education and Research

4 ways to reduce your risk of dementia

DEAR MAYO CLINIC: I am in my mid-40s and have two young children. My mother developed memory issues in her early 60s, and it has progressively worsened. Her sisters also have related issues. How can I reduce my risk -- and my children's risk -- for dementia? Are there certain foods, supplements or activities that we should incorporate into our lives to lower the chances for memory loss?

ANSWER: Dementia describes symptoms that affect a person's memory, thinking and social abilities to the point that it's difficult to perform normal daily activities. Dementia is caused by brain disease. Diseases that affect the blood vessels, the same diseases that cause heart attacks and stroke -- are the second most common cause of dementia.

Having a family history of dementia increases your risk of developing the condition. However, many people with a family history never develop symptoms.

Consider these four tips to reduce your overall risk of memory challenges.

1. Participate in activities that stimulate the brain. Consider puzzles and computer games. But make it a habit over your lifetime, as research suggests that the value of cognitively stimulating activities builds up over a lifetime.
2. Focus on education and learn new skills. Studies have shown that the more years of education a person has, the lower the dementia risk. This appears to be because people who spend more time involved in learning tend to develop more robust networks of nerve cells and connections between those nerve cells within their brains.
3. Maintain a healthy lifestyle. Eating well, maintaining a healthy weight, participating in regular exercise, and avoiding conditions that increase the risk for heart attacks and strokes also can reduce your risk of dementia. Taking time to effectively manage your cholesterol and blood pressure, not smoking, and limiting alcohol consumption have been shown to improve cognitive health later in life.
4. Maintain social interaction. Research shows that social interaction at any age will have positive cognitive benefits. Regularly interacting with others, including family, friends, neighbors, co-workers and community members, can lift your mood, improve your outlook and use your brain.

If the health of those blood vessels deteriorates when people are younger, it's difficult to mend the damage later. And damage to the brain's blood vessels can be a factor in dementia.

This is not to say that incorporating healthy choices into your lifestyle if you are older won't make any difference. These choices can still positively affect your cognitive and physical health.

If you are concerned that you may be experiencing memory issues earlier than your mother, despite changing your lifestyle, reach out to your primary care provider or a neurologist for additional guidance. -- *Gregory Day, M.D., Neurology, Mayo Clinic, Jacksonville, Florida*

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For many years, I wondered what happened to the cannons that flanked the Spiegel Grove entrances featured in old postcards. Not long ago, Curator of Manuscripts Julie Mayle discovered when and why they disappeared. Her research appears in an article in the Hayes Presidential "Statesman." The cannons were Rodman guns, named after their inventor Thomas Jackson Rodman. At the time of the Civil War, they were the largest guns in the U.S. arsenal.

It took great effort to bring the 7-ton cannons down. The job was completed in November 1942 and the guns were transported by rail to a rolling mill in Mansfield. Eventually, more than \$230 was raised and donated to the U.S.O.

New York. He wrote in 1911 that he considered the colonel's desire to place the Civil War cannons at the McPherson-Thompson Gateway a "worthy purpose." No doubt he had known General James McPherson. As a 10-year-old boy, he was with his father, General Grant, during the Siege of Vicksburg.



Grant ordered two Rodmans located at Fort Caswell in North Carolina be sent to Spiegel Grove. The Union forces had placed the guns there to defend Wilmington in early 1865 after the Confederates surrendered the fort. They arrived in Fremont in November of 1911. According to a "New-Messenger" article, it took a massive effort by the city engineer, superintendent of streets, and a number of men under direction of the colonel to erect the two cannons weighing 35,000 pounds. For more than 30 years, they marked the gateway honoring Civil War General James McPherson and Samuel Thompson who fought in both the War of 1812 and the War with Mexico.

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Helen Marketti's Music Corner



By Helen R.
Marketti



Satisfaction will be playing at The Kent Stage on December 8th.

Chris LeGrand has always been told he resembles Mick Jagger. It was something he took in stride but never took seriously until one day it sounded like a good idea to portray Mick Jagger. The story, the concept and the band, Satisfaction/The International Rolling Stones Show have evolved from Chris's creativity to keep the Stones music on the road and deliver an authentic show to fans around the world. Chris LeGrand's portrayal of Mick Jagger is spot on with the look, the sound and the moves!



"When I was growing up my parents were musically split," remembers Chris. "My mom was more rock and roll. She loved Elvis Presley and Buddy Holly. My dad was more country oriented and liked Johnny Cash and Merle Haggard. I had an uncle who turned me on to The Beatles, The Stones, The Who and all those types of bands. By the time I was in high school, I was into Queen, Bad Company, Aerosmith and KISS. I have always been a huge music fan. As a teen, I had a few small garage bands. My uncle was a bass player and I learned how to play the bass guitar from him."

Chris found his footing and the wheels of inspiration started turning when he attended a Beatles tribute show. "As I was watching the show, it dawned on me that I had never seen a Rolling Stones tribute show. This was around 1999. I started thinking about all those times when people told me I looked like Mick Jagger. I started doing some research

regarding Rolling Stones tribute bands. I found one in Chicago, one in New York and one in Los Angeles but none of them were touring. I felt that I could pull it off because I have an extrovert personality and always have been able to mimic other voices. I started recruiting some guys that wanted to do this with me, just as a specialty show. I did not really have a vision of it being the entity that it is now."

Naming the band, Satisfaction came naturally. "Satisfaction is my favorite song by The Rolling Stones. I have always thought it was cutting edge and made a statement. It was the first song that popped into my mind when I was thinking of a name for the band," he explains.

Portraying one of rock's leading front men is a full-time job. "A lot of time and prep go into portraying Mick Jagger," said Chris. "I have studied videos and DVDs. The first thing I needed to get was his voice and make it sound as authentic as I could. If you cannot portray the voice, forget it. You can have the look but without the voice, you have nothing. You must sell it vocally, instrumentally, and musically. That's always the top priority. I have had to diversify myself into characters because Mick is different in 1985 than he was in 1965. You need to adapt. There is a lot of work required to maintain authenticity."

Speaking of authenticity, Satisfaction includes the Brian Jones era into their shows. For anyone who may not be familiar with Brian Jones. He was the one who started the band in the early 60s, influenced their sound and made his impact before passing away at the age of 27 in 1969. He sometimes is overlooked or forgotten yet he was a valuable spoke to the wheel and was an incredible musician. "We are the only Stones tribute band that reflects the Brian Jones era," said Chris. "We wanted to bring him back and pay tribute to him because The Rolling Stones were his band. Paying tribute to him gets attention. Fans love the nostalgia. We are happy to honor him."

Finally, what is the IT factor for portraying Mick Jagger for over 20 years? "Arguably, he's the greatest rock and roll front man of all time. A fantastic songwriter who is never afraid to take on any style of music with the Stones, whether it's blues, country, rhythm and blues, bluegrass, reggae or straight rock and roll. I love the classiness that he has always carried himself with and his extraordinary sense of style and fashion."

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YOU Were Designed to Become! By Alisa Florio

You have an enormous source of energy that flows in & through you, the question is, "How are you going to use this energy?"

IMAGE OF THE MIND



Along with this energy there is a single mental move you can make that will solve enormous problems for you. It has the potential to improve almost any personal or business situation you will ever encounter, and it can literally propel you down the path to incredible success in your life. The name for this magical mental activity is called **DECISION**.

We find decision-making missing

from the curriculum of our educational institutions. Many times it can be absent from our work place, and human resource programs.

Decision making has such far reaching power, yet, many of us struggle in how to develop this mental faculty. We have to understand that decision making is something we cannot avoid.

Over the next several months we are going to explore the Image of the Mind, and how to become decision makers. Decision makers are great thinkers. They can take the 6 lane highways in their mind, and turn them into a one lane road.

The greatest stumbling block you will ever encounter when making important decisions in your life is circumstance. We let our circumstance get us off the hook when we should be putting everything we have into turning our circumstance into an opportunity.

My hope for you is that you will put this information to use and recognize the greatness that is inside of YOU as we explore different ways to understand our minds, and how we think.

Until the next time feel a big hug from the universe, and embrace who YOU were designed to become!

Life Scholar

By Kathleen Nalley

Getting ready for the holidays is much easier when one feels physically and emotionally well. Life Scholars can help with a Senior Dance Class which starts Nov. 10th. Instructor, Kathie Kolesar, is a dance enthusiast. With music from the 60's to the present, she will present dance moves to improve cardiovascular, skeletal and muscular systems in a relaxed atmosphere with peers. Other exercise classes continually accept students throughout the year. Check the catalog online at learn@Terra.edu.

The Holiday Wine Hop will lighten moods on Dec. 7 with a day tour of Knotty Vines Winery, Lumberyard Winery & Supply and Sycamore Lake Winery in the comfort of a JB Tours bus leaving Terra State at 8:00 a.m. and returning at 6:00 pm for only \$159. Seats are filling up fast!

Another mood enhancer is Irving Berlin's musical, White Christmas, performed in Springboro, Ohio. JB Tours of Ohio will provide the motorcoach transportation, delicious buffet lunch, and reserved seating for the performance. This excursion leaves Terra parking lot at 6:45 am on Wed. Nov. 30th and returns at 6:00 pm that evening. The cost is \$150.

Making gifts for home decorating is possible with two fused glass classes. On Nov. 30th, make a 15" by 9" holiday server for holiday treats or make a holiday tabletop tree on Dec. 12th. The instructor, Ann Hymel, from Fuzed, Kilnformed Glass Studio, is new to the Life Scholar program this year and projects she displayed at the Life Scholar Sampler were inspiring pieces.

For the partier student, Life Scholars will hold its annual Holiday Gathering on Dec. 8, with a registration deadline of Nov. 30th. Members will enjoy food, gifts and entertainment together with classmates and instructors to celebrate the holidays. The cost is \$30 for non-members/\$25 for members.

A timely Dec. 5th class by Larry Michaels will focus on the places in Israel associated with Jesus' life beginning with his birth in Bethlehem to the sites around Galilee during his ministry and his last journey to Jerusalem. The presentation will focus on the places where Jesus walked and taught to help make the history in the Gospels seem more real to those living 2000 years later.

Family and holidays remind us of what we know and don't know about our own family history. Genealogy: Private Lessons with experienced instructor, Lisa Hasselbach, will help to discover more about family with a personal introduction to resources.

Call Life Scholars at 419-559-2255 for questions and registration.

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Astrology FORECAST

By Magi Helena

ARIES (Mar 21-Apr. 19): The early bird has the best shot at getting the worm. Get important jobs taken care of as soon as possible as free time may become scarce. Gather proof that a source is reliable before you act on their info.

TAURUS (Apr. 20-May 20): There's no time like the present. Get a head start on the work month by laying the groundwork for upcoming projects early in the day. Schedules may be thrown off in the month ahead and disturb important plans.

GEMINI (May 21-June 20): Full speed ahead. Push the pedal to the metal so you can clear off your to-do list while the sun shines today. Plans may change unexpectedly so remain flexible and prepared.

CANCER (June 21-July 22): Remember to respect boundaries and observe social cues. Unintentionally crowding a recent acquaintance may create an unnecessary issue. Avoid starting important tasks without discussing things through with others.

LEO (July 23-Aug. 22): Cross that bridge when you come to it. Concentrate on making adequate preparations for an upcoming task. Taking definitive action too soon could create problems. Decline volunteering for extra responsibilities.

VIRGO (Aug. 23-Sept. 22): Take your time. Work at your own pace because giving in to peer pressure and rushing through a job may only lead to a disappointing result. Steer clear of confrontations with other people that could cause a rift.

LIBRA (Sept. 23-Oct. 22.): Put yourself in the other person's shoes. If someone is cranky with you, it may simply be because they are under pressure, don't take it personally. Reserve judgment until you know the facts.

SCORPIO (Oct. 23-Nov. 21): Don't get too grandiose. Avoid letting recent successes cause you to take on a big project that could turn out to be too much. Stay in your personal comfort zone and stick to doing what you do best.

SAGITTARIUS (Nov. 22-Dec. 21): Keep it discreet if your opinions differ from the consensus of those around you. Avoid tensions by steering clear of volatile issues. Remember that positive ends can never justify negative means.

CAPRICORN (Dec. 22-Jan. 19): An ounce of prevention is worth a pound of cure. Try to anticipate problems before they arise and work around them to ensure that they don't become a larger issue. Trust your gut feelings.

AQUARIUS (Jan. 20-Feb. 18): You can't please all the people all the time. Don't let it upset you if you find yourself at odds with someone. Remember you are entitled to your opinion just as they are.

PISCES (Feb. 19-Mar. 20): Stick with what you know. Avoid discussing topics you are unfamiliar with as it may be difficult to separate fact from fiction. Take care not to let popular sentiment influence your judgments.

Children Find Themselves Through Play

By Robert
Morton

I wonder about the considerable number of children who spend too much time being plugged in to computer games. Are they missing something by not engaging in real play more often?

Don't get me wrong, many computer programs are great fun and make nice learning tools for children, but they lack the ingredient for adequate social/emotional development which only old-fashioned play can nurture.

For children, play is emotional "work," an expression of their inner feelings and urges. Play helps them tangibly explore the intangible world of feelings; to "work out" with their hands the stresses of growing up.

Teachers often overhear echoes of children's inner worlds vented during "free play" time: grief of a beloved pet that died, jealousy (or happiness) of the new baby brought home, sadness of losing grandpa, fear of mom and dad possibly divorcing, joy of a planned family vacation, curiosity over a pending visit to the doctor...the list is endless.

These elusive, imperceptible, and abstract feelings need to be explored by children concretely...through play. It makes their hypothetical world more tangible and touchable, something understandable. A kindergarten teacher once told me about a child in her class that held two dolls, so they were face to face during "play time" - they magically became mom and dad arguing with each other, then calming down and talking about working out their differences.

Computers are nice "hand-maidens" to assist young children in making sense of their world and discovering who they are. But I think the playroom should be stocked with items that allow them to discover and express what is inside themselves, and not what's programmed inside a computer.

I also wonder if self-acting and self-propelling toys are all that good. They offer a limited number of responses and outcomes. How about we stock the playroom at home with pencils, crayons, paper, scissors, clay, finger paints, an easel, paste, push cars and trucks, a record player, "talkless" dolls, old clothes to dress up in, cardboard boxes, blocks, and a furnished doll house.

Just maybe, you will witness inanimate objects spring to life and begin to breathe and boxes transform into mysterious "caves"; and surprising improvisations and reenactments spring from mere "junk".

I do not think an expensive computer program can do all that.

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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- Use starter in short five-second bursts; leaving 30 seconds between attempts can allow the battery to recover

Tires

- Check condition, pressure and tread depth at least 0.19 in. (3 mm)
- Check you have a working jack and wheel brace
- Consider changing to winter or all-season tires

Source: TNS Reporting
Graphic: Staff, TNS

Visibility

- Check all lights work, are clean; headlights aimed correctly

Antifreeze

- Use the correct antifreeze – ask dealer if unsure



A dog’s personality changes after surgery

Dear Cathy,

Patrick is a 90-pound, three-year-old, lab mix rescue. He was born without hip sockets and had two surgeries to remove the ball on top of his femur so that he could live a normal life. The surgeries were done four months apart, beginning when he was about a year old. He had physical therapy for several months after each surgery and is doing well. He is a very sweet and loving dog that lives with us and two other lab mixes -- eight and 11 years old. All three dogs get along fine.

When Patrick was a puppy, before his surgeries, we took him for walks, and nothing bothered him. Now every unusual sound he hears while outside scares him, and he runs for the door to get inside. We have a fenced yard, and all three have the run of the yard when out there. I think something must have scared him while he was recovering after surgery at the vet’s office; maybe a table with metal instruments or bowls fell while he was in recovery. We feel bad for him. We tried a Thundershirt®, but it did not help. I hope you can provide some ideas. – Ken, Granby, Connecticut

Dear Ken,

While there’s no way to know how he developed this fear, I have seen dogs develop fears and phobias after surgeries and unexpected illnesses or injuries. As a result, they can be a little more hesitant and reactive to their surroundings.

You can help your dog in two ways: provide reassurance and build his confidence.

Reassurance includes using a Thundershirts® or Anxiety Wrap®, an over-the-counter anxiety chew, or a pheromone collar to reduce his anxiety. Confidence is built through accomplishments. Increase his training beyond basic obedience and consider something like rally obedience, so he learns it’s okay to have new experiences. Rally obedience involves walking your dog through a course with signs that give instructions on the next skill to be performed. You can check out rally obedience skills online and create your own backyard course.

Finally, every dog should be trained to relax. When you see him in a relaxed pose or when he stays relaxed after hearing a new sound, say his unique marker word (i.e., bingo) to mark the desired behavior and give him a treat. (Each dog should have their own training word.) You usually have to combine several strategies over time before seeing results.

Holiday Recipe

As a speaker at Christian Women’s Club a few months back, I was told that people are missing recipes, so here is an easy one for your holiday meal.

Swedish Meatballs, 4 dozen

- 3/4 lb. ground beef
- 1/4 lb ground pork
- 1/2 C milk
- 1/2 tsp onion salt
- 2 tsp. garlic salt
- 3/4 C rolled oats
- 1/4 C finely chopped water chestnuts
- 1/2 tsp. Worcester sauce
- 5 drops Tabasco
- 2 lbs. butter/margarine



Combine all ingredients except butter, make into small balls, and brown in butter, drain on paper towels. Mix in sweet and sour sauce and simmer (30 minutes).

Sauce

- 1 C sugar
 - 3/4 C water
 - 1/2 tsp salt
 - 1 Tbs cold water
- 3/4 C vinegar
 - 1 tsp paprika
 - 2 tsp corn starch.

Combine sugar, vinegar, water, paprika & salt. Skillet cook 5 min. Blend corn starch to cold water, add to mixture.

We would like to take this opportunity to express our heartfelt thanks to all of our clients. You and your pets are a part of our family; we truly appreciate your trust & support. Happy Thanksgiving from the Doctors & Staff at Westview Veterinary Hospital, Inc.



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Get Ready for Winter '22-'23. Snow's a Comin'

By Dr. Paul Silcox

As we all sit on the edge of our seats waiting for the results of the Nov 8th election, whether you feel like you won or lost, the inevitable thing is, winter's coming, and snows coming with it! Some of the "experts" (Farmer's Almanac) are saying it's going to be below average temperatures with plenty of shoveling. The other "experts" (The Old Farmer's Almanac) are saying it's going to be warmer than normal with above normal precipitation. Who's right? Who knows!

And as the weather cools off and leaves start turning brown, many people will spend more time outside pulling up bulbs, raking the leaves, and pulling weeds. Gardening can provide a great workout and be enjoyable, but late in the season it is important to take a moment to gently stretch your muscles before reaching for your tools. The back, upper legs, shoulders, and wrists are all major muscle groups affected when retiring your green thumb from a great season. To make gardening as enjoyable as possible, it is important to take a few moments and prepare your body for the following stretches will help to minimize or alleviate muscle pain after a day spent in your yard.

Muscle Stretching Suggestions

- Remember, usually with show, it's a larger area and will take a longer period of time, so go slow. Pace yourself. Don't work so long and fast that you get winded and start gasping for air.
- Before muscular stretching, breathe in and out a couple of times deeply and slowly to stimulate oxygen flow to the muscles. Don't follow the "no pain, no gain" rule. Stretching may be tight, but should not be painful.
- While sitting, prop your heel on a stool or step, keeping the knees straight. Lean forward until you feel a stretch in the back of the thigh, or hamstring and even in the lower back. Hold for 10 seconds. Do twice with each leg.
- While standing, weave your fingers together above your head with the palms up. Lean to one side for 10 seconds, then to the other. Do twice to each side.

30 seconds, then to the other. Do twice to each side.

- Wrap your arms around yourself and rotate to one side, stretching as far as you can comfortably go. Hold for 10 seconds and reverse. Repeat two times.
- Finally, be aware of your body technique, form and posture while shoveling. Kneel down, don't bend at the waist. Scoop the snow and lift with your legs. Alternate your stance and scoop with the opposite arm occasionally so that you don't overuse one set of muscles.

IN YOUR OWN BACKYARD

Kiwanis Club of Fremont meets the first Thursday of the month in The Back Lounge at The Strand Theater 5-6:30 pm and the other Thurs. 11:45-1 at the Fremont Elks Lodge. Guests are welcome. Programs are: Nov. 3, social gathering at the Strand Theater; Nov. 10, Lieutenant Angel Burgos will speak about the Ohio State Patrol; Nov. 17, John Cahill will talk about Fremont Ross Basketball, Thanksgiving – no meeting. For more info, sardisburchard@yahoo.com.

Downtown Fremont: Pink Friday on Nov.18 All Day; Santa Visitation on Nov. 25 from 5-7pm and Nov. 26 1-3pm. Holiday Tree Lighting on Nov. 25 at 7pm at the corner of Front and State Streets by Santa's House. Nov. 26 is Small Business Saturday All Day.

Trinity United Methodist Church, 204 N. Wayne St., Fremont will host a Chicken and Biscuits Lunch on Nov. 6, 11:15 am-1 pm or sold out. Open to the public. The meal will include homemade chicken, biscuits, roasted vegetables, etc.. Dine in or out. Cost is \$10 for adults and \$8 for children 10 and under.

Trinity United Methodist Church, Fremont, Annual Cheeseball Sale. Orders are being taken for Cheddar, Dried Beef, Horseradish, Onion and Cranberry/Orange Walnuts at a cost of \$8 each. Deadline is Nov. 6 with pick-up and payment on Nov. 9 from 2-4 pm in the church Fellowship Hall. In Dec. the choices will be the same except the Cranberry/Orange will be replaced with Pineapple. Orders for Dec. will be taken Nov.19-Dec.4, pick-up and payment on Dec.17 from 2-4 pm at the church. To place an order, call Steve at 419 332 8167.

Trinity United Methodist Church, Fremont, the "Annual Taste of the Season" dinner at 5:45 pm and Holiday Concert at 7 pm on Dec. 4. The dinner will include appetizers, soup, choice of meat or vegetarian lasagna for \$14 by pre-paid ticket only with deadline on Nov. 25. The free concert is open to the public and will feature the Terra State Fusion Band. A free-will offering will be taken. Call Terri at 419 332 8167 or the church office at 419 332 5032 to order tickets.

St. John's Lutheran Church, 212 N. Clover St., Fremont, Sunday, Nov. 20th, 5:30 to 7pm at Parish House. Surviving the Holidays- A seminar with practical advice on how to deal with grief during the holidays. There will be a video, discussion, and a workbook to take home with you.

Fremont Area Women's will meet on Nov. 8, 11-1 pm at The Victor Event Center, Fremont. All ladies are invited to the luncheon and the program that will include Kristie Bilger, executive director of Downtown Fremont, Inc. Guest speaker Rosanne Moore, Sunman, Indiana will share her life story of "Beauty and my Beast". Cost is \$14 and reservations are needed by Nov. 3 by calling/texting Donna at 419 680 2251 or emailing Carrol at fawcluncheon@gmail.com. Reservations and cancellations must be reported in the same way. Fremont Area Women's Connection is affiliated with Stonecroft Ministries.

The Toledo Symphony will perform a Community Christmas Concert at Grace Lutheran Church, 705 W. State St., Fremont on Friday, Dec. 2, at 7:30 p.m. in the church sanctuary. General admission tickets will go on sale in the church office on Oct. 31. Office hours are Monday - Thursday: 9 - 4; Friday: 9-1. Ticket prices are: adult \$10; Senior (65 +) \$8; Students (18 & under) \$5. If you would like to be a sponsor (reserved seating), call the church office, 419-332-1558. There are various categories to choose from beginning at \$50.

Fremont Lions Club will meet on Nov. 1 with Emilia Rosa, a resident of Huron, as the guest speaker. She is the author of a novel "Finding Cristina" and will provide a presentation "Rio de Janeiro: A Young City 457 Years Old" Nov. 15, basketball coaches Juan Vela and John Cahill from Fremont Ross High School will be the speakers along with the Students of the Month. A zone meeting for area clubs will be held that evening in Marblehead following an optional perch dinner at 6 pm. A business meeting will take place on Nov. 29 at the Fremont Eagles Hall at noon where all meetings are held for Fremont Lions. Guests are welcome. Contact Donna Thatcher, president, at 419 332 3095 for info.

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