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NOVEMBER 2023

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Jill on Money

By Jill Schlesinger

Here we go again...although Congress voted to keep the government open, averting a shutdown, it's just for 45 days.

We should be used to the dysfunction – there have been 21 government shutdowns since 1976. Here are questions that I have fielded about these recurring events:

How would most Americans experience a shutdown?

Federal workers would bear the brunt of the stalemate, with about 500,000 furloughed, and 500,000-1,000,000 being forced to work temporarily without pay. More than one million active-duty military personnel could forego pay during a shutdown.

All government and military worker's wages will eventually have to be repaid when the government reopens.

For travelers, most national parks and museums would shutter and the process of getting through the airport could get tougher, because TSA agents would be working without pay and some would likely not show up. The same is true of passport applications, which could slow down.

What about Social Security, Medicare and Medicaid?

All three are authorized through separate laws, so checks and benefits would continue to flow. Military pension benefits would be paid, and Veterans' Hospital facilities would be expected to remain open.

Recipients of other benefits like the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), would likely stop

after a few days and Supplemental Nutritional Assistance Program (SNAP) benefits would be impacted if a closure would last longer than 30 days.

Do I get a break on my quarterly tax estimates?

No dice — the IRS fully expects you to pay your taxes. In case you are one of the dwindling few who rely on snail mail for those taxes, post offices would be open and postal workers would deliver your mail!

What is a credit rating downgrade, and should I care about it?

A credit rating measures the ability of a company or a government to repay its debt.

Until 2011, the U.S. maintained the highest rating from all three of the big agencies, Standard & Poor's, Fitch, and Moody's.

During the 2011 debt ceiling standoff, S&P cut its rating (and has never restored it), and then in August, Fitch did the same – mostly due to the political dysfunction that has led to these moments. Recently, Moody's put the world on notice that it could also issue a downgrade.

How does a shutdown impact investors?

A shutdown would not affect the government's payments to bondholders, but the debate added pain to a rough September, when stocks and bonds suffered.

There is big concern that amid high interest rates, the trifecta of spiking energy prices (up by 34 percent since June production cuts

by Saudi Arabia and Russia), restarting student loan payments, and a looming government shutdown could cause an economic slowdown and eat into the gains that stocks have made so far this year.

How does all of this affect the Federal Reserve?

A shutdown could be an issue for the Fed because the collection of economic data would halt. That means that various employment and inflation reports, on which the Fed relies, would not be released.

Without these and other data points, the central bank may be more cautious and do nothing at its policy meeting on October 31-November 1. The Fed could also choose to delay their meeting if they cannot get timely data.

What is the overall economic impact of a shutdown?

The Congressional Budget Office analysis of the 34-day 2018-19 shutdown found that growth (as measured by real GDP) was dented by 0.1% in Q4 2018 and by 0.2% in Q1 2019.

Economists from Goldman Sachs were projecting similar results this time around, with expectations that the trend would reverse in the subsequent quarter, when the government reopens.

(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) ©2023 Tribune Content Agency, LLC





Lifestyles 2000

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Celebrating
24
YEARS
1999-2023



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Image of the Mind

By Alisa Florio

Never before in the history of the world have human beings been so INTERDEPENDENT. It is as impossible to live without serving others as it is to live as if others weren't serving us. The more closely knit this interdependence grows, the greater we become in human achievement. We need one another, and we truly cannot live without one another. Every time we drink a bottle of water, turn on our hot shower, pick up our phones, drive our cars, put on our shoes; we are being served by other human beings.

"You've got to do it by yourself And you can't do it alone." Martin Rutte

Martin is a great writer, and this appears as a contradiction, yet in truth it is in perfect harmony with the universal law we are learning on cause and effect.

A psychiatrist Dr. Fred Gross calls this a koan. This is a term used for a puzzle a Buddhist priest gives to a student, and when they solve the puzzle, they would have raised their level of consciousness. There is great value within this koan for us all to remember.

We all want rewards in life, and we should understand rewards come in 2 forms: tangible and intangible. Rewards come from the money we earn, the homes we buy, cars we drive, the clothes we wear—Rewards also include the way we feel—our peace of mind, happiness, our inner satisfaction, and the people we meet and enjoy time with.

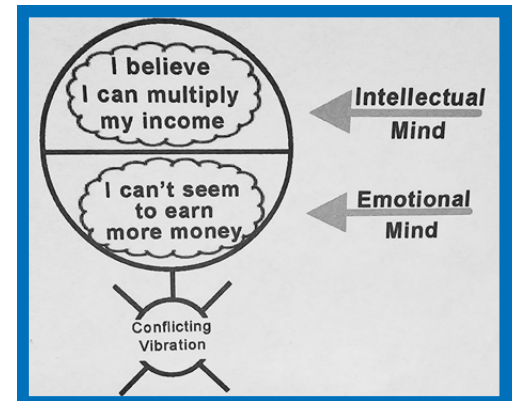
But, whatever you seek in the form of REWARDS, you must first earn in the form of SERVICE TO OTHERS. Attempting to side step this law always ends in failure, frustration, and if maintained long enough, ultimate demoralization.

We can see the faces of those who have given up to the game of push and pull to the circumstances. Much of this could be due to the misunderstanding, or ignorance to the simplicity of this wonderful law of nature.

Earl Nightingale asks this question, "Do you understand this law—fully understand it— intellectually and emotionally? For those who do, you can map out a WONDERFUL COURSE THROUGH LIFE."

This is very important for us to understand; our intellectual mind and our emotional mind can operate with conflicting thoughts with respect to the same concepts that we hold as images in our mind.

This is where the word PRAXIS comes in. Stay tuned until next time my friends, and give someone a hug with a few kind words today.



HAPPY THANKSGIVING TO YOU



Profiles by Alisa

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Publisher's

Happy Thanksgiving!

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Joanne

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Find Pete Winners:

There were 130 correct answers, Superior Lawn Care was the ad.

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Stemtown Historical Society Museum

By Stemtown Historical Society Board

The Stemtown Historical Society has existed since 1979, although most people don't know it exists. The Museum's location had been at 111 E. Morgan Street in Green Springs until August of 2023. The Museum's board decided to fundraise for some much-needed repairs on the building, they were met with some unfortunate news. The building was in such disrepair they felt that if they could not reach a solution the museum would be closed indefinitely. One of the Board members at the time, Brenda Rando (Treasurer), came up with a plan to purchase what was the former Calvary Church on S. Kansas Street in Green Springs by selling our former property to pay for it. Many feel this was the only way financially to save the museum. It also has more space for our treasures and the building and property has very rich history.

A very generous donor, Bud Rutherford donated the \$40,000 needed to purchase the Church. The former properties selling would help pay for the first few years of the new museum to operate and keep the lights on and also fix some small maintenance issues. The new museum will honor Bud and Maxine for donating the building. Although she passed away in 2019, Maxine was always

a part of whatever ventures Bud undertook.



Moving Forward. We are now unpacking our museum. A lot has changed in the past year with our board members and we have a curator once again. We are hoping to reopen in March of 2024. We are also fundraising with the Green Springs Volunteer Fire Department to build another building behind the church to house old firetrucks and

our horse drawn hearse. We are looking for volunteers for these projects. We are an all-volunteer board and a non-profit 501 c 3. We operate strictly on donations and fundraisers.

With help from volunteers and our community we hope to bring the history of Green Springs back to life! We have a FB page (Stemtown Historical Society) and website (www.stemtownhistoricalsociety.com) to follow our progress!



Sincerely,

Stemtown Historical Society Board:

Bill Young (President)

Megan Knieriemen (Vice President)

Andy Jones (Treasurer)

Brenda Engeman (Secretary)

Brenda Rando (Curator)



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Out to Lunch

By Lynn Urban

I don't usually do articles on restaurant chains, but I feel this one needed to be recognized. Number one, because it is new to Fremont and kind of hidden, and number two, the food and smoothies are very fresh and tasty.

It's **Tropical Smoothie Café** and it's next to Spectrum, right off Route 53 behind the Fremont Animal Hospital. The menu consists of wraps, flatbreads, salads, quesadillas, and a large variety of fresh fruit smoothies. A couple of sides they have to offer are maple glaze sweet potatoes, kale & apple slaw, and jalapeno corn. Unlike the other smoothie places, this is not strictly vegan or vegetarian, although there are some meatless options.

The wraps I have tried were the Baja chicken, which has a Mexican flair, and the Thai chicken that had an oriental flair. Both of them were very good. The smoothies are made with the freshest of ingredients containing fruits and vegetables. There are a few Tropical treats with chocolate added for an afternoon pick me up that run \$5.49. The all-fruit smoothies run \$4.99, and the supercharged, and superfood ones run \$5.99. They are all in a large 24 oz. cup. The kids' smoothies are in a 12 oz cup for \$3.99 along with a small kid's menu.

Because the store is brand new it is very clean and organized, and the staff is friendly and on the ball. There is also a drive thru window for your convenience.

Mayo Clinic

Jacqueline Squire, M.D. Mayo Foundation
for Medical Education and Research

Is it allergies or a sinus infection?

DEAR MAYO CLINIC: I have had allergies since childhood, suffering during both the spring and fall seasons. This past month, however, I am experiencing more congestion and mucus, and I even have some facial pain. I'm beginning to wonder if my symptoms are really from allergies or if they may be caused by a sinus infection instead. How can I tell the difference?

ANSWER: Allergies and sinus infections often are mistaken for one another. But they are two separate conditions. By paying close attention to the specific symptoms you have, you can usually identify which one is more likely to be causing the problem.

When someone has allergies, it means their body is negatively reacting to allergens, such as pollen, dust mites or pet dander. This reaction happens when the immune system releases certain substances, such as histamine, into the bloodstream. This leads to allergy symptoms, which may include itching, sneezing, sinus pressure, nasal congestion and discharge. Although allergies can produce many of the same symptoms as a sinus infection, the condition is different.

A sinus infection, also called sinusitis, affects the cavities around your nasal passages. The infection causes your sinuses to become inflamed and swollen. The swelling makes it hard for your sinuses to drain, and mucus builds up. You become congested and have trouble breathing through your nose. Sinusitis often causes thick nasal discharge. In addition, you may experience headaches as well as pressure around your eyes, cheeks, nose or forehead. Though more uncommon, cough and a sore throat can accompany sinusitis, too.

One of the telltale signs to discern if you have allergic rhinitis or a sinus infection is if you have itchy, watery eyes along with other symptoms. Itchiness is rarely a symptom of a sinus infection. Contrary to popular belief, the color of your mucus does not help tell the difference between allergies or sinus infections.

Given that you have noted seasonal allergies, pay attention to the timing of your symptoms. This also may help decide if they likely

are caused by allergies. For example, tree pollen is most common in the spring. Grass pollen is common in late spring and early summer, while ragweed pollen is prevalent in the fall. Mold and fungi spores are usually more plentiful in warm-weather months. Of course, the seasons may be different, depending on the region of the country where you live.

Finally, medication response also can help you determine if you need additional medical care. For allergies, over-the-counter medications, such as antihistamines, can be quite effective in relieving allergy symptoms, particularly itching and a runny nose. You also may try adding an over-the-counter nasal corticosteroid daily to help with allergy symptoms. These nasal sprays help prevent and treat nasal inflammation and congestion, especially if you have seasonal allergies and use them just as the allergy symptoms begin.

If you suspect your nasal congestion and other symptoms are the results of sinus problems rather than allergies, you just may need to be patient. In most cases, viruses cause sinusitis. These viral infections usually go away on their own within a week to 10 days. Self-care measures, such as extra rest and fluids, saline sinus rinses, and over-the-counter pain relievers and decongestants, can help. But if symptoms are persistent or severe, antibiotics may be needed to treat the infection.

If your symptoms are increasing, do not improve with current therapy or last for more than two weeks, you could benefit from a visit with your primary care clinician or an allergist. There are other options to help alleviate symptoms and address ongoing allergies or recurrent sinusitis. — Jacqueline Squire, M.D., Allergy and Immunology, Mayo Clinic, Jacksonville, Florida

(Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to MayoClinicQ&A@mayo.edu. For more information, visit www.mayoclinic.org.)

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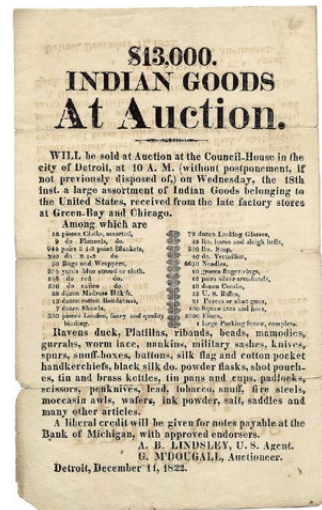
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Lower Sandusky and the U.S. Fur Factory System

Initiated in 1795 by President George Washington and later supported by Thomas Jefferson, a non-profit fur factory system was set up to undercut the influence of British traders with Indian tribes. Washington also believed America would develop better relations with the Indians and in turn reduce Army expenses necessary to protect the frontier. Washington insisted there be no fraud and goods were to be supplied to the Indians at fair prices.



Government factories were established mostly at forts where soldiers could handle transporting goods and protect against theft and violence. In all 17 factories were created. Lower Sandusky (now Fremont) was the sole Ohio fur factory. It was located at the site of Ft. Stephenson (now Birchard Public Library). It fell under the direction of the older Ft. Wayne agency whose factor was John Johnston, federal Indian Agent. (The restored Johnston Farm and Indian Agency can be visited near Piqua, Ohio). Benjamin Tupper became Lower Sandusky's first factor, receiving \$750 a year. Factors also received \$200 for furnishings and \$20 each year for upkeep, indicating that houses were also provided for the factors.

Hides of deer, beaver, muskrat, wildcat, bear, otter, fox, mink, and rabbit were traded for the "white man's goods" all supplied with government funds. Deer hides far outweighed all others.

The private Hudson's Bay Company and the American Fur Company deeply resented these government, non-profit agencies who paid higher than market prices. In fact, when there was no market at all for deer hides, agencies continued to buy them. Losses escalated with hides suffering from worm and moth damage and transportation problems from Ft. Wayne down the Maumee River. Lack of clerks caused poor baling of hides that needed to be wrapped in smoked elk or deer hides to keep out moths and worms

In exchange, Indians traded for beads, bullet molds, fabric, jugs, cups, mugs, tallow, beeswax, traps, muskrat spears, moccasins, drinking glasses, silver arm bands, soap, coffee, blankets, sleigh bells, guns and gun powder, lead, needles, combs and even eye glasses (requested at Lower Sandusky for "old" Indians). Nearly \$10,000 of merchandise was sent to Lower Sandusky in the years between 1808 and 1811. Nearby is an 1822 Detroit broadside from the closed Chicago and Green Bay factories, listing goods typically traded.

During the War of 1812, the British and their Indian allies burned Ft. Wayne and massacred Chicago while nearly \$4,000 worth of goods were seized at Lower Sandusky. As war descended, Factor Jacob Varnum fled with others to Delaware, Ohio. The factory did survive and was eventually "restocked."

The arrival of Major George Croghan and his victory at Fort Stephenson during the War of 1812 ended the importance of the factory system at Lower Sandusky.

Many thought the system a success because some tribes remained loyal to America during the War of 1812. However, these were mainly philanthropists, religious reformers, and government officials. But like the Chicago agency, the bulk of sales went to white settlers. Much of the trade goods were of poor quality. Washington officials knew little of tribal needs on the frontier. When the losses became exorbitant, the system was declared "useless." With continued pressure from private trading companies, Congress took steps to abolish the entire program.

November and December are months of preparation and celebration. The Life Scholars Program of Terra Community College has a schedule of classes and activities that clearly reflect this concept.

Elder Law and Estate Planning Attorney, Phillip T. Wylkan will address the ins and outs of carefully planning for the legal side of the aging process. He will introduce the value of trusts, wills, Powers of Attorney and understanding benefits and challenges in working with Medicaid, Veterans benefits and other estate planning needs. Making such important decisions begins with understanding what documents will be helpful to possess before they are needed. Lifelong planning and estate management are individual decisions and Elder Law, a class offered on Nov. 2, 9, and 16 can offer insight in addressing these issues.

Planning for the future is, also, the goal of community agencies. During the free Eileen Perry Learning Table session on Nov. 13, the Sandusky Co. Economic Development Corporation Executive Director, Beth Hannam, will provide an update of her agency's movement toward growth and progress within the county. On Dec. 11, Sandusky Co. Chamber of Commerce will be represented by Tyler Kneeskern, CEO, to share goals and accomplishments of that vital business organization.

Building the skill to Create Your Own Charcuterie Board with instructor, Zach Beckman, Venue Guy is scheduled for Dec. 5 from 6:30-8:30 p.m. Cost of \$40 includes the food items needed for one's own creation.

What more appropriate to prepare for Christmas than a class titled In the Footsteps of Jesus: His Life and Ministry with popular instructor, Larry Michaels? This visual presentation on Dec. 4 will focus on places in Israel associated with His birth in Bethlehem, calling of His disciples, sites around Galilee during His ministry and final journey to Jerusalem.

Celebrating among friends made in Life Scholars can be done in manyfold ways. Dinner Club plans include Nov. 16 and Dec. 21. Destination restaurants are determined with input from members prior to the monthly outings. Registration is required for transportation planning. Life Scholars Holiday Gathering is scheduled for Dec. 7 from 11:30 - 1 p.m. at the Neeley Center. Cost is \$30 or \$25 for members. Festive food and entertainment is included. RSVP is needed by Nov. 30th. Call or email for details and to register for this trip or classes: learn@terra.edu or 419-559-2255. Be prepared to have fun!

The Liberty Center of Sandusky County would like to say THANK YOU to everyone who has supported us in any way this past year.

Since opening, 3775 people found shelter at the Liberty Center. This past year 127 people lived at the shelter, 48 of them were single men or women, 79 were family members. Of the 79 family members 45 were children.

This year our Domestic Violence Victims' Advocate worked with 482 domestic violence victims helping them with crisis intervention, safety plans, education, legal process support, and for some, emergency shelter.

We could not do what we do without your support. Please consider making a donation to help change someone's life and bring hope to a hopeless situation.

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The Old Chickens' Home

Things are pretty slow here right now as we write this. By the end of August the Orioles had all left, and activity has slowed at the hummingbird feeder. We thought this might be a good time for a chicken story...

In 2004 we started raising our first flock of chickens. We were only planning to have 5 Rhode Island Red hens which we ordered from a hatchery, but soon ended up with 16 chickens after a trip to TSC to buy feed and bedding. We walked out the door with 11 more chicks which we chose from the "pullet" (girls) tank. (Turned out they were ALL roosters—someone had mislabeled the tank, but we didn't find that out until about 2 months later.) Fortunately, at the last minute, my niece stepped in and adopted all the roosters for pets—except for one, which we kept. And of course, he's the one that turned out to be a terrorist. But we loved him anyway.

But I digress...this story is about "the other end"—when it's more about care and feeding than egg production. Over the years, we've had as many as 25 hens, and as few as the 4 chickens we have now—elderly hen, 2 middle-aged hens, and one old rooster—Maggie, Zoey, Elise, and Willie.

At 8 years of age, "Maggie," our Blue Ameraucana, is the matriarch of the coop. She is the oldest and smallest—and the bossiest of the four when she isn't broody or molting. She's also not the most productive hen either—in recent years, she has laid exactly one dozen eggs each year. Her eggs are half the size of a regular chicken egg, but they are a pretty shade of blue.

"Zoey" is a 5-year-old Salmon Faverolle with non-contagious respiratory issues who hasn't laid an egg in the last 2 years. She is a happy little hen even though she is at the bottom of the "pecking order." We almost lost her a couple of times over the years when she started wheezing and couldn't catch her breath. Fortunately, we discovered an old tried-and-true, over-the-counter poultry product called "VetRX" which has helped with her breathing whenever she's had an attack. Every evening during her bad spells I sprinkle a few drops on her head and under a wing. It's not a cure, but it gives her some relief.

"Elise," also a 5-year-old Salmon Faverolle, is the "no-nonsense" hen. She and Maggie sometimes butt heads over who is running the show. She is in charge of production and advertising since she is only one who regularly lays an egg—and lets the whole world know about it. The only time she doesn't

lay is when she is molting or the weather turns unbearably hot and humid. Elise is not without her problems either...as she has gotten older, I have occasionally had to help her out by washing her butt feathers off with warm, soapy water.

We're not sure how old our rooster, "Willie," is. We rescued him from a condo "village" in Port Clinton in 2016, so he is at least 7-years-old, and looks and acts much older. He has cataracts on both eyes, suffers from arthritis in at least one leg, and his once-beautiful feathered headdress is thinning so he looks like he's going bald. Sometimes he also appears to have dementia, but it might be because he can't see very well. Willie was always a good rooster and watched over his flock. Instead of fighting to protect them, he led them to safety in times of danger—he was the first one to run into the coop or under the trees. (He figured they'd follow him.) Now they have to watch out for him...they are his eyes, and he follows them around wherever they go.

Some people wouldn't keep them now because they aren't productive anymore, and they are expensive to feed and maintain. But over the years they've earned their keep, and they are beloved pets the same as any of our other pets. We raised them all—except Willie—from chicks. Many afternoons we sat in the coop with a glass of wine or a beer and just "hung out" with them, watching them grow. Now it's time to look out for them in their old age and disabilities; now it's more about caring and loving than egg production. Besides, what's more peaceful than looking out the window and seeing chickens grazing in the golden afternoon sun?

Wishing you all a safe and Happy Thanksgiving!



Too Many Presents to Wrap for Christmas?

Not enough time in the day to get it all done? or maybe all thumbs with gift wrapping?

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Jambalaya Fundraiser

Let's get Camp Fire up with Jambalaya! It's that time of year again when Camp Fire Sandusky County is excited to hold their annual Jambalaya Fundraiser on November 11 from 10 a.m. to 1 p.m. You can enjoy a warm, authentic Louisiana-style Jambalaya meal with beans, coleslaw, roll, and dessert all while helping Camp Fire raise funds for programming for local campers who attend camps.

Camp Fire Sandusky County is located at 2100 Baker Road, right here in Fremont. Their camps and programs are designed to enable young people to develop essential physical, mental, and social skills. The long-term benefits of these programs are valuable activities that complement the educational, athletic, artistic, and social interests that occupy kids throughout the year. Camp Fire's camps can enhance and reinforce the learning kids do throughout the school year by strengthening their sense of independence and self-confidence.

Camp Fire is beneficial to every camper who attends. They reinforce the idea that there is no such thing as failure, only the chance to try new things. It is only when kids are free of failure that their creativity and sense of accomplishment can really flourish. Even if campers didn't catch the biggest fish, win a boat race, or hit a bullseye, they still had fun and learned how to cast a line, paddle a boat, and draw a bow. These are experiences that make an impact and will last a lifetime!

So, join them to strengthen our local youth for the life challenges that may come their way. Support Camp Fire programs and get a delicious meal at the same time. Tickets need to be purchased in advance at Camp Fire or Rupp's Comics. Tickets cost \$8 for an individual meal or \$500 for the tailgater meal, which feeds up to 8. Pay it forward, and we'll deliver a \$50 Tailgater meal, that feeds up to eight, for you! Orders can be picked up via drive-thru or carryout. Visit www.campfire.org for ticket info today!



BITS and PIECES - A Catch-up on Previous Topics

By Kathy VanWey

Remember last January when Secretary of Energy, Jennifer Granholm, floated a test balloon about banning gas stoves because of childhood asthma? There's an article in the freebeacon.com 3-21-23, entitled, "Gas Stoves for Me, but not for Thee." Secretary Jen admitted she has a gas stove. Anyone else see the hypocrisy?

Uncle Sam is also trying to regulate light bulbs, dishwashers, water heaters, refrigerators, clothes washers, air conditioners, pool pumps, battery chargers, ceiling fans and dehumidifiers. And as of Sept 29, 2023, they're going after gas furnaces. (foxnews.com 9-29-23).

Do you know the name Jeff Marootian? Earlier he had been nominated for the position of Assistant Secretary to the Office of Energy Efficiency and Renewable Energy (EERE). Senator Manchin torpedoed him because of his stance on fossil fuels. Later he was up for another position and the White House withdrew his name. According to similarnews.com on 9-20-23, Secretary Granholm quietly appointed him as the Principal Deputy Assistant of the EERE, making him a senior official. As Senator John Brasso stated, "Jeff Marootian is an unelected, unaccountable and unconfirmed bureaucrat who is carrying out President Biden's orders to attack household appliances." Notice that ten days after Marootian's appointment gas furnace manufacturers were hit with the regulations.

We have two amendments on the November ballot in Ohio. Don't be fooled! Both are going after future consumers, our kids! Regarding Issue One - the Abortion Law, there is a commentary in protectwomenohio.com under 'updates.' "Amendment Backers Admit Opposition to Parents' Rights, Need to Eliminate Parental Involvement. Issue One backers are finally admitting what we have been saying all along that this amendment is an anti-parent trojan horse ... [it] wipes away future parental involvement laws ... [and it] outlaws any protections for women and unborn children even through the ninth month of pregnancy."

So, the right to an abortion is the ACLU's trojan horse. What they are really after is to have the parental rights stripped away. And because this amendment would be part of the state constitution, it would supersede any other laws.

Regarding Issue Two - Marijuana Legalization, weedfreekids.org is running commercials stating there are no regulations to protect our kids from buying products, especially CBD candies and gummies. They want to hook them early.

On a humorous note, during a violent storm in Greece, a herd of sheep broke into a medical marijuana green house. The farmer said it had been a horrible year production-wise. The woolly thieves ate the last, remaining 600 pounds. "I don't know if I should laugh or cry." The shepherd reported "strange behavior" with the sheep jumping higher than goats. See, weed even makes the sheep go wacko. (newsweek.com 9-22-23).

Baby Boomers vs. Millennials

By Robert
Morton

I'm one of those 'Baby Boomers' who was born between 1946 and 1964, who often scratch their heads over the popular fads of Millennials, who arrived between 1981 and 1996. I can't figure out why avocados are causing all the fuss or why they're obsessed with "selfie sticks". To them, snail mail is for Christmas cards only, and I can't understand their love for vaping and e-cigarettes, cryptocurrency, skinny jeans, reusable water bottles, short-term videos like TikTok, or their trendy obsession for avocado toast.

But then I thought about how us "Groovy Generation" hippies got into Bell-Bottom pants, that looked like makeshift parachutes. We wore tie-dye shirts, looking like we survived a colorful paintball war, hoping that wearing one would transport us straight to Woodstock.

Us 'Groovy Boomers' actually adopted Pet Rocks, those "low maintenance" pets that we didn't have to feed, groom, or take out for a walk. And nothing said "groovy" like a lava lamp, the staple in many Baby Boomer homes. We'd sit in our squishy, shapeless bean bag chairs and watch the psychedelic blobs of wax float around inside the lamp.

BTW, a few of us got into the Pet Rock's sibling - Chia Pets. We found an oddly satisfying pastime watching these terracotta figurines sprout lush green "hair" in the form of chia seeds.

We had a knack for wearing our emotions on our sleeves, or in this case, on our fingers. We thought Mood Rings changed color based on our emotional state, making the perfect conversation starter - "Hey, look, my ring says I'm feeling 'totally groovy' today!"

And the squishy, wavy waterbeds gave us nights of peaceful slumber while making us feel like we were floating on a gentle, aquatic wave. One night, I drifted off to sleep on my ultra-modern waterbed, feeling like I was cruising the high seas. Suddenly, a tiny but determined leak woke me up to a peculiar sensation - not the gentle rocking I was used to, but a soggy shipwreck.

I do miss the disco fever era of the '70s, though. Remember boogying down under glittering disco balls, wearing bell-bottoms and platform shoes? I sure miss the electrifying beats of the Bee Gees and Donna Summer.

As the 'Baby Boomers' travel through time, we're discovering how the next generation, the Millennials, choose to rebel in their own, unique way. These folks traded bell-bottoms for grunge, but one thing's for sure - the humor doesn't stop with the Boomers.

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," "THE SHADOW WAR," and "PENUMBRA DATABASE" - they can be found in Kindle or paperback in Amazon.com books.

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ARIES (March 21-April 19): There are limits to what you can control, in your own home or the outside world. The one thing within your control is yourself. Though you cannot control people, you might be able to find a compromise that works for everyone.

TAURUS (April 20-May 20): You might be feeling like a child in a candy store. Be wary of people whose moral compass might not always point true north. You could be more gullible than usual right now so stay vigilant when meeting new people.

GEMINI (May 21-June 20): Many people know someone who knows someone who can get the job done. If you pay attention, you can become the person everyone calls when they need assistance. Make connections and you could gather favors to aid you in the future.

CANCER (June 21-July 22): If you walk away from the card table, you will lose your bet no matter what hand you have. You have to keep playing the game if you want the chance to win. Do your best to finish what you start, and you can reach your goal.

LEO (July 23-Aug. 22): Hiding the facts always comes back to bite you; remain truthful. It might be wise to avoid romantic escapades for now. The latest gizmos and gadgets could catch your eye if you are fascinated by the new and unusual.

VIRGO (Aug. 23-Sept. 22): Change may not always be dramatic. Before you sell everything and start all over in a new place, take a look at the small things you can do to improve your current situation. Great civilizations were not built in just one day.

LIBRA (Sept. 23-Oct. 22): The excitement of projects can fade and the urge may arise to abandon them to search for something new and interesting. Do not discard what you have done; instead take a step back and give things another look.

SCORPIO (Oct. 23-Nov. 21): The changing seasons can mean more than just rotating your wardrobe. Consider taking things in a brand-new direction; let your perspective change with the weather. A new outlook could lead you to a shiny new outcome.

SAGITTARIUS (Nov. 22-Dec. 21): You may have rituals you perform before undertaking a new task; things that can help you clear your decks. Be sure you are not using them as distractions; focus on completing the project at hand.

CAPRICORN (Dec. 22-Jan. 19): Lessons of history are not just about wars or politics. Look for the patterns in your work or relationships and discover repeating issues that need working through. Expand on the good and avoid enlarging the bad.

AQUARIUS (Jan. 20-Feb. 18): The ones who think up the get rich quick schemes might not be anything more than hustlers trying to sell their newest book or masterclass. Avoid chasing the latest fads and work to achieve your goals through steady and disciplined work.

PISCES (Feb. 19-March 20): Spinning the facts to affect the outcome in your favor may not hold up to someone's questioning. Remain truthful to avoid a conflict. Try not to make any impulsive changes or become entangled in a complicated scheme right now.

Helen Marketti's Music Corner



An Interview with Randy O'Quinn of FOGHAT

Sonic Mojo is a new album from FOGHAT that will be released on November 10. Bass player, Rodney O'Quinn shares his thoughts about his start in music, the new album and the longevity of FOGHAT and playing with Roger Earl. Roger is the original drummer for FOGHAT and is the driving force that keeps the band going. The current line up is Bryan Bassett (guitar), Scott Holt (vocals, guitar), Rodney O'Quinn (bass) and THE Roger Earl (drums).

"I went through a crazy period when I was young," explains Rodney. "I was interested in all of the artists that were advertised on K-tel Records. Then I jumped from that to KISS Alive. I thought that was so cool. About that same time, I was listening to FOGHAT Live and that's when I started becoming interested in playing the bass. I would actually try to emulate the sound of the band and sometimes played my "air guitar". Then I ended up playing with them later in life."

"I started playing the bass guitar out of necessity. My best friend had gotten a guitar and joined a band with three brothers. They asked me to join and asked if I could play bass and that's how it started. So, I asked my parents if I could get a bass guitar. To be honest, I just wanted to be part of what my best friend was doing. But playing the bass actually stuck and stayed with me."

Rodney continues, "I had left music for a while and got a real job as they say. I was a windows and doors salesman in the construction business and I still do so to this day. But in 2007 a friend had mentioned that Pat Travers was looking for a bass player and the transition to join his band went pretty smooth. I was with the Pat Travers Band from 2007 to 2015. I overlapped a little because in 2015, I joined FOGHAT. Craig MacGregor who was the long-time bassist for FOGHAT was having health problems and could not continue with the band. Craig would tell Roger Earl, "Rodney is a mini-me" and felt that I would be a good fit with the band. I have been with FOGHAT ever since."

The new album, Sonic Mojo has 12 tracks which will be released on November 10. Fans are going to love the mix of these songs which most definitely have the FOGHAT feel and sound. "FOGHAT was established in 1971. Roger Earl is the original drummer and he is the main reason that the band has endured over 50 years. He loves playing. This new album reflects the longevity of the band and the history of its musicians," explains Rodney.



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FOGHAT has a new wine on the market called FOGHAT Cellars. "You can order the wine from the FOGHAT website," said Rodney. "It was Roger's idea He met with a wine maker in the Sonoma, California area and together they created this great wine."

Fans recognize FOGHAT's hits from their early days such as Slow Ride, Fool for The City and many more! The hits from the early days as well as new material make for a rockin' show that fans of all ages will enjoy. Rodney has lasting thoughts for fans who attend their shows. "We are all fans of FOGHAT. We are not reinventing the wheel. Our shows have positive energy and everyone has fun. It's all about the music."

www.foghat.com
www.helenrosemarketti.com

How to train a 10-year-old dog to let YOU go outside

Dear Cathy,

When our 10-year-old ShihTzu sees my wife and I approach the front door, he tries to prevent us from leaving. I have tried picking him up, and sometimes can get him into his kennel, but he often snaps at me. Any suggestions? — Norman, Plainview, New York

Dear Norman,

First, train your dog to go into his kennel on command. When he does, say a reward word, like "bingo," give him a treat, and close the door for about 20 minutes. Second, tell him "kennel," then "down" and give him a treat only after he lays down in the kennel. Then, close the door for about 20 minutes. Third, repeat these commands, but ask him to "stay." Close the door again for 20 minutes. When you open the door each time, say "release," so he knows he is free to go.

When he has learned these commands, you can now manage him as you approach the front door. Give all three commands, but this time, leave a high value treat inside his kennel that he doesn't get at any other time. Reinforce "stay" and walk to the door. As you leave, say "release" so he knows he can leave the kennel when ready.

Training improves overall behavior, and keeps a dog's mind busy, so he is not focused on you leaving the house.

Dear Cathy,

For the last seven years, we've been feeding a cat that showed up in our backyard. He lives outdoors year-round and acts terrified of us. I taught him to come in through a cat door (in the laundry room), where I provide dry food and water. He never expresses interest in the rest of the house or even the food bag if his bowl is full. He eats and leaves. I've tried several times to trap him with no luck. Lately, he looks thin and scruffy. I am afraid he will die under the deck. I want to catch him, but I am afraid of getting scratched. Any ideas? — J., Columbia, Maryland

Dear J,

If this cat has been comfortable coming into your home to eat but is too scared to stay, trapping and keeping him in the house will make him miserable. While you could trap him with a humane trap and take him to the vet, the vet would likely have to anesthetize him to examine him or take blood work.

I don't know if you ever fixed this cat or got his rabies vaccine, but cats also can get diseases like panleukopenia, distemper, and leukemia if not vaccinated. So, he may be sick. Talk to your vet to see if he can do anything if you bring him in.

If you want to bring him into the house because you think he's friendly but just scared, get a humane trap to catch him and give him a room that is all his own, complete with a bed, food, and litter box. Then, leave him alone and let him be the one to venture out when he is ready.

He may never adjust to life inside if he is feral, though. If that's the case, return him to the outside and take care of him the best you can. You have done an admirable job looking out for him all these years. Sadly, outdoor/community/feral cats leave our lives much sooner than indoor cats.

Dear Cathy,

We recently rescued a nine-year-old Puli dog, part of a five-dog pack. They were all let outside three times daily, and never walked on a leash to eliminate. My dog

urinates on a leash, but does not know that she needs to poop outside. Any suggestions? — Irene, Massapequa Park, New York

Dear Irene,

Begin by training her as if she is a puppy. Take her outside to relieve herself immediately after she eats, plays, and wakes up from any sleep. Dogs pee before they poop, so give her plenty of time to sniff out a place to relieve herself. When she does poop, say a reward word, like "bingo," and give her a treat, so she can begin learning what you want her to do.

Next, if you feed her the same amount of food at the same time every day, she will likely poop at predictable times, and you can estimate when this will happen and take her outside at those times as well.

You also can scoop up some of her "accidents" and put them outside where you want her to go. Sometimes, if a dog smells their poop in the yard, they also will want to relieve themselves in that area.

(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.) ©2023 Tribune Content Agency, LLC.

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LET IT OUT

By Dr. Paul Silcox

Seven years ago this month, I lost my son to a drug overdose & Fentanyl poisoning. There were three people that died that weekend within a 36 hour period in Sandusky County. At that time, I was totally naïve and ignorant of what was going on right under my nose. I opened up and share that loss to the readers of Lifestyles less than 3 weeks later. I wanted to shout it out from the rooftops.

One of the things I have learned is that there are so many people here in Sandusky County that have been affected by this drug epidemic, but still try to keep it under wraps because of the stigma around it.

The commercials that are called "Beat the Stigma", have to do with addiction and mental health perceptions. The answers that the "contestants" give to the questions posed by the host seem to be way off base. But the fact is, that many are so frustrated that they don't know which way to turn for help. What will people think if the "cat gets out of the bag?"

One thing for sure is that whoever the person with the addiction is, very seldom will they seek help until they've hit bottom. But also, the loved ones that see the problem, and feel the problem, don't know where to start.

For me, it was facing the fact that I wasn't getting Joe back, letting it out and speaking to others, hearing their stories and giving them an ear to listen and them be heard without judgement.

I hate to admit it, but first, I thought my son was weak and just needed to have more intestinal fortitude and put it down. He finally admitted to me that he needed help and he was able to get into a month detox. When he came back, I thought he was fixed. Three days later, he was gone. What I've learned since then has changed my mind about him and the circumstances that led him down that path. That's my story.

What's yours? Have you talked about it with anyone? Or, have you been holding it in, bottled up? It helps to be able to tell it to someone who has been there. Let it out. It may help to write it out and express how you feel. When I learned that Joe got started on opiates when he had his wisdom teeth pulled and the dentist prescribed Percocets, it helped me understand where the changes in him were coming from. When I started to hear stories of how other people got started on their addiction path, it helped me see how big of a problem this is and I was not alone.

If you have a story of how addiction has affected your family and you'd like to "Let it Out", I understand. Write it out. Long hand, if you have to, and mail it. On a computer, send it by email. You'll feel better because you'll have told someone who cares, and who's been there.

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IN YOUR OWN BACKYARD

Holiday Handicraft's Show: VFW Post, 847 W. Maple St, Clyde. Sat., Nov. 18th from 9-3, Free admission, door prizes.

MS Support Group will meet Monday, Nov. 13 @ 6:30pm at the Sandusky County YMCA, 1000 North St., Fremont. Facilitator and this month's speaker is Dana Roca, Ambassador for the National Multiple Sclerosis Society. Bring a guest. Refreshments will be provided

Surviving the Holidays: A one evening seminar on dealing with Grief during the holidays. We utilize a video, discussion, and a workbook. St. John's Lutheran Parish House, 212 N. Clover St., Nov. 19, 5:30-7:00pm. Elevator at Wood St. entrance.

Downtown Fremont: Pink Friday, Nov. 17 all day. Santa Visitation, Nov. 24, 5-7pm and Nov. 25, 1-3pm. Holiday Tree Lighting, Nov. 24, 7pm at the corner of Front and State St. by Santa's House. Nov. 25, Small Business Saturday all day.

Community Christmas Concert: The Toledo Symphony will perform at Grace Lutheran Church, 705 W. State Street on Friday, Dec. 1, at 7:30 p.m. in the church sanctuary. General admission tickets go on sale at the church office on Monday, Oct. 30, 9 a.m. Ticket prices: Adult \$10; Senior (65 and older) \$8; Student (18 and under) \$5.

Kiwanis Club of Fremont meets every Thurs. 11:45 - 1 pm at the Fremont Elks Lodge; the first Thursday of the month at The Back Lounge of The Strand Theater 5-6:30 pm. Guests are welcome. Programs for this month are Nov. 2, The Social Gathering at The Strand, Nov. 9, Bill Young will present a video series on Ohio's 88 Counties, Nov. 16, Kristina Smith and Kevin Moore will speak about their book Unnatural Ohio, Nov. 30, Area High School Basketball Coaches will give a sneak preview. For more info, email sardisburchard@yahoo.com.

Sandusky County Republican Women will meet on Nov. 9 at 5 pm at the Sandusky Township Hall, 2207 Oak Harbor Rd. Election of officers for the 2024-2025 term will be held. Members and guests are welcome to attend. Contact Kim Foreman with any questions at 419 603 1503.

Fremont Area Women's Connection is "Catering to Your Needs" at our luncheon, Tues., Nov. 14th at Victor's Event Center, 2270 Hayes Ave, Fremont. Our luncheon will feature Chef Zach Beckman, the "419 Venue Guy." Our speaker, Annette Campbell of Warren, OH will share her story "Run Until You Are Found."

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

Trinity United Methodist Church, 204 N. Wayne St, Fremont, is offering their annual cheeseball spread sale. Orders are being taken for Cheddar, Cranberry/Orange with walnuts, Dried Beef, Horseradish, and Onion, \$8 each. The deadline for ordering is Nov. 12, pick-up and payment on Nov. 18 from 1-3 pm in the church Fellowship Hall. Orders for December will be taken from Nov. 18 - Dec. 10 with pick-up and payment on Dec. 16 from 1-3 pm. To order, Steve at 419 332 8167 or Carol at 419 680 5758.

Fremont Lions Club will meet on Nov. 7 at the Fremont Eagles Hall at noon for lunch. Derek Wensinger, Fremont Police Chief, will be the guest speaker. Students of the Month from Fremont Ross and St. Joe will also be present. On Nov. 21, Marc Glotzbecker the Gibsonburg Village Administrator will be the speaker. Members and guests are welcome. Cost is \$10. Contact Secretary Donna Thatcher at 419 332 3095 with any questions.

The members of **Sandusky County Ohio Retired Teachers** will meet Friday, December 8th at 11:00 am at Crystal Arbors (Applewood Bistro) on East State Street, Fremont, Ohio. Call or email Madi Doble at 419-307-1703, madidoble54@yahoo.com with your reservation. The deadline for reservations is Nov. 30th by 9 am.

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