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OCTOBER 2021

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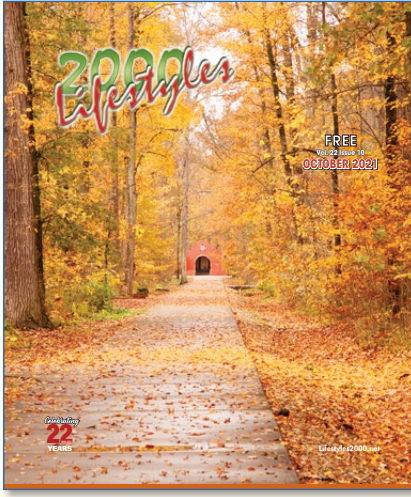
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Lifestyles 2000

October 2021
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Cover photo of Sorrowful Mother Shrine, Bellevue, by Brad Dolch.

COMPROMISE and CONTROL

by Kathy
VanWey

Compromise. It's one of the foundations to every successful relationship. On many things I don't mind compromising. "Go ahead watch John Wayne again. I'll watch my show later."

My hubby is gifted at many things, but tools and paint brushes are not in his wheelhouse. Nor does he want them to be.

Years ago when he was on an extended out-of-town trip, major painting and wallpapering was completed. A decade later, while our son was home on R&R, we mentioned we were tired of the living room's yellowish-pumpkin faux finish

Son: "Mom, what would you like for Mother's Day?"

Me: "Save your money. Paint the living room, the ceiling, woodwork, and it will also count for my birthday. I'll buy the supplies."

Son: "DEAL!"

Seven years later, the supplies had been donated and the paint obsolete. I hired a painter.

Finally, the morning arrived - the day to pick out a new living room color and I was primed. An inner voice said, 'You've picked out every color in the house. Let hubby make the choice. COMPROMISE! My selfish, CONTROLLING nature screamed, 'No! I want my own way! He'll pick out beige!'

I invited him to go to the paint store, but thankfully he declined. I told the clerk that the color was for a dark room and showed her my choices, Toasted Almond, Moroccan Sand, and Willow Springs. She pointed to the fourth.

Clerk: "This one maybe too dark."

Me: "That's my favorite."

Merrily I walked into the house with two gallons of Stoningham. I had COMPROMISED. "Honey, it's beige!" Notice the irony?

As the painter applied it on part of a wall, he shared a story about another customer who after he had painted the room didn't like the shade and had him repaint it. Another irony in the making. He knew darn well what was going to happen.

Man! That beige sure looked lighter at the store. A lively discussion ensued between hubby and me. The painter voiced no opinion.

The next day at the paint store hubby suggested a light green and I agreed. He picked out two samples.

Hubby: "Which do you think would be best?"

Me: "The second is slightly brighter. You know how dark that room is."

The painter brushed on the Mint Majesty. It made the room look bright and airy. As we admired his work, he commented, "I think you'll be happy with this choice." However, most importantly I had taken baby steps to let go of CONTROL and we had COMPROMISED.



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Lifestyles 2000

PUBLISHER/EDITOR

Joanne McDowell

SALES

Joanne McDowell

567-342-3117

email: lifestyles2000@sbcglobal.net

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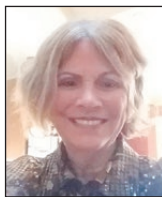
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Lifestyles 2000
30 Ponds Side Drive
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Publisher's Letter

September was a disaster at our house, with both of us contracting Covid. Pete had few symptoms, but I lost my appetite and taste for three weeks! What an easy way to diet, but I don't recommend it. Thankfully both of us are on the mend.



I hope you enjoy the beautiful cover from the Sorrowful Mother Shrine in Bellevue. Thank you to Brad Dolch again.

Stay safe and healthy.

Joanne

Find Pete



Find Pete Winners:

Over 100 correct entries in the September contest, the answer was Vault Investment.

Winners are: Eli Carmona, Amy Nickel, Deb Shearn, Caedon Abalos, Barb Swedersky, Margaret Musser, Ada Williams, Katie Huy, Amy Hartman, Paul Feathers, Patti Saam, Fremont; Alice Turley, Port Clinton; Tom Beckman, Richard Russell, Bellevue; Virginia Berklekamp, Gr. Springs; Becky Zerman, Joan Gable, Clyde; Connie Rounds, Berta Seymour, Oak Harbor; Marcia Morelock, Gibsonburg.

Find Pete Prizes:

Prizes are from: Otto & Urban Florist, Lilie Beans; A's Family Restaurant; Share & Care, Fremont; Old Fort Market. 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.

Prostate Cancer Awareness

By Jeff Holcomb

I know a guy who was getting up almost hourly during the night to go to the bathroom. This went on for better than two years, with him hoping things would get better on its own. Then it became every 45 minutes, and soon it was every 30 minutes, and at one point he had to have his wife take him to the ER because he was in so much pain from not being able to go at all. After consulting with his family doctor, he was referred to an Urologist. After undergoing various tests (Cystoscopy, MRI, Ultra Sound, and Biopsy), the prostate was found to be enlarged and a small amount of cancer was found. Due to the size of his prostate (normal is the size of a walnut - his was the size of an orange), and due to having found some cancer, he consulted with the Urologist and the Surgeon, and everyone agreed that complete removal of the prostate was the best option. The Surgeon did the removal robotically and he only had to spend one night at the hospital.

Most of you would not know this, but that guy was actually ME. Us guys think we are invincible. But after going through what I did, including having a catheter for over 15 weeks, (it was uncomfortable at times - and I even took a trip to Alaska with it), but it sure beat the pain I was in previously. I had the BEST medical care during this whole process, including the doctors, nurses, assistants, clerks, technicians, and hospitals. I also was blessed with having so many prayers and support from family, friends, and even strangers.

Do I have some issues from having my prostate removed? Yes, but they are minor compared to living with the issues I had previously. I am already back to work, walk at least 2-3 miles every morning before work, and still enjoy my family, traveling, working in my shop, and doing everything else I love to do.

I am not afraid to talk with anyone about my experience. I have realized that too many guys seem to be afraid to admit they are having a problem. We need to really bring it out in the open, because most men, as we get age, will experience an enlarged prostate. Not everyone who has issues will need to have a catheter, or a radical prostatectomy. It could be something less invasive, or just need to be monitored.

So men, please consult with your doctor and have it checked. And spouses who know their husbands are having issues, push them into having it checked out now. It will be well worth it to either ease your mind, or to take that first step in improving your health.

Jeff Holcomb, Gibsonburg, 419-307-2818



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Out to Lunch

By Lynn Urban

You can't go wrong with the appealing atmosphere of almost any restaurant in the Catawba area. You've got all types of places offering casual to upscale, with a variety of price ranges and menus.

We've done an article on the Orchard Restaurant, a very nice upscale restaurant. Well I've just discovered the Orchard Farm Stand which shares the parking lot of the Orchard. It started out as the name says, a farm stand with local produce from the area, but it has developed into a cafe and gift shop.

The cafe has only been open a few weeks. There is a large outdoor patio for dining surrounded by beautiful landscaping and grapevines. There is a tented area set up for special events and receptions. Inside is a small eating area with the gift shop attached. The shop sells lots of homemade items, such as jams, jellies, honey, oils, soaps and even some baked goods. They also have many kitchen items for sale. It would be a good place to shop for gift baskets for the holidays.

The menu consists mainly of wood fired pizzas, sandwiches and homemade soups, many with their own grown produce and homemade jams and sauces. For instance, the ham and hot peach sandwich has a fresh slice of ham, orchard hot peach jelly, and muenster cheese on rustic white bread, and the grilled cheese is made with prosciutto, goat cheese and raspberry jam. These are just a few of their unique sandwiches.

The pizzas are the same way, with homegrown toppings and unique combinations. Although they do offer your typical pizzas, like pepperoni, Italian sausage, or meatball pizzas. I had a cauliflower crust for the first time, and I liked it a lot. It was just as crispy as a regular crust and better for you. They sell wine that is bottled just for them, although a bit pricey, it was smooth. I definitely will return for more of this delicious food.

Jill on Money

By Jill Schlesinger

Here's how to handle short supplies driving up prices

Question: I understand that there was a period early in COVID when supplies for paper towels, toilet paper and disinfectant were hard to find, but what's going on now? Why are some products still hard to come by?

Answer: Amid the pandemic, shipping containers have been stranded in places where there is not enough product to fill them; and alternatively, empty containers are not in the ports where supply can be refreshed and loaded. The shortage has caused prices to triple the cost to ship product.

In addition, decisions that suppliers made early in the pandemic are still playing out. For example, chipmakers that had limited production facilities, focused their time and energy on consumer electronics. Some car manufacturers canceled their orders for chips because they had limited production capabilities and they didn't expect demand for cars and trucks to surge, which caught them off-guard.

Finally, in the pre-pandemic era, companies loved the idea that they could maintain skinny inventories, which allowed them to be more profitable. The COVID era has caused a major rethink of that practice because many firms simply can't deliver enough product to meet high demand.

Question: We're planning a big springtime renovation and I'm worried that the prices of everything will be higher. Should we order materials now?

Answer: Building materials have increased by over 19.4% (through July) over the past 12 months so I understand the desire to try to lock in prices. Unfortunately, that would be like trying to time the stock market, which we know does not work.

Here's how the idea of "getting ahead" could sting. As recently as May, cash lumber prices climbed to a record \$1,515, a more than 300% increase from April 2020. Since then, prices have plummeted by almost 7 % -- to under \$400. You sure would be bummed out if you locked in high prices, only to see them tumble.

However, my GC/builder friend Kevin said that if you know that you will need appliances, you should get a jump on orders ASAP, because those shortages are likely to last at least through the end of the year. To get stuff faster, try to be flexible on finishes and features.

Question: My car is coming off lease shortly, but when I went to the dealership, there were no cars available. What should I do?

Answer: The shortage in semiconductor chips has stalled car and truck production. As a result, dealers have about a third of the inventory available to sell that they carried before the pandemic hit. The dearth of vehicles has cause prices to jump. According to Kelley Blue Book, the average transaction price for a new car in June was over \$42,000 and used car prices are also sky-high, averaging over \$25,000 -- and that's with an average of 68,000 miles on the vehicle, according to Cox Automotive.

If you have a lease that's coming up, you may want to consider buying it out. Most contracts detail a precalculated price, which in the scarcity era of cars, might be a better deal than anything else you could find, if you can even find one.

(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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Ohio's Hospital Ships Saved Untold Numbers During the Civil War

During the course of the Civil War, nearly 25, 000 Ohioans lost their lives due to wounds and disease. That number could have been much higher had it not been for the residents of Cincinnati whose location on the Ohio River dictated the unique role they would play in aiding Ohio's soldiers. With donated funds, the city's Central Ladies' Aid Society established the Civil War's first hospital ship, the "Allen Collier." Loaded with medical supplies, ten surgeons, and 36 nurses, the steamboat was the first relief expedition to reach the battlefield at Fort Donelson on the Cumberland River in February 1862.



According to a "Gazette Leader" article, the "Collier" docked near the "Fanny Bullitt" and the "City of Memphis" only to find some 350 wounded and dead stacked side by side on the vessels' filthy floors. Many of those had been pulled from the icy waters. They were covered in blood and frozen mud. The commission was shocked to find no supplies at all aboard the two ships. The Army Medical Director forbade

them to care for the soldiers. He ordered that all supplies be given to him. The medical team complied, but convinced him to allow them to care for and transport the most seriously wounded aboard the "Collier." Of the 81 wounded, only one died before the hospital ship arrived in Cincinnati.

In the spring of 1862, Cincinnati was nearly overwhelmed with the care of thousands of casualties carried by boat from the Battle of Shiloh, the Civil War's first great bloody battle. The Cincinnati Branch of the U. S. Sanitary Commission established eight hospitals in the city and at Covington,

Kentucky, and a general hospital at Camp Dennison. That same year, the organization erected a soldiers' home where, by the end of the war, some 80,000 soldiers were treated and fed before boarding trains bound for home. Through the course of Civil War, the Cincinnati Branch distributed more than \$500,000 in funds and more than a million dollars in medical supplies.

Things changed rapidly after the debacle at Fort Donelson and the Battle of Shiloh. The commission began working closely with the Army. With funds from the Ohio General Assembly, the Army, Cincinnati City Council, and Secretary of War Stanton, U. S. Sanitary Commission outfitted 32 steamers with medical equipment and staffed them with physicians and nurses.

The hospital ships plied the waters of the Mississippi, the Cumberland, and Tennessee Rivers for weeks and months at a time. They created a network whose system of river routes could transport more than 700 wounded North to Ohio, Kentucky, and Missouri each day. On return trips they carried physicians, nurses, and supplies to southern battlefields.

Deemed so essential, the War Department ordered that no commander could interfere with the hospital ship operations once underway with wounded. Its flag was considered a flag of truce. Moreover, the War Department issued orders that no person was allowed passage except those directly connected with the medical department.

Children Are Growing Up Too Fast

By Robert Morton

Dr. Sylvia Rimm, author of *Growing Up Too Fast*, surveyed over 5,400 middle school kids and talked with over 300 students in focus groups. She found that, while parents remember high school as the time when they encountered sex, drugs, body image issues, and other "teenage" problems, today's kids face these pressures in middle school. In fact, many confront "teen" issues by age 9 or 10.

Dr. Rimm made me flashback to what it was like being a child in the unhurried 50's, and as a one-time young'un myself, I'm going to wave my magic wand to reestablish standards that made past childhoods happy:

Declare childhood a "Golden Period" where freedom is not permitted to be seized by the tensions of the adult world.

Teach children how to create something from nothing instead of getting expensive playthings that do everything for them. Unplug them from the computer screen and have them go outside to create their own fun: allow hide-and-seek, statue, and kick-the-can to brighten an entire afternoon once again.

Allow tomboys to return.

Empower children to feel genuine and not as if they're on a stage all the time. How? By making many of today's Baby Boomer and Millennial parents, the most educated and richest parents in history, less narcissistic. Then, they may stop using their children's achievements as another manifesto that they can afford the good life.

Make parents appreciate that a small child is more captivated by a tiny, green worm crawling across the sidewalk than by an elaborate play set erected in the backyard.

Allow plenty of unstructured play time and chill time. Require parents to schedule ample time in their week-at-a-glance calendars for kids to run barefoot, pick dandelions, climb trees, and to catch crayfish or frogs in the local creek.

Finance schools so they're the most tantalizing, safe, and comforting places for children to set foot in, especially those in lower income areas.

Furnish kids with Good Samaritan heroes/heroines like the Lone Ranger, Jackie Robison, Roy Rogers, Merryl David, Shrek and Superman.

As a former kid myself, I now wave my magic wand to insure childhood flourishes.

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 books: "Finding Happiness in America" and the spy thriller "Penumbra Database" - both can be found in Kindle or paperback at Amazon.com books.



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Helen Marketti's Music Corner



By Helen R.
Marketti



David Loehr – That's How Strong My Love Is From Rock n Roll to James Dean

It's 1965, David Loehr is 15 years old. He and some friends skipped school one April day from Pittsfield High School (Pittsfield, MA) and hopped on a Greyhound Bus headed to Albany, NY to see the Rolling Stones in concert. It was David's first rock concert, a real one and a stirring of life changing events had started. Months later, now 16 years old, he hopped a bus again headed for New York City to see the Stones only this time he was alone and took on The Big Apple by himself. By the time he was 19, David had his own retail shop, designed ads for his merchandise and started to promote and book bands. One opportunity led to another and he has stayed on this path for most of, if not all, of his life.

Today, David and his partner Lenny own and curate the James Dean Gallery located in the small, country town of Fairmount, Indiana. As far as we know, David has the largest collection of James Dean memorabilia. Fans arrive daily from far and wide to admire and appreciate the collection and spend the day where Hollywood actor, James Dean was raised and laid to rest.



David's recent book, *That's How Strong My Love Is, From Rock n Roll to James Dean* (Steuben Press, 2021) details the story of where he started and where he is now. The book covers David's life from 1960 through 2015. The stories and photos are a mixture of fortunate and unfortunate events as life dictates. Readers will appreciate the humble beginnings as he gets his footing to create the life he desires. Stories include his friendships with Andy Warhol and with Hollywood actor, Jeremy Davies (*Saving Private Ryan*). The photos included are an assortment of scattered ephemera capturing events, places and memories.

One of those memorable stories is his friendship with Andy Warhol. "It was pretty special to know him," recalls

David. "I had first met him at Max's in New York City. We just started talking and one day I decided to visit him at his studio which was called, The Factory. I remember the actor, Joe Dallesandro and film director, Paul Morrissey was there that day, too. We were sitting around and talking. It didn't occur to me at the time that it was a historical moment. I never thought to take a picture or ask for an autograph but then again they were my friends and normally you don't ask a friend for their autograph."

David's interest in James Dean began when he was given a copy of, *James Dean: The Mutant King* written by David Dalton as a Christmas gift. David's friend hinted that he would see himself in the book. "I wasn't sure what he had meant by that at the time. I really didn't know anything about James Dean. I knew the name. I knew the face. That was it. When I read the book, I was definitely intrigued by the story. After I read the book, I watched James Dean's movies and it was life changing."

"James Dean and I had several similarities," said David. "His mom passed away when he was nine years old. My father passed away when I was nine years old. He went to live with his aunt and uncle. I went to live with my grandmother. We both grew up on a farm. After high school, he went to LA to do theatre. After high school, I went to New York to do theatre."

Eventually, David traveled to Fairmount, Indiana and made several visits to see where James Dean had lived and where he was laid to rest. It was during these visits that he met Adeline Nall who was James Dean's drama teacher at Fairmount High School. The two became friends and kept in touch. David also became friends with Marcus Winslow who is James Dean's younger cousin. Over time, David and Lenny moved to Fairmount where they have lived the last 35 years. The James Dean Gallery has been open to the public for 33 years.

James Dean has been gone for 66 years! Why does he still appeal to fans? "He made three great films," said David. "Those films have lasted the test of time and show his talent. He appeals to people for different reasons. James Dean was a farm boy, a Hollywood actor, a race car driver, an artist, a bohemian. He was multifaceted and because he was that way, has made fans drawn to him. Plus, he had the movie star looks and died at 24, yet his legacy is forever."

David spent four years writing his book. "I had been thinking about writing a book for years. I would think about something that happened, jot it down on a piece of paper and put the paper inside a shoebox. I always wrote things down because you may never think of it again. Eventually the shoebox was full of these notes. I kept journals, too. Then I started going through boxes of old photographs and the pictures would trigger more stories. Lenny and I bounced around ideas and memories. I started to arrange everything in chronological order which served as the outline for my book. I wanted the images on the cover to be The Rolling Stones, David Bowie and James Dean because they are mentioned the most throughout the book. Plus, the cover creates great subject matter."

"The title of the book, 'That's How Strong My Love Is' was a song originally written and recorded by Otis Redding. Since I am a huge Rolling Stones fan, I liked their version of the song better. I think they made the song more popular. It's one of my favorite songs and seems to sum up everything," explains David. "All of the things that Lenny and I have been through, including our career paths, moving from LA to New York and then from New York to Fairmount and sharing all the ups and downs of our lives. We stayed strong and persevered. That's what I would like readers to come away with after reading my book, to preserve, follow your dreams, stick to your guns, do your best and keep on going. We've made a lot of people happy over the years. Lenny has designed clothing that has been worn by The Rolling Stones, David Bowie and actress, Ann Margaret. I have put together shows and events that have been attended by thousands of people and then we put together the James Dean Gallery in James Dean's hometown. We love it here and are happy."

For information on *That's How Strong My Love Is, From Rock n Roll to James Dean*.

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Kiss-Me-Over-the Garden-Gate

By Grace Nause

Good morning....I'm up earlier than usual this morning so the house is quiet. Even Scooter, the cat, who sleeps at the foot of our bed, opened one eye, looked at me as if to say, "what are you doing? It's too early to get up". Then she stretched, closed her eyes and went back to sleep. So, I will enjoy the peace and quiet of this beautiful morning and the promise of the day unfolds before us.

It's a perfect time to write my Lifestyles column. I look at September and October on the calendar and find the usual "things to do". There's one special day – Bernie's birthday! To celebrate, we'll have a family potluck dinner, tell stories and enjoy the company of this happy, healthy man as he turns 94.

Scooter is so much fun. She is playful, especially in the mornings. As I'm writing this column she decided to come out and play with her yarn ball. She bats it across the living room floor, then crouches down and 'sneaks up' on it and bats it again. Then she pounces, grabs it between her front paws, rolls over and kicks it with her back paws. She bats it away again and the fun begins all over again. She is good company in the mornings.

What have you been reading in your spare time? Me? You ask? Well, the book's title is, "If Mama Ain't Happy, Ain't Nobody Happy" or Making the Choice to Rejoice" by author Lindsey O'Connor. It's humorous, an easy read and full of good common sense. One of those books you can read after you set the dinner table while the potatoes are boiling on the stove and the meat loaf is keeping warm in the oven.

Until next time, enjoy this early fall weather with its cooling breezes, beautiful blue sky, fall colors in the trees and crunch of crisp fall apples – all reminders that LIFE IS GOOD! Ms. Grace

VFW Scholarship Opportunities for Youth

Veterans of Foreign Wars and Auxiliary are sponsoring several opportunities for local students to obtain education fund for their future. Contests for high school students have been National Programs for many years. Information and entry forms have been shared with all our local schools.

The Voice of Democracy is a speech and audio contest which has monetary awards at the local, district, state and national level. Deadline is October 31, 2021.

For students in the 6, 7, 8 grade, the Patriots Pen Contest is a written essay contest with monetary awards at all levels. Deadline is October 31, 2021.

Illustrating America is an art contest for students in grades 1 - 8. The Red, White and Blue Singing Contest is for K thru 12 grade students. Sing the National Anthem your way. Awards will be given at all levels. Deadline is March 31, 2022.

All contests are for students in public, private, parochial, and home-schooled students. Contact your local VFW Post for information and entry forms for the contests or you can call 419.684.5434

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- Dancing
- Cash Bar
- Farm-to-table Dinner

Date: October 21, 2021 **Time:** 5:30 - 10 p.m.
Place: The Neeley Center at Terra State
Cost: \$50 per person / \$80 per couple
RSVP by October 10, 2021 to Holly Hoffman at hhoffman01@terra.edu or 419.559.2166

12th Annual

Is Your Heart Set On A Vette?

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12th Annual

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Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): Find common ground. You and a loved one may be at odds over how to spend money. The simplest solution is to respect each other's views and find something that benefits you both.

TAURUS (April 20-May 20): Evidence of someone's love and affection can brighten your day. The only way to get past roadblocks is to roll up your sleeves and show greater initiative on the job.

GEMINI (May 21-June 20): Make a relationship more harmonious by being sincere and truthful. Share your wisdom with children or forgive someone who has crossed the line. Incorporate visionary ideas into your work.

CANCER (June 21-July 22): Frank discussions with family and friends may offer useful insights into business relationships or your career direction. Listen carefully to sound advice and focus on making profitable transactions.

LEO (July 23-Aug. 22): Go with your first instinct when faced with tough financial decisions. You can most likely follow a partner's advice without fear of making a mistake. Put your creativity to the test by showing off your projects.

VIRGO (Aug. 23-Sept. 22): Actions will speak louder than words. Honor your promises and prove that you mean what you say. Loved ones will appreciate your companionship and your sincere compliments.

LIBRA (Sept. 23-Oct. 22): When you're smart and hardworking it can be easy to make money. Make an intense atmosphere brighter by being witty and positive. Avoid making big decisions or signing contracts.

SCORPIO (Oct. 23-Nov. 21): Your business sense may be undone when you're exposed to something unique. Don't spend your cash on frivolous garbage or make impulse purchases that won't pay off as an investment.

SAGITTARIUS (Nov. 22-Dec. 21): Use brains, not brawn. To achieve your goals, figure out how to work better and smarter. Think about what you can have and how to get it rather than obsessing about what you don't have.

CAPRICORN (Dec. 22-Jan. 19): Being secretive or possessive may not sit well with loved ones. Allow them breathing room to do their own thing and share confidences. Be generous if purchasing someone a gift.

AQUARIUS (Jan. 20-Feb. 18): Cooperation is the key to harmony. Without solid support, you'll have a tough time getting the ball rolling. Point out the shared benefits someone will gain by being in your corner.

PISCES (Feb. 19-March 20): Current cosmic energies signal a focus on partnerships and verbal exchanges. Rather than taking financial risks if your imagination gets out of hand do some serious homework to clarify the situation.

Meandering Tours . . . thru a Cemetery or Museum?

By Denice Baldetti

With Halloween around the corner, are you feeling "spirited" for a cemetery tour? If so, mark your calendars. On Tuesday, October 12th, 2021, the Clyde Museum will be hosting its annual fall McPherson Cemetery Tour at 5:30 p.m. in Clyde, Ohio. This tour features interesting historical information about former prominent individuals of Clyde, Ohio. Two medal recipients – one from the Civil War and one from WWII – are among featured entombed individuals. Emma Anderson (mother of author Sherwood Anderson), along with the first American born sailor killed in the Spanish American War, will also have their gravesites featured. Tour guide, Larry Michaels, is a trustee for the Clyde Heritage League. He also serves as a part-time Lutheran pastor, and is an avid history buff and author of several history books about Northwest Ohio. He is sure to spotlight an interesting cemetery visit!



The Clyde Museum

Is a cemetery tour not exactly your thing? Then head over to the Clyde Museum for a calmer experience with a peek at some fascinating local area history. Curator, Gene Smith, states this museum has been at its current location since 1987. Within the museum, visitors can view fascinating displays such as early Clyde businesses, a Pioneer section, a Native American section, church history, and early Civil War military memorabilia. Northern Ohio's oldest weekly newspaper, The Clyde Enterprise, and printer's equipment is also prominently displayed. This publication first appeared in 1878. The final issue was printed on June 1, 2016. The museum's newest exhibit, a Presidential Display, connects with Clyde history. The Presidential Display items include photos of President Trump's visit to Clyde Whirlpool in 2020 juxtaposed with a Rutherford B. Hayes 1881 dedication speech at McPherson Cemetery.

The museum's Garage Annex houses the transportation area. Here, visitors can view a 1904 Elmore "Doctor's Runabout" car, a 1926 Ford Model T Fire Truck and a 1920 Clydesdale Fire truck. This fire truck was manufactured by the Clydesdale Truck Company and was in service from 1920-1947.

Also included in the Clyde Museum is the McPherson House. The McPherson family home was the boyhood residence of Civil War General James Birdseye McPherson, whose tall statue graces the McPherson Cemetery.

The Clyde Museum plays a prominent role in the preservation of Clyde history and heritage. An archives area is available for research. It contains local history files of businesses, events, families, genealogy and more. Group tours and research sessions are welcome by appointment at 419-547-7946. Museum hours are Thursdays 1 - 5 p.m. and Saturdays 10 a.m. – 1 p.m. February thru November.



Statue of General James Birdseye McPherson



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Dogs sometimes bark to communicate with their owners

Dear Cathy,

Our seven-year-old Yorkie, Missy (Mistletoe), has always been good with using the wee-wee pad since she was a pup. We take her out for a walk twice a day, but the wee-wee pad is for her use at other times. She always gets a treat when she uses it. Recently, she will sometimes stay about 10 feet away from the pad and bark at us. She will wait for us to go toward the pad, almost like giving her permission, and then she will go ahead and do her business. Is this normal or typical? - Tom, Westbury, New York

Dear Tom,

While that's not necessarily normal, it's not a cause for concern either. It's hard to know what our pets are sometimes trying to tell us, but she is definitely trying to tell you something. Somewhere along the way, she may have gotten it into her head that she needed to ask permission before using the pad. She also may have seen something near the pad that scared her or is afraid of the pad itself for whatever reason.

It's great you give her a treat for using the wee-wee pad. I would train her with a command to use the wee-wee pad, by saying "go to the wee-wee pad," every time you see her approaching or using it. If you do that, you can eventually say the phrase every time she starts barking, and she will know what you want her to do.

In the meantime, watch her habits closely to see if anything else has changed. Often, when animals change their normal routine, there can be a health problem connected to it. Get her checked by a vet to make sure she doesn't have a urinary infection because that can cause some animals to develop strange habits around their bathroom routines.

Dear Cathy,

I have five kittens; two are feral. The two feral kittens are like termites. They eat everything. They grab from the table constantly. They act as if they haven't eaten ever. They break into bread and cheese packages. Is something wrong with them? - Heidi, Saint James, New York

Dear Heidi,

Feral cats learn to scrounge for their food or catch live prey and they may have developed some aggressive eating habits. If that is the case, keep your food in the house secure when you can't be around to supervise until they learn they will get more than enough food from you.

But I wonder if they may have tapeworms. I am sure they didn't have flea protection on the street and fleas are a major cause of tapeworms. Tapeworms eat the nutrients found in their host's intestines, so your kittens may be malnourished right now, and could even be losing weight.

Tapeworms are obvious, so check their stools for the segmented worms. Whether you find any or not, I would get these felines checked out by a veterinarian.

(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.)

While Heisman trophy winner, Charles Woodson, a Fremont native gaining local recognition in recent weeks with his induction into the Pro Football Hall of Fame has made the community proud, his 8th grade history teacher, Mike Gilbert, knows that he stands among a long line up of stellar athletes from the area. In Sandusky County Athletes Tailgate Party, a Life Scholars class offered on Nov. 3rd, Mike will introduce senior scholars to a plethora of amazing men and women from Sandusky County who made their mark in the world of sports and life.

A trio of Ross High School graduates (Shawn McCarthy, Dan Gangwer, John Lozano) who played football in the mid-1980's together will share their experiences on the field and in the years to follow. Shawn, whose own grandfather played at OSU in the 20's, holds the record for the 3rd longest punt in NFL history. Teammate Gangwer played for University of Louisville before entering a career in law enforcement, another form of family legacy. John Lozano pursued a successful law degree and practice.

Gilbert, who coached a number of sports for 37 years while teaching, has found local sports history to be fascinating. "The origin of the name Little Giants was the result of a news article after the team played Sandusky High School, a longtime rival. It supplanted the name, Bumblebees. And, yes, the Bumblebee uniforms were wild." Gilbert explores the location of the first football game played in 1895 at a place called Hobo Jungle. He has a film clip of 1939 season's Bob Shaw, a graduate who played for Paul Brown at OSU and coached for the Bears.

The class will address many sports – track, swimming, softball, baseball, basketball, and more. Women athletes, such as Dawn Zerman, a Kent State basketball star and WNBA player, will be highlighted as well, though women's sports in the earliest years were lesser known. Trivia, too, will be introduced. "Do you know what sport was the first to be played at Ross?" Register by calling 419-559-2255 or online at Learn.Terra.edu.

Flavors of Fall, a fundraising event for the Life Scholar Program of Terra State Community College, will be held on Thursday, Oct. 21 from 5:30 pm – 10pm at the Neeley Conference and Hospitality Center. This social and entertaining evening will provide a farm to table dinner, cooking demonstration, wine pull, dancing and auction. Call for tickets at 419-559-2166.

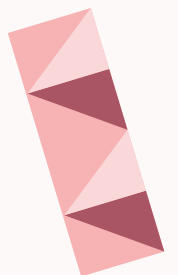


The Days of the Dead are celebrated throughout Mexico to remember and honor deceased loved ones. The celebration, October 31st through November 2nd, coincides with our Halloween in the United States. One of the most ancient breed of dogs in the Americas, the Xoloitzcuintli (or Xolo) are often associated with the Days of the Dead as the breed gets its name from two words in the Aztec language: Xolotl, the god of lightning & death, & itzcuintli, which means dog. The Aztecs believed that the god created the dog to guard the living & guide souls of the dead through the underworld to heaven.

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Soft Tissue Injuries. Why So Long to Heal?

By Dr. Paul
Silcox

Medical Research indicates that the healing of a soft tissue injury (muscles, ligaments, tendons, etc.) may take up to a year for completion and occurs in three phases:

PHASE I: INFLAMMATION: This initial phase lasts 3-4 days. The impact of the injury ruptures the tissues, particularly the capillaries, resulting in debris-strewn gaps between the healthy tissues. With the oxygen carrying capillaries damaged, an oxygen poor environment is created. The immediate response is from the cells that require less oxygen to function. These are immune system "clean-up" cells. Visible signs such as swelling, redness, and pain are often present.

PHASE II: REPAIR or REGENERATION: This phase lasts up to six weeks or more. The early part of this phase is concerned with circulation (capillary) restoration and the clean up of the debris. Specialized cells devour debris (similar to the cleaning crew on a construction site) as the circulation regenerates and bring oxygen and nutrients back into the injured area. Next, collagen proteins bridge the gaps in the soft tissue created by the injury and clean up. Unfortunately, this repair tissue is characterized by a weaker, stiffer, and more pain sensitive rope-like pattern (scar tissue).

PHASE III: REMODELING: This final phase of healing can last up to twelve months or more. In this phase, collagen is remodeled to increase functional capabilities in the healing region. It is important that controlled motion be introduced during this phase so that the collagen fibers will slowly arrange themselves more like the original pre-injury tissue. Motion also minimizes the weakness, stiffness and pain sensitivity of the healing tissue. The more complete the remodeling process, the less likely the patient will suffer future aggravations or exacerbations of the injured areas.

SUMMARY: Injuries damage tissue and circulation. In this whole process, restoring blood flow that carries oxygen and nutrients is critical. The BEMER Pulsed Electro-Magnetic Field Therapy has been shown to speed up this healing process by increasing blood flow and make it more complete.

Many professional and college football teams are using BEMER to speed up the healing process of these soft tissue injuries. Phil Mickelson has been playing better golf and winning some tournaments at 48 and 50 years old and credits the BEMER with his continued success.



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One local person I know that used BEMER for a week before his knee replacement and continued using it after during his therapy. His surgeon told him on a follow up visit two weeks after the surgery that he was healing twice as fast as he usually sees. I am looking at having shoulder joint replacement after I retire and I will be using my BEMER to reduce my recovery time by at least 50%.

As we age, circulation is one thing that often declines and contributes to the aging process. But by using the BEMER regularly, I believe that I'm doing something to positively benefit my body by improving that circulation with oxygen and nutrients getting where they need to go and slowing down the aging process.

IN YOUR OWN BACKYARD

Downtown Fremont Events: Oct 1 Crop Circle Event 6-9pm; Oct. 2 Farmers Market & Crop Circle Event 9am-1pm. Oct.17 Farmers Market & Harvest Happenings Event 9am-1pm.

Sandusky County Republican Women will meet on Oct. 7 at 6:30 pm at the Sandusky County Township House on St. Route 19. This will be the last scheduled meeting for the year and election of new officers will take place for the 2022-2023 term. Members and guests are welcome to attend.

Members and guests are welcome to attend the meetings of **Fremont Lions Club on Oct. 5 and 19 at the Fremont Eagles Hall, from noon- 1 pm.** Guest speakers on Oct. 5 include Patricia and Parker Inks regarding Parker's Purpose and on Oct. 19, Kristie Bilger is the speaker from Downtown Fremont. Contact Colleen Carmack, president at 419 680 3722 for info.

Fremont Tree and Beautification Commission is having their annual Halloween/Fall Decorating Contest! Judging takes place October 24th. Nominations can be submitted on our FB/Messenger page or by calling Rick at 419-307-8924. We are also hosting a Young Tree Training workshop on Oct. 9 at 10 am, to be held at the west end of McPherson Blvd. (where new trees were planted a few years ago). These trees are ready to be trimmed and this provides a perfect opportunity for our commission member and arborist, Crispin Cook, to teach you how to properly prune a young tree. Donuts, coffee and cider will be provided. Feel free to bring along any tools you may need. We will have some on hand as well.

Fremont Area Women's Connection will not meet for their monthly luncheon in October. This is in the interest of everyone's health and safety regarding Covid issues.

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Press Release

Sandusky County Health Department

October is Sudden Infant Death Syndrome (SIDS) Awareness month in Ohio. SIDS (Sudden Infant Death Syndrome) and accidental suffocation are the leading cause of death for infants between 1 month and 12 months of age. Statistics have shown that sleep environments are often determined to be a contributing factor of accidental death among infants.

Sandusky County Public Health remains committed to preventing accidental death among infants. The Cribs for Kids Program offers a free pack-n-play crib for those in need of a safe place for their infants to sleep. The Welcome Home program continues to offer support, education and referrals by phone followed by delivery of the pack-n-play crib by curbside pick up or porch drop-off. These safe delivery options will be followed throughout the pandemic.

Sleep related infant deaths are among the most preventable of infant deaths. By following the ABC's (Alone, on the Back and in a Crib) infants can live optimally for the first year of life.

For more information on the Welcome Home Program and the Cribs for Kids Program, call 419-334-6377 or to find more information on Safe Sleep, visit www.SafeSleep.Ohio.gov.



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