

# 2000 Lifestyles

**FREE**

Vol. 24 Issue 10

**OCTOBER 2023**



*Celebrating*  
**24**  
1999-2023  
**YEARS**

Lifestyles2000.net



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# Lifestyles 2000

October 2023  
Vol. 24 • Issue 10  
[www.lifestyles2000.net](http://www.lifestyles2000.net)

Celebrating  
**24**  
YEARS  
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**Available locations:** Fremont - Cookie Lady, Root's Poultry, Kroger's, Subway, Hasselbach Meats, Bark Creek Pantry, Dairy Queen; Gibsonburg - Kirwen's Grocery; Oak Harbor - IGA; Clyde - Subway, Drug Mart, Miller's Grocery, Bellevue Hospital, Bellevue Goodwill, and East of Chicago Pizza... and many more! Or go online to: [Lifestyles2000.net](http://Lifestyles2000.net).

## Image of the Mind

By Alisa Florio

A fellow reader recently left me a voice message asking, "If you're a Christian, why don't you give credit to God in your articles?" This is a great question.

I'm here to open your hearts, and minds by prompting you to think, and experience mental wellness in your lives by bringing you profound information through both science and theology. It has been proven that we have undeniable evidence of an energy source greater than ourselves, but how do we connect with this source?

We live in a society where people associate by using titles which can be good and bad. My first experience was in grade school when I realized we weren't a rich family, yet all our needs were met; so we were middle class. And we attended a labeled church.


At age 22 I battled cancer, and came face to face with death; and with Jesus. When I tried to share my experience; again I was labeled, and told I was delusional. Many of us have been labeled throughout our lives which have led to years of struggles, denials, and ultimately good, and bad experiences before SELF discovery.

I remember a profound moment where I heard a still, small voice say, "Alisa, take out the word Christian," after closing down my computer when I finished my book, My Room of Tears. I was frozen with no idea how many times I used the label Christian. I thought this word included everyone in every religion. I was learning that us Christians can be dangerous. We can be judgy when we should be open to the broken, the misfits, the one's who feel like they don't belong anywhere. Like myself at times.

When a person judges someone without loving them first, this can be dangerous. I realized I had now labeled myself. Jesus is about loving others like we love ourselves. To be kind, thoughtful, respectful, forgiving, and to give others, and ourselves grace; as we are all imperfect. Treating people in this way is difficult, and we can't do it alone.

I went all through my book, and made this correction... "I strive to be Christ-like." To put my thoughts on Jesus, and His behavior. Am I perfect, far from it! I recognize my imperfections, and I am fully aware that I need a guide to embrace a life I love living. Everyday I'm grateful for another opportunity to sharpen my people loving skills, and keep my focus on the man who has loved me even when I'm difficult to love.

I thank all of you who have been following along, and I hope these articles are helping you to discover a life you love living by loving yourself, and others who can be difficult to love too. Feel a big hug from the Universe!



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# Lifestyles 2000

## PUBLISHER/EDITOR

Joanne McDowell

## SALES

Joanne McDowell

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email: [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net)

## GRAPHIC DESIGN

Martha Blumel, Envision Graphic Design

## ADVERTISING/ GENERAL INFORMATION

For advertising and general information

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

Lifestyles 2000 is a monthly publication available free of charge at over 100 retail locations in Sandusky and Ottawa counties.

Lifestyles 2000 reserves the right to refuse any advertising for any reason. The opinions expressed by the contributors and writers do not necessarily reflect the opinions of the paper.

**Mission Statement:** Lifestyles 2000 is a monthly resource guide of northwest Ohio area events presented in an attractive format with entertaining and educational articles suited to fit your "lifestyle."

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Lifestyles 2000  
30 Ponds Side Drive  
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## Publisher's Letter

### Happy Fall!

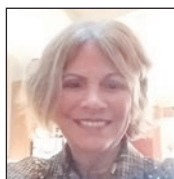
One of the best seasons of the year in Ohio; cool weather, football, Halloween, campfires, and the list goes on. Now if only we could skip winter!

This is Breast Cancer Awareness Month and our graphic designer, Martha, who is a survivor, wrote a beautiful article which is on page 6. I think this entire issue is filled with great articles, enjoy!

Have a fabulous October.

God bless,

Joanne



## Find Pete



### Find Pete Winners:

There were again 150 plus entries and all were correct, the answer was Share and Care.

For those requesting Miller Boat Line tickets, they are all gone for the year, only the prizes listed under the contest are available.

Again, a number of entries without addresses were received, if there is not an address, the entry is invalid.

Winners are: Ann Salyers, Teresa Roth, Kay Saionz, Vicki Overmyer, Scott Bowlus, John McKnight, Lori Boskovich, Fremont; Terri Davenport, Green Springs; Kathy Nieset, Helena; Regina Albert, Clyde; Tom Beckman, Brittany Cooper, Brenda Cox, Bellevue; Virginia Oglesbee, Port Clinton; Zeke Brough, Gibsonburg; Brooks Babione, Burgoon. Congrats!

### Find Pete Prizes:

Twenty entries are chosen monthly for the following prizes: \$5 gift certificates for Old Fort Market, Otto & Urban, Share & Care and A's Family Restaurant. You may specify a prize.

### Find Pete Contest Rules:

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

## Life Scholar

By Kathleen Nalley

Fridays are special, even for the retired! After a week of mental and physical "to do" tasks, Friday is the informal start of the weekend, known for leisure. For Terra Community College's Life Scholar Program, Friday classes are focused on sharing favorite pastimes with friends, both new and old.

Monthly on Fridays the Lifelong Learning Book Club gathers to discuss pre-selected books with wide-ranging appeal. The list is developed by members and discussion facilitators vary each month. October's choice is *The Book of Cold Cases* by Simone St. James and November brings *Round Ireland with a Fridge* by Tony Hawk. Members often bring lunch for the 11 a.m. - 12:30 p.m. session.

Twice monthly, a group of writers gather to provide encouragement and critiques to one another. In All Write! All Write! All Write! former writing class students chose to remain together after the instructor moved to another state. They decided to pursue individual writing projects and organized a format for feedback and optional writing exercises to generate and improve skills. The regularity of meeting inspires accountability to have something to share each session. The goals and types of projects vary.

Mah Jongg Open Play occurs between 1 p.m. - 3 p.m. weekly. Players participated in an introductory class with experienced players seeking opportunity for regular play. The resulting mix is a comfortable learning environment while enjoying a challenging game. For those who love the game, spreading that contagion is satisfying.

New to the Friday format is Bring Your Own Brush which is a group gathering to paint from 9 a.m. - noon. Having their own pieces, students with varied skill levels gather to practice skills in the company of others. Painting class alumni from oil and watercolor courses can pursue their love of art and share learned techniques.

Many leisure pursuits rely on technology, and the speed of change and understanding the trends can be made easier with a little patience from a knowledgeable instructor. Tim Wasserman bravely tackles such topics as Cutting the Cord, a class to help seniors determine how to find the best internet/cable/satellite provider for one's viewing preferences and needs Nov. 1 and 3. Want to start listening to podcasts but don't know where to start? Let Tim walk you through the basics Friday, Nov. 3rd with Podcasts 101.

To register, request a catalog, or inquire about opportunities, email [Learn@Terra.edu](mailto:Learn@Terra.edu) or call 419.559.2255. Prepare for your weekends ahead.



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## Out to Lunch

By Lynn Urban

A La Carte in downtown Port Clinton is known to have the best breakfast in the Port Clinton area. It has always had people lined up outside waiting for a table on the weekends, especially in the summer.

Now they've purchased the building next door for their overflow of breakfast goers. It has given them so much more space.

A La Carte is open every day 6 a.m. until 1 p.m. for breakfast. A La Carte After Hours, next



door, is open from 1 p.m. until 10 p.m. Wednesday through Saturday evenings serving dinners, sandwiches, and bar food, until 10:00 pm, they also have a full bar.

They have had entertainment throughout the summer months, but I'm not sure if that will continue through the winter. The ongoing evening specials are Wednesday, any burger and fries for \$11.00, Thursday, jumbo wings, \$1.00 each, Friday, homemade spaghetti, \$15.00, and Saturday, Prime rib, 4 cuts. Their food is very good and fresh. Some of the regular menu items feature house smoked pork and brisket, that can be used in tacos, nachos, or sandwiches, house breaded perch for tacos, dinners, or sandwiches. One of the customer's favorite dinners is the homemade meatloaf, mashed potatoes, gravy, vegetable and roll for \$18.00, and it is huge.

The best part of this place is the homemade HoHo cake dessert that is covered with a warm rich chocolate grenache. It is heavenly. Check this place out for either breakfast or dinner, I think you will be pleasantly pleased.

## Mayo Clinic

Kelechi Okoroha, M.D.  
Mayo Foundation for Medical Education and Research

### Exercise safety in cold weather

**DEAR MAYO CLINIC:** I work out at least three days per week at the gym, but I also like to exercise and run outside. Although I know better than to be outdoors in a winter storm, do you have any tips for exercising safely outdoors in cold weather?

**ANSWER:** It is great that you are dedicated to staying healthy through exercise. Being active at all ages is recommended to improve overall health.

It's easy to lose motivation to exercise when it's cold outside. However, you can remain active and exercise safely, especially outdoors, during the winter. A general rule to follow when exercising in the cold is to work your way slowly into the exercises. Also, start with lower loads or intensity.

Here are five additional helpful tips for staying active outdoors during the winter.

1. Make sure you check the weather forecast and dress appropriately before exercising outdoors. Weather conditions with air temperatures below zero F or extreme windchills may prohibit safe activities outside, even when wearing appropriate clothing. The risk of frostbite significantly increases when the air temperature is below 5 F. You also should avoid exercising in the rain, as getting wet increases your vulnerability to cold. On days with extreme weather conditions, limit your workout. Or take a break or exercise inside.
2. A proper warmup is essential, and warmup time should be doubled, as it takes longer for your muscles to acclimate in the cold. Also, perform the aerobic part of your warmup before static stretching to help with muscle flexibility. When working out, ramp up slowly to your preferred intensity and be sure to work in a cooldown period to promote recovery and reduce blood pooling.
3. Know if any other medical conditions put you at elevated risk for cold weather injuries, and be aware of cold weather issues. If you have medical conditions such as Raynaud's disease, lung or heart disease, or lupus, consider consulting with your primary care team to determine appropriate precautions. Be mindful if you have exercise-induced asthma, as cold weather may aggravate

these types of medical conditions. Also, be aware of the signs of hypothermia and frostbite, as well as appropriate treatments. If you start to develop signs of hypothermia or frostbite, get out of the cold immediately and slowly warm the affected area.

4. Dress warmly and in layers when exercising outdoors in the cold. Multiple layers with warm materials, such as wool or fleece, can add warmth. Avoid cotton next to the skin, as it can stay wet and cold. Also make sure to protect your hands and feet. As the temperature drops, blood pools in your body's core, which leaves your hands, feet and head at risk of frostbite. Hats, ski masks, gloves, large shoes with thermal socks, and earmuffs are great accessories to keep your extremities warm during the winter.

5. Hydration while exercising in colder temperatures is just as important, or more important, than in warm temperatures. That's because cold air is dryer than warm air. You should hydrate before, during and after your workout. While water or a sports drink is fine if your workout is an hour or less, for longer workouts you also should have a drink with electrolytes, such as a sports beverage. It is easy to become dehydrated in the cold, but it is harder to notice the symptoms.

Although it may be hard to stay motivated to exercise outside during the winter, everyone knows how good it feels after a great workout. You're encouraged to continue to exercise and stay fit using your favorite workout routines throughout the year. If you have specific questions or find you need additional support, consider speaking to a certified sports medicine specialist.

As you decide how best to exercise during the winter, be sure to be aware of your surroundings to avoid any unnecessary risks. If you have any health issues, it is advisable to talk with your primary health care professional before starting any new outdoor activities. — Kelechi Okoroha, M.D., Orthopedic Surgery, Mayo Clinic, Rochester, Minnesota

*(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](http://www.mayoclinic.org).)*

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## 'All Aboard' at the Mad River & NKP Railroad Museum! By Denise Baldetti

Sometimes hidden treasures can be experienced right in one's backyard. Such is the case with the Mad River & NKP Railroad Museum in Bellevue, Ohio.

Earlier this month, I spent a leisurely Saturday afternoon touring the Mad River & NKP Railroad Museum. This museum has amassed one of the largest and most diverse collections of historic railroad equipment in Ohio. It is a wealth of local well-preserved history, and was founded in 1972 by Bellevue pharmacist and railroad historian, Mr. Jean Leonard. The museum began with only one wooden caboose and a vision. Today this museum has become a nationally known institution.



Steam Engine



Lincoln's Funeral Train Bell



Passenger Coach Car Seating



Interior of Railroad Post Office (RPO) Rail Car

only in May, September and October. Admission Fees: Adults: \$10.00; Seniors (60+): \$9.00; Children 5-12: \$5.00; Under 5: Free. For more information: Phone: 419-483-2222 or visit the museum website at [madrivermuseum.org](http://madrivermuseum.org). "All Aboard!"

Self-guided visitor tours begin at the entrance within the gift shop, where a volunteer gives visitors a brief overview of the exhibits. One of the first eye-catching displays is the original bell that was on President Lincoln's Funeral Train. Lincoln's funeral train slowly traveled

from Washington, D.C. to Springfield, Illinois in late April of 1865.

The museum has amassed a large collection of rail cars, engines, cabooses and more. The interesting allure of this museum is the "Welcome Aboard" feeling throughout the museum and rail yard grounds. Steps and open doors on many rail cars and cabooses allow folks to experience a "hands on" feeling as they meander in and out of the various rail cars on display. Inside the cars are wall and floor display cases that line both interior sides. Visitors will see uniforms, torches, buttons, badges, dining china, silverware, lanterns, maps, tickets, stamps, equipment, and so much more.

The oldest rail car on display in the museum is NKP #1047. This is a wooden caboose built in 1882. It was rescued from a farmer's field in Indiana in 1966 and underwent 8 years of restoration work. Inside visitors can step back in time to see a cooking stove, sleeping quarters and a work desk of the caboose engineer.

I was very excited to visit one of the passenger day coach cars which still had original upholstered seats. I sat in this same style of coach with the exact same seats back in the late 1970's when I traveled from Lima, Ohio to Montana by rail to work in Glacier National Park! Sitting in that passenger coach car brought back many fond memories!

Another interesting car to visit was the Railway Post Office Car (RPO). Mail would be picked up, sorted and delivered all along the railroad. According to a fascinating Smithsonian Video entitled "Mail by Rail," <https://www.youtube.com/watch?v=PnGfWw7Bgu0>, 1977 was the last year a working mail train ever rode the rails.

One special museum event coming up in November is the "Holiday Train." Cabooses will be pulled by a diesel engine on an eight minute caboose rails trek. The Holiday Train will be offered Thanksgiving Weekend and the two following weekends after Thanksgiving. Santa Clause will also make an event appearance. For a \$6.00 general admission, all visitors can hop on board a restored caboose and take a trip back in time!

Hours: The museum is open Memorial Day thru Labor Day 12:00 – 4:00 p.m. and weekends

## What Breast Cancer Taught Me By Martha Blumel

I recently celebrated ten years cancer-free, and I wanted to reshare a column I originally wrote in 2013. It's still as relevant today as it was then:

Breast cancer has brought me face-to-face with my mortality and helped change my life perspective. Some things that once seemed so important no longer are. The simplest things that were so easy to overlook suddenly became beautiful and worthy of a moment of my time to appreciate; gratitude became the key to making it through the toughest of times and the everyday annoyances that used to get on my last nerve, well they still do, but not for nearly as long!

Reflecting back on 2013, I discovered that breast cancer changed me for the better and taught me some valuable lessons.

**No one is promised tomorrow.** I always knew this, yet it was so easy to get wrapped up in daily struggles and not enjoy the here and now or put off doing what my heart desired for another day. Another day is not guaranteed, so live each day and choose to be the "best you" ever.

**Happiness is a choice.** My happiness often seemed to be defined by circumstances, but now I realize it doesn't have to be that way. You can have happiness, peace, and joy even amid the darkest storms. It really is a choice, and I work at this every day.

**Don't sweat the small (or big) stuff.** Worrying doesn't change a thing. It only uses valuable time that could otherwise be used to enjoy and love life. If something bad is going to happen, it's going to happen, period. Deal with it and move on, but don't waste time worrying about things you have no control over.

**It's OK to say no sometimes.** Looking back, I realize I spent far too much time doing things that I didn't want to do or that weren't in my best interest. I often felt obligated and put others' needs in front of my own. No longer. Taking care of myself is first and foremost. Those who really matter will understand.

**Forgive.** Life is too short to hold on to bitterness and resentment. It's taken me years to try to figure out "how" to forgive. And then I finally got it – forgiveness is for me, not them. I no longer choose to carry the heavy burden of unforgiveness. *"To forgive is to set a prisoner free and discover that the prisoner was you."* – Lewis B. Smedes

**Learn to let go.** Sometimes, life simply is not fair. Sometimes, things happen that are difficult to come to grips with. Sometimes, the people closest to you do something you'd never expect. And sometimes, you have to realize that not everyone will agree with your choices and that every last bit of it is OK.

**My faith is my strength.** A diagnosis of cancer can make you evaluate your beliefs. It knocks you off your feet and turns your world upside down. It can be the scariest and most awful thing you've ever dealt with. You can either trust God or curse God. Those are the obvious choices. I did some deep soul-searching and chose to trust. I hold tight to the scripture Psalm 112:7 (NLT) daily and in every circumstance. *"They do not fear bad news; they confidently trust in the Lord to care for them."* The day my daughter and I walked in to receive my diagnosis, I grabbed her hand and said, "No matter what happens, it's going to be OK." I believed it then and believe it still – no matter what!

If you're facing cancer, I encourage you to ask questions, get second opinions, care for yourself, and pray. You have what it takes, and you are loved. – Martha

**Breast Cancer Resources:** <https://journeybacktogoood.com/breast-cancer-resources>

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## Press Release

### 3rd Annual Chasing Jami Memorial 5k - GLOW RUN October 14th

This run is in honor of Jami Toeppe Raubenolt who lost her battle with glioblastoma brain cancer in February 2021.

She was an avid runner with a heart for helping. All proceeds for this race will benefit Pontifex, Inc., a local non-profit in Fremont, Ohio.

Follow the glow lit path while wearing glow bracelets/necklaces/paint!

Awards will be handed out to the top 3 male and female runners, and the top 3 male and female children 17 & under.

Packet Pickup begins at 5PM. Race starts at 7:30PM for WALKERS and 7:50PM for RUNNERS Preregister to be guaranteed a T-Shirt!

#### To sign up online go to:

<https://raceroster.com/.../78779/chasing-jami-memorial-5k>

#### You can also sign up at:

Pontifex 416 W. State St. Fremont, or on race day.

*I have fought the good fight, I have finished the race, I have kept the faith. 2 Timothy 4:7*

## 12 Acres in Ohio

By Robin Arnold  
and Gena Husman

### A Rabbit Named "Bunny"

This year, 2023, for the first time in 37 years—with the exception following the frigid winter of 2014–2015 when so many birds and wildlife died—we have no geese. We miss watching them raising their young on the bank of our pond, but in some ways it is also a blessing: we aren't wading through goose poop from May through the end of July when they leave, and we are spending much less on bird seed. (The geese would eat all the seed that dropped on the ground under the bird feeders and then eat the small pile of seed we put out for the rabbits. Several times we would see the geese chasing the rabbits away.) At first, we couldn't figure out why we had no geese; then it occurred to us that after years of letting nature take over, maybe it had finally become too overgrown!

But when one door closes, another one opens, and now, conditions are favorable for Bunny and all her family and friends! (We named her "Bunny" because we didn't know what else to call her.) Most wild rabbits can live to be 9 years old but usually have a lifespan of only 1 to 2 years because of predators. Bunny is an old rabbit...she looks old, and she acts old, and she's been hanging around here for a few years. She and her latest family live under the shed close by our house, and spend time in the side yard and in our fenced-in backyard. It is not uncommon to find her stretched out in the shade under the trumpet vine next to the garbage cans that hold the bird seed. She has learned lots of tricks over the years to get us to give her treats: most of them just involve her running up to us and looking cute. If she hears us opening the garbage cans to feed the birds she'll run out from under the shed or from out in the yard—wherever she happens to be—and stand in front of us. Both of us have almost fallen over her when we've fed the birds on a dark morning. During the day she sometimes sleeps under the deck steps and pops out to stand on the bottom step when she hears the back door open—we have to give her carrots then. I've already caught her up on the deck lounging under one of the chairs...wonder if she was waiting for us to come out and sit with her?

Of all of our "Bunny moments" the most endearing one occurred just recently. I was finishing up the supper dishes when Robin, who had just gone back outside, hollered at me. "Hurry up and get out here! You've got to see this!" I ran out the backdoor and looked over the



deck railing: less than 10 feet away in the backyard, Bunny was nursing 3 tiny babies that were kicking and wiggling as they vied for the best spot. Obviously trust was not an issue for Bunny—Robin was sitting on the ground close by with her camera, taking pictures. Bunny waited until the last one finished; then she hopped over for her carrots. The 3 babies sat in a row while Robin took their portraits...then, one by one, they left to go do whatever baby bunnies do.

Baby rabbits grow fast—they are able to leave the nest when they are 15 to 20 days old and by 3 weeks they are on their own and don't need their mother. That was the only time we saw them nursing, but we do see them foraging together in the yard. We have no idea how many litters Bunny has had—a female rabbit can have 4 to 5 litters a year from February through September. These babies were the ones she chose to share with us. Looks like we'll be buying lots more carrots for the foreseeable future!

Have a safe and Happy Halloween!



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## Issue 1: Reproductive Rights & Issue 2 - Marijuana Legalization

By Kathy VanWey

Hey Friends. We've heard all the arguments before about legalizing both issues. "Abortion is a woman's right! It's only weed, it's not addictive." And do you know why? That's because six companies control 90% of the American media, AT&T, CBS, Comcast, Disney, Newscorp, and Viacom. (pwestpathfinder.com 5-9-22) That's a tiny majority who decide what we can know, what we can't know, what we should think and what we shouldn't think. Let's keep that in mind as we look at the two thorny issues Ohioans are facing.

The first is Issue 1- Reproductive Rights seeks to enshrine abortion into our state constitution. The original amendment was written by Ohio United for Reproductive Rights and the ACLU was supposedly vague and broad. The Ohio Ballot Commission changed some wording such as fetus to unborn child and pregnant person to pregnant mother. The biggest sticking point was abortion after viability. On 9-19-23, the matter went to the Ohio Supreme Court. They ordered the Ballot Board to reconvene and fix the wording. (yahoo.com 9-20-23).

As of this writing I believe the main two points will remain the same, that an "Individual" regardless of age, sex, or guardian permission, will be able to make their own decisions regarding abortion, miscarriage treatment, fertility treatments, contraception and continuing the pregnancy. This leaves it wide open to minors to have abortions, hormone therapy, or transgender operations. The other point is that the "State shall not directly or indirectly penalize or prohibit, nor interfere or discriminate against an individual voluntary exercise of this right or the person or entity that assists an individual exercising this right." (Ballotpedia, 9-1-23). By the way, there's no mention if the parents of a minor must pay for these surgeries. **Please check for other changes between now and then.**

The second thorny issue is the Marijuana Legalization Bill. Granted some people desperately need medical marijuana for serious health concerns. However, Boomers be forewarned, the THC in weed now can be as much as 85% stronger than what was available in the 60's and 70's, plus all the added chemicals. Will everyone who smokes the stronger weed become addicted and go onto harder drugs? Probably not, but we do know that historically most who went onto stronger drugs say pot was their gateway drug. We need to examine the possible ramifications to our society of a larger addicted population such as the extra burdens on families, social services, medical and mental health, law enforcement, and criminal justice system. Also, Dailymail.co.uk on 9-4-23 had an eye-opening headline, "Health effects of weed laid bare: Marijuana is behind 3 in 10 schizophrenia cases . . ." and it discusses the major depression and bipolar risks. Please think long and hard about Ohio going to pot.

Other resources include: *The Problem with the Current High Potency THC Marijuana from the Perspective of an Addiction Psychiatrist* - [mim.nih.gov](http://mim.nih.gov) Nov-Dec 2018.

*Marijuana, Mental Illness and Violence* - [imprimis.hillsdale.edu](http://imprimis.hillsdale.edu) 1-15-19

## Puppies Boost Mental Health

By Robert Morton

They say having a puppy significantly boosts emotional well-being, and I couldn't help but question this claim when I had a puppy who seemed to have attended the most mischievous canine academy around. At around 4 months of age, he began testing my patience. It was like he had earned an advanced degree in "How to Drive Your Owner Crazy 101."

My once-adorable pup turned my living room into a fluffy battlefield, launching a full-blown pillow fight with the couch cushions. Feathers everywhere, my living room resembled a scene from a fluffy war movie.

But the rebellion didn't stop there. He decided to audition for the role of a magician's assistant, making my shoes mysteriously vanish, one by one. It was like having my very own shoe-disappearing act, complete with a wagging tail and a mischievous grin.

Then came the day he believed curtains were his personal chew toys, and he turned my living room into a curtain-themed art exhibit. Each frayed piece was a masterpiece of rebellion.

But my puppy had an affinity for snuggling with my wife and me. I guess it's all about bonding. When he cuddled with his littermates for warmth and comfort, it instilled in him a desire to recreate that cozy experience with his newfound human family. When we allowed him to sleep on our bed; he turned into a miniature, snoring space heater, providing warmth and entertainment in equal measure.

Maybe I'm wrong in disagreeing with the researchers who have found that having a puppy significantly boosts emotional well-being. It's scientifically proven that dogs (cats, too) make you happier. Even the smallest interactions with these furry comedians cause our brains to produce oxytocin, the "cuddle chemical." This hormone enhances relaxation, trust, empathy, and reduces stress and anxiety.

Moreover, these furry companions reduce cortisol levels (the stress hormone), lower blood pressure, and combat loneliness while boosting mood and feelings of social support. The responsibilities that come with puppy ownership provide structure and social benefits that can alleviate the burden of depression.

My puppy surely pushed my buttons and rearranged my home in his pursuit of excitement, but there's some truth to what those researchers say. His boundless affection, antics, and cozy cuddles were worth every moment.

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):** Right now, your thoughts could revolve around your personal appearance, demeanor or how your reputation may affect your social life. Don't let the reactions of others make you feel self-conscious.

**TAURUS (April 20-May 20):** Project confidence in all your current successes. Feel free to brag a little and showcase your talents when you can. Sales jobs might seem to like a glove, but the most important thing to sell might be yourself.

**GEMINI (May 21-June 20):** Earning the credentials you may need could be taking longer than you first anticipated. Try not to feel disappointed if you sense a lack of family support. You might have a crowd of friends ready to cheer you on.

**CANCER (June 21-July 22):** Your friendly approach could persuade others that you may be the right person for extra responsibilities. If past mistakes come back to haunt you, try not to worry. Be fully accountable and you can turn criticism into assets.

**LEO (July 23-Aug. 22):** Put key financial decisions on hold for now. Even the best researched and prepared people can still hit a snag if the conditions are not optimal. The spotlight could be on your trustworthiness, charm, and great attitude.

**VIRGO (Aug. 23-Sept. 22):** Hurt feelings can't be repaired with just gifts. Look into their eyes and make sincere amends. They do not have to forgive, but they might be more likely if you show them your heart instead of your wallet.

**LIBRA (Sept. 23-Oct. 22):** You can accomplish more in the future if you exert a little extra effort now. Follow through on your projects even if you feel discouraged by possible setbacks. The key to success is usually found in perseverance.

**SCORPIO (Oct. 23-Nov. 21):** Your rock-solid business skills could be in high demand currently. By spending some time with other ambitious go-getters, you can expand your skillset and broaden your network of allies or supportive friends.

**SAGITTARIUS (Nov. 22-Dec. 21):** Now might not be the best time to discuss family drama with your friends or challenge authority figures. Remain cooperative and discreet and you can increase your financial base. Think things through before making a move.

**CAPRICORN (Dec. 22-Jan. 19):** The only way to save time is to use every moment as efficiently as possible. Wait for the most powerful timing for your biggest initiatives, try not to fret over the little details, and take big steps towards your goals.

**AQUARIUS (Jan. 20-Feb. 18):** Do your best to avoid trouble by remaining diplomatic in group situations. Now may not be a favorable time to make new investments. If you find yourself in a tricky situation it might be best to take a step back.

**PISCES (Feb. 19-March 20):** Life can be messy and complicated, but true and loyal friends could get you through. Bouncing from loyalty to loyalty may be damaging to your trust-worthy reputation. Let those you care about know you will not walk away.

# Helen Marketti's Music Corner

By Helen R.  
Marketti



## The Beatles LOVE by Cirque du Soleil

Spectacular...Magnificent...Magical...Brilliant...

These are the words I chose to describe The Beatles LOVE by Cirque du Soleil after seeing the show in person at The Mirage Hotel in Las Vegas. The show has continued for 17 years and still going strong. It is one of the most popular shows in Las Vegas with sell-out performances and enthusiastic crowds. I saw the show for myself on August 9, 2023 while on vacation for the first time in Las Vegas. It is a must-see performance that will leave the audience wide-eyed and speechless.

The show is set to original Beatles music and the soundtrack covers the band's career from the early mop top 60s, transitioning into their psychedelic era and wrapping up their time together by 1970. In between the 90-minute performance is a mix of rock, ballads and love songs that move the audience from toe tapping and clapping while triggering some tears along the way.

We were treated to watching the spectacular moves of aerial acrobatics, fearless trampoline jumps along with rhythmic and expressive dancers. The stage is in the middle of the theatre with surrounding seats so there is a different view from anywhere you sit. There is always something happening onstage so sometimes the view is on entertainment overload but well-worth the eye-popping performances as you are looking up, down, left and right.

The surround sound has speakers built in to each individual seat making you feel as though you are at a live Beatles concert. There are two large screens that show clips of The Beatles performances, pictures, conversations and much more. It is a complete "Beatles experience" that you will clearly not see anywhere else.

This show was actually the brain-child of the late George Harrison. He was a big fan of the Cirque du Soleil work and had spoken with Guy Laliberté, one of the company's founders, inquiring perhaps that they could do a show using The Beatles music! And that's how the concept first came into being. George Harrison passed away in 2001 and did not live to see the show materialize but everyone carried on to make his dream a reality. Working on the legalities of the show took at least three years and the needed permission of surviving Beatles, Paul McCartney and Ringo Starr along with George Harrison's widow, Olivia and John Lennon's widow, Yoko Ono. Their input, suggestions and support helped to push this incredible show into a production that has lasted for nearly 20 years and hopefully will continue.

At this writing, The Hard Rock Café has purchased The Mirage Hotel. There was speculation that 2023 would be the last of LOVE. However, I have learned that the show will continue in 2024 and then it will be a decision made on a year-by-year basis. It would only make sense to keep a Beatles show under the Hard Rock Café canopy. It just seems to go together!

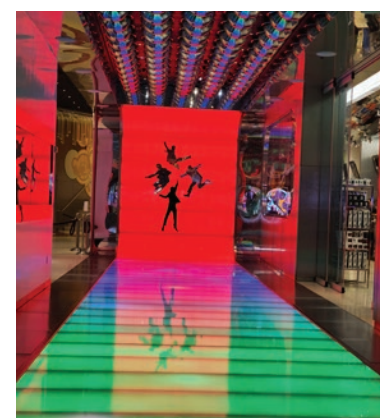
The LOVE Theatre seats a little over 2000 guests! You are truly mesmerized and captivated by all that you see and hear as soon as the show begins. The costumes, the lighting, the archive footage, the props, THE MUSIC...as it all mingles together for a surreal experience

The Beatles record producer, the late George Martin and his son Giles were the music directors for the soundtrack for the show which includes over 200 snippets of Beatles songs and are beautifully mixed together for a remarkable listening experience. Some of the songs included in LOVE: *I Want to Hold Your Hand*, *HELP*, *Back In The USSR*, *Drive My Car*, *Glass Onion*, *Strawberry Fields*, *Something*, *Eleanor Rigby*, *Lucy In The Sky With Diamonds*, *Come Together*, *All You Need Is Love* and many more Beatle favorites.

The cast and crew put together this nonstop performance for audiences 6 days a week and to see it is to believe it. I promise you will not be disappointed if you ever have an opportunity to witness this spectacular show for yourself. I, too had friends who had seen the show and said it is a must. I have to agree.

February 9, 2024, will mark the 60th anniversary of The Beatles arriving in America and appearing on The Ed Sullivan Show. The Beatles continue to captivate, influence and attract new legions of fans. Their music will last throughout our life time and well beyond. LOVE physically puts together the expression of The Beatles music and literally brings their songs to life!

[www.thebeatles.com](http://www.thebeatles.com) | [www.cirquedusoleil.com](http://www.cirquedusoleil.com) | [www.vegas.com](http://www.vegas.com) | [www.helenrosemaretti.com](http://www.helenrosemaretti.com)





Dear Cathy,

We adopted a five-year-old female mini-Poodle that we named Sami. Sami was caged by a breeder in a puppy mill. Due to her lack of (social) experience, she is difficult to train. Sami doesn't recognize the association of words to treats and actions. Therefore, positive reinforcement doesn't work. She has no idea about the meaning of words she hears, such as her name, eat, out, walk, etc.

However, she recognizes clues to things, such as us putting on our jackets, rattling her leash, or preparing her meals. Sami also will let my husband do anything to her, but she avoids me. She is very cautious about everything but has come a long way since we adopted her. Your thoughts?

— Janis, Hartford, Connecticut

Dear Janis,

Dogs born in puppy mills don't have the best start in life. They are raised in cages for six to 12 weeks waiting to be delivered to pet stores. Unfortunately, this growth period coincides with peak socialization when puppies easily approach people and are unafraid of new experiences.

At this stage, puppies should be gently handled, petted, and slowly exposed to other dogs, kids, stairs, grass, the vet's office, kind strangers, etc. If they don't interact or have limited interactions with people, they can develop fears that can be difficult, but not impossible, to untrain later.

Because your dog is already past the puppy stage, you will need to build her trust by developing a predictable routine. She must learn to trust her new home before she can trust experiences outside the home.

Next, slowly expose her to new experiences, like walking on a leash, on a sidewalk, or on grass. Expose her, slowly, to new surroundings, like taking different routes when you walk.

If she is nervous about meeting new people, expose her to friends and family she already trusts but who can wear disguises, like hats and sunglasses. Have them toss her treats from about 10 feet away, so she can associate these "new people" with something yummy. Do this before a meal so she is hungry, and use a high value treat, like pieces of boiled (unsalted) chicken to entice her.

It takes time to socialize an adult dog, but you can absolutely do it if you are patient and persistent with her training. Given time, she will learn to learn to trust you and your family. When dogs learn to trust, they become the most amazing companions. Please keep me posted on her progress.

Dear Cathy,

I have a 4-1/2 lb. female 16-year-old Persian cat who I have groomed every four months. For the last year, her fur has been taking longer to grow in some areas. The fur around her face, paws, tail, and butt all seems normal, but the fur appears to have stopped growing on the sides of her belly and ribs.

I am wondering if it's a lack of minerals/vitamins. Her fur is not falling out; it's just not growing. I'm not sure if that makes a difference. Otherwise, she is happy and healthy in every way. She eats, drinks, and uses the litter box.

She was at the vet a year ago for a complete checkup. The vet said she is great for her age. She's also the only pet in the house and has no contact with other animals. Any thoughts?

— Vicki, Massapequa, New York

Dear Vicki,

Sometimes, a cat's coat stops growing or grows slowly, depending on the time of year. Animals have four phases of annual hair growth. The anagen phase is when new hair grows. The catagen phase is when hair reaches its full length and stops growing. The Telogen phase is when the hair is neither growing nor shedding. And the exogen phase is when the hair sheds.

So, overall, it's not abnormal for hair to stop growing for a while. But when hair grows inconsistently,

especially when it hasn't before, then it could be the symptom of an underlying health problem, like a thyroid problem or a hormonal imbalance or deficiency.

Since it has been a year, I recommend a visit to the vet and getting blood work to see if she has developed a health problem. Health problems can crop up quickly for senior pets, so consider bi-annual exams for any cat starting around 10 or 11 years old. At 16, she is a geriatric feline and things do start to slow down for them.

Going forward, ask your groomer to leave areas that are not growing alone to give them time to come back.

(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](mailto:cathy@petpundit.com). Please include your name, city, and state. You can follow her @cathymrosenthal.)

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## WHAT'S THE VALUE OF "BEEN THERE, DONE THAT" IN ADDICTION? By Dr. Paul Silcox

Have you seen any of those commercials on television where it is a simulated game show and people are guessing answers to simple questions about addiction and mental health? The host seems to come to the conclusion that there is still a lot of stigma about both of those issues in Ohio.

One thing for sure is that often people that are mired down in addiction feel most comfortable talking with are people that have been there and gone thru the same process the addict is going thru currently. Especially in the beginning when the addict is hurting physically, afraid & wanting another fix, just to "get well" . . . for a few hours . . . til it all starts over again. These people are called an addicts' peer. They've been there. They've done that. But they made it through and they are a good model for someone just getting started.

On the 15th of September, I attended a fundraiser & informational event in Avon, OH. I had been aware of this organization for about 5 years now and that night learned how important peers are in many addicts' initial steps of recovery. I've learned that just because someone was an addict at one time and is now sober and in recovery doesn't mean they are qualified to be a peer to someone else's recovery. There are guidelines in the Ohio Department of Mental Health and Addiction Services office on how to become a Peer Recovery Specialist.

In 2022, the US Dept of Health & Human Services through it's Substance Abuse & Mental Health Services Administration (SAMHSA) released its PEER Recovery Services Guidelines because they recognized the value of someone that has been through it themselves can have in assisting an addict getting through the initial detox phase and through a program back to stability and long term recovery.

In 2011, SAMHSA also released a Treatment Improvement Protocol (TIP 45) where it noted some of the better addiction treatments known. But in the Table of Contents is a section called "Alternative Treatments" on page 103, and the NADA auricular acupuncture protocol that I have been using for 6 years now. (The NADA protocol has been used safely for nearly 50 years)

Soon, I'm hoping to combine people in healthcare & peer recovery and be able to train them in the NADA protocol so it can be used in more places than my office. Anyone that is knowledgeable in grant writing that we can seek out funds to pay for NADA training, please contact me. Or if someone has funds that they would like to see used locally, Katura Recovery & Training Services is an IRS recognized 501(c)(3), and is first working to help with addiction recovery in Sandusky County.



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Oct. 7, **Farmers Market & Sauerkraut Social Event** 9am-1pm. Oct. 21, **Farmers Market & Harvest Happenings Event** 9am-1pm.

**Kiwanis Club of Fremont** meets every Thurs. 11:45 - 1 pm at the Fremont Elks Lodge except for the first Thursday of the month when they meet at The Back Lounge of The Strand Theater, 5-6:30 pm. Guests are welcome. Programs for this month are Oct. 5 - The Social Gathering at The Strand will be replaced with the Passing of the Lt. Governor Banner to the Fremont Club beginning at 6 pm at Victors Event Center, Oct. 12 - Meet the Candidates and Issues Forum, Oct. 19 - Tracy Goss McGinley will speak about Human Trafficking, Oct. 26 - Monica Ramirez will speak about Justice for Migrant Women. For info, email sardisburchard@yahoo.com

**Come join us for the first book sale in the new Birchard Library**, Croghan St, in Fremont! You will find books on cooking, animal care, taxes and working on your car. We have children's books! Sale date: Wed., Oct. 11 from 5-8pm. This night is for Friends of the Library only. If you are not a member, you may join that night and participate in the sale for a small fee. The sale opens to the public Thurs., Oct. 12, 10-8pm, Friday Oct. 13 from 10-5pm, Sat. Oct. 14 from 9-noon with Saturday being bag day. Please come and support your library!

Let's get creative and start decorating! **Fremont Tree and Beautification Commission is once again sponsoring their annual Halloween /Fall Decorating Contest.** Nominations of addresses/ names will be accepted through Oct. 20 with judging taking place on Oct. 22. You may post nominations on our Facebook page or call Rick at 419-307-8924. We also are inviting everyone to become a member of our group. You don't have to have a green thumb or dedicate a lot of time. We meet the first Tuesday of every month, February- November, at 6 pm at the Fremont Rec Center.

**Spaghetti Dinner**, Sunday, Oct. 22, from 11am until sold out. Spaghetti, salad, bread, dessert, Drive Thru Only. Sandusky Township Fire Dept., 2205 N, Oak Harbor Rd, Fremont.

**Fremont Area Women's Connection** welcomes you to our special annual fundraiser LADIES' LUNCHEON Tues., Oct. 10th at Victor's Event Center, 2270 Hayes Avenue. We are featuring our "Shop the Country Store!"

stocked with donated home decor, baked goods, house plants and other treasures. The doors will open at 10 AM for early bird shopping. Lunch and program ending at 1PM, cost is \$14.

Our speaker, Alma Keaton of Ashtabula, OH will share her story "Finally a Queen." Reservations before Oct. 6th. Call/text Donna at 419-680-2251 or e-mail Carol at fawcluncheon@gmail.com. Reservations as well as cancellations must be reported in the same way.

**Fremont Lions Club** will meet on Oct. 3 at the Fremont Eagles Hall at noon for lunch. Jack Zimmerman is the guest speaker and will be sharing info about the Hopfinger-Zimmerman Memorial Park in Port Clinton. Students of the Month for September and October will also be present from Fremont Ross and St. Joe High Schools. On Oct. 17, guest speaker is Jon Detwiler, Superintendent of Fremont City Schools. Members and guests are welcome to attend, cost is \$10.00. Contact Secretary Donna Thatcher at 419 332 3095 for info.

**Trinity United Methodist Church**, 204 N. Wayne St., in Fremont welcomes all to attend activities and the weekly worship service each Sunday at 10:15 am. On Oct. 22, Dasia Wells from Napoleon, OH will be the guest speaker during the morning worship service. She comes as one from the All In Community Speakers Bureau and is excited to share her story as one who was incarcerated. Following the service, a Spaghetti lunch will take place from 11:30-1:30 pm. Cost is a donation. Sponsors of the lunch are participants of a Girl Scout, Boy Scout and Dartball team that function at the church. Call Steve at 419 332 8167 for info.

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