



2000 Lifestyles

FREE
Vol. 22 Issue 9
SEPTEMBER 2021

Celebrating
22
1999-2021
YEARS

Lifestyles2000.net

The Perfect Doctors for Women Just Like You



Just like every woman is unique, so are our health care needs. Dr. Helen O'Connell, and Dr. Abeer Ahmed provide a full spectrum of health care services for women of all ages including:

- Women's Well Care
- Menopausal and Perimenopausal Care
- Birth Control
- Pregnancy Care
- Surgical procedures
- Infertility

We're Accepting New Patients!

We accept all Medicaid, Medicaid Managed Care Plans, Medicare, most insurance plans and self-pay patients. We offer a sliding fee schedule based on income and family size.

Please call (419) 334-3869 to schedule your appointment!

SPECIALIZING IN WOMEN'S CARE



Helen O'Connell, MD
OBSTETRICS AND
GYNECOLOGY



Abeer Ahmed, M.D.
OBSTETRICS AND
GYNECOLOGY



COMMUNITY HEALTH SERVICES

WE CARE.

www.CHSOhio.com | (419) 334-3869 | www.facebook.com/CHSOhio | @CHS_Ohio





Lifestyles 2000

September 2021

Vol. 22 • Issue 9

www.lifestyles2000.net

Celebrating
22
YEARS
1999-2021



NEWS & NOTES

Twenty years later. Did we forget?, Dennis VanWey 8

Life Scholar, Kathleen Nalley 10

September is Ovarian Cancer Month, Patti Tucker 11

ENTERTAINMENT

Out to Lunch, Lynn Urban 5

History Notebook, Nan Card 6

Helen Marketti's Music Corner 7

Astrology Forecast, Magi Helena 9

Jails, Dungeons and Prisoners, Oh My!, Denice Baldetti 9

In Your Own Backyard 11

HEALTHY LIVING

Mayo Clinic 4

Water, Dr. Paul Silcox 11

HOME & HEARTH

I.Q. Tests Measure a Narrow Band of Human Capabilities,
Robert Morton 3

Kiss-Me-Over-The-Garden-Gate, Grace Sidell. 8

My Pet World, Cathy Rosenthal 10

Available locations: Fremont- Cookie Lady, Grund's, 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. Or go online to: Lifestyles2000.net

Cover photo taken at River Cliff Park in Fremont by Brad Dolch.

I.Q. Tests Measure a Narrow Band of Human Capabilities

By Robert Morton

At age 26, I taught high school students with developmental disabilities. I think I learned more from them than they did from me. They were analogous to Forrest Gump, and I quickly began to question what the real value of I.Q. tests was. True, they measure intelligence, but my students taught me they measured a very narrow band of brainpower... academic achievement in school.

When I taught these slow-learning children in the early 70s, I thought of them as "eight-hour slow learners". When they left the schoolhouse each day, they encountered a larger world with more choices to make and more endeavors that complemented their innate endowments, capabilities left unmeasured, unappreciated, and unnoticed by the traditional school curriculum. It was the pre-IDEA 97 era (Rights for students with disabilities), and my students were not mainstreamed for any classes, not even into a study hall.

So, being stuck together for the next nine months, we got to know each other quite well. I remember Danny, age 13, who worked alongside his father, and could completely take apart and reassemble a truck's engine and transmission in a dimly lit garage. By age 16, he could do it blindfolded. I still encounter trouble changing my car's engine oil.

Another student, Dennis, age 14, was always one step ahead of the game warden. He could catch, clean, season just right, and smoke copious amounts of fish into a tasty delicacy. He stocked a large freezer full of them at home and often brought in scrumptious, smoked fish for me to eat.

"Best smoked salmon I ever ate!," I said to him one day. He smiled and replied proudly, "Mr. Morton, them's carp, not salmon!"

I didn't mind that for several months I had unwittingly been eating smoked carp, for Dennis prepared them like the chef de cuisine blanches a grouper dinner at some five-star ocean side Hilton.

The Danny's and Dennis' of the world may not score high on traditional I.Q. tests, but their type of intelligence and ambition will land them a living without an over-reliance on formal schooling. The rest of us require bookish preoccupations to obtain an education to get along in this world.

It struck me as odd, but both Danny and Dennis seemed to have more common sense than most teens, and they were two of the happiest kids at Ashland High School. I guess they were intelligent enough to develop those non-academic qualities, too.

Robert Morton has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He authored two spy thriller novels: "PENUMBRA DATABASE" and "MISSION OF VENGEANCE"- both available in Kindle or paperback at Amazon.com books.



Feel The Love... Love The PERKS!

Bonuses - Meals - Fun Workplace!

Full & Part-Time Positions - Apply Online or Stop In!

NOW HIRING!
elmwoodcommunities.com

Elmwood Communities
Fremont • Tiffin • Green Springs



Lifestyles 2000

PUBLISHER/EDITOR

Joanne McDowell

SALES

Joanne McDowell

567-342-3117

email: lifestyles2000@sbcglobal.net

DISTRIBUTION

Pete McDowell

GRAPHIC DESIGN

Martha Blumel, Envision Graphic Design

ADVERTISING/ GENERAL INFORMATION

For advertising and general information

call 567-342-3117 or

email lifestyles2000@sbcglobal.net

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

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

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

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

Distribution of the paper does not constitute an endorsement of products, information or services. Neither the advertisers nor the publisher are responsible for omissions, misinformation, typographical errors, etc. herein contained.

Lifestyles 2000
30 Ponds Side Drive
Fremont, OH 43420

Publisher's Letter

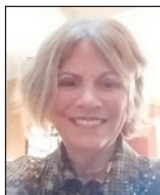
Welcome to our September issue.

We are so happy to have Ms. Grace back with us this month, all of those prayers must be working.

Asking for prayers for Pete as he underwent surgery in August and is still not recovered. (But he is still hiding somewhere in this issue!)

Thanks for picking up Lifestyles2000, enjoy your month!

Joanne



Find Pete



Find Pete Winners:

There were 115 correct entries in August, the correct answer was Bethesda Care Center.

Thanks for entering!

Winners are: Tom Fox, Pierce Overmyer, Lindsey;

Shelly Riehl, Mary Lou Stults, Savannah Johnson,

Andrea Carter, Joe Luc, Brenda Floriana, Fremont;

Di Fruchey, Kansas; Aliyah Kern, Gibsonburg;

Karen Worrell, Linda Lepard, Tom Beckman,

Bellevue; Lynda Wilbert, Clyde; Alicia Brown,

Paula Renfro, Green Springs; Sharon Miller,

Bettsville, Jane Lopez, Genoa; Kathy Nieset, Ann

Foos, Helena; Madalyne Gillmor, Tiffin.

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.

Mayo Clinic

Christopher DeSimone, M.D.,
Ph.D., Mayo Foundation for
Medical Education and Research

How owning pets can lead to a healthier lifestyle

DEAR MAYO CLINIC: I have been working from home as a result of COVID-19. The adjustment has been difficult, and created a lot of stress and strain on my mental and physical health. I find that I spend much of my time in front of the computer. I eat more often, and I barely go outside. A friend suggested I adopt a dog to lift my spirits and get me motivated to go outside. Would I see any real benefits from this? Is there any connection between pets and our health?

ANSWER: Pets play a huge role in creating a healthy lifestyle. In fact, studies have shown that pet ownership can enhance fitness levels, lower blood pressure and cholesterol levels, relieve stress, improve mental and heart health, and boost overall happiness and well-being. Evidence also suggests that connections to pets provide good social support -- an important factor in helping you stick with new health habits.

One of the main benefits is that dogs force us to get up and move for routine and regular walks. A research study found that dog owners more likely report regular physical activity patterns, a healthy diet and ideal blood sugar levels compared to those who do not own dogs. This is beneficial to your heart health because increased physical activity helps strengthen your heart muscles, making it more efficient in pumping blood throughout your body and improving overall heart health.

It's no secret that pets contribute to overall happiness. Owning a dog has even been linked to better mental health and less perception of social isolation -- both risk factors for heart attacks. Dog owners have increased interaction with people, and are less likely to experience depression. This helps to diminish social isolation, which can reduce worse health outcomes and premature death.

Even just interacting with a dog has shown to increase levels of "feel-good" brain chemicals, such as oxytocin and dopamine. This creates positive, happy feelings and a great bonding experience for you and your pet. Pets bring a significant benefit to working from home. Over 50% of people surveyed said they would prefer if they could bring their pet to work.

There are four major ways pets can help with your mental health while working from home:

Pets can reduce work-related stress. Two out of three employees say work stresses them out, and 40% say their job gets in the way of their health. Studies show that pets in the workplace reduce stress and improve employee satisfaction.

Pets help manage anxiety. Up to 30% of the workforce could be working from home multiple days per week by the end of 2021, according to Global Workplace Analytics. So, now more than ever, people are struggling with mental health. Pets provide companionship and support.

Pets help you be more active. Pets give us a reason to get outside, get some fresh air and get in some physical activity.

Pets combat loneliness. The bond with pets helps people feel less alone. Owners can touch, see, hear or talk to their companion animals, which helps to bring joy and happiness.

Aside from your mental health, owning a pet -- a canine in particular -- can significantly help your heart. This is the finding of a Kardiozive Brno 2030 study, which looked at the association of pet ownership -- specifically dog ownership -- with cardiovascular disease risk factors and cardiovascular health, in part due to the increase in physical activity.

While walking a dog around the neighborhood may not always sound so enticing, don't forget to look for ways to incorporate your furry friend into other activities. If your neighborhood has a local dog park, it's a wonderful way for your dog to let off some steam while you make friends with other canine owners.

Consider also that you can hop in the car with your pet and have a picnic elsewhere. Bring healthy snacks for both of you. In warmer months, venture out to a nearby beach or lake. You can run or walk on the shore, chase balls, and swim. There is always something to be said for getting exercise outdoors and having a companion.

Owning a dog is a big decision that takes a lot of responsibility, but there are countless mental and physical benefits. Consider getting a pet to help you be more active and socially connected, while also improving heart health and promoting a healthy lifestyle. -- Compiled by Mayo Clinic staff

(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.)





Out to Lunch

By Lynn Urban

The Silver Top Bar and Restaurant on Route 53 has been around for decades, and if you grew up in Fremont you know what I'm talking about. Most people think it is just a bar, but in the last couple of years it has been completely refurbished inside and out and is pleasant place to go for a meal and to meet friends.

A new outdoor deck for nice summer days has been added, complete with a TV and plenty of seating. There are also plenty of TV's inside with all of your favorite sports' channels. Behind the building they've added another bar and patio with music playing on the weekends in the summer months. It also has a lovely view overlooking the water.

They have always been known for their wings with great homemade sauces. I also think they've got a great hand pressed burger that is served on a toasted Brioche bun, with fresh cut fries on the side. Upgrade to onion rings or tots for \$1.00. One of my favorite appetizers is the homemade corn fritters, which you don't find in many places.



Another specialty is the flat bread with different toppings. I had the spicy habanero which had grilled pineapple, ham, Mozzarella, and topped with mango habanero sauce. It gave it just the right amount of heat and flavor. They also have daily specials, like burger day. Burgers are just \$3.00 on Wednesday.

Along with many appetizers, sandwiches, and salads, they also have pizza.

Like their FB page and find out the specials.

It's nice to have another locally owned restaurant in Fremont for everyone to enjoy.

Twenty years later. Did we forget?

By Dennis VanWey

Never forget, we promised!

Each generation has had a defining moment which we will never forget. My parents' generation had Pearl Harbor. For my generation it was the JFK assassination. And then came September 11, 2001!

Al Qaeda, a group of Muslim extremists, hijacked four airliners, and attacked America. Two planes struck the World Trade Center in Manhattan, symbol of America's economic power. One struck the Pentagon, symbol of America's military. One, enroute to Washington D.C. to attack Congress, symbol of our political power, was forced down by passengers in a field in Shanksville, Pennsylvania. Almost 3,000 people died in these attacks.

As Assistant Chief of Police for Fremont P.D., I was honored to help organize a group of 35 police officers from Ohio to help. As we approached the city, smoke billowed from Manhattan. The World Trade Center was still burning. We were met with huge groups of cheering people holding signs thanking "Our Heroes". It was humbling because we had done nothing.

Cops, both women and men from all over the country, helped wherever NYPD needed us. We worked protests at Times Square and Chelsea Piers, security outside the Israeli Mission to the U.N., and the Morgue at Bellevue Hospital.

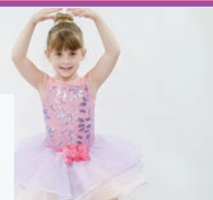
We searched for survivors and bodies at Ground Zero and at Fresh Kills landfill in Staten Island. Two 110-story buildings had nothing recognizable in the debris field. At Fresh Kills landfill, though, we searched the debris more thoroughly, and found body parts, identification cards, pieces of the aircraft, and a pair of pants which had no one in them, squeezed out like a tube of toothpaste.

Most of all, we talked to NYPD officers. Most had not been home since the attack. They talked to us about their losses because we too were cops. Brave men cried as they told heart breaking stories of friends lost. With reverence, names were spoken, like Moira Smith, the first to radio about the planes, trapped by falling debris. Over the radio they heard her last words as she weakened and died. John Perry set his badge on the table with his retirement papers, heard the first crash, grabbed his badge, saying, "I'm not missing a job like this on my last day!" Mark Ellis and Ramon Suarez ran from their assignments with the Transit Police to help. All three died helping save others when the towers fell. The officers told us these and many stories of their friends. We mourned with them. These police, firefighters, and many others of New York City were the heroes! Do we remember the 343 firefighters, 100 police, and 3,000 victims who died? I hope so, I'll never forget.



KASSANDRA'S DANCE ACADEMY

Enroll Now For Fall Classes



Fremont and Tiffin Locations

WE OFFER CLASSES IN
BALLET-TAP-JAZZ- LYRICAL-
TUMBLING-ACRO- GYMNASTICS -
HIP-HOP AND MORE

• 419-332-0550

• kassandrasdanceacademy.com



What's your advisor's
sell discipline?

Call 419-355-0279 to
learn about ours.

Jerome A. Wiggins, President

528 3rd Avenue, Fremont, OH 43420

www.vaultinvestmentpartners.com

Investment advisory services offered through Vault Investment Partners, a Registered Investment Advisor.



The Heady Days of Lake Erie's Middle Island

Lake Erie's Middle Island is Canada's southernmost possession, lying just south of Pelee Island. Over seen by Parks Canada, the 45-acre island is home to hundreds of heron gulls, thousands of cormorants, even pelicans, and warblers during spring migration.

During Prohibition, the Middle Island served as an important way station and haven for rum runners smuggling whiskey and premium beers across the lake from Canada to the U. S. mainland. Toledo underworld figure Joe Roscoe, who had ties to the Purple Gang in Detroit, owned a large portion of the island. He built an air strip and a plush hotel that he called "The Lake Erie Fishing Club" although there was little fishing going on. It featured 7 bedrooms, fireplaces, electricity, large, beautifully-situated verandahs. The basement, carved deep into the bedrock, sported a casino.

Roscoe hired his buddies, former convicted liquor smugglers Ted and Bert Angus, to manage the "club house" on a percentage basis from 1928 to 1932. Along with other gangsters, Al Capone is rumored to have stayed at Roscoe's establishment.

When Prohibition ended and there was no longer money to be made in smuggling liquor, Roscoe continued his business as a hotel and restaurant, hosting vacationers, fishing charters, and local sailors. As many as 200 boaters a day were treated to sumptuous pheasant dinners.

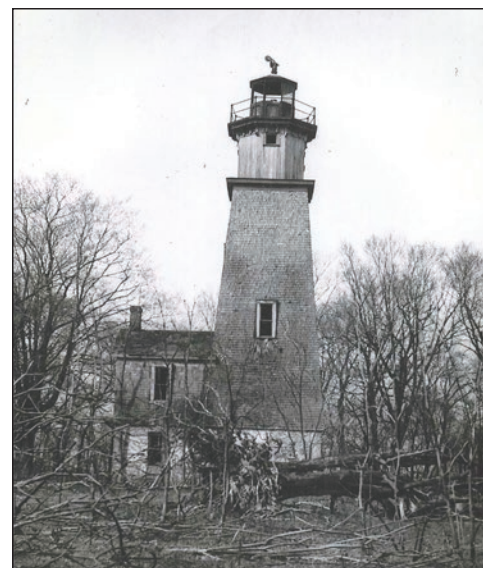
Roscoe also owned one of the fastest boats on Lake Erie. His "Rainbow" was a 32-foot custom built craft that featured a 500 horsepower, 12-cylinder V-type Liberty motor. After Prohibition, Roscoe used it to commute from the island to Toledo where his wife Ganey and her father, Jack Broadway, managed his 42nd Street Café on Broadway and the Jovial Club on St. Clair.

Some of his gangster friends like Alvin "Creepy" Karpis and Hugh Campbell were not as lucky as Joe. They turned to kidnapping and robbery to make a living. After the kidnapping of Edward Bremer in 1934, Karpis hid out in Toledo for a time. It was Joe who found Karpis and his pal Campbell a place to lay low with his friend Edith Barry, who ran a brothel on Southard Avenue.

Karpis again turned to Joe Roscoe after his gang's daring mail train robbery at Garrettsville, Ohio in November of 1935. Joe arranged Karpis' escape via a flight from Port Clinton to Hot Springs, Arkansas.

But Hoover and his G-men caught up to Karpis. He was sentenced to life in prison on Alcatraz, the last of the Depression-era gangsters. It wasn't until January 1937 that the FBI arrested Joe in Miami. Later that year, he was sentenced to 7 ½ years in Leavenworth for his part in assisting Karpis. Having served his time, Joe returned to Toledo, where he died in 1965. According to his obituary, he sold Middle Island shortly before his death.

Today, swallows are the lone guests at Roscoe's hotel, now nothing but a mere shell. Only the stone foundation of the burned out lighthouse and the overgrown air strip remain as evidence of those heady days on Middle Island.



Lighthouse Before it Burned in 1955.



Sandusky County Share and Care & Fremont Salvation Army Unit

Neighbors Helping Neighbors

Celebrating 31 Years of Serving our Community!
 Six Year Anniversary in our Downtown Fremont Location!
 Celebrate with us on Thursday, Sept 23rd from 10 am-3 pm

Gently used clothing, glassware, crafts, books, toys, jewelry, shoes and so much more.
 Pants \$1/Jeans \$2, Short sleeve adult shirts .25,
 Long sleeve/sweaters .50, Coats \$1, Kid's clothing .25

"Follow us on Facebook- Sandusky County Share and Care"
 Tues 10-7, Thursdays 10-7, 1st & 3rd Saturday 10-3 pm

Dollars spent here support families in our community.

"In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, 'It is more blessed to give than to receive.'" – Acts 20:35

Eats and Treats on the Patio
 Thursdays at 4:30
 Need a meal? Come eat with us!

31

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

North Branch Nursery, Inc.

Pemberville, OH 419-287-4679

www.NorthBranchNursery.com





Redeem this coupon for \$10 off purchases of \$50 or more.
 Excludes Gift certificates, services and landscape.
 Expires: 12/23/2021.
 Limit one per visit. Cashier use code: Lifestyles

3359 Kesson Rd., Pemberville, OH Visit our Website for current hours



Helen Marketti's Music Corner



By Helen R.
Marketti



An Interview with Legendary Comedian Rich Little

Rich Little is an iconic entertainer whose celebrity and politician impersonations have been a hilarious comic relief for over 50 years. Originally from Ottawa, Ontario, Canada and known as "The Man of a Thousand Voices," Rich is a spry 82-year-old who is back to entertaining the masses at The Tropicana in Las Vegas.

During a telephone interview from Las Vegas, Rich shared his experience of how he got started with impersonations which lead to a life-long career. "When I was young, there were many actors and comedians that I had always admired. Jack Benny and George Burns were two of my favorites. I loved Jimmy Stewart as an actor. There was no one better than him. Years later I was able to work with the same people I had admired which was great. It was an honor," said Rich. "The first people that I started imitating were my teachers. If a teacher asked me a question, I would answer them imitating their voice. I usually gave the wrong answer, too. They eventually got wise to what I was doing and gradually stopped calling on me which worked in my favor!"

"The very first celebrity I imitated was Jimmy Stewart. I got to know him quite well. He was



a wonderful man with a great sense of humor. When I was a kid, I took my fifty-dollar tape recorder and snuck it into the movie theatre. I went to see Jimmy Stewart in the movie, The Far Country (1954) which was a western. I walked behind the screen and plugged in my little tape recorder and taped the movie because I wanted to practice his voice. One of the ushers found out what I was

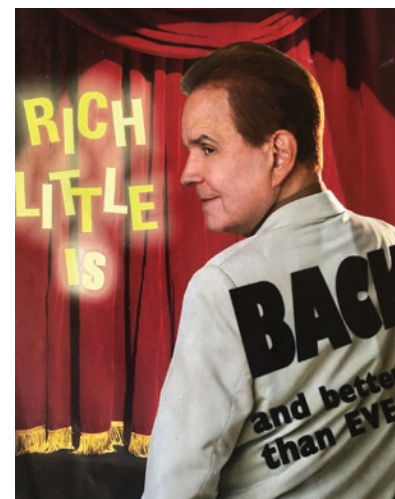
doing and threw me out of the theatre and threw my tape recorder behind me," remembers Rich.

"I started out imitating people to amuse my friends and people in the neighborhood. I had never considered that to be a full-time line of work, however. But of course, that came later. Truthfully, I had never thought about becoming a comedian but I suppose if you're doing impersonations, then you are a comedian."

Rich has been doing his stand-up comedy routine at The Tropicana in Las Vegas for the last five years. "I am always working on my act," he said. "I am always trying to improve it. It's a constant

battle to keep up to date with everything that is going on. I enjoy what I do and right now I am impersonating President Joe Biden quite a bit."

Rich has written a book, "Little by Little: People I've Known and Been" (7th Mind Publishing, 2016) where he shares fond memories of celebrities and politicians he has known throughout the years. One of Rich Little's closest friends was former President Ronald Regan. "Ronald Regan was the best," remembers Rich. "I knew him for a long time and had been invited to The White House several times. Ronald told me once, (Ronald Regan voice) "Rich, I think you do me better than I do. As a matter of fact, when I pass away, they should bury you."



In 2010, Rich Little officially became a United States citizen. At the swearing in ceremony, the judge asked Rich to speak in a John Wayne voice which he happily obliged.

Rich Little shows no signs of slowing down as new generations of fans are discovering his humor and enjoying his shows. "I've had a great career and it's still going strong. I am quite happy."

www.therichlittle.com www.helenrosemchetti.com



Bethesda Care Center
600 North Brush Street
Fremont, OH 43420
www.bethesdacare.org
Phone: 419-334-9521

Bethesda Care Center is a Volunteer of America senior living and care community providing short-term rehabilitation, long-term care, memory support and respite care in a warm, nurturing environment.

Find us on Facebook at Bethesda Care Center

Restore Mobility. Improve Your Life.



Peter Highlander
DPM, MS



Coleman Clougherty
DPM, MA



Kim Cullen
PA-C

Offering treatment options for lower limb conditions:

- Cartilage replacement
- 3D printed deformity corrections
- Diabetic foot care
- Lower limb salvage
- Sports injury treatment
- Total ankle replacements
- Trauma & fracture care



The Bellevue Hospital

419.484.5430

Convenient locations in Bellevue, Port Clinton and Sandusky





Kiss-Me-Over-the Garden-Gate

By Grace Nause

What a beautiful day this has been with sunshine, a cool breeze, flowers in bloom and a daughter, Christy, who came to do the weed pulling job in the bed along the driveway for me. Our one lonely sunflower in the garden at the end of the road, stands up tall and says, "Look at me, I love this weather....just watch me grow." It is already 7 1/2 feet tall and in bloom. I don't know how the seed got planted there, but my guess is a bird dropped it. I will collect seeds from it this fall to plant next spring in other places around the yard and garden.

My young neighbor boy just came on his bike to visit with me on the porch. He is a delightful young man, polite and loves to tell me what he has been doing on his summer vacation from school. His parents Dana and Randy Sorg, are good hard-working people. They do such a nice job in keeping their property looking great. I am grateful for such good neighbors.

You ask, "What's been going on in your little corner of the world?" Around here, Bernie and I have been busy keeping up with the weeds in our vegetable and flower gardens, mowing the lawn and sitting on the porch swing in our spare time. Scooter, our outdoor and indoor Calico cat, watches for us to come up on the porch to take a break. She comes running to join us for a little petting time. What would we do without our pets? They are such good company. We also have a grown-up female deer who every once in a while, comes out of the small woods behind our neighbor's property. She stands and looks all around, eats some grass and checks her view again, then she goes back into the woods. She is such a welcome visitor. We hope she will survive the deer hunting season.

What's happening at The Old Garden House this summer, you ask? Well, we have been busy with lots of yard projects, painting lawn furniture, mowing grass, hoeing weeds and transplanting some flowers and shrubs. I never get too busy to take a "porch swing break" especially with Bernie and a glass of cold lemonade. Can't beat that summer time

experience! Bernie, my "fix and repair" man, has a couple of projects awaiting his skilled hands. Summer is here and life is good at The Old Garden House.

What a beautiful transition from spring to summer this has been, no tornado warnings or flooded fields. Farmers were able to work the ground and get their crops planted on schedule. The summer weather has been such a good growing season and we look forward to the fall harvest. We are grateful.

September schedule has lots of family birthdays, fall activities, back to school for the grandkids and football games to watch. Until next month, enjoy the change of season in the trees and gardens -- it is a visual reminder of the words, LIFE IS GOOD.

WHY LOOP LOC?

See the difference!

BEFORE



AFTER



Swim Rite Pools



2218 W. State St., Fremont

Mon-Fri. 9-5, Sat 9-1

419-332-4441 • www.swimritepools.net

email: sales@swimritepools.net

OTTO & URBAN FLOWER SHOP & GREENHOUSES

500 Elizabeth St.-Fremont

It's MUM SEASON!

Large full 8" pot \$3.75
or 12 for \$40

(Also available at Fremont
& Port Clinton Flower Shops)

Hours: 9-4 M-F

Drown's Farm Market

2562 County Road 185

Clyde, Ohio

N. of Rt. 19 / S. of Limerick Rd.

Sweet Corn • Tomatoes • Peaches
Hardy Mums • Zucchini • Cabbage
Peppers • Cantalope • Watermelons
Beans • Good variety of fresh fruits and
vegetables



Open 9-6
7 days a week

419-639-3789

419-639-3032

Lilie Beans

Fine fashions for you and your home.



1200 Oak Harbor Rd, Fremont 419-355-1111

You don't have to be a scholar
of magic to see the deals
materialize at Lilie Beans!


PRESENT THIS COUPON AND SAVE

25% OFF

ANY ONE REGULARLY PRICED ITEM.

(One coupon per customer, May not be combined with other offers.)
Offer valid through September 30, 2021.





Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): Your charm can disarm opponents, so use every opportunity to foster understanding. You'll need plenty of diplomacy to navigate undercurrents at the workplace.

TAURUS (April 20-May 20): In the upcoming month you may feel that you're stuck between a rock and hard place whenever you try to make a major change. Focus on building support among friends and family.

GEMINI (May 21-June 20): You may suspect that someone is trying to mislead you. Have faith in your partner and all your loved ones, because they should prove to be loyal and honest.

CANCER (June 21-July 22): You may admire someone's determination and ambition. This can become the motivating force that helps get you headed in the right direction with enthusiasm.

LEO (July 23-Aug. 22): The world can be your oyster, but perhaps you need someone to help you get it open so you can find the pearl. Your job can become all-consuming, but projects may be easier with a cooperative team.

VIRGO (Aug. 23-Sept. 22): Although your heart is in the right place, be cautious about wearing it on your sleeve. It's a good idea to be discreet since some people may misunderstand your meaning.

LIBRA (Sept. 23-Oct. 22): Frankness and forgiveness should help you get closer to someone special. You may meet several new people in the month ahead. Some will grow into friends, and some will fade into the background.

SCORPIO (Oct. 23-Nov. 21): Your powerful ideas or executive abilities may surprise and impress someone important. You might be tempted to spend extra money on extravagances for your home or family.

SAGITTARIUS (Nov. 22-Dec. 21): Focus on fattening your wallet. Use your intuition to find the right timing to ask for a raise or a favor. If you work hard and don't waste time, you can go far.

CAPRICORN (Dec. 22-Jan. 19): Ambition could be the driving force that colors your thoughts. Execute your personal business plan or try to make dreams come true with the help of someone who has your best interests at heart.

AQUARIUS (Jan. 20-Feb. 18): Seeming overconfident might make you an easy target. Be honest about your training and experience, as well as your limitations, and no one can think you're exaggerating your talents.

PISCES (Feb. 19-March 20): You may experience a flash of genius now. You can combine imagination with logic to come up with some excellent ideas. The first part of the month is the best time to obtain cooperation from your co-workers

 CHI Living Communities

Assisted living with strong community spirit.

Call Jane for details and tours at 419.624.1171.

The Commons of Providence
5000 Providence Drive | Sandusky, Ohio



Jails, Dungeons and Prisoners, Oh My!

By Denice Baldetti

Question 1: What is the difference between a jail and a dungeon?

Question 2: Can one step through a time portal?

Question 3: Do public paranormal encounters exist?

Uncover answers to these questions locally . . . on a Sandusky County Historical Jail and Dungeon Tour. On August 18th, nine visitors and I had the unique opportunity to take this captivating tour. The guided, one hour and 15 minute tour through time at the Sandusky County Courthouse includes the 1892 jail (with ties to President Rutherford B. Hayes), the dungeon, underground tunnels, and the Gallows Exhibition Hall.

The Sandusky County Courthouse is the 2nd oldest courthouse in Ohio still in use. Situated at 100 N. Park Avenue in Fremont, Ohio, the original 1892 structure was built for \$40,000. During the 1930's and 1960's, two other additions were added to the original courthouse. The building additions are connected by tunnels. Enthralling Courthouse tours portray strange and fascinating history.

Construction of the current Sandusky County Courthouse began in 1840, and was completed in 1844. After local officials experienced multiple escaped prisoners in the less secure above ground jail, Sandusky County built a dungeon underneath the Courthouse. The dungeon of the 1840's was only used for 10 years. However . . . strange and gruesome tales lie within its walls!

When dungeon prisoners were incarcerated, the only light source came from kerosene lamps. The prison cells were built from hand-quarried limestone blocks, and were dark, dank and barbaric. Only one meal a day was served to prisoners, consisting mainly of salt pork and bread. Women were rarely imprisoned.

One of the more infamous jail inmates was John Radford, known as Handsome Jack. A womanizer and heavy drinker, in 1882 he discovered his wife had filed for divorce and was taking his two daughters from him. Furious, John tracked down his family (hiding at his in-laws home) and shot his wife in cold blood. Found guilty of first degree murder, Handsome Jack was hung. After he was dead, his body was on public display for three days! Radford was the last person to hang in the county. In the Exhibition Hall one can view the original gallows.

A small museum is housed inside the courthouse. It contains hand-written records and documents, an old witness stand, an annual report of the governor, the gallows, and more. Today visitors can also ring the tower bell announcing courthouse tours.

Paranormal activity abounds in the dungeon. Visitors have experienced hair pulling, cold air on necks, footsteps, invisible body brush ups and lots of orbs. The county offers special paranormal tours, as well. Book your tour early, as these tours almost always sell out!

For more information visit: <https://www.sanduskycounty.org/jail>



When your dog alerts, let him know you 'got this'

Dear Cathy,

You made suggestions about leash training, but not regarding the in-house issue. She indicated that her dog barks and gets aggressive when people or dogs walk by the house. I have the same problem with my dogs. A bark or three is wonderful but 20 -- and dashing from window to window with our second dog also jumping in -- is too much. Any suggestions on limiting the barks to a few? -- John, Long Island, New York

Dear John,

A dog's main job is to alert their humans to danger. You know the mail delivery person is safe, but your dog sees it as an intruder who has come to hurt the family. When a dog is alerting, we often don't acknowledge the perceived danger, opting to yell at our dogs to stop barking instead. Your dog is like, "I can't stop barking. You haven't seen the threat yet."

So, while this may sound strange, thank your dog for alerting you to the "danger" (i.e. a little girl riding past on her bike), check out the threat by going to the window, and then tell your dog something like, "I'm OK. I'm safe." Then walk away encouraging your dog to come with you. If he does, walk him over to the treats, ask him to sit, and then give him a treat or some other toy distraction that will move him away from the window. Eventually, over time, you should be able to say the "I'm OK" phrase and then call your dog from across the room. When he comes to you, ask him to sit, then give him a treat or offer him a distraction. Use interrupters for those dogs that can't stop barking, like shaking a can of coins or using a Pet Corrector that makes "Shh" sound. You have to get a dog's attention before he will come when called.

You can further condition him by sitting outside and allowing him to get used to the sights and sounds of his neighborhood. Acknowledge his alerts and say you're OK.

You also can reduce some alerts by turning on a sound machine to block outside noise or close your blinds or install bottom up blinds that allows you to keep the lower part of the window covered.

You can't stop your dog from barking, but you can distract him and/or condition him to relax when he understands you "got this."



OLD FORT
COUNTRY MARKET

8080 Main Street,
Old Fort
419-992-4666

Mon-Fri
7:30am-7pm
Sat 8am-5pm
Sun 10am-4pm

Fall Is Coming!
Step into the warmth.
Shredded sandwiches
all day, everyday.

Watch us on Facebook
every Monday morning for,
"Hey, what's for lunch"

What is the connection between Ohio frontiersman Simon Kenton's story and the history of early 1950's rock-n-roll? Both are told in upcoming Life Scholars classes this Fall offered by Dan Baker, an instructor with eclectic interests and a love of research.

When asked how he chooses the subject area for a class, Baker explained "I pick topics that appeal to me. I keep a running list of ideas. Did you know that Rudyard Kipling lived in Vermont and was involved in a shoot-out? I'd like to research that and maybe others would find it interesting, too. I enjoy sharing what I've learned."

A Terra graduate, himself, Dan's resume is as eclectic as the classes he teaches. Presently working parttime at the Rutherford B. Hayes Presidential Library and Museum, a reflection of his love of history, his work life began with refrigeration maintenance at Eckrich Meats and grew to include management roles in the health care system, retiring from Wood Co. Hospital as facilities director. "I never did public speaking until the post-911 push for emergency safety classes. It was part of my job description and I learned I could talk before a large group." Speaking to adult learners in the Life Scholars Program who have a continued curiosity about a wide range of subjects, has been an honor, according to Baker.

The biggest challenge? "History is written by historians. Oral history is a significant source and can be embellished. I try not to rely on a single source for material I include in my presentations. I seek supporting data, to increase accuracy." When asked about Lost in the 50's - A Nostalgic Journey Back to the Very Beginnings of Rock and Roll, Baker laughed and remarked, "I'm not musical, but I grew up with it and love it." Examples of popular songs is an important element to the program's content, as exemplified in the earlier sessions of his musical series. He works just as hard when digging into celebrity stories for the facts. Rather than oral history challenges of the distant past, he seeks verification of stories of musicians which at times may lack journalistic integrity.



Spaghetti Dinner
Fundraiser

Sunday, September 26, 2021
11:30am-1:30pm

United Church of Christ
1500 Tiffin Road in Fremont
Location donated by United Church of Christ

Spaghetti ~ Bread ~ Salad ~ Dessert

Tickets: Pre-Sale \$10 / Door: \$12

DINE IN & CARRYOUT
Silent & Chinese Auctions

HUMANE SOCIETY
OF SANDUSKY COUNTY, INC.

Tickets printed & donated by Holland, CPA.



3032 Napoleon Road, Fremont OH
email: wvh@northcoastvets.com
419-332-5871

Don't Forget!
Pets need "Back To School"
supplies too! Contact us
for Heartworm, Flea & Tick
Preventatives



- | | |
|--|---|
| ◆ Complete Wellness Exams & Vaccines | ◆ Digital Radiology From Dentistry To Full Body |
| ◆ Full Range of Soft Tissue & Orthopedic Procedures Including Knee & Fracture Plating In a Full Surgical Suite | ◆ Dental Procedures Including : Cleaning, Extractions, Polishing, Digital Imaging & Fluoride Treatments |
| ◆ Comprehensive Diagnostics | ◆ Private Comfort Room |
| ◆ Computerized Records With Telemedicine Capabilities | ◆ Class IV Therapy Laser & Ultrasound Options |
| ◆ In-room waiting & Checkout | ◆ In-house Laboratory & Pharmacy |
| ◆ Heartworm, Flea & Tick Prevention | ◆ Private Boarding Suites With Glass Doors & Lounging Cots |

Visit us on line at westviewvethospital.com to meet our Veterinarians & Staff, take a look around, or link to our on-line store.  

Monday - Thursday 8am-6pm, Friday 8am-5pm, Saturday 8am-Noon, Closed Sundays
24 Hour Emergency Service Available 419-332-5871



"Your Body's Many Cries for Water", by F. Batmanghelidj, M.D. is a book that I first learned about in 1996. After putting some of the things Dr. Batmanghelidj speaks about to the test, I am convinced that water is even more important in our overall health than we have been led to believe. I have convinced myself by actually doing what he suggests and am urging you to look into this for yourself.

For one thing, water is a substance that has no side effects and it is a substance that we cannot live without. We have all heard about being able to go a month or longer without food (Christ went 40 days) but only being able to go without water for about 3-4 days before death occurs.

Water can have a tremendous impact on our daily lives in other ways. Water helps to maintain a proper thickness of blood that makes it easier for the heart to push through our arteries and veins. Water helps to keep the brain cool from the tremendous amount of heat that is generated. Water helps to keep the discs hydrated and the joints lubricated. Water helps the muscles minimize spasms. Water helps the lungs to stay healthy and the skin to minimize wrinkles. Who would have known all of these things were benefits of drinking eight or more glasses of water a day?

When this is followed, just for the sheer logic of it knowing that without water our life is negatively impacted, oftentimes we'll notice that we feel better. Some of those things that we have gone to the doctor for, or are contemplating going for, start to get better just from drinking more water.

The "dog days of summer" aren't over yet. I would encourage anyone who is willing to do something that is inexpensive but does require a little discipline but can have life changing effects, just start drinking a couple more glasses of pure water every day and see if something positive doesn't start to happen. That might give you the incentive to add four glasses a day.

September is Ovarian Cancer Month

By Patti Tucker

I'd love to be able to share my story with you. In 2017 I was diagnosed with stage 3C ovarian cancer. In the chemo lab I met three women, all diagnosed with the same cancer. We became good friends, sharing our journeys and helping each other in understanding this disease. We met each others families and began to refer to each other as "SISTAS". We four shared everything and in some ways we were closer than family.

Since that first meeting three of my "sistas" have passed away, one in 2018 and two this year.



In the short time the "sistas" not only supported each other, we also helped other women become aware of symptoms.

We had our first fundraiser in 2018 to assist the Ovarian Cancer Connection to financially help patients and their families. Our next major fundraiser in Sandusky County is Saturday, September 11th. September is Ovarian Cancer Month.

I'd like to recognize the "sistas" for all the gifts they gave to our community and Ovarian Cancer Connection, their unlimited energy, commitment and spiritual support. Their journeys, although short, are the legacy they leave, and the impression they made on many lives is note worthy.

SILCOX
ACUPUNCTURE & CHIROPRACTIC

Dr. Paul Silcox
Phone 419-307-8094

728 N. Stone St., Fremont

www.drsilcox.com

Walk In's Welcome

Pinnacle Hearing

8153 Main St, Old Fort
419-939-3186

Aaron Burks, Au. D.
Doctor of Audiology

- Diagnostic Hearing Evaluations
- Digital Hearing Aids and Service
- Cerumen (Wax) Removal
- Financing is Available

Classifieds

SERVICES

Donna's Sewing: Alterations, \$6 pants, dresses, wedding dresses, curtains, zippers, tailoring. 922 Carbon St, Fremont. 419-332-1654.

Dust Free Cleaning: Get out and enjoy the weather, we will take care of the cleaning and sanitizing. References, insured, 4 hour minimum, \$20 per hour. Call 419-603-6667.

ADVERTISE HERE: \$25 for thirty words, send your ad with a check to 30 Ponds Side, Fremont, 43420 by the 15th of the month.

IN YOUR OWN BACKYARD

Downtown Fremont: Sept. 4, Sunset Farmers Market & Downtown Block Party Event 4pm-8pm-Sept. 10, Car Show 5pm-8pm- Sept. 18, Farmers Market & Street Play Saturday Event, 9am-1pm-Sept. 24 Chocolate Walk 5pm-8pm

Fall Garage Sale: Sept 11, 9-3, Hayes Memorial Church, 1441 Fangboner Rd, Fremont.

Members and guests are welcome to attend the luncheon meetings of Fremont Lions Club on Sept. 7 & Sept. 21 from noon-1 pm at the Fremont Eagles Hall. Guest speaker on Sept. 7 is Katie Schlagbeck from the OSU Extension Service, Sept. 21, a representative from the Alzheimer's Association will be the guest speaker. Contact Colleen Carmack, president at 419 680 3722 with questions.

Spaghetti Dinner for the Humane Society: Sunday, Sept. 26th, 11:30-1:30, United Church of Christ, Tiffin R., Fremont. Tickets \$10 in advance, \$12 at the door. Dine in or carry out. Tickets at the Humane Society, N. River Rd. in Fremont.

"Make Your Mark" is the theme for the luncheon of Fremont Area Women's Connection on September 13, 11-1 pm at Crystal Arbors at 1800 E. State St. (next to Big Lots). Geri Munson-Gallagher will provide a feature on her unique creations which are "better with your letter". Sherry Gray, New Carlisle, Indiana is the guest speaker and will share her story of "Surviving the Winds of Life and Still Laughing". Cost is \$14 and reservations are needed by Sept. 9 by calling or texting Donna at 419 680 2251 or emailing Carrol at fawcluncheon@gmail.com. All reservations and cancellations must be reported in the same way.

"Jaws with paws enforcing laws" dinner and live demonstration. A group of Sandusky County residents are organizing a benefit dinner at **6PM on Saturday October 23rd. at the Sandusky County Fairgrounds inside the 4 H building** to raise funds for local K9 units and to honor Stefan Ried who passed away recently. Mr. Ried had been a policeman with the Fremont Police Department as well as a deputy sheriff for Sandusky County.

Dinner will be provided by Bella Cuisine, a local catering and culinary school. Chefs Tom and Linda Lambert are graduates of the Culinary Institute of America, did post-graduate studies in Italy and have managed several successful restaurants as well as operating their local culinary school and catering services.

Following dinner, Brian Woods, owner of Lynnwoods Kennels of Fremont will make a presentation. Brian is a retired police K9 officer who has been training police K9 dogs for 30 years with those animals serving many local communities throughout the United States. He, with the assistance of several K9 dogs and their partners from area police agencies will demonstrate training techniques including: searching and locating narcotics and other substances, finding lost persons, and taking down suspects attempting to escape or cause harm. These will be live demonstrations that the public normally does not get to see. Brian will also take questions from the public regarding these special dogs. The guests will also be able to get close to these dogs that spend their off hours at their partner's homes and as a part of their families. This will be a unique opportunity to get up close to these highly trained but gentle animals.

The cost for tickets to the dinner and presentation are \$40.00 each and can be purchased through the Fremont VFW, Sheriff's Department, Brian Woods, George Dorsey, Sue Bowden or Janese Reid.

All funds will go directly to the Canine Units of all Law Enforcement Agencies in Sandusky County to enable them to purchase equipment, training, or canines that otherwise may not be financially available in agency budgets.

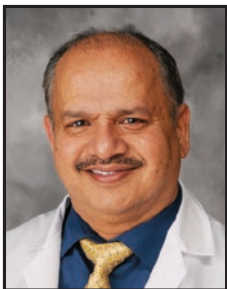




**Don't just live
with pain...**

Manage it.

Now Accepting New Patients



Vimal Kumar, M.D.

*Board Certified in
Pain Management/
Anesthesiology*



Jill Solis, FNP-C

Certified Nurse Practitioner

Specializes in treatment for:

- Arthritis pain in neck & lower back
- Complex Regional Pain Syndrome (CRPS)
- Persistent pain after neck & back surgery
- Work-related injuries
- Muscle spasms
- Neck pain
- Headaches
- Shingles
- Sciatica
- Nerve damage

A physician referral is required.

**For an appointment call:
419.484.5903**

