

# 2000 Lifestyles

**FREE**

Vol. 24 Issue 9

**SEPTEMBER 2023**



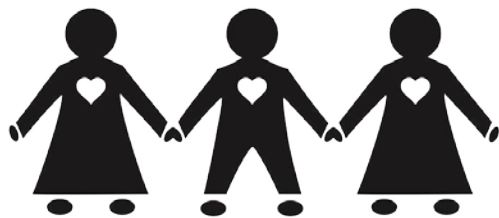
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**24**  
1999-2023  
**YEARS**

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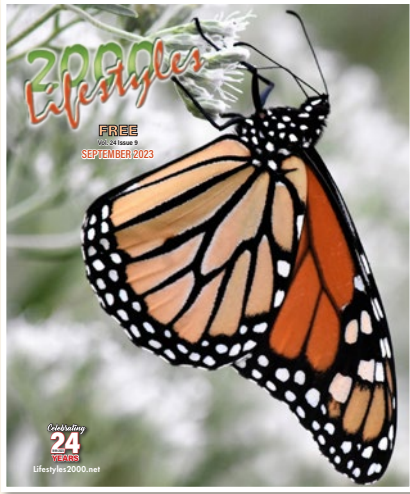
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or check out the local team's Facebook page:  
Northwest Ohio OCC



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# Lifestyles 2000

September 2023  
Vol. 24 • Issue 9  
[www.lifestyles2000.net](http://www.lifestyles2000.net)

Celebrating  
**24**  
YEARS  
1999-2023



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

**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

Now you know that your thoughts become an idea, your ideas cause emotion, and your emotions let off a vibration that is expressed through your actions. Your actions cause a reaction which determines the RESULTS in which you attract. Your conditions, circumstances, and environment show the world the condition of your thinking habits. Your actions trigger feelings, just as feelings trigger actions.

This is The LAW of VIBRATION & ATTRACTION. The great German philosopher Goethe put it in the simplest statement, "BEFORE YOU CAN DO SOMETHING, YOU MUST FIRST BE SOMETHING."

You must first mentally become the person you wish to be. If you conscientiously go about the test I'm going to recommend to you, and concentrate on it every day, you'll find yourself beginning to join this small, happy, and extremely productive group of people who design a life they love living. As you take these action steps most of your problems will take care of themselves.

Your results will be nothing short of amazing. Here's the test...

Act toward the world - everything and everyone, with an attitude deliberate to produce the results you want. If you want success, act as though you're already in possession of that success. If you want people to treat you with admiration and respect....first, TREAT EVERY PERSON AS THE MOST IMPORTANT PERSON ON EARTH. Do this for 3 reasons:

1. As far as a person is concerned, he or she is the most important person on earth.
2. This is the way human beings should be treating each other.
3. When we treat everyone this way, we form an important habit.

There is nothing in our world that men, women, and children want and need more than self-esteem. They want to feel important. They want to feel needed, & respected. They will give their love, their

affection, their respect, and their support to the person who fills this need for them.

There are millions of levels of vibration. As you raise your level of consciousness, you mentally move onto a higher frequency of thought, and your actions come from a higher level of awareness. And your level of awareness always reflects your results. The people with the best attitudes are the people with a high level of awareness. Think of it like this, science & theology are the only points of reference to which you can go in search of information with



respect to your true potential. Here is where you'll discover YOUR TRUE POTENTIAL! Feel a big hug from the Universe.

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# Lifestyles 2000

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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.

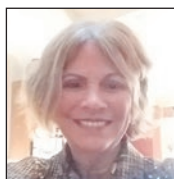
**Mission Statement:** Lifestyles 2000 is a monthly resource guide of northwest Ohio area events presented in an attractive format with entertaining and educational articles suited to fit your "lifestyle."

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Lifestyles 2000  
30 Ponds Side Drive  
Fremont, OH 43420

## Publisher's Letter

Welcome to our September issue and the beginning of fall. Our cover is by Judy Ford, a tribute to the monarchs that begin their southern migration, 500,000 of them!



We are getting lots of good comments about the 12 Acres column that has returned after a few years break. Also the fact that people are still missing Ms. Grace, as we also miss her and her wonderful writing.

Have a fantastic month, enjoy the cooler days and Find Pete!

God bless,

Joanne

## Find Pete



### Find Pete Winners:

There were 150 entries and most were correct. The Sandusky Co. Fair ad was the answer.

This was our last month for Miller Boat Line and African Safari tickets.

Winners of African Safari are: Karen Worrell, Andrea Krupp, Bellevue, Becki Wagner, Fremont.

Miller Boat Line: Melissa Albright, Lindsey; Larry McElfresh, Dan Minick, Andrea Carter, Jacoby Miles, Fremont; Savannah Stacy, Bloomville.

Other winners: Diane Wollenslagel, Beth Wurgess, Ann Kistler, Lu Anne Yeager, Tom Wadsworth, Sandi Kille, Ada Williams, Clarity Hoffman, Fremont; Scott Boyd, Clyde; Tracy Overmyer, Lindsey; Brooke Bartlebaugh, Bellevue; Sydney Alldredge, Gibsonburg.

Thanks for playing!

### 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

Fall classes for the Terra Community College Life Scholar Program kick off on Thursday, Sept. 7, at the Fall Sampler from 10-noon at the Neeley Center where instructors give animated overviews of the upcoming course selections. Catalogs are available at Terra (call 419-559-2464 to request or enroll) and online at [Learn.Terra.edu](http://Learn.Terra.edu). While registration is ongoing, popular classes fill up fast.

Two interesting new classes in September are called **History of Aromatherapy** (Sept. 19) and **Healing Oils of the Bible** (Sept. 21). Peggy Wammes, a Terra instructor and owner of Essential Oils Aromatherapy, will discuss the history of aromatherapy and its uses in medicine, hygiene, and perfumes as well as how the second. She will share the Bible passages supporting these oils while providing samples for students to experience the scent and meaning simultaneously.

Popular instructor, Kent McCleary, with his wife Janet, and colleague Tony Dotson, will begin a new movie series beginning with **PSYCHO**, a movie based on real events in **The Truth is Stranger than the Movie! Alfred Hitchcock's PSYCHO**. The two sessions (Sept. 20 & 27) will allow time to learn the true facts of the actual case which was the basis of the book and then the movie, directed by Alfred Hitchcock. Movie viewing is included (as well as popcorn.) Kent's other passions, history and psychic mysteries, will combine in a class about **The Upper Country of Abraham Lincoln!** (Oct. 4 & 11). While Mary Lincoln held seances in the White House and consulted psychic mediums, little is know about Abe's involvement and interest in such things as dreams, omens, and premonitions. Learn about who Kent considers our "most Paranormal President."

**Ghosts and Legends of Northern Ohio** is a natural October class (19th) to explore hauntings and eerie tales that take place in cemeteries, canals and orphanages in Ohio with William Krejci, Author and Investigative Historian. He will return Nov. 14 for **Haunted Franklin Castle** with artifacts and sightings of the family who lived there and the witness testimony of sightings of a woman in black and young girl in white who roam the residence.

A more local history is Mike Gilbert's **Sardis Birchard**, President Hayes' uncle and Fremont City's first influencer and benefactor. Two sessions will be offered on Oct. 17.

Like **Welcome to Windows 11** (Sept. 29) with Karen Fiske, which will help students make the transition gently to a major change for Microsoft users, Life Scholars seeks to introduce new courses. Participant ideas are always welcome!

# Come Enjoy!



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## Out to Lunch

By Lynn Urban

In the quiet farmland of Ottawa County, there is a restaurant that you would never expect, located in the middle of nowhere. It's called The Mockingbird on Mill Road-Wine Café, located in Graytown, but you need to put it in your phone for directions, or you might not find it. When you do, you will be pleasantly surprised!

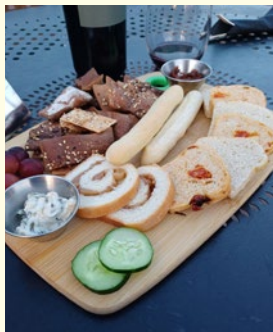
The restaurant is situated in a rustic barn with a cozy laid back dining room with a fireplace, and outside is a beautiful, landscaped patio with plenty of seating both inside and out, and on the porch. Music is a big part of this place, and a musician usually plays in the yard under a tent. In fact on September 10th, they will be having a jam fest all day as a benefit for ALS.

The waitress mentioned that the patio will stay open long into the fall. The waitresses and staff could not have been any friendlier.

This is a wine café, which means they specialize in serving a large variety of wines. They also have plenty of craft beers to choose from. The menu is not really extensive but satisfying enough for a light meal with drinks. On the menu we found wonderful homemade soup, a selection of flatbreads, a panzanella salad, and a couple charcuterie boards, either meat and cheeses, or breads and spreads, fruit and veggies and some appetizers. The baked mushrooms stuffed with feta were a nice addition to our meal. Everything is made from scratch and grown from their own gardens or other local farms. Even the crackers on the boards are homemade. The soups change daily, they have a flatbread of the day, and a special sweet bite of the day.

They are open Thursday, Friday, and Saturday, 4-10. Check out their website for directions and menu, or on FB.

Address: 4408 N Elliston Trowbridge Rd, Graytown, (419) 504-4900



## Jill on Money

By Jill Schlesinger

Millions of families are packing up to send their kids to college. Before starting the journey, hopefully they are spending as much time on course selection as on preparing students financially for the transition.

To help, here are some broad categories to cover:

### Track money

If money habits are formed early, then this is the foundation from which every other habit derives. Start with inflows (money from work-study, a part-time or summer job, or from the family) and then address the dreaded expense side of the equation.

Apps abound, but a simple spreadsheet can also do the job. If parents are helping with college costs, there needs to be a serious discussion about what is (books, food) and is not included (beer, concerts) as a family-covered expense.

### Choose a bank

Peer-to-peer money transfers are convenient, but college students also need to establish a banking relationship with a bank, a credit union, or an online institution.

Many parents prefer that college kids remain at their own bank and link accounts, in order to keep an eye on what's going on and to transfer money to the account seamlessly. As the process unfolds, don't forget to provide graduates with a lesson in compound interest; insidious fees, like minimum balance and overdraft protection; and electronic bill paying.

### Have the (credit card) talk

Way back when, before the 2008-2009 Great Financial Crisis and Great Recession, college students were bombarded with credit card offers. The companies would set up shop on campus, give away shirts, frisbees and lure blithely unaware students into signing up for a credit card, which sometimes wreaked havoc early on in the student's financial life.

Thankfully, those days are over. The Credit Card Accountability Responsibility and Disclosure Act of 2009 ("CARD Act") established stricter rules surrounding the issuance of credit cards to minors and students by limiting marketing activities and raising the age bar for credit.

While anyone can apply for a credit card as early as age 18, they must have independent income to do so. Without

that independent income, those under age 21 must have a co-signer on the account.

You might think the easiest way to avoid credit card problems is to use debit cards, but they do not help establish that all-important credit history, which will become the backbone of your child's future ability to borrow money at preferred rates.

Instead, consider a secured credit card or add students as authorized users on their own accounts, which allows kids to spend and build a credit history, with the help of your good credit.

Note: while an authorized user arrangement allows parents to keep tabs on activity, if junior goes wild, the primary account holder will be on the hook for the charges.

### Explain repayment and credit scores

It's hard for anyone to take in the magnitude of a big number like \$1 trillion of outstanding credit card debt. But one way to make the point about how important it is to pay down debt is to connect the idea to something that will impact your student's life.

"When you don't repay debt in a timely fashion, not only do you have to pay more in interest, but you may also make it harder on yourself to rent an apartment, buy a car and eventually purchase your first home."

You should also have students review their free credit report at [annualcreditreport.com](http://annualcreditreport.com).

### Start saving

Have your kids establish an automatic savings program so that at least 10% of earnings is directed into a savings account. If they have earned income, have them open a Roth IRA account to instill the concept of retirement investing.

*(Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at [askjill@jillonmoney.com](mailto:askjill@jillonmoney.com). Check her website at [www.jillonmoney.com](http://www.jillonmoney.com))*  
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# History Notebook

By Nan Card

## The Mascot of the 28th Marine Regiment

Not long ago, I read an article in a Civil War magazine about the "dogs of war" and their importance to Union soldiers. They not only brought comfort, humor, companionship, but also therapy to those who were wounded and ill. Dogs weren't the only animals that served as regimental mascots in wartime. There were cats, eagles, mules, and even baby calves.



Perhaps the most unique pet was Roscoe, the African lion who became the mascot of the 28th Marine Regiment of the 5th Division. I learned about Roscoe while looking at the World War II photos of the late Marine photographer Richard Stotz. His nephew, Bruce Hirt, donated three discs of his uncle's photographs to the Hayes Library & Museum where they can be viewed on the Hayes website. Among the photos were several pictures of Roscoe.

The 28th was located at San Diego's Camp Pendleton. While there, several Marines purchased him as a cub for \$25 from the Los Angeles Zoo. They cared for Roscoe and gave him lots of love

during their training days. After much coaxing, the U.S. Navy allowed the 28th to take Roscoe with them when they left for Hawaii in the fall of 1944. At Camp Tarawa (at Waimea) the men joined the Marines of the 26th and 27th regiments in training for the coming invasion of Iwo Jima.

In a 1995 reminiscence by retired Major General Fred Haynes (you can read it in its entirety online), he recalled how Roscoe would climb aboard their Jeep and ride on the hood to the parade ground. The band leader Bob Crosby (Bing Crosby's brother) grew irritated with Roscoe. Whenever he struck up the Marine Corps band, Roscoe would begin to howl. The Marines scrounged scraps from the mess hall and at the Parker Ranch.

In January of 1945, the troops left for Iwo Jima. Of course, the men knew Roscoe had to remain behind at their base in Hawaii. Those of the 28th who returned after the horrific fighting on Iwo Jima, were not greeted by Roscoe the cub they'd left behind, but by a full grown African lion. General Haynes estimated his weight at 300 to 350 pounds. During the next few months, Roscoe put on another 50 pounds. Sadly, Roscoe became severely ill with distemper. The veterinarians were forced to put the big lion to sleep. The Marines of the 28th buried Roscoe on the Big Island. Although their mascot was no more, he lived long in their memories.



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# The Furies

By Kathy VanWey

Have you ever heard of the furies? They are people who will get dressed up in full animal costumes and take on the persona of their animal. Fans of furies say it's no different than dressing up as a Star Wars or Star Trek character. It's a fun way to take a break from reality. Then this summer a good friend mentioned her granddaughter had to deal with furies at her high school. A quick check of the internet showed thanks to porn and social media, furies are "litterly" (SIC) spawning other litters.

Add this to the craze of "be who or what you want to be regardless of reality," has given our children crates full of "gotchas" to pull on the parents. However, it's leading to serious consequences. Kids can choose to be the opposite sex, an animal, a mythological figure, whatever. Reportedly one high school in Kentucky has furies dressed in ears, tails, paws and leashes. They are acting out their personas on other students by hissing, barking, growling, scratching and biting. Fortunately, the school claims no litter boxes are used. (Jezebel.com 8-26-21)

WebMD 7-2-23 States that "one third of the [furry] community identifies as exclusively heterosexual and furies are five times as likely to identify as LGBTQ (lesbian, gay, bisexual, transgender, transsexual, queer, questioning, intersex, asexual, pansexual) than the general population."

One mom supporting her son who believes he is a cat, made him a veterinary appointment. Mom is actively enabling her child's delusional state. She insisted that the Doc should play along pretending that her son is a cat. Really? What's the Doc supposed to do? Give him flea and tick meds and trim his nails? Understandably the Doc refused stating that he didn't know how to work on humans, he didn't know how to diagnose humans, and the biggies, he was not licensed to work on humans, therefore it was illegal for him to treat humans. (naturenews.com 8-15-23)

What if her son was seriously ill? Is she going to sue the vet because he didn't diagnosis a disease or ruptured appendix? Mom and the kid have plenty of issues to work out and a vet isn't the kind of doctor that they need.

Personal Note: A huge thank you to all of those who "got out the vote" for August 8th. And a bigger thank you to the parents who had the courage to tell their children, "NO, this is not acceptable behavior."



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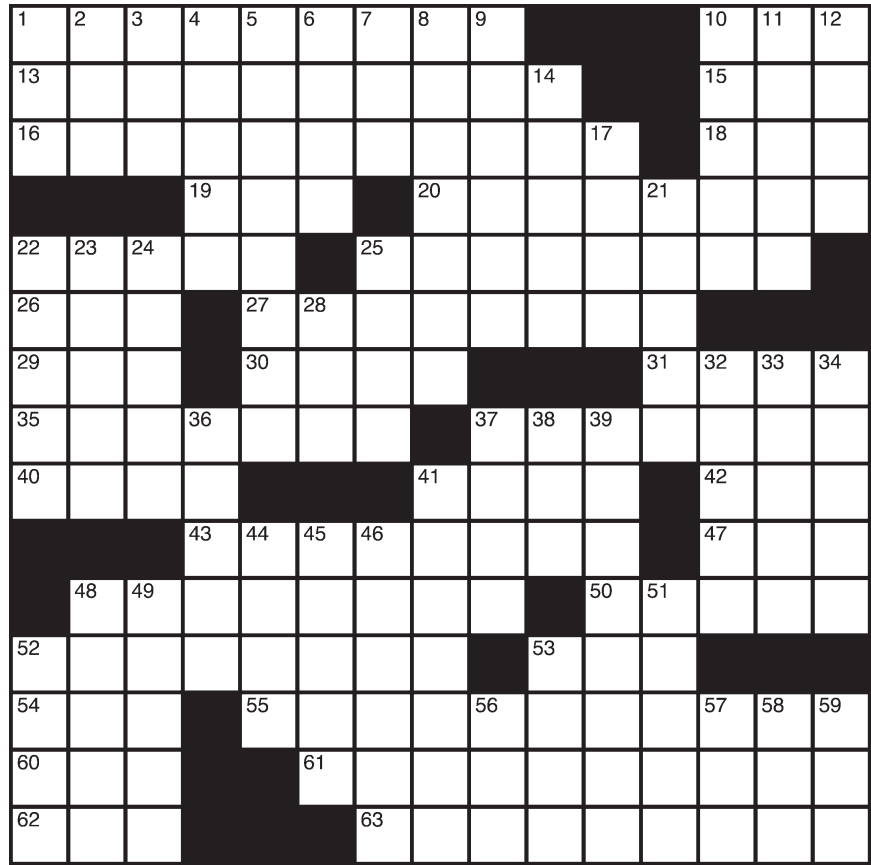
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Answer on page 8.

Across

- 1 "How we all doing?," e.g.  
10 Waiter at a stand  
13 "Wanna?"  
15 Thurman of "Hysterical Blindness"  
16 Forte  
18 Pin in the back  
19 Wii forerunner  
20 Attacking surfers, maybe  
22 Exasperated cry  
25 Drew on?  
26 One of the "Black-ish" parents  
27 Digital permission  
29 Domingo, e.g.  
30 Performs like Saweetie  
31 Management level  
35 Curiosities  
37 "Black Panther" setting  
40 Queen of Arendelle  
41 Louboutin item  
42 Cacophony  
43 Dessert that can be microwaved in a mug  
47 \_\_\_ factor  
48 Something that can't miss  
50 Natl. Merit Scholarship hurdles  
52 Go out briefly  
53 LG rival  
54 Poke bowl option  
55 Making a booty call?

- 60 Sofa bed site  
61 "Peace"  
62 Spots  
63 Romantic ideal

Down

- 1 Short sucker?  
2 Not over Zoom, say: Abbr.  
3 Arthur who appeared on "All in the Family"  
4 Considering  
5 Attractive words?  
6 Humble abodes  
7 Nwodim of "SNL"  
8 Loose garments  
9 Disappearing discount stores  
10 Pie type?  
11 Modify  
12 [Just like that!]  
14 Fake feelings  
17 University with a law school at Greensboro  
21 Host of, casually  
22 Online request  
23 Basic font  
24 Parents  
25 Tanks, e.g.  
28 Berkeley, to sports fans  
32 Birthplace of novelist Rohinton Mistry  
33 Order  
34 Orders

12 Acres in Ohio

By Robin Arnold  
and Gena Husman

They're So Cute...

"Yikes! What was that?" Robin and I jumped back. A small, brown, furry ball shot out of the downspout and scampered away across the lawn. "Chipmunk!" We exclaimed together. We were cleaning out the gutters with an ancient Shop Vac—alternating between blowing the leaves around, and sucking them up. Robin had just blown down through the downspout, dislodging the furry resident who took off running. It must have been hanging on for dear life in there at the bend because a few minutes earlier I had directed the nozzle UP through the downspout with a force of 200 mph and only saw a few leaves fly out. I'm not sure why I didn't blow it out the top and send it sailing over the roof! Had I known it was in there, I never would have done that.

In all the 37 years we've lived here, we'd never seen any chipmunks anywhere on our property until about 3 years ago. Robin remarked more than once, "Gee, I wish we had some chipmunks! I always thought they were so neat when I was a kid and saw them running around in Oakwood Cemetery!" And I remembered, as a small child, visiting my grandparents and watching cute chipmunks take nuts from my grandfather's hand. Why didn't we have any? And then one day, as if by magic, we saw a chipmunk sitting on the deck eating black oil sunflower seeds that had dropped from the bird feeder. And that was the beginning...



A year or so later, we noticed a couple more chipmunks out in the front lawn under the bird feeder...then a few more. We thought they were cute, sitting under the window gnawing on their seeds, and scampering across the lawn, or perched on the back of one of the lawn chairs.

We visited numerous websites, including both The Humane Society and the National Federation of Wildlife, to see whether or not we should be concerned about our chipmunk population. Many of the websites were supportive of the role chipmunks play in our ecosystem. For instance: they are omnivorous so they help spread the seeds of food plants such as berries; their feces spreads a fungus that helps nurture trees and other plants by enriching the soil; and the best one—they are a safe and beneficial way to keep mice away from homes. Chipmunks kill and devour mice. And, they are so cute!

Other websites warned of the destruction they could cause. Although there were no documented cases of them causing structural damage to buildings, they do dig up gardens, burrow in lawns, and under porches and patios—a chipmunk burrow can go down 3 feet and extend up to 30 feet in length. They also can get in cars and chew wires, as we discovered to our great dismay the night we were awakened at three in the morning by violently flashing lights in our driveway—coming from one of our parked cars! It took several minutes before we got the car "calmed" down and shut off the lights. Next day, a visit to the dealership revealed chewed wires inside the car to the tune of fourteen hundred dollars in repairs. Now, we make it a point to drive both cars every day, blasting the radio intermittently—even if it's just around the field. A few drops of peppermint essential oil around the cars or wherever we don't want them, is usually enough to discourage them.

We know there are those who would disagree with us, but we are learning to live with our little "pests" rather than exterminate them. We enjoy looking out and seeing them—and best of all, we haven't seen a mouse since the chipmunks arrived! And, they're so cute....

Have a safe and happy Labor Day!

- |   |                            |
|---|----------------------------|
| 36 "Antiques Roadshow" determination      | 49 Frontier trader's goods |
| 37 Unfriendly way to answer the phone     | 51 Leaves for lunch        |
| 38 "No problemo!"                         | 52 "Did it!"               |
| 39 "Just relax"                           | 53 Anti-piracy org.        |
| 41 Regal rod                              | 56 Go dark?                |
| 44 Part of UAE                            | 57 "Make ___ double"       |
| 45 "___ of the Louvre": Emma Lazarus poem | 58 Barclays Center player  |
| 46 Let up                                 | 59 Coll. test              |
| 48 Followed a doctor's order?             |                            |



Women and thyroid disease

**DEAR MAYO CLINIC:** I recently read that thyroid issues affect women more often than men. Can you explain what the thyroid is and how it affects my body? Can I do anything to prevent having issues with my thyroid as I age?

**ANSWER:** The thyroid is a small butterfly-shaped gland located at the base of the neck. The thyroid has a significant impact on the body because it produces hormones that help regulate many of your body's functions.

The thyroid gland produces two main hormones: thyroxine, or T4, and triiodothyronine, or T3. These hormones keep your body's metabolism of fats and carbohydrates consistent, aid in maintaining your body's temperature, have an impact on how well your nervous system functions, and can affect your heart rate. A third hormone, known as calcitonin, which aids in controlling the level of calcium in your blood, also is produced by your thyroid gland.

Unfortunately, there are numerous disorders that can affect the thyroid, and women are at higher risk for thyroid issues than men. About 1 in every 8 women will suffer from thyroid illness during her lifetime, according to the American Thyroid Association.

Although it is believed that the development of thyroid illness is connected to a person's autoimmune system, it is not known why women are more susceptible than men to thyroid disease. Genetics may play a role. Women of any age can experience thyroid issues, although women who have just given birth or are going through menopause are more likely to experience thyroid concerns.

Here is information about four of the most common thyroid conditions:

**Thyroid nodules.** It's estimated that about half the population in the U.S. will have a thyroid nodule by the time they are 60. Although some may grow to a size where they are visible, frequently these nodules will go undetected until a routine medical examination. Fortunately, most thyroid nodules are benign, but a workup is necessary to determine whether thyroid cancer may be present. Evaluation of a suspected nodule may include a blood test and an ultrasound.

**Hyperthyroidism.** When the thyroid gland makes too much thyroid hormone, a condition known as hyperthyroidism, or overactive thyroid, can occur. Sometimes benign nodules can cause an increase in hormones. Hyperthyroidism accelerates the body's metabolism, causing a variety of symptoms. These may include unexpected weight loss; increased hunger; a rapid or irregular pulse; sweating; mood issues, such as increased anxiety or irritation; and changes in menstrual cycle. Depending on a person's age and health history, treatment options may include medication to reduce hormone levels or shrink the thyroid gland. Additionally, some patients may be eligible for surgery to remove all or part of the thyroid.

**Hypothyroidism.** When the thyroid gland does not make enough thyroid hormone, hypothyroidism, or underactive thyroid, can occur. There may not be noticeable symptoms of this condition in the early stages, as symptoms often develop slowly or are attributed to other ailments. For instance, many patients report fatigue and weight gain. As the metabolism continues to slow, however, other symptoms may occur, including constipation, raspy voice, muscular weakness and sensitivity to cold. Treatment for hypothyroidism usually involves taking a thyroid medication known as levothyroxine to return hormone levels to a normal level.

**Hashimoto's disease.** Hashimoto's disease, or chronic autoimmune thyroiditis, is an autoimmune disorder that occurs when immune system cells lead to the death of the thyroid's hormone-producing cells, resulting in hypothyroidism. Although anyone can develop Hashimoto's disease, it is most common among middle-aged women. The primary treatment is thyroid hormone replacement.

There is no way to prevent thyroid disease. The best course of action is to establish a routine to get annual health physicals and be aware of any symptoms you experience that are unusual. Speak with your health care team about your thyroid health, including the need for tests for thyroid hormone if you are concerned. If you are suspected to have thyroid issues, an evaluation by a thyroid expert or thyroid disorders clinic may be warranted. Overall, most people with thyroid disease can go on to live a normal life. — 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.) ©2023 Mayo Foundation for Medical Education and Research. All rights reserved. Distributed by Tribune Content Agency, LLC.*

I grew up on a farm south of Green Springs in the 50's & 60's, these are my memories of how I grew up.

My dad farmed approximately 250 acres of wheat, corn and beans. I rode on the tractor with my dad when he cultivated the crops but I never learned how to drive a tractor. The only farm animals we had were chickens. We always had a huge garden which my mom canned or froze the fresh vegetables from our garden. Corn was husked, blanched, cooled and cut up in an assembly line with my two aunts helping who lived just across the road from us. We had a root cellar in the barn where we kept the potatoes which were dug with our potato digger, and apples.

Our home had a room in the cellar with three walls of nothing but shelves lined with jars of green beans, tomatoes, grape juice, homemade mincemeat, tomatoes, tomato juice, peaches, pears, etc. Mom even made her own ketchup using spices from a recipe that she used until certain spices weren't available anymore. We had several freezers filled with peas, lima beans, corn, pumpkin, sour cherries, beef from cows that were butchered every year in my uncle's barn. We planted redskin peanuts every year. When harvested and the weather got colder, we made our own peanut brittle from a recipe in the Woman's Home Companion Cook Book, copyright 1955. I still have the book. We made our own ice cream and our own apple butter. Last time we made apple butter was in October of 1992, just a few short weeks before my dad died on November 10th.

These memories will always be remembered as the "good old days."

Crossword Puzzle Solution

From page 7.

V	I	B	E	C	H	E	C	K				C	A	B
A	R	E	Y	O	U	G	A	M	E			U	M	A
C	L	A	I	M	T	O	F	A	M	E		T	E	N
			N	E	S		T	R	O	L	L	I	N	G
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D	R	E		E	C	O	N	S	E	N	T			
D	I	A		R	A	P	S				T	I	E	R
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A	D	S				D	R	E	A	M	D	A	T	E





**ARIES (March 21-April 19):** Try not to let someone put a damper on your enthusiastic mindset. Remain trustworthy and you can receive help from others when you need assistance with your own projects. Doing the right things could add to your prestige.

**TAURUS (April 20-May 20):** Remain watchful when hoping for opportunities and you have a better chance of finding them. You can implement beneficial changes in financial arrangements or business plans that could alleviate some of the strain.

**GEMINI (May 21-June 20):** Try not to shy away from social outings or community events even if something is weighing on your mind right now. Remain courageous if you are feeling regretful over past mistakes and you could avoid an awkward situation.

**CANCER (June 21-July 22):** You may be ready to book a bucket-list vacation or take an inspiring visit to a special event. Share your dreams and your connections to others can become stronger. A loved one's attention could bring a smile to your face.

**LEO (July 23-Aug. 22):** Your time may be coming soon. Make the final plans and prepare for the last steps. The ideal circumstances can make your project take off, but only if you are properly prepared. The pieces are there, the rest is up to you.

**VIRGO (Aug. 23-Sept. 22):** Try to keep your energy levels up when you can. Being active can clear your head and give you an excuse to spend some quality time with your closest friends and loved ones. Someone close to you may be eager to please.

**LIBRA (Sept. 23-Oct. 22):** Trust is the cornerstone of a solid relationship. You may need to compete to emphasize your credibility. Don't become so enthusiastic to get the job done quickly that you promise more than might be deliverable.

**SCORPIO (Oct. 23-Nov. 21):** Relationships can run more smoothly if you spend more time focused on someone's feelings and less time on financial strategies. You may want to put a new business plan into action, but might need to wait for another day.

**SAGITTARIUS (Nov. 22-Dec. 21):** Do your best to avoid a narrow mindset. A family member may be asking for too much right now and bring down your mood. Pay your bills, take care of responsibilities, and wait for a better time to have a heart-to-heart chat.

**CAPRICORN (Dec. 22-Jan. 19):** Tackle any business or career matters with intensity and focus on using the latest trends to give yourself a boost. You may need to put on your thinking cap when it comes to making important decisions or changes.

**AQUARIUS (Jan. 20-Feb. 18):** Knowledge may be power, but you could be looking in the wrong places for reading material about moneymaking ideas right now. Spend some time researching and planning for the financial changes you want to implement.

**PISCES (Feb. 19-March 20):** Failure may be integral to discovering how not to do things. Nothing new can be implemented if it is based on assumptions no matter how prepared you think you might be. Useful lessons could be found outside of a peer's opinion.

## Lessons from Fremont's Nutty Professors

By Robert Morton

Fremont's squirrels play the role of 'nutty' professors, offering us valuable life lessons. As I stroll through the picturesque Spiegel Grove, enjoying the serene history, I'm often surrounded by a group of squirrels that I nicknamed the 'Peanut Mafia'. They've mastered the art of cuteness with their imploring eyes, and I've witnessed even the most steadfast stroller parting with their peanuts. Heck, they've even conditioned us to bring along peanuts when we visit Spiegel Grove. Lesson 1: Persistence pays off, even if it involves playing the cuteness card.

My backyard bird feeders stand as the final frontier between squirrels and a gourmet feast. I suspend anti-squirrel baffles over each feeder. Looking like UFOs, these contraptions twirl and spin at the squirrel's touch, leaving them frustrated. But these furry daredevils put on a gravity-defying spectacle that could rival a circus act. Twisting, contorting, and using every squirrely ounce of determination, they defeated my baffles. Lesson 2: If at first you don't succeed, approach from a different angle (preferably upside down).

I laugh from my front porch, watching the squirrels engage in their favorite pastime: teasing the neighborhood dogs. They dangle just out of reach and goad them on while the canines perform frenzied dance routines below. Lesson 3: Keep your enemies at bay by staying one step ahead (But don't laugh at them).

I admire Fremont's towering oak trees and how they've become the cornerstone of squirrel society. They build leafy nests in them that are so sturdy and comfy that they rival pampered humans in 5-star hotel rooms. Lesson 4: Just as squirrels construct comfy treetop nests, it's a reminder that finding comfort and stability in your surroundings is essential for long-term survival and contentment.

As fall paints Fremont's towering oaks with its cozy hues, squirrels kick into turbo-nut-mode like overenthusiastic shoppers on Black Friday. I enjoy watching


them collect acorns in a food-hoarding frenzy, so they don't starve during the freezing winter months. Lesson 4: Just as squirrels stash away nuts for winter, prudent financial planning can provide us humans with a cozy financial cushion against the unexpected frosty challenges that life might throw our way.

Fremont's squirrels demonstrate adaptability, perseverance, and a zest for life that we could all learn from. They remind us that life's challenges can be overcome with a dash of mischief, a sprinkle of creativity, and a healthy dose of nutty optimism. And don't forget to bring a bag of peanuts when you stroll through Spiegel Grove.

*Robert Morton has retired from his positions of school psychologist for Fremont City Schools and adjunct professor in the School of Leadership and Policy Studies at Bowling Green State University. He authored three spy thriller novels: "MISSION OF VENGEANCE," "PENUMBRA DATABASE," and "THE SHADOW WAR" - they can be found in Kindle or paperback in Amazon.com books.*

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Dear Cathy,

The stray tabby that showed up at our door some 10 years ago (he was six months old at the time) has been well cared for, gotten all his shots, and made annual visits with the vet. All in all, he's had a very spoiled (normal) life here. He has all his claws and is an indoor/outdoor cat who enjoys both environments.

My question is, he recently started hissing. Not at anyone, but he'll amble down the hallway and let out a Metro-Goldwyn Mayer lion-type yawn with a hiss. When it started, a friend with lots of cats scoffed, and said, "It's hairballs." But its frequency increased so much we took him to the vet. Our regular doctor was out of town, and the doctor on duty could find nothing wrong. They took x-rays and examined him, and everything looked great: no blockages, fish bones, or whatever stuck in the passageway.

That was about three weeks ago, but now the yawn/hiss is becoming regular. It's not in anger (necessarily), as he can be in your lap and hiss as you pet him. Is he just becoming a "grumpy old man," or what? Should we revisit the vet, albeit the one that's known him for 10 years?

— Peter, Monkton, Maryland

Dear Peter,

Very often, people think that when a cat hisses at them, the cat must not like them. That's not true because cat hissing is considered an involuntary reaction that occurs when a cat is startled, stressed, afraid, overstimulated, or in pain. So, I am glad you realize that it's nothing personal and are considering all the possibilities.

First, rule out illness and pain. So, yes, please visit your regular doctor who may suggest bloodwork. Veterinarians recommend that every dog and cat get bloodwork done annually when they become a senior pet, which happens around 10 years old for cats. Even if they don't find anything, this is an excellent way to get in front of future health issues.

Your friend is also right that it could be hairballs even if he didn't vomit any. Cats that are losing their hearing also startle easily and will hiss, so please talk to your vet about both these possibilities.

Next, if there's no health problem, is he getting startled by something? Pay attention to when he is hissing. Has he been overstimulated or overwhelmed right before this happens? Did someone make a loud noise, drop something, or run through the house? If yes, that is something you can manage for him.

Finally, he may be stressed for reasons that range from changes to his routine or your routine to new people visiting or moving into the home, family members leaving (going off to college, for example), or even someone close to him dying recently.

If he's healthy and there is nothing startling him, then talk to the vet about treating him for stress. You also can buy over-the-counter calming treats and feline pheromone collars, plug-ins, and sprays to create a more calming environment for him. But don't do this before talking to the vet first. The frequency of the hissing makes me think it's a health issue.

Dear Cathy,

Do some animals, especially dogs, know when the time has come to cross Rainbow Bridge? My 11-year-old Border Collie Lab mix has cancer, and I know it's just a matter of time before she is gone. She is still playing, eating, drinking, pooping, and peeing. Any words would be appreciated.

— Anthony, Lynbrook, New York

Dear Anthony,

I am sorry that your dog has cancer. I know this must be a tough time for you.

I don't know if animals know when they are going to pass over the Rainbow Bridge. Sometimes, I think they know when their owner or another pet in the family is

dying, but I am not sure if they know when they are dying. Animals are great at living in the moment — enjoying all life has to offer — food, play, and time with the people they love. They exude pure joy and show great love to us, often up until their final moments. We are lucky to have them in our lives.

If she is still playing, eating, drinking, etc., use these last days enjoying her companionship, giving her special joys (like a special treat or car ride, whatever her favorite thing is to do), and hugging and petting her as much as possible. A part of her will always remain with you, and a part of you with her. The love we share with our animal companions never ends.

*(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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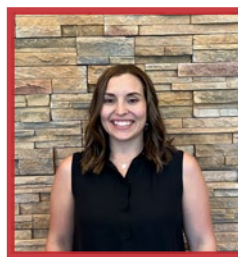
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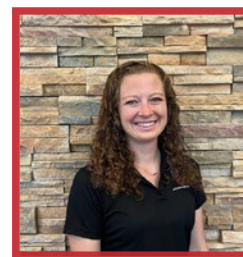
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## ANOTHER FACE OF BEMER

By Dr. Paul Silcox

Microcirculation is the most significant and functionally most important part in the human circulatory system. About 75% of the blood circulation takes place in the smallest blood vessels, a process we call microcirculation. It is a fine yet vast network of tiny vessels, performing vital transport tasks: It supplies tissues and organs with oxygen and nutrients, transports hormones to their target organs and removes metabolic waste products and carbon dioxide. It's that simple.

Not wanting to be pessimistic, but once impaired microcirculation has shown up, it can affect the health and function of the feet and extremities. In addition, it affects the body's ability to recover and heal. Microcirculation dysfunction is often seen in patients in a critical state of health.

### But what causes microcirculatory dysfunction?

The causes are manifold. Firstly, microcirculation performance decreases naturally with age. This process is further accelerated by harmful environmental factors, unhealthy lifestyle habits such as smoking and alcohol abuse, malnutrition, stress, lack of exercise and genetics certainly has an influence. For me, working in a standing position with little movement for hours on end, especially being on concrete is a contributing factor.

I saw reports in journals about BEMER being beneficial improving circulation in compromised vessels and have been using it for over a year. In the last 6 months, I have been using BEMER twice a day and it is starting to pay off. The appearance impaired circulation in my feet and ankles is significantly been less by at least 50%. My feet hurt 30% less since using the BEMER.

I have a friend that I am renting him a BEMER because he has diabetes and when visiting him recently, it was obvious that he has impaired circulation in his legs below the knees. I have an article that talks about BEMER being used on diabetes cases that have shown good improvement with long term usage.

The bottom line is that when circulation is impaired, that part of the body suffers. When circulation is restored, the body begins to heal, depending on how much damage has been done. BEMER improves circulation. Myself and my friend Pam, have been using it daily for 2.5 years and we don't go without it. I goes with me when I travel.

A BEMER unit is available for rental. Call me at 419-307-8094 with questions.



## IN YOUR OWN BACKYARD

**Fremont Area Women's Connection** welcomes you to our LADIES' LUNCHEON Tues., Sept. 12th at Victor's Event Center in Fremont. We will be having "Fashionista Fun!" Bring a scarf and our own Barb and Ginny will help you tie one on! Our speaker, Nancy Williams of New Bremen, OH will share her story "You Are Priceless and Can Live Above Any Circumstance!"

Doors open at 10:30AM for coffee and socializing. Lunch and program is 11-1pm, cost is \$14. Make your reservation before Sept. 8th. Call/text Donna at 419-680-2251 or e-mail Carrol at fawcluncheon@gmail.com.

**Trinity United Methodist Church**, 204 N. Wayne St., Fremont welcomes all to attend events in Sept., in addition to the worship service each Sunday at 10:15 am. Sept. 6, from 6-7 pm, a new opportunity will begin with regular people leading discussions of interest. "What's Up Wednesdays" offers opportunities to connect and grow in our faith. Sept. 10, Dasia Wells from Napoleon will be the guest speaker during the service at 10:15 am. After a picnic will take place in Fellowship Hall. Add to the picnic focus with a dish to share and join the fun as we play shuffleboard, board games, etc. On the 2nd Wednesday, Sept. 13, the children up to grade six, will meet for their monthly Kid Stuff evening with a light supper at 5:30 followed by activities until 7:30 pm. Call the church at 419 332 5032 for info.

**GriefShare Classes, St. John's Lutheran Church**, 212 N. Clover St., Fremont.

Beginning Sunday, September 10, 5:30-7:00pm at the parish house lounge.

13 week program that utilizes a workbook, videos, and discussion. Church Office: 419-332-7341

<http://www.griefshare.org>

**Kiwanis Club of Fremont** meets every Thursday 11:45 - 1 pm at the Fremont Elks Lodge except for the first Thurs. of the month where they meet at The Back Lounge of The Strand Theater 5-6:30 pm. Guests are welcome. Programs for this month are Sept. 7 - Social Gathering at The Strand Theater, Sept. 14 - Scout Master Denny Setzler will speak about the Boy Scouts of America, Sept.

21 - Speeches by the outgoing and incoming Kiwanis Presidents, Sept. 28 - Installation of the Kiwanis Officers and Board of Directors. For more info, email [sardisburchard@yahoo.com](mailto:sardisburchard@yahoo.com)

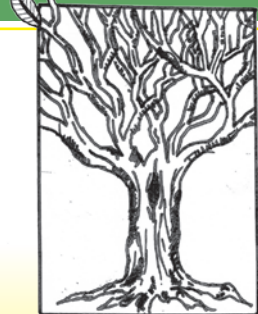
**Sandusky County Republican Women** will host an evening of fellowship on Thurs., Sept. 21, at 6 pm at the White Start Park Barn, 5013 CR 65, Gibsonburg. The Potluck will include chicken along with dishes brought by those attending. Bring your own table service, bottled water will be provided. The cost is \$10, children under 18 are free. A gift of a liquid propane patio heater will be presented to the one who brings the most guests. Reservations by Sept. 8. Make checks payable to Sandusky County Republican Women and send to Beth Tischler, 4047 CR 183 Clyde, 43410 or call 419 366 5530.

**Fremont Lions Club** will meet on Sept. 5 at the Fremont Eagles Hall at noon for lunch. ShirLee Eberle from Oak Harbor, the Lions 2nd Vice District Governor in District 13 OH-2, is the guest speaker. Sept. 19, guest speaker is Tyler Kneeskern, the President/CEO of Sandusky County Chamber of Commerce. Members and guests are welcome, cost is \$10.00. Contact secretary Donna at 419 332 3095 for info.

**Clyde Public Library** is having their Fall Book Sale sponsored by the Friends of the Library. Dates are Thurs., Sept. 21, 12p-8p. Friday, Sept. 22, 9a-5p, and Sat., Sept. 23, 9a-3p. Saturday ONLY is bag day, fill any size bag for \$5. The community has been generous in donations of books, CD's, DVD's. A large variety of children's books, adult fiction and non-fiction.

**Downtown Fremont, September Events:** 2, Sunset Farmers Market & Downtown Block Party Event 4pm-8pm; 9, Car Show 5pm-8pm; 16, Farmers Market & Get Active Fremont Event 9am-1pm; 22, The Crop Circle Art & Music Event 6pm-9pm; 23, The Crop Circle Art & Music Event 11am-4pm.

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