

ZOOOLES Lifestyles

May 2025

Vol. 26 Issue 5

Celebrating
26
1999-2025
YEARS

Lifestyles2000.net

HAPPY
Mother's
DAY

Photo by Liana Mikah on Unsplash

OUT TO LUNCH

Berry's on Main

When Berry's Restaurant closed some time ago in Norwalk, it was a big loss to the community. The landmark restaurant had been open since 1949 and was the destination for many special occasions, receptions, and family meals. It has now reopened with new owners who possess a passion for food, people, and the restaurant business. Recognizing the building's rich history, the new owners aim to preserve as much of the original restaurant's charm and décor as possible. I must say, it is a beautiful building.

Their food is comfort food, homemade with as many local ingredients as possible, including some original recipes from the former restaurant. The extensive breakfast menu is designed to wake you up and warm your belly. Options include omelets, sausage gravy, hash, sweet cream pancakes, and avocado toast, just to name a few.

For lunch, you can enjoy a ½ lb. burger, a marinated and house-breaded chicken breast sandwich, or a shrimp Po'boy. Dinner options feature homemade meatloaf, chicken Marsala, ribeye, bourbon glazed salmon, and more. All entrees come with two homemade sides. The

prices are comparable to other fine restaurants, offering great value for the quality.

Berry's also boasts a full bar, with a happy hour on Friday

and Saturday from 4 p.m. to 7 p.m. Their dessert menu is a treat, featuring ice cream delights made with Toft's ice cream, chocolate cake, strawberry shortcake, cheesecake, and Berry's famous rice pudding.

For those who prefer a quick stop for coffee and pastry, a coffee bar is located right inside the front door. I would suggest trying one of their many delicious flavored lattes.

Berry's restaurant is open Tuesday, Wednesday, and Thursday from 8 a.m. to 8 p.m., Friday and Saturday from 8 a.m. to 9 p.m., and is closed on Sunday and Monday. Whether you're looking for a hearty breakfast, a satisfying lunch, or a comforting dinner, Berry's offers a warm and welcoming experience that pays homage to its storied past while embracing the future.



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HELP THEM BLOOM.

Take the time to talk about alcohol and other drugs.

Everyday situations are great opportunities to start talking with young people in your community about the risks and dangers of underage drinking and other drug use. Be a good source of information. Encourage open and honest conversations. For tips on how—and when—to begin the conversation, visit talktheyhearyou.samhsa.gov #TalkTheyHearYou





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Artwork due date: Ads can be accepted until the 20th of each month; if approval artwork is needed, please get in touch with us no later than the 15th of each month.

Press releases and events: Please email lifestyles2000@sbcglobal.net by the 20th of each month. Press releases must be submitted as Word documents only—no PDF files, please. We cannot run fliers, so please write up your event, and we will include "In Your Own Backyard." Please make sure all the information is correct before sending it. Sorry, we cannot return phone calls, but we will do our best to print those received.

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PUBLISHER'S LETTER



Welcome to May and our celebration of 26 years!

Be sure to share our website with family and friends. Thanks for reading and Happy Mother's Day!

Joanne

FINDPETE



Find Pete Winners:

There were 50 correct answers for April, SRV Power Washing was the answer.

Winners of African Safari tickets are: Elizabeth Hammer, Helena; Rosa Hasselbach, Oak Harbor; Susan Hoffman, Beverly Hossler, Karen Perry, Lori Earnhard, Fremont.

Other winners are: Tori Carter, Gibsonburg; Shari Love, Monroeville; Karen Heater, Christina Harrah, Donna Henkel, Karen Weissinger, Sheila Skeel, Linda Gegorski, Fremont.

Thanks for entering!!

Find Pete Prizes:

Find Pete prizes for May include: Old Fort Market, Swim Rite Pools, Otto & Urban Florist, A's Family Restaurant. Extra prizes include one pass for Miller Boat Line or 2 passes to African Safari. Please specify the prize you would like. Thank you! Email your answer to lifestyles2000@sbcglobal.net or mail to 30 Ponds Side Dr., Fremont, 43420.

Find Pete Contest Rules:

To enter, send the name of the ad, your name and address to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Or email your entry to lifestyles2000@sbcglobal.net. Various prizes given monthly. One entry per household. Deadline is the 20th monthly. Please do not send the ad.

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Camp Fire Sparks Summer Adventures and Safety for Kids!

Camp Fire Sandusky County is preparing for an exciting summer filled with unforgettable experiences, meaningful learning, and community connection for kids across the region. With a variety of programs designed to empower youth, this summer is set to be one of adventure, growth, and fun!

Kicking things off is Safety Town, a one-day event on May 6 created especially for preschoolers entering kindergarten in the fall of 2025. Held at Misty Meadows, Safety Town introduces children to essential safety rules in a structured and engaging environment. With the support of community partners—including the Sandusky County Sheriff, Fire, and EMS departments, Fremont City Schools, ProMedica, and Operation Lifesaver—young learners explore how to safely travel to and from school, recognize traffic signs, and more. The event includes a free lunch and plenty of hands-on fun. It's a community-driven initiative that prepares little ones for big steps ahead.

Once summer officially begins, Camp Fire's Day and Overnight Camps take center stage, offering themed weekly programming for youth in grades K-6. At Misty Meadows in Fremont, day campers enjoy an enriching schedule of outdoor adventures like boating, swimming, fishing, archery, arts and crafts, fitness activities, and STEM-based exploration. With new themes each week, every camper can find something that ignites their spark.

For those ready for more independence, Camp Glen—nestled just south of Tiffin—offers both day and overnight camp experiences. With a natural, hilly terrain and riverfront setting, it's the perfect place to build leadership skills, make lifelong friends, and enjoy the magic of overnight campfires, group challenges, and exploring the outdoors. Campers stay in cabin-style dorms and are guided by trained staff who promote growth, courage, and community. Whether a child is discovering how to safely cross a street, building a raft with new friends, or hitting their first bullseye, Camp Fire offers opportunities to grow in confidence, creativity, and connection. Programs are rooted in building self-esteem, teamwork, and lasting memories that shape the leaders of tomorrow.

To learn more or register for upcoming events, visit www.campfiresc.org.

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Gabby Gardener

By Karen Langley

Hello there fellow Gardners! It's that time of the year again. Time to get those trowels and spades out and get those hands dirty.

I have been busy with moving from a two story home to a one story. Wow! The things you accumulate in 20 years. But, I get a whole new landscape to garden and recreate! The first thing I am going to do is set up a large flower container to put on the deck. I am going to put in that container:

- In the back of container I will put **Salvia**. They get about 2 feet tall with lavender flowers that bloom in late spring/summer.
- Next, **Coral Bells** go in next. These flowers attract hummingbirds.
- Beside the Coral Bells, **Petunias**. Many different colors. Not sure which color I will choose yet. I will choosy the variety that grows 6-18 inches.
- Lastly, **Dusty Miller**. This will be in the front. It is one of my favorites as it is soft, woolly like in a silver or white appearance.

Now I need to go shopping for a real big and pretty container!

Happy gardening!

Karen, Green Stem Garden Club

If you would be interested in checking us out, call our President, Patti Saam at 419-307-7776.

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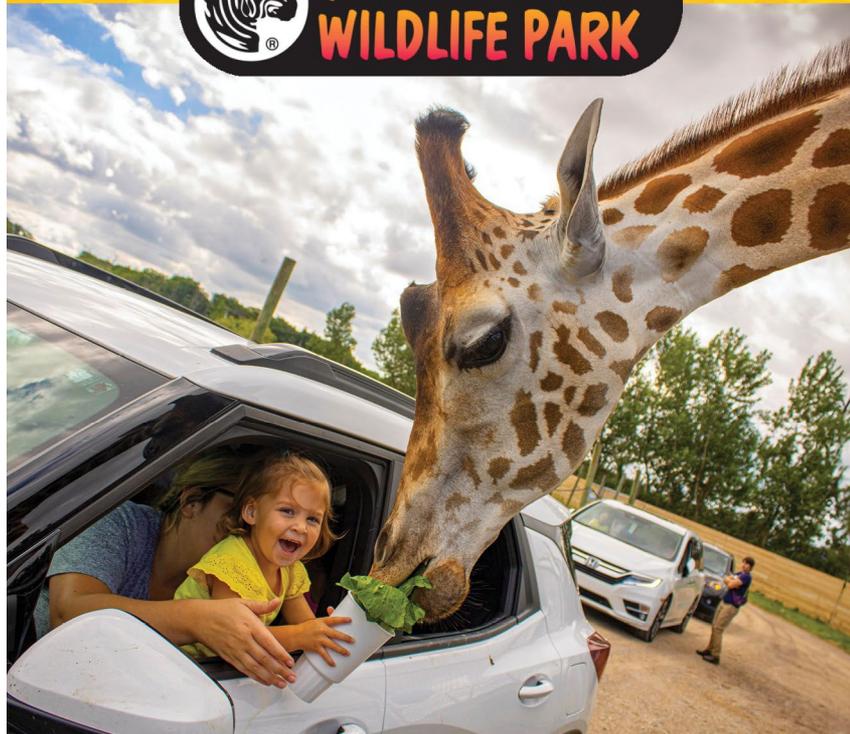
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ALWAYS RIGHT, OBVIOUSLY

By Robert Morton

A bit about 'Confirmation Bias,' the reason you think your side is always right...and the other side eats crayons. Ah, politics — the noble arena where adults go to calmly exchange ideas and reach reasonable conclusions based on evidence and mutual respect.

Just kidding.

Welcome to the real political world, where everyone's got a PhD in confirmation bias, also known as "I already decided what's true and now I'm Googling to prove it."

Let's be real: nobody's actually reading both sides of the argument. We all pick a team, paint our faces, and then watch the news like it's the Super Bowl — except instead of touchdowns, we cheer for dunks on Twitter or Facebook. Our brains are in full defense mode: "My side? Brilliant, brave, flawless. Your side? Unhinged lunatics with bad fonts and worse ideas."

Here's how it works: you believe something — let's say, "Politician X is corrupt." Then you see an article titled "Politician X possibly sneezed near a stack of classified documents once." Your brain lights up like a Christmas tree: "SEE?! I KNEW IT!" Meanwhile, if Politician Y from your side gets caught playing poker with lobbyists in a hot tub? That's fine. "We don't know the full story. Could be taken out of context. Let's wait for more information."

Spoiler: we never wait for more information.

Social media makes this worse, of course. Your feed is basically a mirror that nods along with everything you already think. Algorithms are like, "Oh, you believe that? Here's 72 more videos to confirm it, a meme that says the other side is run by lizard people, and a podcast where three guys with microphones and no credentials explain why you're a genius."

Confirmation bias is also why political arguments at family dinners go nowhere. Uncle Bob comes in hot with a Facebook post he printed out, and even if you show him seven actual studies and a TED Talk, he's just like, "Well, I don't trust those people. I do my own research." (Translation: "I found a guy on YouTube in a basement and I'm ride-or-die now.")

But here's the twist: everyone does this. Left, right, center, off-the-grid libertarians building bunkers in the woods — it's universal. Our brains love to be right and hate to be challenged. So we look for evidence that flatters us and ignore anything that makes us feel wrong, dumb, or even slightly unsure.

The cure? Honestly? Probably nothing. But we can try to notice when we're doing it. Maybe read an article from a source we don't usually trust — just to see what the "crayon-eaters" are saying. Maybe talk to someone who disagrees without immediately planning our debate-club takedown.

Or, at the very least, admit that we might — just *might* — be wrong about one thing. Maybe.

But not about fonts. The other side really does use terrible fonts.

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 authors 3 spy thriller novels, available on Amazon.com books: *Mission of Vengeance*, *The Shadow War*, and *Penumbra Database*.



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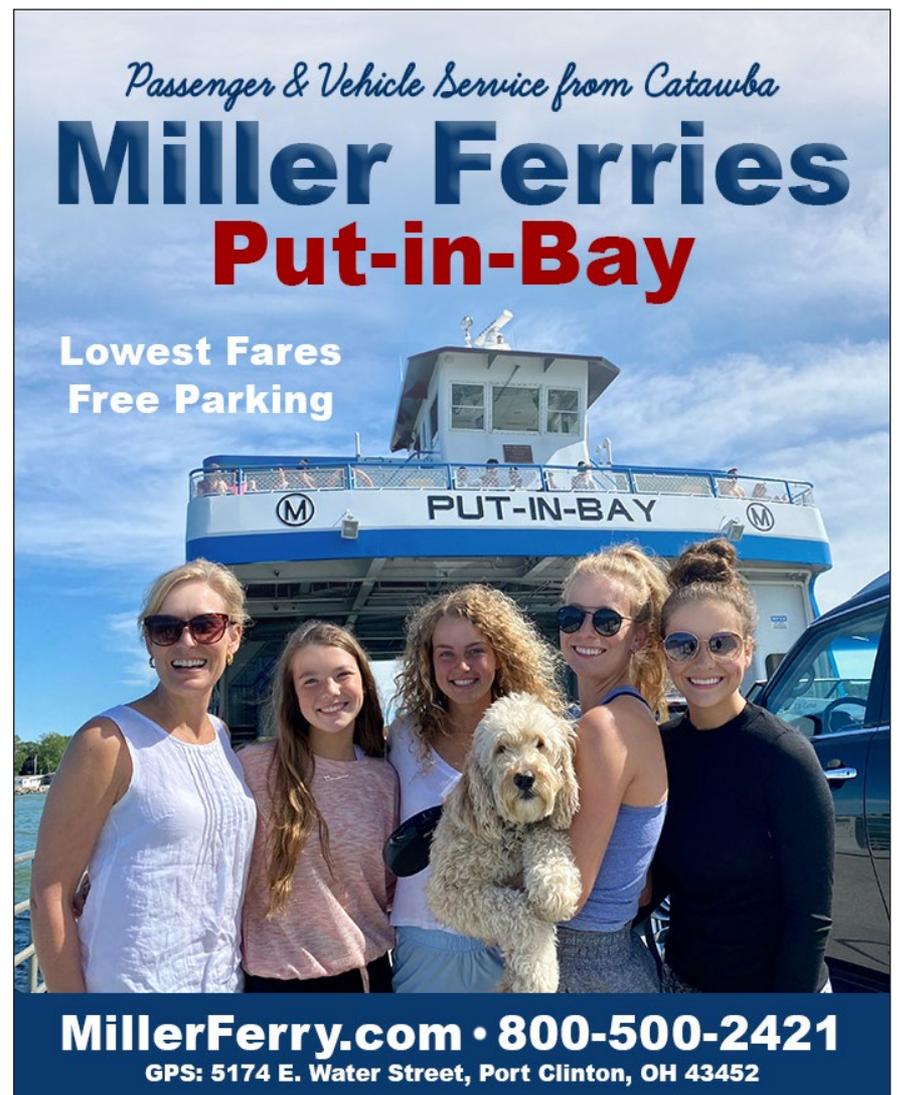
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ASTROLOGY FORECAST

By Magi Helena

ARIES (March 21-April 19): There's no need to force yourself into someone else's mold when you could shine as your true self. Embrace authenticity without the pressure of masks or societal limits. In the week ahead, accept praise and recognition with open arms.

TAURUS (April 20-May 20): Think about where you've been investing most of your time and effort. Are you working toward your goals or just treading water? Look at the bigger picture to determine what your focus should be to help you toward fulfillment.

GEMINI (May 21-June 20): The love and support you provide for others might have far-ranging consequences. Beyond the friendships you create, you could bring more kindness into the world. Look for the ways you can impact society while doing the right thing.

CANCER (June 21-July 22): Intuitive answers may provide avenues that you hadn't even considered that can help you achieve your goal. What appear to be obstacles currently could become steps to take you so much higher if you remain sensitive to the atmosphere.

LEO (July 23-Aug. 22): What goes around comes around. There might be an opportunity for you to step in for someone else or take the lead. Your knack for connecting with all kinds of people and tapping into information could be a real strength in the days ahead.

VIRGO (Aug. 23-Sept. 22): This month might throw a storm of opinions on various subjects your way. It may be helpful to let the chaos settle before locking in big choices. Just because you defeat a challenge does not mean you should grab another one right away.

LIBRA (Sept. 23-Oct. 22): A coat of paint might turn a piece of junk into a treasure but focus on the quality underneath the camouflage. Your imagination might make something look better or worse than it really is. It's all a matter of perception and idealistic values.

SCORPIO (Oct. 23-Nov. 21): Though you may prefer to work behind the scenes in a quiet spot away from noise and traffic, don't cut yourself off from others. You never know who you may meet. A meeting could be inspiring and enriching to your spirit and wallet.

SAGITTARIUS (Nov. 22-Dec. 21): Wisdom is your ally. Dive into learning—read, reflect, absorb. You may trust in others and shrug off external pressures, and your week could flow smoothly. Tune into people's moods, and the rest might fall right into place.

CAPRICORN (Dec. 22-Jan. 19): This month could reveal your true ride-or-die crew. You may lean on friends when a problem feels too big to tackle on your own. An outside perspective could cut through the mess. Open up and share what's on your mind and heart.

AQUARIUS (Jan. 20-Feb. 18): No grudges, no regrets. If you've been brushed off or left out before, the coming week might offer a fresh shot. You may receive open arms and a warm reception this time around. Don't be afraid to make apologies when needed.

PISCES (Feb. 19-March 20): The loop of love could be set on an almost eternal repeat, so open your heart and tell a special someone exactly what you have in mind. If you are frank, you may find that you have met an emotional peer in harmony with your feelings.



By Alisa Florio

Definiteness of Purpose

Andrew Carnegie emphasized to Napoleon Hill, "Confidence is a state of mind, necessary to succeed and the starting point of developing self confidence is definiteness of purpose."

Working as an entrepreneur in the field of understanding self development has given me an amazing opportunity to work with thousands of men, women and children. One of the things I've found is there has not been 1 person who hasn't had a day where it was difficult to look themselves in the mirror.

Many of us have struggled with negative self-perceptions imbedded into our minds from fear and destructive attitudes from the environment which surrounds us. We have learned that it is crucial to control our thoughts by changing the chaos in our minds into organized thinking. Ultimately, this mind shift will lead us into taking the necessary action to achieve our hearts desires. Self-confidence is one of the most important influences to attainment of our success.

We all know those individuals who have a stronger feeling of self worth who seem to get through challenging circumstances almost seamlessly, and in a much more healthy way. These are the type of individuals that may even create circumstances to achieve the success they are after. Yes, this can be done for both the achievement of bad as well as for the good. The universe doesn't recognize good or bad, it just responds to give back what we put out.

Then we know people, like myself, who've committed self sabotage by stunting one's growth with thoughts like, "I'm not enough." And as we continue deeper into the study of Self-Confidence Napoleon Hill states that, "The lack of self confidence is one of the greatest maladies of today's world, one that is responsible for the rampant helplessness, lack of self control, aimlessness, procrastination, and despair that characterizes modern society.

This gives evidence to finding the golden key that opens the doors to living out the life of our dreams comes from developing a strong sense of self worth. The universe WILL recognize how you truly feel about yourself and it cannot give you more than you feel you are worthy of receiving. So, I invite you to begin right now. Did you know that as of one second ago, this became your past? Every new breath is an opportunity for you to make a mind shift and walk in the direction of your dreams.

I invite you to draw a line in the sand between your past and the future you see yourself living in. For the next 30 days I challenge you to write out 5 things about your future self that you changed in your current self to help catapult you into becoming this future version of you that you are currently creating in your mind. By doing this you will pick up new ways to think, and therefore act. Until next time my friends, feel a big hug!



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MY PET WORLD

By Cathy Rosenthal

Dear Cathy,

I adopted a now 50-pound, one-year-old mixed breed rescue six months ago. She's a sweet cuddler with lots of energy. She has plenty of toys, full backyard access, frequent play time with my other dog, and two 40-minute walks a day.

Overall, she's well-behaved and growing out of puppy behaviors – except for one. I call them “puppy fits” – sudden outbursts that happen only on walks a few times a week. Sometimes, they're triggered by another dog, but not always. At first, it was just playful jumping on me or my other dog. But lately, it's escalated to out-of-control yanking, jumping, biting the leash and even nipping me. It wasn't enough to break skin, but still, not OK!

She ignores commands and treats, and remains calm only long enough to eat them before she is right back at it. I'm at a loss. Help! — Rebeca, Virginia Beach, Virginia

Dear Rebeca,

Your young rescue has so much going for her. She's affectionate, active, and making great progress in her training. But I understand how frustrating and concerning these “puppy fits” on walks can be, especially as they escalate. Given her age and energy level, she's likely struggling with overstimulation, frustration, and impulse control.

Since she already gets plenty of exercise, the focus should be on managing these outbursts and teaching her better coping skills. Try creating calmness before walks by engaging her in quiet activities like chewing a toy or short obedience work. If she misbehaves during a walk, change direction immediately to break the cycle.

She'll quickly learn she needs to focus on you – not other dogs – because she never knows where you'll turn next. Reinforce calm behavior with high-value treats (yummy treats you don't normally give her) when she stays focused. If she nips, “yelp” to get her attention, then stop moving until she settles. If she doesn't calm down, then walk in a new direction again. The goal is to keep her engaged and on her toes.

Since her behavior is escalating and she is ignoring commands, I also strongly recommend working with a trainer experienced in leash reactivity and impulse control or a group training class where you can practice with other dogs around. You should also work on basic commands to build better impulse control. I highly recommend Clicker Training for Dogs by Karen Pryor — it's simple, easy to follow, and it works. Training is the best way to reshape behavior and build her focus.



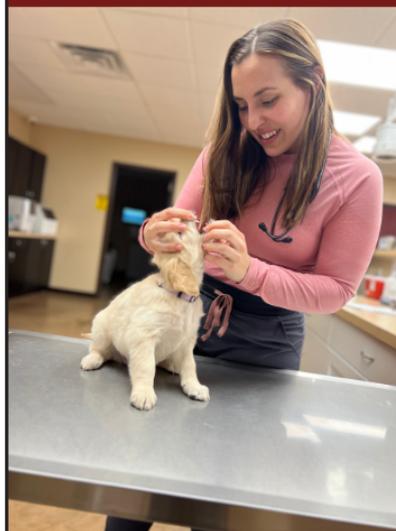
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Dr. Maddie earned her bachelors degree from the University of Findlay in 2015 and her Doctorate of Veterinary Medicine from The Ohio State University in 2019. She joined Westview Veterinary Hospital as an associate veterinarian in 2019 where she enjoys small animal surgeries and internal medicine. She is also Fear Free Certified in efforts to better the lives and experiences of her patients, as well as their owners.

Dr. Maddie resides in Fremont with her Husband Tyler and their two daughters and two dogs. She enjoys spending time with her family, friends and traveling.



60 DAY WEIGHT LOSS PROGRAM

By Dr. Paul Silcox

Last month I announced the start of an FDA approved weight loss program here in my office. There has been much interest and I wanted to give this overview of the program for any that are interested. Our Spring Special of 50% off the demonstration "Try it You'll Like it" visit is going to be extended through May. \$29.99 for a 15-minute session visit and 10-minute vibration platform, with a before and after measurement, so you can see how it works and if it will work for you like it has for thousands of others.

If you like it and want to do it, I'll explain the program, tell you the regular price and then give you a special grand opening offer. So pick up the phone and call 419-307-8094 for your "Try it You'll Like it" visit. Dr. Silcox

The **invisa-RED™ 60-Day Weight Loss Program** is a system designed to help patients lose 15-40 pounds of pure fat in just 60 days. This program combines laser therapy, a low glycemic index and anti-inflammatory diet, and specialized supplements to boost fat burning, improve overall health, and promote a sense of well-being. With 3 laser therapy sessions per week, no need for prepackaged meals,

and no excessive exercise requirements, this program is affordable, easy to follow, and produces long lasting results.

Key Features:

1. Laser Therapy: Patients undergo 3 laser therapy sessions per week, which promote fat loss by targeting fat cells, stimulating metabolism, and enhancing the body's natural fat-burning processes.

2. Nutrition and Supplements: The program incorporates a low glycemic index diet alongside three powerful supplements to support fat loss:

- **Energy:** Taken in the morning, this supplement boosts metabolism, provides sustained energy, and helps your body burn more calories throughout the day.
- **Appetite:** Taken before lunch, this supplement helps control hunger and reduces cravings, making it easier to maintain a low-calorie diet without feeling deprived.
- **Fat Burn:** Taken before lunch, this supplement enhances the body's ability to burn fat while you rest, helping accelerate fat loss during non-active periods.

3. Simple and Non-Invasive: The program eliminates the need for injections. Supplements are delivered under the tongue for maximum absorption, simplifying the process and ensuring optimal results without complicated regimens.

4. Trackable Progress: Patients can easily track their progress by logging their food intake, body weight, body fat percentage, and other body measurements. Weight, Body Fat %, Lean Weight, and Pounds of fat are measured after every third laser session to monitor fat loss and adjust the program as needed.

So call 419-307-8094 soon. We only have availability of 15 demonstration "Try it You'll Like it" visits in May.

IN YOUR OWN BACKYARD

The public is invited to attend the **74th Annual Nation Day of Prayer in Fremont** on May 1 at noon. The event will take place outdoors at Fremont City Hall, 323 S. Front Street. Local pastors including Ken DeChant, Jonathan Edwards,, Robert Jones, Forrest Kirchenbauer, Glenn Merrill, Chaplain Kevin Lehr and Deacon Melvin Shell will pray into seven centers of influence in our nation of Education, Media, Church, Military, Government, Family and Business. Fremont Mayor Danny Sanchez will read a Proclamation, Dana Roca will sing the National Anthem and Cynthia and Rex Mason will conclude the program with singing God Bless America. For your convenience, you are welcome to bring a chair to the blocked area. Students from the Leadership Class at Ross High School will be present to greet you and distribute programs.

Congress established an annual day in 1952 and in 1988, that law was amended, designating the National Day of Prayer as the first Thursday in May. The Fremont observance is being planned by Fremont Area Women's Connection, an affiliate of Stonecroft Ministries. Please contact Barb Moran-Engler at 419-680-0107 or Donna Thatcher at 419-332-3095 with any questions.

Kiwanis Club of Fremont meets every Thurs. 11:45 am-1 pm at the Fremont Elks Lodge except for the first Thurs. of the month when they meet at The Strand Theater 5:00-6:30 pm. Guests are welcome. Programs for this month are: May 1-Social gathering at The Strand Theater, May 8-Peggy Courtney with the SCCVB will speak about the Great Ohio Bike Adventure, May 15-The Gibsonburg H.S. Show Choir will perform for the club, May 22-Fremont Kiwanis President Rachel McCoy will give a club update, May 29-Kristina Smith will talk about Outdoor Writers of Ohio. For more info, email sardisbirchard@yahoo.com.

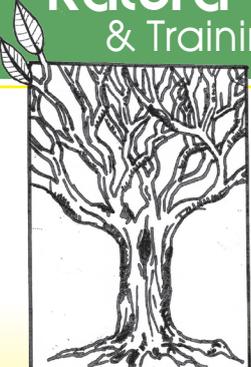
The Fremont Area Women's Connection invites all women to join us because "We've Got Talent." The Surprising FAWC Singers will be featured at our Ladies Luncheon Tues., May 13th. We will meet at Victor's Event Center, 2270 West Hayes Avenue.

Sindy Nagel will be our speaker: "An Accident by Design."

Invite your friends to join you! Doors open at 10:30 for coffee and socializing. Lunch at 11am, program ends at 1pm. Cost is \$16.

Make your reservation before Friday, May 9th. Call/text Donna at 419-680-2251 or e-mail Carrol at fawcluncheon@gmail.com. Reservations as well as any necessary cancellations must be reported in the same way.

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