

2000 Lifestyles

September 2025

Vol. 26 Issue 9



Celebrating
26
1999-2025
YEARS

Lifestyles2000.net

OUT TO LUNCH

By Lynn Urban

Red's Lakehouse

If you've heard of the burger guy, the guy who's a critic of burger restaurants all over northwest Ohio, you'd be interested to know he is a partner in the newly remodeled and reopened restaurant in the old Oak Harbor hotel in Oak Harbor.

It's a beautiful historic hotel that's been there forever and now they have a really nice restaurant called the Oak and Anchor Grill. This place even made the Toledo 11 news when renovations were taking place.



It comes with an extensive menu of many delicious items. First of all, you know the burgers have got to be great and cooked just right because burger guy is very particular about his burgers. They have a list of special gourmet burgers and also a list of smash burgers designed in different ways with many toppings. The fries that go with the burgers are cooked to par also. Besides burgers they've got sandwiches, salads, appetizers, and exceptional dinners. They're known for the tender slow cooked roast beef over sourdough bread, real hand mashed potatoes, and gravy.

Something you don't see very often is a senior menu, with around seven of their most popular meals, for around \$8.99. I actually ordered off the senior menu and had a very delicious meal of grilled chicken, mushrooms, onion, and cheese served over those hand made mashed potatoes and a side included. It is a smaller portion of what's on the regular menu, but I was satisfied with what I got.

The restaurant is just getting its start, so they don't have their liquor license yet but should have it soon. I hope to see this place make it because of what they've put into it so far and how proud of what they have and being part of the community.

STENZENTCONTENTS

NEWS & NOTES

Life Scholars, Kathleen Nalley 6

ENTERTAINMENT

Out to Lunch, Lynn Urban 2

Bob Evans, Urgent Care, Robert Morton 7

Astrology Forecast, Magi Helena 7

In Your Own Backyard 9

HEALTHY LIVING

Mayo Clinic 5



Medicare & Virtual Remote, Dr. Paul Silcox . . . 9

HOME & HEARTH

Interpersonal Edge, Daneen Skube. 4

Seriously Simple, Chilled Cantaloupe Soup . . . 6

My Pet World, Cathy Rosenthal 8



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PUBLISHER'S LETTER



Welcome fall! It feels like it's already here.

Don't forget to click on an ad to get more info. It will take you to their website or FB page.

Enjoy September!

Joanne

FINDPETE



Find Pete Winners:

"Pete" was hiding in the Profiles by Alisa ad.

Winners for August are: Miller Boat Line, Tammy Taylor, Clyde and Karen Weissinger, Fremont.

African Safari: Susan Hoffman, Brett Wamsley, Karen Heater, Fremont; Matthew Wasserman, Clyde; Kelly Fought, Gibsonburg. Winners of Drown's Farm Market and A's Restaurant: Mike Oprie, Michelle Geyer, Tim Newman, Fremont.

Find Pete Prizes:

Find Pete prizes include: Swim Rite Pools, Otto & Urban Florist, A's Family Restaurant, and Drown's Farm Market. 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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INTERPERSONAL EDGE

By Dr. Daneen Skube

Q: My boss recently passed away from cancer. He was a stellar human being, leader, and a friend. We're all speechless and have no idea how to help each other or his family. Do you have tips to handle bereavement in the workplace?

A: Yes, you're already on your way by noticing you're speechless. Death is the ultimate experience which causes us to feel powerless and that words are dust in the wind of mortality.

A good starting point is to acknowledge, "I don't know what to say and he was amazing." If you want to help, offer something specific. You can suggest bringing food, walking their dog, or running errands. In the beginning, the family will have little social energy for visits.

Expect that everyone is going to be in shock. Immediately after a death, it's normal to have a sense of unreality. Your team may keep expecting your boss to walk into a meeting or send an email. Shock is how we numb ourselves to the searing pain of loss.

After a month or so the reality that your boss will never again crack a joke or provide advice will sink in. After a month, grieving people begin to accept a loss as a permanent problem, not a temporary issue.

Research on grief tells us everyone grieves in their own ways. Women in general benefit from talking about their feelings. Men tend to "chop wood and carry water," and try to work on something.

I tell bereaved clients that anything that keeps your nose above the water line and is not illegal, immoral, or self-destructive is fine. Only you will know what helps you.

Be aware that it's often the tiny things that get us through our tragedies. A cup of our favorite tea, a beautiful plant on our desk, or a brisk walk at lunch hour are all reasonable. If you want to support the family, realize that actions speak louder than words. Ask them what's helping get them, and provide more of that.

In a long career, we'll have the privilege and burden of losing respected co-workers, leaders, and colleagues. I tell clients that a good life is one in which you love people, and some will die on you, and a bad life is one in which you don't love anyone.

We will only grieve people that we have let matter — people we were brave enough to be vulnerable with, rely upon, and that made a real difference. The depth of our sadness is comparable to the depth of our connection.

Lastly, be aware that experiencing death makes us aware of our mortality. We can be emboldened to take risks, go after what matters, and live more fully. Bereaved people often tell me they are now aware that they're a living legacy to the person they lost.

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Be open to the possibility that your boss may still be whispering in your ear, can still be a compass guiding your career, and can point out how precious your time is above ground.

The last word(s)

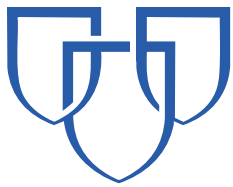
Q: Our team is about to do something stupid. Is there a way to diplomatically redirect their ideas?

A: Yes, I agree with the proverb that states, "Diplomacy is the art of letting someone else have your way." Try saying, "Well, it sounds like the team is considering that (insert your idea here) might be worth trying." Don't worry about not getting the credit.

(Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel's "Workplace Guru" each Monday morning. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything" (Hay House, 2006). You can contact Dr. Skube at www.interpersonaledge.com or 1420 NW Gilman Blvd., #2845, Issaquah, WA 98027. Sorry, no personal replies.)

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MAYO CLINIC

Tina Ardon, M.D., Mayo Foundation for Medical Education and Research

DEAR MAYO CLINIC: My entire family was recently affected by pink eye, including my mom, my nephews, my sister and even her dog! How is it so contagious? And what is it?

ANSWER: Pink eye is an inflammation of the lining of the eyelid and eyeball. The medical term for pink eye is conjunctivitis. Just as its name, pink eye, tells us, the most noticeable symptom will be a pink or red irritated eye or eyes. Other symptoms can include:

- Itchiness in one or both eyes.
- A gritty feeling in one or both eyes.
- Discharge in one or both eyes. This can form a crust overnight that can prevent one or both eyes from opening the next morning.
- Watery eyes or tearing.

Pink eye is most commonly caused by a virus, but a bacterial infection or allergies also can be to blame. In babies, pink eye can be caused by a tear duct that is not completely opened. Most viruses will go away on their own. If the cause is bacterial, we will recommend treating the affected eye(s) with an antibiotic drop.

Unfortunately, pink eye is quite contagious, just like many other infectious diseases such as colds and influenza. Patients can be at risk of catching pink eye if they touch someone who is infected and then rub their eyes or face. For this reason, it is important to be consistent with hand hygiene and hand-washing, and avoid touching other things around someone who may be ill.

Pink eye can be a pain, but don't worry — it rarely affects your vision. If you do experience blurred vision, eye pain, light sensitivity (photophobia) or feel as if something is stuck in your eye, seek urgent care. If you wear contact lenses, you should stop wearing them as soon as you notice pink eye symptoms. If your symptoms don't begin to improve within 12 to 24 hours, you should make an appointment with your eye doctor to make sure you don't have a more serious infection related to contact lens use.

Pink eye is one of our more common reasons to stay home

from day care, school or even work if you're an adult, because even adults can get pink eye. If it's a bacterial infection, patients need at least 24 hours of antibiotic therapy before returning to normal activities. If it's viral in nature, you may have to wait at home a little bit longer since there is no treatment other than time. If it is allergic in nature, one can safely attend school and work since allergies are not contagious. We generally recommend those patients stay at home until they feel better.

Doing warm compresses on the eyes can help alleviate some of the symptoms. Rest will also help you heal. If your pink eye is from allergies, using appropriate allergy medications can help. Unfortunately, we are often contagious with viruses or bacteria that cause pink eye before we even have symptoms. That is why it's so important to be consistent and mindful about our hand hygiene and careful about being around those who may not be feeling well. — Tina Ardon, M.D., Family Medicine, Mayo Clinic, Jacksonville, Florida

(Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. This Mayo Clinic Q&A represents inquiries this healthcare expert has received from patients. For more information, visit www.mayoclinic.org.)

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LIFE SCHOLARS

By Kathleen Nalley

The Life Scholars catalog of Terra Community College is now printed, mailed and distributed at local venues. Classes are beginning to fill for the Fall. In addition to the opportunity to pick one up at a Downtown Farmers Market or the public library, or by adding your name to the mailing list, the option is available for viewing the catalog online at Learn.Terra.edu (website) or emailing Learn@Terra.edu for additional information. A phone call to 419.559.2255 at the Kern Center is another quick way to access class information.

To accommodate interest and accessibility, most classes are limited to one or two sessions. Registration is flexible. For adult learners, this means that on Monday one may hear of an interesting class scheduled for Wednesday of the same week, and if not filled, still be able to find a seat. This year a few high-interest topics are being offered during the late afternoon or evening as well. This Fall they include **Unnatural Ohio Part II - A History of Buckeye Cryptids, Legends & Other Mysteries** presented by authors and historians M. Kristina Smith and Kevin Moore at 6 PM, October 7 and 9, Dan Baker's **Admiral Byrd's Expeditions** at 4PM October 14 and **Apache** October 28. Returning popular presenter, Josh Dubbert from the Hayes Presidential Center and Library will offer insight into **America According to Currier & Ives** at 5:30 PM on November 13.

Local history and natural resources are addressed in the October schedule with the return of Jon Detweiler's exploration of The **Sandusky River** and Larry Michaels' photo history of **Fremont 1900 - 2000**. Frank Kuron introduces **Early American History in Our Own Backyards** in a presentation covering events in and around Northwest Ohio from the early 1700's through the War of 1812.

Dr. Regina Vincent-Williams has a personal story to tell. **Reflections on Desegregation in the South (1954-2024)** includes her memories and experiences of education during times of enforced desegregation in her book, "Split Shift: Busing and Desegregation." She provides historical perspective and seeks to answer questions: What are the pros and cons of desegregation? How are lives affected? while addressing and discussing the quiet segregation that exists in 2025 by race, economic status and geographical location.

Students with artistic and musical leanings will love **Broadway Musicals** with Joan Eckermann, The **Mysteries of Edgar Allen Poe: The Raven!** with Kent and Janet McClary, and **Fun with Poetry**.

The Life Scholar Catalog will guide a journey through Fall's best learning opportunities. Pick one up now.

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Cold soups hit the spot when the weather is agonizingly hot and humid. It's been a tough summer this year, but cooling soups that require no cooking are the perfect solution.

Chilled melon soups are an Asian contribution to California cuisine. Most Asian melon soups are warm and savory, but this one is chilled and subtly sweet, and it comes together with minimal effort — yes, it is Seriously Simple. This adult version, which includes sweet vermouth, is not for kids. If you want to make it for the whole family, omit the vermouth.

Here local ingredients are combined in an unusual way. Sweet vermouth, ginger, and basil are added to a cantaloupe base in this lighter version of Santa Barbara chef John Downey's original recipe. The ginger, basil and orange give the soup a slightly tangy flavor while the vermouth offers a hint of sweet herbaceous. All the ingredients come together in a most pleasurable result. This pale orange refresher is best enjoyed the same day it is prepared. This is an excellent first course with a mixed green salad or with shrimp, chicken or beef brochettes and citrus rice.

Chilled Cantaloupe Soup with Ginger and Vermouth

Serves 4

- 1 medium cantaloupe (about 2 pounds)
- Grated zest of 1/2 orange
- Juice of 1/2 orange
- 1/2 teaspoon grated fresh ginger
- 1 tablespoon finely chopped basil
- 1 tablespoon sweet white vermouth
- Salt and finely ground white pepper
- 1/4 cup sour cream or creme fraiche
- Optional garnish:
 - 2 tablespoons sour cream
 - 6 fresh basil leaves



1. Cut cantaloupe in half and remove all seeds. Scoop out eight tiny balls from half of one cantaloupe, or cut into cubes, for garnish and reserve.
2. Remove skin from melons and cut flesh into small chunks.
3. Combine cantaloupe, orange zest, orange juice, ginger, and basil with vermouth, salt and pepper in a blender or food processor and puree. Add sour cream and blend. Taste for seasoning. Refrigerate four hours before serving.
4. To serve: Ladle soup equally into four shallow soup bowls. Place the melon balls or cubes on top of each bowl and garnish with sour cream and basil leaves. Serve immediately.

(Diane Rossen Worthington is an authority on new American cooking. She is the author of 18 cookbooks, including "Seriously Simple Parties," and a James Beard Award-winning radio show host. You can contact her at www.seriouslysimple.com.) ©2025 Diane Rossen Worthington. Distributed by Tribune Content Agency, LLC.





ASTROLOGY FORECAST

By Magi Helena

ARIES (March 21-April 19): Grace combined with effective management creates a strong foundation for any relationship, whether it's a fresh start or a reset. Use clear logic to navigate disagreements, keeping emotions in check to resolve conflict and build mutual understanding.

TAURUS (April 20-May 20): Sudden financial opportunities can be tempting but need careful review. Avoid putting others on a pedestal—everyone has limitations. Share your truth with honesty, but don't oversell it. Balance confidence with humility to keep communication grounded and clear.

GEMINI (May 21-June 20): Being your true authentic self can open new doors to financial growth. Reconnect with and ground into your roots—they hold strength and insight. Let genuine, loving feelings show, genuine warmth often creates opportunities that effort alone can't always unlock.

CANCER (June 21-July 22): Your sweet nature is easy to see. Try not to overthink money issues, allow time to let things unfold. You have a place in the world that matters. Bring attention to it, let your presence speak. Stay grounded. Stay open.

LEO (July 23-Aug. 22): Try not to charge in like a bull in a china shop, be mindful and aware. A sudden career issue could need careful handling, take a step back to think things through. Protect your long-term path. Inner peace might be closer than you think.

VIRGO (Aug. 23-Sept. 22): Smile for the camera. Gratitude may rise unexpectedly—let in the good feelings fully. Shared resources or responsibilities might need a second look, stay aware of what's fair. Small adjustments now can prevent bigger issues later - keep things balanced.

LIBRA (Sept. 23-Oct. 22): Stay regulated and logical if you face push-back, responding calmly can shift the outcome. Inner work could bring clarity and strength, use the moment to grow. Expand your horizons—new ideas or paths may offer more than you expect.

SCORPIO (Oct. 23-Nov. 21): Work on letting go of old resentments—they pollute inner space you could use for joy. Helping others might bring unexpected satisfaction. A family member could benefit from your unique touch; your presence and care might be exactly what's needed.

SAGITTARIUS (Nov. 22-Dec. 21): Apply your energy and force where it truly matters. Don't let relationship anxiety pull you off course, stay steady. New learning or insight could shift things meaningfully. Stay open to growth—it might be the key to real progress right now.

CAPRICORN (Dec. 22-Jan. 19): Someone close might offer the break or comfort you've been needing, ask for support if needed. Turn concern into action—it's more productive than worry. Take time to review your budget, a clear plan now can ease pressure later.

AQUARIUS (Jan. 20-Feb. 18): Projecting confidence might feel natural right now—use it wisely. If the chance to teach or guide someone appears, step into it. If relationships feel intense or unpredictable, work to stay grounded. Balance clarity with compassion if dynamics are shifting around you.

PISCES (Feb. 19-March 20): Sharing your emotions could open unexpected doors—connection starts with honesty. Look for chances to bond over shared interests. You might find yourself stepping up in a meaningful way today. Quiet strength and kindness could make you someone's hero.

BOB EVANS URGENT CARE

By Robert Morton

It started like any normal breakfast at Bob Evans. My wife Sandy and I were sitting in our usual booth—coffee for her, pancakes for me, and the quiet satisfaction of not having to cook or do dishes. Across from us sat a group of four retirees who looked like they'd been meeting there every Tuesday since the Ford Pinto was still in production.

We weren't eavesdropping, not intentionally. But when someone at the next table says, "I think my gallbladder's acting up again," your ears naturally perk up. That's not light breakfast conversation—that's the opening act of a medical variety show.

I was halfway through ordering the 'Double Meat Farmer's Choice' breakfast when the word "gallbladder" floated across the table like a warning flare. I swear I felt my own gallbladder wave a tiny white flag. Bacon and sausage? Since that little organ's whole job is handling fatty food, I suddenly found myself scanning the menu for anything that wasn't greasy, buttery, or deep-fried. I didn't want to stir up a full-blown gallbladder incident before 9 a.m.

These folks were unintentionally holding a full-blown outpatient clinic right there next to the syrup caddy, and it was affecting me.

Another guy named Jim opened with, "My lower back's been locking up every time I bend down to tie my shoes." He demonstrated, right there in the booth. I'm no doctor, but I'm pretty sure if your spine clicks like a retractable pen, you shouldn't test it out over sausage links.

Then his wife chimed in. "It's probably your sciatica. Mine acts up when it gets humid." She reached into her purse and pulled out a pharmacy's worth of pill bottles like she was doing a magic trick. Out came ibuprofen, acetaminophen, something with a warning label in bold red, and a mystery cream that smelled faintly of expired peppermint. I could smell it from across the aisle.

The man across from her, proudly announced he had just gotten a cortisone shot "right in the left butt cheek," then tried to discreetly show off the injection site before his wife smacked his arm and told him, "This is Bob Evans, not your physical therapy clinic."

At this point, Sandy was quietly diagnosing each of them under her breath. "That's not sciatica—it's probably a slipped disc. And that pill combo? Hope nobody plans on operating heavy machinery today."

I sipped my coffee and whispered, "Should we move?"

Sandy shook her head. "Absolutely not. This is better than 'Grey's Anatomy.'"

The conversation eventually spiraled into a heated argument over who had the best colonoscopy prep experience. Carol swore by lemon-lime Gatorade and a bendy straw. Ted claimed he watched an entire John Wayne movie between bathroom sprints. Jim just nodded and said, "I treat it like spring cleaning and schedule mine after Thanksgiving."

By the time we paid the check, I felt like I'd survived a full medical seminar— with my 'Double Meat Farmer's Choice' as the final exam.

So next time you're at Bob Evans and the table next to you starts trading symptoms like gossip, don't scoff—listen up. You might leave with a laugh, a new ailment to Google, and a strong urge to eat oatmeal.

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 the 'Corey Pearson- CIA Spymaster' series:

<https://www.amazon.com/dp/B08L5684TH>

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MY PET WORLD

By Cathy Rosenthal

Dear Cathy,

Our sweet and intelligent two-year-old Himalayan cat, Felix, is driving my wife around the corner. He follows her everywhere because he's begging to get more Laxatone as a treat. He is very affectionate to us both and often sleeps in bed with us. He almost always obeys my instructions. However, during the day, he jumps on my wife's pants and standing on his hind legs, gets his paws caught in her outfits. She can yell at him to stop but he doesn't listen. What can we do to change his behavior?

— Michael, Baltimore, Maryland

Dear Micheal,

Felix sounds like quite the character – affectionate, clever, and just a little too enthusiastic when it comes to seeking attention. This behavior may be fueled by boredom or excess energy.

Here are a few simple things you can do to redirect that energy in more constructive ways:

As hard as it is in the moment, avoid yelling. It rarely works with cats and can increase their stress, leading to more unwanted behavior. Instead, have your wife stand still when he jumps and avoid reacting. Once he lets go, she should quietly walk away. The goal is to remove any reward or excitement from the behavior. Scolding or physical contact can reinforce it; negative attention is still attention, and that's what he wants. (If his claws hurt, a quick clap of the hands can safely startle him and interrupt the behavior.)

Your wife can also redirect Felix's energy when he starts pawing at her by tossing a toy across the room or using a wand toy to shift his focus to appropriate play. Anything that channels that energy elsewhere can help break the habit.

It's also possible that Felix has learned to associate your wife with food and now sees her as his go-to source for everything yummy. Putting him on a consistent feeding or treat schedule can help reduce the constant begging by letting him know when to expect something special.

When he follows her calmly without grabbing her, she can reward that behavior with a short play session, a treat, or some affection. If he leaves her alone altogether, she doesn't need to say anything. She can simply walk over, drop a few treats in front of him, and walk away. This kind of subtle reinforcement teaches him that calm, respectful behavior earns rewards, and pushy behavior does not. (Never give him treats if he has just been grabby or demanding.)

The next step is to shift his treat association away from your wife and onto a puzzle feeder – a toy that dispenses treats when he figures out how to open or manipulate it. Start with an easy feline puzzle toy so he can succeed right away and make the connection that this toy is now his new source for treats. Once you find a puzzle toy he can open and enjoy, transition to giving him all his treats via the toy. This will help stop him from pestering your wife for treats.

You can also help him burn off some of that extra energy by setting up additional play stations around the house with toys and catnip. Try to engage him in interactive play sessions for 5 to 10 minutes, three times a day. Cats naturally rotate between eating, playing, and sleeping. Increasing his playtime helps tire him out and encourages more restful behavior throughout the day.

It can take weeks – dare I say months – to train a cat, but it can be done. Be patient and consistent every day, and over time, you should start to see the behavior improve. With the right mix of redirection, reinforcement, and routine, Felix will learn better ways to get attention – and give your wife a little peace.

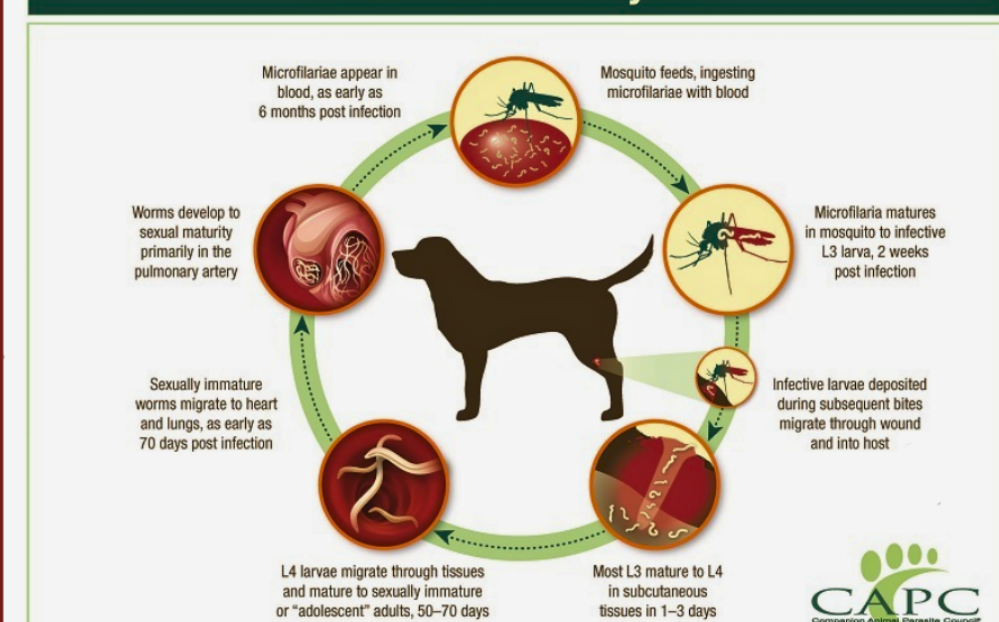
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Heartworm Lifecycle



The diagram illustrates the heartworm lifecycle. It begins with a mosquito ingesting microfilariae from a host's blood. The larvae mature in the mosquito for two weeks. Infective larvae are then deposited on a new host during a subsequent bite. Most L3 larvae mature to L4 in subcutaneous tissues within 1-3 days. L4 larvae migrate through tissues and mature to sexually immature or "adolescent" adults within 50-70 days. These worms then migrate to the heart and lungs, where they develop to sexual maturity primarily in the pulmonary artery. Finally, the worms appear in the blood as early as 6 months post-infection, completing the cycle.

Protect Your Pet from Heartworm – It's Easier than You Think!
Heartworm disease is a serious and potentially fatal condition caused by parasitic worms transmitted through the bite of an infected mosquito.

- Who's at risk? Dogs and cats – even indoor pets!
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As we all face our "Golden Years" we all want to remain healthy, have a good quality of life, and be at our best physically and cognitively (the ability to think, reason and remember) as we age, giving us the ability to enjoy our family and friends, and to enjoy those things as long as possible. Just like those things listed above.

Becoming engaged in your own healthcare, right in the privacy of your home, with our Health & Wellness Coaching Programs, is one of the best ways to accomplish this. Helping people to be their best, remaining healthy, happy and independent at home as long as possible, is one of the missions of Senior Home Services.

Through our Remote Care Services, our team acts as your health care coach, partner and advocate. And we provide the tools needed for your physician, or our clinical care team to remain up to date on your health profile, between your regular office visits. Relaying alerts when appropriate, this information often alerts a medical professional of impending medical issues before they become critical so they can be dealt with on a timely basis. Thus avoiding ER's, hospitals and institutional care so you can remain in your own home as long as possible.

We also provide you with a fun and engaging, easy to do, physical and mental exercise program designed to improve overall health, as well as balance, mobility, cognition and memory, all of which helps to prevent falls.

Learn more about Senior Home Services and see a demonstration of the facial scanning app that will give you and your physician a lot of baseline information about your present health status. I've seen it work on myself and on several people at the fair a couple weeks ago. And the best thing is, the vast majority of Medicare recipients can have this program at no out of pocket expense. Some with have a small co-payment and will be informed before they are enrolled and have an opportunity to opt in, or opt out.

I enrolled in this program as a provider because I know that the brain can be helped in later years and this will help with balance, mobility,

I have a hat that has a saying attributed to John Wayne on the inside saying, "The Older I get, the Better I was." I've wondered what life will be like for me as I

am now into my 70's. One of the things I have learned in my 48 years of practice is that the brain is like a muscle. If I use it and exercise it, it will get stronger. And I have learned that "Brain Health +" is a program that will give it the exercise I need to keep me moving and my mind sharp as I can. I look forward to the rest of my 70's and beyond.

Katura Recovery & Training Services



Dr. P.L. Silcox, DC
Acupuncture Practitioner

728 N. Stone St.
Fremont,
419-307-8094

*Alternative Addiction
Treatment Without Medication.*



IN YOUR OWN BACKYARD

Sunday, Sept. 28, **St. Michael Catholic Church Gibsonburg**, will host their **annual Chicken Barbecue Dinner**. The dinner will start at 11 am and last until sold out. You can enjoy your meal either by dining in or using our drive-thru service. Dinner includes: ½ chicken, noodles, applesauce, coleslaw, and a slice of pie. The price is \$13 per dinner. You will find us at 312 E. Yeasting Street in Gibsonburg. If you have any questions, contact the church @ 419-637-2255

Ladies, the **Fremont Area Women's Connection** invites you on a "Golden Journey" at Ladies Luncheon Tuesday, Sept. 9th. We are featuring Annette Overmyer of ProMedica Golden Threads Senior Programs. Our speaker will be Rose Britner "Joy for the Journey."

Invite your friends to join you! We meet at Victor's' Event Center, 2270 West Hayes Avenue. Doors open at 10:30 for coffee and socializing. Lunch at 11am, program ends at 1pm. Cost is \$16.

Make your reservation before Friday, Sept. 5th. Call or 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.

Kiwanis Club of Fremont meets every Thursday 11:45 am - 1 pm at the Fremont Elks Lodge except for the first Thursday of the month when they meet at The Strand Theater 5- 6:30 pm. Guests are welcome at all meetings. Programs for this month are: Sept. 4 - Social gathering at The Strand Theater 5-6:30 pm, Sept. 11 - Kyle Mayle along with Teddy will talk about the Ohio State Patrol Canine Program, Sept.18 - GLCAP will discuss their Senior Service and Transportation Programs, Sept. 25 - the incoming and outgoing Kiwanis presidents' speeches. For more info email sardisburchard@yahoo.com

Single Senior's Mix will meet at BWW Fremont, 5:30pm on Tues. Sept 2nd, and again on Monday, Sept. 15th at the Garrison, downtown Fremont at 5:30pm.

Fremont Lions Club will meet on Sept. 2 at the Fremont Eagles Hall at noon. Guest speaker is Susan Frye regarding the ACE (Assisting Children to Excel) Mentoring program at the Fremont Middle School and Fremont Ross High School. On September 16, the guest speaker is Denice Hirt, Superintendent of Fremont City Schools. Members and guests are always welcome to attend. For more information, call Donna at 419 332 3095.

Sandusky County

Republican Women will meet on September 18 at 6:30 pm at the Sandusky Twp. Hall, 2207 Oak Harbor Rd. Members and guests are encouraged to attend as we discuss ways to celebrate our 90th anniversary of a club and the 250th anniversary of the United States, both in 2026. Contact president Lori at lbalduf2007@yahoo.com with any questions.

CLASSIFIEDS SERVICES & SALES

Dust Free Cleaning: Now doing small businesses; hair salons, churches, offices, etc., including residential. \$25 per hour, 4 hour minimum. Call Therese at 419-603-6667.

FAA Basic Med Pilot: Examinations now Available in Fremont. For appointment call Dr. Paul Silcox at 419-307-8094.

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

