

MARY ANN MAR



Lifestyles2000.net

OUT TO LUNCH

Red's Lakehouse

I've been hearing a lot about a restaurant in Marblehead that I thought was brand new, but I found out they're in their third summer season.

Red's Lakehouse on Bayshore Road is a casual restaurant with a great atmosphere. The restaurant is wide open, for that refreshing beach like feel. There are garage doors that come down in inclement weather. With patios on either side of the main dining area, and an upper deck that is open Thursday, Friday, Saturday, and Sunday, there is plenty of seating. Live music Friday and Saturdays keep this place lively and fun. Tuesday nights are Trivia night on the rooftop, 7-9, and happy hour Monday-Thursday 2-5.

This is the kind of place you want to come back to over and over because there are so many



the menu, and the cocktail menu. From interesting appetizers to salads with seasonal veggies, wraps, sandwiches, fresh fish, steaks, to pasta dishes. There is fresh lobster bisque every day. Pizza is a big seller here, as it comes out nice and cheesy with a

great choices on

crispy crust. All sandwiches are served with fries done just right, or homemade Cole slaw and a whole pickle.

I had the Cajun grouper that was bigger than the toasted brioche bun, and finished off with avocado, slaw, pepper jack cheese and pickled onion. It was sloppy, but very good. Everyone at the table had good things to say about their meal. The service is top notch, and the prices are fair for the area, considering the quality and freshness of the food. Desserts include gelatos, chocolate ganache cake, and cheesecake with a red wine sauce, delicious. They open every day at 11 till 9, Sunday and weekdays, and till 10 on weekends.

NEWS & NOTES:

	Interpersonal Edge	. 2
	Camp Fire News	4
-	Life Scholars, Kathleen Nalley	. 6
	ENTERTAINMENT	
	Self Checkout Self Doubt Robert Morton	5

ENTERTAINMENT

Self-Checkout, Self Doubt, Robert Morton 5	1
Astrology Forecast, Maggi Helena 7	,
In Your Own Backyard)

HEALTHY LIVING

Ш Т И О

Image of th	e Mind, Alisa	Florio	7	7
-------------	---------------	--------	---	---

HOME & HEARTH

Gabby Gardener, Karen Langley 4
My Pet World, Cathy Rosenthal 8
Enjoy Your 4th of July, Dr. Paul Silcox

INTERPERSONAL EDGE Dr. Daneen Skube

Q: I don't know if it's summer fever, but I'm restless and thinking of a career change. Do you think this is just seasonal, and will go away? I don't want to be impulsive. Is there a way to explore my restlessness to find out if it's practical?

A: Yes, explore your restlessness by doing analysis, and exploration to find out what steps you'd need to take to change careers. Don't talk about your restlessness at work, and don't submit your resignation. You'll have an easier time finding your optimal job, if you're employed.

Human beings are more attuned to nature's cycles than we often realize. We have ways of letting go in fall, hibernating in winter, busting into change in spring, and growing fast in summer. Just like natural seasons, our inner life reflects these stages.

Spring reminds us that life, though it may look dead, surges back every spring. We may, in our depths, feel that the life force surging through the plant kingdom is also stirring within us - whispering about changes.

If we ignore these stirrings, the energy trying to rise may turn into depression, or physical symptoms. We never want to ignore the inner voice that asks us to reflect on our life.

Before you idealize a career change, get the real scoop on what it takes so you discover the downsides. You can only compare what you have now, if you have a realistic picture of the change you want.



2 | Lifestyles 2000 | July 2025



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PUBLISHER'S LETTER

Happy July! Hope you are all enjoying the sunshine and summer events. Be sure to enter Find Pete, African Safari and Miller Boat tickets are up for grabs. Please remind your friends to go to our website!



Joanne

FINDPET



Find Pete Winners:

Find Pete for June, correct answer was African Safari: Winners of African Safari passes for 2 are Sara McClenathan, Clyde; Marma Malcolm, Brett Wamsley, Fremont; Julie Rudinoff, Gibsonburg. Miller Boat Line ticket to Bob Wells, LaVonda Steinberger, Mary Post, Brenda McElfresh, Fremont; Mike Nusbaum, Burgoon.

Drown's Farm Market winners: Susan Decker, Bellevue; Tara Kiser, Clyde; Mike Oprie, Fremont; A's Restaurant: Kristen Askins, Lindsey, Jamie Ruffing, Bellevue.

Congrats!

Find Pete Prizes:

Find Pete prizes include: Swim Rite Pools, Otto & Urban Florist, A's Family Restaurant, and Drown's Farm Market. 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 <u>lifestyles2000@sbcglobal.net</u> 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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Our summer day camp program at Misty Meadows and Camp Glen is an exciting chance for children in grades K–6 to have a fun-filled summer! We remove computers and phones and concentrate on sports, fitness, and outdoor adventures. Look at the different weekly themes for this summer.

Exciting Update: Theater Camp at Camp Glen Goes Day Camp!

Due to the popularity of our day camp programs, we're thrilled to announce that Theater Camp at Camp Glen (July 13–18) will now be offered as a day camp only experience!

Young performers will enjoy all the fun, creativity, and theater magic—acting, scriptwriting, costume design, and stagecraft—but now they'll return home each evening after a full day of camp adventure.

It's the perfect way to experience the spotlight, build confidence, make friends, and enjoy summer camp fun without the overnight stay.

Spots are limited, don't miss your curtain call! Camp Glen, just south of Tiffin / July 13–18

Summer fun is every week at Misty Meadows. Here are the camps or the rest of the season.

Animal Camp–June 30-July 3rd. This engaging camp invites young animal lovers to explore different habitats, learn about fascinating creatures, and enjoy hands-on activities every day.

DIY Camp-July 7th-11th. Each day, campers will dive into fun and imaginative activities, whether they're crafting cool gadgets or designing unique art, every child will find something they love.

Traditional 2 Camp-July 14-July 18th. Campers will participate in summer camp fun like archery, canoeing, fishing, hiking, arts & crafts, Ga-Ga ball, and more.

Road Trip Adventure-July 21st-July 24th. Each day is a brand-new theme packed with thrilling adventures "traveling" to areas of the US.

Top Chef-July 28th-August 1st. Campers will learn the basics of cooking, the science behind cooking, kitchen safety, and food handling skills while enjoying summer camp fun!

Traditional 3 Camp-August 4th-8th. This is a camp they will talk about for weeks. Campers will participate in all our summer camp fun again for this popular camp.

Survival Camp-August 11th-15th. Campers will work with nature to sharpen survival skills to feel at home in Camp Fire's Survival Camp content designed for the skills and abilities for all campers.

Mad Science Camp-August 18th-19th. Campers will challenge themselves with cool science, hands-on science experiences that are as entertaining as they are educational. Campers will also participate in other outdoor summer activities.

For your child to have a fun, unforgettable summer, give us a call at 419-332-8641 or visit <u>www.campfiresc.org</u> for more information and registration.



Hello Fellow Gardeners!

I remember the days of summer when I was young and my mom would say "Why don't you go outside and play and enjoy the sunshine?" Well I like to say the same thing to my houseplants, "Let's go outside and get a little sunshine".

I start them out in a shady part of the garden (indoor plant leaves can scorch if they're placed in direct sun right away).

I then incorporate them into container arrangements. Big-leaf elephant ears, specimen begonias and amaryllis (whose deep green foliage looks great even without flowers) and let them get friendly with outdoor plants like ferns and Hakone grass.

We all like and need a vacation and so do my houseplants. I have mentioned before that I am a container gardener since I had so little yard but I have moved recently and now have a yard that I can actually plant outside of containers but this summer we will be getting it ready for next year so once again it is back to container gardening. This is a nice way of getting some extra greenery with your flowers. Give it a try!

If interested in joining the Green Stem Garden Club, call president Patti Saam at 419-307-7776. A good way to get to know us and have a chance at seeing beautiful gardens and a magnificent mansion is to go on our bus trip to Adena Mansion and Gardens in Chillicothe, Ohio on July 17th. Call Patti or myself, Karen at 419-650-8752 and we will give you the details and price. Happy gardening and a wonderful July

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SELF-CHECKOUT, SELF-DOUBT

By Robert Morton

Humans have this charming little glitch called the Illusion of Competence. It's that voice in your head that says, "I've got this," right before you absolutely don't. It's why we assemble furniture without instructions, argue with GPS, and strut into self-checkout lanes like seasoned professionals—only to be humbled by a produce code and a machine that thinks we're shoplifting.

Which brings me to the bananas.

It was a normal day at the Fremont Kroger. I stepped into the selfcheckout line feeling confident—maybe even a little smug. I had a cart, a plan, and what I thought were the basic life skills to scan groceries. Then I got to the bananas. And that's when everything fell apart.

I held them up like I was about to perform a ritual. Scanned the sticker—nothing. Waved the whole bunch across the scanner like a magician doing a trick—still nothing. The screen just stared at me. People behind me started shifting, like I was single-handedly trying to ruin their afternoon.

My wife Sandy whispered, "I think you have to weigh them."

"Weigh them? On what? This thing looks like a microwave on a folding table."

Just then, a Kroger employee—maybe 17—glided over and tapped a few buttons. Boom. Bananas appeared. Turns out that flat slab was a scale. Honestly, I half-expected it to check my blood pressure too.

Sandy didn't say, "I told you so." She didn't have to. It was radiating off her like heat from the rotisserie chicken case.

I survived the rest of the checkout without further humiliation. But the walk of shame past the other lanes was brutal. I avoided eye contact like I was leaving a failed talent show audition. One guy even gave me a pity nod usually reserved for people limping off a sports field.

A week later, still licking my wounds, I tried again—this time at the Fremont Walmart. I was determined to make a comeback.

Three items in, I was crushing it. Beep, bag, done. Then item four hit the bag and the machine screeched: "Unexpected item in bagging area!"

I froze. What item? The one I just scanned? The air? My soul?!

I lifted it. The machine shrieked. Put it back—shrieked again. Sandy slowly backed away like she didn't know me, casually browsing gum she had no intention of buying.

I whispered to the machine, "It's okay, it's just a granola bar...nobody's stealing anything..."

An employee appeared, scanned her badge, tapped the screen, and gave me the look you give someone trying to plug in a USB upside down for the fifth time.

She said, "You've gotta let it register, like she was explaining the concept of time to a toddler."

I nodded like I understood.

We were just wrapping up when the guy next to us exploded.

"I SAID TWO AVOCADOS!"

He was jabbing the touchscreen like it had insulted his mother. The machine chirped, "Please place the item in the bagging area..."

Sandy grabbed my arm. "Let's go. Now!"

Driving home, I realized the Illusion of Competence is alive and well. One minute you walk into a store thinking you've got life under control, the next, you're negotiating with a talking box over bananas and questioning your ability to function in society. Self-checkout didn't just scan

my groceries—it scanned my soul. Apparently, both were "unexpected items in the bagging area."

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



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LIFESCHOLARS By Kathleen Nalley

The Life Scholars program of Terra State Community College is very fortunate to have been able to tap local community members whose interests and skills will be shared this fall with our adult learners. The Life Scholar program offers classes on a vast array of topics with reasonable length and cost. Class sessions are typically limited to 1-2 classes by an instructor lasting 1 1/2-2 hours in length. Becoming a member can reduce costs when choosing multiple courses. See the catalog for details or contact the Life Scholar Office at 419-559-2255. The catalog is posted at Learn.Terra.edu.

Due to requests for class opportunities missed last fall, the program is bringing back a repeat of a couple classes. Jon Detwiler, former school

superintendent, has a passion for history, nature and rivers. He will repeat his popular overview of The Sandusky River on Oct. 14. Terry Wolf, a former docent for the Toledo Museum of Art, repeats Women Artists Through the Ages on Sept. 18. With so many "I can't believe I missed that class!" the presenters were encouraged to offer them a second time. Please share this information.

Tim Wasserman, another retired local with expertise in not simply technology, but clearly explaining it to those who do not readily grasp this area, will provide Windows II Basics for those needing to update their system's program by October.

Larry Michaels will provide a chronological series of photos to exemplify Fremont 1900-2000: A Century of History and Change. This popular local historian will reveal how much our city changed during the 20th century. To address his passion for poetry, Larry offers More Fun with **Poetry** as he introduces poems and provides interesting backstories of the lives of the poets themselves.

7 pm

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0840

AUGUST 19

Decorating on a Dime will bring Holly Elder, owner of Avenues for the Home, to share her expertise in seasonal decorating on a budget with suggestions for versatile pieces and ideas to refresh the holidays.

Fremont is a community steeped in interesting architecture. Josh Dubbert of the Rutherford B. Hayes Presidential Library and Museums, shares his personal interest with both architecture and art in Reading Victorian Architecture and America According to Currier and Ives.

Two new topics and instructors include Crypto Currency and You with Janet Walker and What to Know about AI by Amy Beam. The wealth of talent in Fremont continues to be shared through Life Scholars and the generosity of its citizens.



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ASTROLOGY FORECAST By Magi Helena

ARIES (March 21-April 19): Embrace adaptability! Holding too tightly to rules or what you think you want may limit your growth. Remove mental blocks to gain clearer insight and stay open to new viewpoints—this mindset can welcome positive opportunities.

TAURUS (April 20-May 20): Be cautiously skeptical. Facts may be murky, so think whether to delay job or financial choices. Consider the chance for a potential public appearance—this could be your moment to highlight the results of your hard work.

GEMINI (May 21-June 20): Hold onto your cash. Extra money in your pocket might tempt you to dive into a new venture or splurge on a fleeting desire. Before finalizing any choices, seek a trusted opinion and steer clear of overspending.

CANCER (June 21-July 22): Know your worth in the month ahead. The voices that whisper doubt or failure are lying—practice more kindness toward yourself. Let go of old negative thought loops and create a new inner story rooted in embracing your full potential.

LEO (July 23-Aug. 22): You always reap what you sow. A critical tone may dampen someone's spirit and hinder cooperation—avoid being judgmental for the best results. Stay grounded, follow the rules, and grow through life's tougher lessons.

VIRGO (Aug. 23-Sept. 22): Acknowledge your limits. You may have been pushing yourself too hard for too long. Notice signs of low stamina and lean on trusted allies for support. While your energy may surge, partners could be more focused on practical goals.

LIBRA (Sept. 23-Oct. 22): Refine and fine-tune. Don't turn into your own harshest critic—practice a more supportive inner dialogue. Some things may not be as great as they appear, others could be better than you think. Don't let a fleeting worry take over. Stay focused and keep improving.

SCORPIO (Oct. 23-Nov. 21): Shift from daydreaming to smart action, efficiency can be your greatest strength. Discover new tools, apps, or modern organizational methods to streamline your work and elevate your skillset.

SAGITTARIUS (Nov. 22-Dec. 21): If you don't understand why you've made certain choices, stop and examine your patterns. Check your trajectory to ensure that you're still heading in the right direction to attain your goals and avoid setting up something uncomfortable.

CAPRICORN (Dec. 22-Jan. 19): Stay balanced. Some things can be changed, others can't; understand the difference and take your time with big decisions. Friendship can fuel your dreams. Not everyone's a perfect match, but a reliable buddy may step up.

AQUARIUS (Jan. 20-Feb. 18): Prove yourself through your actions. Everything hinges on choices and outcomes, not words. Ensure purchases meet expectations by only buying what is appropriate for you, not just to impress others.

PISCES (Feb. 19-March 20): Have faith, work hard, and dawn will always break. Some days may drain your energies or be filled with 'learning opportunities' but if you stay focused on your goals and uphold your responsibilities you will rise higher.



By Alisa Florio

The Psychology Behind Life Design How Your Mindset Shapes Your Future

Life design psychology is all about figuring out that sweet spot in your life where your intentions meet your reality.

It revolves around understanding how our thoughts shape our own world. Your mindset

acts like the steering wheel of your life journey, determining where you'll end up and how smooth the ride will be along the way.

Have you ever wondered why some people seem to effortlessly slide right on through challenges, while others get stuck in a cycle of setbacks? The truth is, this comes from the mental frameworks we've built over time that we collect from the people and our experiences we've encountered throughout our lives.



When we recognize growth in our mindset this fuels resilience, pushing you to see the challenges as opportunities to achieve the goals that you desire. On the flip side, a fixed mindset could look at hurdles you come across as insurmountable walls.

Think about this: Your mindset isn't just a passive observer of your life. It's the architect of your potential. So, what does this mean when designing a life you would love? It means making the subconscious conscious by understanding how your mental programming dictates your actions, emotions, and reactions. Everything you have been learning about here on Image of Your Mind. We are the creators of the reality we will live out. First we see it in our mind, then we follow this mental picture.

What image are you holding in your mind? Is it an image of defeat? Or, is it an image of perseverance? Do you see yourself with that new car, or new home. Maybe you want to have a vocation that you love, a healthier body, or to meet your soulmate. Getting this right doesn't just happen overnight. It is a process of retaining your brain to work for you and not against you. Why does mindset matter so much, you ask? Because every decision, every action, and

every emotion is filtered through the lens of your mindset.

A shift in your perspective can transform obstacles into opportunities, and failure into stepping stones for success. This shift opens avenues you've never imagined aligning possible, your intentions with tangible achievements. This whole life design psychology idea isn't just self-help quru; it's crafting a roadmap for the future with you in the driver's seat.

How do you CULTIVATE A MINDSET FOR A LIFE YOU LOVE? Stay tuned



my friends. Until next time celebrate and enjoy life and be kind to those around you. Hugs & love to you all! If you want more good reads go to <u>imageofthemind.com</u>



MYPETWORLD By Cathy Rosenthal

Dear Cathy,

I have a friend with a two-year-old miniature schnauzer he's had since puppyhood. He installed a camera in his room to check on the dog while he's away, but no matter how briefly he leaves – even just to run to the store – the dog starts crying and won't stop until he returns.

As a result, he takes the dog everywhere, even to doctor's appointments.

My friend rents a room in a house with a landlord and another tenant. Although his dog gets along well with the landlord's dog, he still cries whenever his owner leaves. My friend currently works from home, but he'll eventually need a job outside the house.

I've told him this issue needs to be addressed soon, as it's already affecting his social life and could create problems with the landlord once his schedule changes. He loves his dog dearly and wants to do the right thing but doesn't know where to begin.

What's the best way for him to start training his dog to stop crying when left alone? The dog is sweet, playful, and friendly with everyone, but immediately becomes anxious the moment his owner is out of sight.

– Rick, Oakdale, New York

peanut butter. These little comforts go a long way in helping dogs selfsoothe.

When your friend is home, he can begin encouraging independence by having the dog spend time in a different room or rest in a nearby crate while he moves around the house. Even practicing picking up his keys or putting on shoes without leaving the home can help desensitize the dog to those departure cues.

There are also some wonderful calming aids on the market, like pheromone diffusers and collars, anxiety wraps like the Thundershirt[™] or Anxiety Wrap[™], and even white noise or soft music that can make a home feel more secure when the dog is alone.

If your friend ever needs to leave the house regularly, whether for work, errands, or travel, helping his dog learn to be alone now will make that transition much easier. With consistent effort, his schnauzer can learn that being alone isn't scary, and your friend will feel more freedom, knowing his dog is safe and secure while he's away.

Dear Rick,

It sounds like your friend's miniature schnauzer struggles with separation anxiety, a common issue in dogs who form strong attachments to their people. While it's completely understandable that your friend wants to be with his dog all the time, that constant togetherness can make things harder for the dog in the long run.

Separation anxiety often shows up as whining, barking, pacing, or destructive behavior when the dog is left alone, and if left unaddressed, it can grow worse over time. The good news is that dogs can learn to feel OK when their people aren't around with some simple, consistent steps.

Encourage your friend to begin with short absences, just stepping out of the house for a minute or two so the dog learns that being alone doesn't mean being abandoned. It's also important that your friend avoids making departures or returns a big production.

Calm comings and goings help prevent that spike in anxiety we sometimes see when a dog connects keys jingling, or a goodbye hug with panic. I often tell pet owners: When you leave, leave – no drama, no fanfare. When you return, give your dog a few minutes to settle before offering a warm greeting – and keep it low-key, nothing too enthusiastic.

Creating a cozy, predictable space for the dog can also help, like a favorite blanket, some familiar toys, maybe a food puzzle, or a frozen Kong with

Meet The Doctors



Holly Phillips, D.V.M



Westview Veterinary Hospital 3032 Napoleon Road Fremont, Oh 43420 Phone: 419-332-5871 Fax: 419-332-8449 wvh@northcoastvets.com Dr. Phillips is a graduate from The Ohio State University where she earned her Doctorate of Veterinary Medicine in 2021. She received her bachelors degree from the University of Findlay in 2017. Dr Phillips joined Westview Veterinary Hospital in 2022 after completing a year-long internship at Austin Equine Associates in Texas.

She will be continuing to practice Equine Veterinary Medicine through emergency care, dentistry, and sports

medicine. She is a member of the American Veterinary Medical Association, the Ohio Veterinary Medical Association, and the American Association of Equine Practitioners. Dr Phillips resides in Fremont with her cat Henry and enjoys spending time with family and friends and showing her reining horse.



ENJOY YOUR 4TH OF JULY! By Dr. Paul Silcox

Believe it or not folks, I'm not saying a thing this month. Enjoy your country's 249th celebration of Independence and Freedom. I remember where I was on the 200th anniversary. A few of you remember where you were on the 150th.

And, during President Trumps first address to Congress earlier this year, we learned there are a few people that remember the founding of this country all the way back to 1776. At least they're still receiving and cashing their Social Security checks each month! I bet they could tell some stories!

Next year is sure to be a big one!

And remember, DON'T TRY TO LIGHT FIRECRACKERS WITH SPARKLERS! Just don't.

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BACKYARD

The Sandusky County Historical Society announces the following programs for the summer:

July 13 Rex Damschroder of the Fremont Airport will speak on aviation in Sandusky County. August 10. there will be a program on Trains. Sept. 28, Tea Time of Tiffin will present a Victorian Tea, 1860's period, & speak about etiquette during this period. Charge TBA.

All programs at 2pm on Sundays. Nonmembers pay \$5.

514 Birchard Ave., Fremont.

The Fremont Area Women's Connection invites all women to join us for "Designs for a Sunny Day!" Ann Arnold of the Lindsey Sunflower Festival will be featured at our Ladies Luncheon Tuesday, July 8th. Sue Balsinger of South Park, PA will speak on "Designs for Life."

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

Make your reservation before Friday, July 4th. 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.

Mt. Carmel and West Hartland Churches will present Revive 25 on Saturday, July 19, from 4-8 p.m. at Clyde High School Auditorium.

- Jason Crabb, who is an internationally renowned male vocalist, author, actor, TV host and musician. Crabb is a two-time GRAMMY Award Winner and has received 22 Gospel Music Association Dove Awards–including Artist of the Year and Male Vocalist of the Year.
- Belle Isle Worship, which consists of siblings Court and Zac and Zac's wife, Alexis. For Belle Isle, the intersection of faith, family and music is natural. Blending elements of pop, country and gospel music with powerful melodies and family harmonies, Belle Isle strives to create music that sparks conversation and bridges generational gaps.
- Jeremy Stanley, also known as Jeremy the Juggler, is a professional Christian juggler currently living in Columbus. For the last 20 years God has been using Jeremy to share the Gospel to thousands of people from all over the world through juggling! That's why it is a personal calling of Jeremy's to share the Gospel in a clear, fun, and unique way that is impactful to all people.

Drown's Farm Market

2562 County Road 185 Clyde, Ohio N. of Rt. 19 / S. of Limerick Rd.

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