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JUNE 2020



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Lifestyles 2000

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Celebrating
21
YEARS



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Child TV watching skyrockets during Covid-19

By Robert Morton

During the Covid-19 lockdown, many children are homebound watching TV. I wonder what the long-term effects of unrestricted TV viewing are on a younger child's psyche. Before the lockdown, the typical preschooler commits to 5,000 hours of TV watching before starting grammar school, and averages 28.5 hours of TV viewing per week throughout childhood. There is plenty of kid-friendly programs to watch, but there are also lots of questionable ones. And, during lockdown, they are watching much more TV than ever before.

After my wife and I watched a view episodes of "Dexter" and "Killing Eve", I decided to look up some APA studies that showed children become onlookers to 8,000 murders and 100,000 violent incidents, witnessing more violence in one month in their living rooms than many Romans saw in the Coliseum during the reign of Nero... compliments of the "boob tube."

Unlike older kids, teens, and adults, it is difficult for toddlers and preschoolers to distinguish fantasy from reality. Such children, who play and chatter with imaginary friends and proclaim that Santa Claus is real, often misconstrue how the adult world actually works, given the sexually potent and violent images presented to them via TV.

Today's preschoolers will also view over 350,000 TV commercials before finishing high school, each with an underlying pitch to vanity, greed, and competitiveness in order to create a desire for something they do not really need. They view their favorite cartoon characters peddling toys or a child surrounded by admiring "friends" because of a newly bought plaything... only to discover the store bought toy isn't as fast, big, or attention-getting as the masterpiece fabricated on TV.

I appreciate Thomas Jefferson, who said, "Men's sentiments are known not only by what they receive, but also by what they reject."

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 books: "Finding Happiness in America" and two spy thrillers- "Penumbra Database" and "Mission of Vengeance". All can be found in Kindle or paperback at Amazon.com books.

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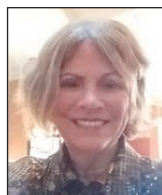
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Publisher's Letter

Happy Father's Day!

We are so happy you picked up our June issue. It has been a tough few months, but praying this month we will begin to live our old "normal".



We sincerely want to thank our advertisers that have stuck with us through these past few months, they have made it possible for us to continue to bring you great reading. We appreciate them and you!

God bless,

Joanne

Find Pete

We had 100 entries for the May

issue, "Pete" was hiding on the back page in the Bellevue Hospital ad. Thanks to all who entered! A lucky 5 people won the Celebrating 21 Years" prizes; Kasey Wagner, Joshua Meyer, Dennis Bendy, Fremont; Steve Magers, Bellevue and Robin Gilbert, Clyde. We did 5 winners since it was our birthday month.

Find Pete Winners:

Winners of "Find Pete" are: Marcia Morelock, Gaye Ann Baker, Gibsonburg; Marvin Boyd, Clara Rinebold, Dave Miller, Margaret Harkness, Julie Toy, Penny Boyd, Clyde; Barb Swedersky, William Babione, Rhonda Humbarger, Michelle Failor, Lisa Willey, Debby Howey, Fremont; Virginia Cordy, Oak Harbor; Kooper Garner, Tiffin; Carter Payne, Vickery; Erin Miller, Green Springs.

Find Pete Prizes:

Extra Chance to Win a Trip for 6 to African Safari!
- Mention "21 Years" in your Find Pete entry and be qualified to win a \$140 gift card to African Safair-3 to be given away. Prizes are from: Color Haven, Otto & Urban Florist, Pottery Perfection; A's Family Restaurant; Share & Care Fremont; Old Fort Market, The Calico Cat, Clyde. If you wish a specific prize, please include in your entry.

Find Pete Contest Rules:

To enter, send the name of the ad, your name and address on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Or email your entry to lifestyles2000@sbcglobal.net. One entry per household. **Deadline is the 20th monthly.** Please do not send the ad.

Mayo Clinic: Central sleep apnea often triggered by underlying condition, medication

DEAR MAYO CLINIC: I am a 47-year-old man, in good health and not overweight, but I was just diagnosed with sleep apnea. Since I don't need to lose weight, what could be causing my sleep apnea? I'm using a CPAP machine, but it's not helping much. Is there something else I can try?

ANSWER: There are two forms of sleep apnea: obstructive and central. Obstructive sleep apnea often develops as a result of being overweight, but central sleep apnea is not related to weight. Instead, it develops when the brain doesn't send proper signals to the muscles that control breathing. Continuous positive airway pressure (CPAP) devices don't always work for people with central sleep apnea. But other treatment options are available.

Sleep apnea is a disorder in which breathing repeatedly stops and starts during sleep. About 85% of people with this disorder have obstructive sleep apnea. It occurs when the throat muscles relax and block the airway during sleep. Being overweight is strongly associated with obstructive sleep apnea. However, while two-thirds of patients with obstructive sleep apnea are obese, up to one-third are not. The tendency of the upper airway to collapse during sleep is influenced by many things, including the skeletal configuration of the face and neck, muscle function, and even medications or alcohol.

The other 15% of people with sleep apnea have central sleep apnea, in which your brain fails to send signals to your breathing muscles. Although the condition is related to brain signals, the cause of central sleep apnea usually doesn't originate in the brain. It's often triggered by another underlying medical condition or by taking certain medications.

Central sleep apnea can be caused by heart disease, congestive heart failure, stroke or advanced kidney disease. The medications most often associated with central sleep apnea are opioids, such as morphine, oxycodone or codeine. In some people, no specific cause of the disorder can be identified. This is known as idiopathic, or primary, central sleep apnea.

If left untreated, sleep apnea can lead to serious health concerns. Persistent fatigue and daytime drowsiness that disrupt daily life often result from sleep apnea. In addition, the sudden drop in blood oxygen that occurs during sleep may contribute to heart problems, such as abnormal heart rhythms.

As in your case, a CPAP device usually is the first treatment used for sleep apnea. It involves wearing a mask over your nose, or your nose and mouth, while you sleep. The mask is attached to a pump that supplies pressurized air to hold open the upper airway.

For many people with central sleep apnea, however, airway closure isn't the problem. So treatment with CPAP may not be effective. Another device, called an "adaptive servo ventilator," may be more useful. It also delivers pressurized air. But unlike CPAP, it adjusts the amount of pressure as you inhale each breath to normalize your breathing pattern. This device also may prompt your body to breathe if you haven't taken a breath within a certain amount of time.

The drawback to an adaptive servo ventilator is that for people who have heart problems, particularly some forms of heart failure, the device may not be safe to use.

Another treatment recently approved by the Food and Drug Administration, called "transvenous phrenic nerve stimulation," may be a better choice for people with heart problems who have central sleep apnea. It involves a device implanted in the chest that acts like a pacemaker to help you breathe normally during sleep by stimulating the phrenic nerve - the nerve that runs from the brain to the diaphragm. This device monitors your breathing and prompts the phrenic nerve to generate a breath if you've gone too long without breathing during sleep.

It's important to distinguish between obstructive sleep apnea and central sleep apnea, and the only way to tell the difference between the two is with a sleep study. Talk with your health care provider about undergoing a sleep study to definitively diagnose the type of sleep apnea that you have. From there, you and your care team can develop a treatment plan that fits your needs. - Timothy Morgenthaler, M.D., Center for Sleep Medicine, Mayo Clinic, Rochester, Minn.

(Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to [MayoClinicQ&A\(AT SIGN\)mayo.edu](mailto:MayoClinicQ&A(AT SIGN)mayo.edu). For more information, visit www.mayoclinic.org.)

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Estate planning vital during pandemic

Few personal finance to-dos are more vexing than estate planning. But in this pandemic crisis, no other issue is more important. The need is immediate and pressing for front-line health care workers and first responders, but also necessary for everyone else.

I recommend that you consult with a qualified estate attorney, but if the choice is an online service or nothing, use the online service. I spoke to New York estate attorney Juliet P. Kalib of Kalib & Kalib, who explained the documents that you will need.

Will: A legal instrument that ensures that assets are passed to designated beneficiaries, in accordance with your wishes. In the drafting process, you name an executor, the person or institution that oversees the distribution of your assets. If you have minor children, you need to name a guardian for them.

Letter of instruction/appointment of agent to control disposition of remains. Kalib notes: "In some states, there is a form to complete (with witnesses), while in others, a letter of instruction may contain appointment of someone who will ensure your wishes are met." This is especially important if you are choosing a method that is contrary to your family's tradition.

Power of attorney: Appointment of someone to act as your agent in a variety of circumstances, including withdrawing money from a bank, responding to a tax inquiry or making a trade, if you are unable to do so yourself.

Health care proxy: Appointment of someone to make health care decisions on your behalf if you lose the ability to do so. This document may also contain a "living will" or "advanced directive" in which you can contemplate a variety of health circumstances and instruct your proxy to act in accordance with your wishes. "This can be helpful," says Kalib, "especially if you think that your proxy may find it difficult to execute difficult decisions without specific guidance." Amid the pandemic, many are taping their health care proxies to the inside of their front doors, to make sure any emergency service knows to contact your agent, in the event of an emergency medical situation.

Appointment of standby guardian: This document allows for a guardian to step in when a parent is sick or dies suddenly. It can be important, especially if there is no other parent or legal guardian.

Trusts: Revocable (changeable) or irrevocable (not-changeable) trusts may be useful, depending on family and tax situations. Trusts for minors can "allow delaying payments to children past the age of

majority," which Kalib notes may be important in the event of a sudden death. For 2020, the first \$11.58 million of an estate is exempt from federal estate taxes. If an estate is above the threshold (or twice that for married couples), you may want to consider a trust.

In the lockdown environment, I asked Kalib about how documents can be executed. While some states "allow signings via video conferencing (Zoom, Facetime), specific protocols must be followed." Clients must have the printed documents; attorneys, witnesses, and notaries must participate in the conference and must be able to see the client sign the documents; and clients must then scan signature pages to the attorney.

After doing the hard work, you need to communicate with your executor and agents and review the information so that you can answer any questions they may have, while you are healthy. You can provide them with copies of documents or tell them where everything is stored.

(Jill Schlesinger, CFP, is the Emmy-nominated CBS News Business Analyst. A former options trader and CIO of an investment advisory firm, Jill covers the economy, markets, investing and anything else with a dollar sign on TV, radio (including her nationally syndicated radio show), the web and her blog, "Jill on Money." She welcomes comments and questions at askjill@jillonmoney.com. Check her website at www.jillonmoney.com)



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AMERICA'S TEST KITCHEN

The tender, intensely flavored banana bread that you (and everyone else) have been craving

Over the last month, hundreds of thousands of people have searched for "banana bread recipe" online. Maybe it's because banana bread is familiar and comforting, or because it's a bread that doesn't require any yeast, which can be tough to find in stores these days. Whatever the reason, its surge in popularity got us thinking about the number of banana bread recipes we've developed in the Test Kitchen over the years. Out of all of them, the most popular is our Ultimate Banana Bread.

Tired of loaves that were cottony or dense, unevenly baked or lacking in ripe banana flavor, we developed a recipe that righted those wrongs. This isn't your typical dump and stir recipe - it takes a bit more work, but the payoff is a moist, tender loaf with intense banana flavor and an attractive presentation. It turns the humble banana bread into a true showpiece.

One of the keys to our perfect loaf was using six bananas, which is double the number called for in most recipes. To get this true fruit flavor without sinking the bread's cakelike structure, we "juiced" five bananas in the microwave, then reduced the banana liquid we collected and used it in the batter. Not only did this step infuse the bread with ripe, intensely fruity banana flavor, it helped to create a crumb that was tender through and through, without being framed by overly crusty sides.

For a final flourish (and even more fruity flavor), we shingled a sixth banana over the top of the loaf, placing the slices along the sides of the pan for an even rise. We then sprinkled the top of the loaf with granulated sugar so the top baked into a caramelized crown - the perfect accessory for a showstopping loaf.

Ultimate Banana Bread

Makes one 9-inch loaf

- 1 3/4 cups (8 3/4 ounces) unbleached all-purpose flour
 - 1 teaspoon baking soda
 - 1/2 teaspoon table salt
 - 6 large very ripe bananas (about 2 1/4 pounds), peeled (see note)
 - 8 tablespoons (1 stick) unsalted butter, melted and cooled slightly
 - 2 large eggs
 - 3/4 cup (5 1/4 ounces) packed light brown sugar
 - 1 teaspoon vanilla extract
 - 1/2 cup walnuts, toasted and coarsely chopped (optional)
 - 2 teaspoons granulated sugar
1. Adjust oven rack to middle position and heat oven to 350 F. Spray an 8.5-by-4.5-inch loaf pan with nonstick cooking spray. Whisk flour, baking soda, and salt together in large bowl.
 2. Place 5 bananas in microwave-safe bowl; cover with plastic wrap and cut several steam vents in plastic with paring knife. Microwave on high power until bananas are soft and have released liquid, about 5 minutes. Transfer bananas to fine-mesh strainer placed over medium bowl and allow to drain, stirring occasionally, 15 minutes (you should have 1/2 to 3/4 cup liquid).



Recipe continued on page 11



Frances Barker Gage and the Road to Equality

2020 marks the 100th anniversary of the passage of the 19th Amendment, guaranteeing and protecting women's constitutional right to vote. History remembers the work of the great suffragists Elizabeth Cady Stanton and Susan B. Anthony. One of those less well known who spoke out for women's rights was the courageous activist Frances Barker Gage.



Her family came to Ohio with Rufus Putnam. Born near Marietta in 1808, Gage, encouraged by her mother and grandmother, aided runaway slaves. She came to view the equal rights for women, the abolishment of slavery, and temperance as one "great triune cause." While raising 8 children, Gage began writing professionally, expressing her views in local newspapers and through her "Aunt Fanny" advice column in the "Ohio Cultivator."

Through her articles and her passion, Gage brought a sense of dignity to the work she and other women performed every day in their homes. She wrote, "Women must set a true value on themselves if they are to gain their full rights."

Gage joined the lecture circuit, speaking on her three favorite causes. In 1850, she petitioned the Ohio legislature, requesting that the words "white" and "male" be stricken from the state's new constitution. Three years later, she led the Women's National Rights Convention at Akron, Ohio.

When the family moved to St. Louis, Gage continued to express her anti-slavery views. Residents threatened her life. After the failure of their business, the Gages left Missouri and eventually returned to Ohio shortly before the Civil War.

When four of their sons enlisted in the Union army, Frances and her daughter Mary sailed for the Sea Islands of South Carolina. As part of the Port Royal Experiment, they supervised the education of some 500 recently freed slaves. Gage lectured to soldiers' aid societies throughout the Midwest in an effort to raise funds for the freedmen of the Sea Islands, the first to earn a wage for their labor. Gage later worked for the U.S. Sanitary Commission, delivering supplies to soldiers at Memphis, Natchez, and Vicksburg where she was befriended by Clara Barton.

Until the end of her life, Gage wrote articles, short stories, and novels on temperance and suffrage, but her greatest contribution was as a spokesperson for the freedmen's cause and the women's reform movement. Her childhood home near Marietta is preserved as a historic landmark.

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Out & About

By Kelsey Nevius

As an avid history lover (which you can clearly see by reading any of my past articles), I love finding places of interest locally and discovering the past behind them. We have many such places: the Rutherford B. Hayes Presidential Library & Museums, Fort Meigs in Perrysburg, the National Museum of the Great Lakes in Toledo, and the Sandusky County Historic Jail & Dungeon, just to name a few.



I was recently made aware of another piece history close to us, located in Tiffin. The place in question? Winterberry Farm & Event Center: a beautifully restored house and barn nestled in the meadows, fields, and woodlands of Tiffin's

countryside. Tucked away from the road, you might miss the cheery white-and-green of the barn. However, this event center and wedding venue offers much more than just a place to hold events.

The history behind Winterberry Farm is vast: it began first as a land grant signed by President James Monroe, and then was built from the ground up with the construction of the house and barn in the 1830s. Winterberry Farm has survived the tests and trials of Midwest modernization: since it faced demolition a few years ago to make way for new construction, owner Sabrina Schnepat preserved the Farm's history by buying it in 2017, and has been bringing it back to life ever since.

The barn's restoration was paramount to Winterberry Farm. Originally built from hand-hewn, native timbers, it is approaching its 200th anniversary. Though its original restoration took place in the 1920s, which added its Great Revival detailing, the recent restoration truly polished and revived the Farm. You can watch the barn and property's transformation through their YouTube page at Winterberry Farm. I particularly enjoyed watching the restoration process over the years through these videos.

Winterberry Farm is focused on building community and enriching the heritage of the farm, and hold events such as dances, concerts, farm-to-table dinners, and soul-centered classes focused on the arts, wellness, and growth. They also frequently hold weddings and corporate events. If you're interested in attending their events, you can see an upcoming calendar on their website.

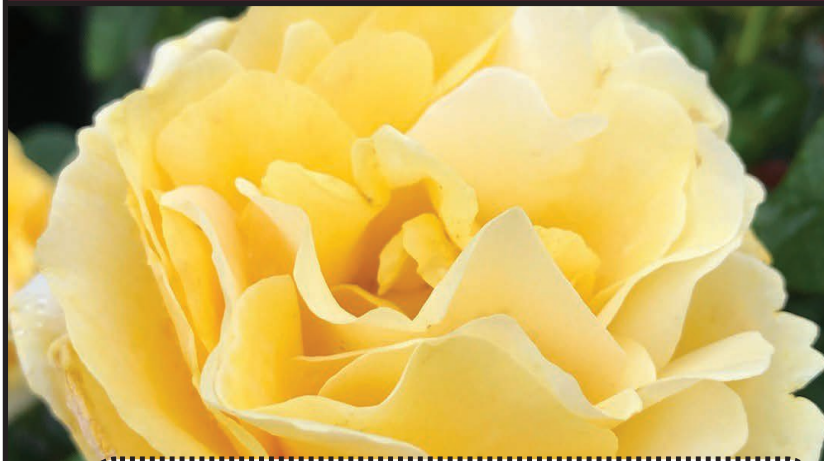
Behind Winterberry Farm are pillars of community, history, creativity, and consciousness. I enjoyed reading about the Farm and Schnepat's history, both on the main pages of the Winterberry Farm website and in its insightful blogs. In one such blog post, entitled "What's Next?," Schnepat explains what the future holds both for herself and for the Farm. The things she lists- nurturing creativity, building community, feeding the soul, conscious living, and Earth as our home- are things I think we dearly miss in our society. It reveals how valuable this Farm truly is; not just as an event space and beautiful part of our history, but as a way to connect and revitalize both ourselves and others.

I enjoyed reading the history behind Winterberry Farm, and although I wasn't able to attend an event before the publishing of this article, I hope to one day visit the Farm and see its history and connection firsthand. Even if you aren't able to visit the Farm yourself anytime soon, I recommend you watch the restoration of the Farm on their YouTube page or read some of their blogs on their website; it might scratch that history itch until you're able to visit in person!

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Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): Your month ahead could include a profusion of confusion. Be alert to potential hackers or phishing scams, and don't click on email links or give out personal information. Reassure any loved ones who have doubts.

TAURUS (April 20-May 20): Apologize if you make a mistake or commit some slip-up. If you and loved ones can agree to disagree, your month will run more smoothly. Don't go on a spending spree thinking it will solve a problem.

GEMINI (May 21-June 20): Someone may tell you only what you want to hear. Check the facts twice before embarking on new enterprises. Someone who is demanding or is dealing with an emotional issue could drain your energy.

CANCER (June 21-July 22): You or a family member could be subject to online tricks, misleading offers or false advertising. Change your passwords and update your security applications so that you can rest easy.

LEO (July 23-Aug. 22): You might not recognize which people have your best interests at heart. Any skepticism may prevent you from making an advantageous choice, focus on being responsible as well as reasonable.

VIRGO (Aug. 23-Sept. 22): Get it while you can. If you ask for forgiveness or assistance, your wish might be fulfilled. Don't be surprised if you find hidden strings attached to a purchase or investment that changes your mind.

LIBRA (Sept. 23-Oct. 22): Your social life could be at a low point. If you become bored or restless, your imagination might go into overdrive. Wishful thinking could cause you to be misled by someone, so be alert for tricks.

SCORPIO (Oct. 23-Nov. 21): Rein in any roving desire for romance. Keep your money in your pocket and your mind sharp. Make decisions based on facts and don't rely on others to guide your hand.

SAGITTARIUS (Nov. 22-Dec. 21): You'll run fewer risks if your cash and credit card remain safely tucked away in your wallet. Avoid making an issue of someone's hedging to preserve the tranquility of a valued relationship.

CAPRICORN (Dec. 22-Jan. 19): You are probably feeling good about yourself and welcome some new activities, but remain aware of your fiscal and social responsibilities. Take advantage of a chance for fun that costs little.

AQUARIUS (Jan. 20-Feb. 18): You may see evidence of your need to work harder. It might be pointed out that you have not always made the most of your time. Put a hold on major expenditures until you are more comfortable.

PISCES (Feb. 19-March 20): Out of sight, out of mind. This is a good month to maintain a low profile and steer clear of misunderstandings. Your intuition could be less accurate than usual in the upcoming week, and you may want to be out of the loop in social situations.



Kiss-Me-Over-The-Garden-Gate

By Grace Nause

Well, I started over again writing another, "List of 1000 blessings" in my "Blessings Book." It was a gift given to me back in 2012 from Beth Sage, my daughter. It has flowers on the cover, a message that reads, "To Mom, with love on her birthday", and is signed "Beth". This is my 3rd start-over since I wrote #1 in the book in 2013 and again #1 in 2016 and now #1 again in 2020. It's so good to look back and count your blessings. Sometimes, I get so busy enjoying them that I forget to write them down. Each time I start a new list with #1, I say, "I'll be more faithful to this list and write more often." However, I get so busy enjoying the blessings, I don't take the time to acknowledge all the wonderful people who are responsible for them, and the Good Lord above who keeps on sending them to touch my life. So, to all of you, Thank you! Here are a few entries I want to share with you.

People who sing while they work", "SNOW again (March 25th)..I'm trying for a blessing in this one!", "A mouse in a trap, not in the cupboard, yeah!", "Only, 37 more miles until my red convertible turns over 200,000 miles", "Big band music on the radio", and one from 2019..."Bernie and our First Wedding Anniversary." Then there's "Mowing grass and pulling weeds" and one that reads, "The Good Lord who helps me to know when to shut my mouth." And the list goes on!

Having to stay home and away from exposure to the coronavirus teaches us about submission to the rules made for our own safety and the safety of others and the need to follow them. It brings us to our knees when we realize we are not in charge. We cannot throw hard work, money or political power at it and make it go away. What's left to us is the simple wisdom in the prayer of St. Francis, Lord, grant me the humility to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." We are strong, we can be patient and we will survive this crisis. We will become a stronger nation because we did.

I've been hoeing a lot of weeds, clearing the paths in the woodland garden and spreading mulch on them. We've mowed the grass between the yard and the cropland. The water garden pond survived the winter very well. We cleaned the pumping system and filters. Now I'm working on the landscape around the back side of the Waterfalls. Soon, we will have the spring work done and we will get to the "mow and enjoy" part of the summer work schedule.

The May "Tea at Two" is scheduled for 2 p.m. on Tues. the 26th. Viola Purdy, a Master Gardener, will visit and share her garden knowledge with us. The June 30th Tea at 2 p.m. should be fun. Please bring a "White Elephant" with you. The Fred and Pam Wolfe Auction Team will be our guest speakers. They will sell the White Elephants. We will furnish the play money for you to bid with. Call for reservations, 419-332-7427.

Future Tea programs are on Tuesdays at 2 p.m.: July 28th, Tory Thompson, Director of Camp Fire youth organization. On August 25th we will go out into our yard and see what we can find with my husband Bernie and his metal detector. September 29th will bring Lynette Kirsch to join us for a discussion about the programs of Share and Care. The publisher of LIFESTYLES2000, Joanne McDowell, will visit with us on October 27th. We will finish the Tea season with a visit from "The Jolly Ole Elf", Bob Steinberger on November 24th at 6 p.m. (an evening Tea). He will tell us about his seasonal other life!

Enjoy the summer while you put meaning into the words, LIFE IS GOOD!

Ms. Grace

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Helen Marketti's Music Corner



By Helen R. Marketti



Cleveland's Rock and Roll Venues

Many of us have attended a concert or show where the venue was just as important as the artist. We often reminisce about where we saw a concert because it adds to the memory of our experience. We save ticket stubs, parking passes, souvenir programs and photos of our friends as we talk about where we were and when.

Cleveland author, Deanna Adams discusses her latest book, *Cleveland's Rock and Roll Venues* (Arcadia Publishing, 2020) The foreword is written by Cleveland rock photographer, Janet Macoska whose incredible images are sprinkled throughout the book among other talented contributors. Music fans have poured into Cleveland over the last several decades to attend concerts at memorable venues. Some structures are no longer standing, some have been upgraded and there are brand new ones to explore. For any music fan seeking to relive memories or simply enjoy the beautiful photos and historical snips of information will want to add this book to their collection.

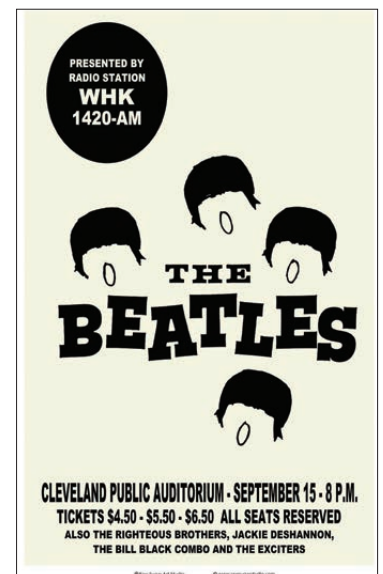


"I wasn't planning on doing another book about the Cleveland music scene," said Deanna. "I already had written a book before through Arcadia Publishing, *Cleveland's Rock and Roll Roots* (2010), not to mention my other book, *Rock and Roll and The Cleveland Connection* (The Kent State University Press, 2002) so I felt I had covered the Cleveland music scene and its history. But the acquisitions editor of Arcadia Publishing contacted me and asked if I would consider writing another book. The more I thought about it, I realized there were new clubs and venues that are now part of the music scene who would like to be noticed and recognized. I spoke with Janet Macoska and we worked out a deal

to use many of her images plus most of the photos in the book are in color. So, I decided to write the book. I have never regretted any book I have ever written."

"I really didn't need to interview anyone for the book. What I worked on was additional research for each photo since many of the artists are international talent. I needed to ask myself what I could write about in a short blurb to describe the photo that would be interesting to the reader. The rock posters that are pictured in the book are courtesy of Bear at Raw Sugar Art Studios (Cleveland). I wanted to write this book because there is a new generation who deserve to know the rich music history that Cleveland has. That is why it's the Rock and Roll Capital of the World."

<https://www.deannaadams.com/>



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Dog suddenly reacting to signs of affection between owners

Dear Cathy,

My wife and I have an 11-year-old beagle/lab named Scout that we rescued seven years ago. She is a wonderful dog and a true member of our family. She was abandoned by a homeless veteran at the Veteran's Administration where my wife and I worked as nurses. (We are now retired.) Scout has always been reactive with other dogs that are on a leash but wonderful with all people and strangers.

But lately, she growls at me when I kiss my wife good night. I'm not sure what this is about or what, if anything, to do. For now, we are limiting her time on the couch.

- Tom, Andover, Connecticut

Dear Tom,

When a dog's behavior suddenly changes, especially toward her owner, I am concerned the dog has an underlying health problem. Take your dog to the veterinarian and let them examine Scout to make sure everything is all right physically.

After you rule out health problems, then focus on the behavior. Don't yell at her because that often escalates aggressive behavior. Instead, change what happens around the kiss. Before kissing your wife good night, pet your dog and offer her a treat that will take a few minutes for her to chew, like a dental stick or a Kong with treats inside. Or toss treats to the floor before you kiss your wife and then continue tossing treats while you kiss your wife to distract your dog and help her see that good things happen to her when you kiss your wife. Build on this positive reinforcement for a few weeks. If your dog continues to growl, give her the treats in another room and then try the routine again with your wife around in a day or two.

Let me know how she responds.

Dear Cathy,

We took in two stray cats, one female and one male. They were inseparable. The female cat died at home during the night. We were devastated, consoled only by the fact she was with us 12 years and we gave her a healthy, wonderful life.

Since her death seven months ago, the male cat will not use the litter box. He will only go next to the box, but never in it. We have tried different boxes, litter and locations, to no avail. We have resorted to putting puppy pads around the litter box, which is where he goes. What can we do to get him to go in the box again? What is he trying to tell us?

- Linda, Bath, Pennsylvania

Dear Linda,

I am sorry for your loss. It's never easy to lose a feline friend you have spent many years loving her.

As for your male cat, he may still be mourning the loss of this feline. Maybe he only used the box when she was around and doesn't feel safe in the litter box anymore. It's hard to know what a cat might be thinking or feeling when they stop using the litter box, but you can use a few different strategies to coax him back that will reassure him.

First, make sure you sift the litter box daily and change the litter weekly. Cats often need exceptionally clean litter boxes in order to use them.

Second, buy some litter box attractant (available online) to sprinkle in the box daily. The scent is designed to draw cats in. When

you notice it working, remove the puppy pads from around the box. Use the attractant for at least a month after he starts using the litter box again to reinforce the habit.

If the litter box attractant doesn't work on its own, add plug-in pheromones in the room with the litter box. Or, try a feline pheromone collar if he will wear one. Pheromones are calming and may make him less tense around his litter box, which always helps in these situations.

Finally, I know you have tried different litter and litter box locations, but ensure the box is not in a high-traffic or noisy area and is secluded and private. Cats don't like to be startled. If he was startled while using the box, it could have led to your current litter box issues. For example, if the litter box is in your laundry room, the dryer buzzer may have startled him one day.

(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. Please include your name, city, and state. You can follow her @ [cathymrosenthal](https://www.facebook.com/cathymrosenthal).)

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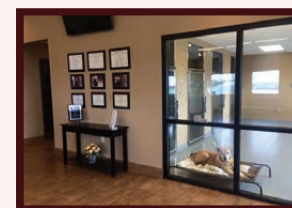


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Is CHIROPRACTIC GOOD FOR MORE THAN BACK PAIN?

By Dr. Silcox

Personally, I've been getting chiropractic care for 53 years. I can't imagine the shape I would be in currently without receiving chiropractic care. I had a broken left leg at age six which created ½" short right leg. I played 7 years of football (last one was here at Fremont Ross in 1972), had a fall off a horse at a full gallop, 3 motor vehicle accidents, herniated disc in lower back, lumbar disc surgery in 2001, partial paralysis in right leg for 19 years and walk with a gimp right leg without my ankle foot orthosis in my right shoe. I will ALWAYS continue to get chiropractic care for the rest of my life. I'd be a basket case without it.

But don't just take my work on it; here are some quotes about Chiropractic by some other people, some pretty well known.

Look well to the spine for the cause of disease.

Hippocrates – Referred to as the "Father of Medicine" "Chiropractic gives me the flexibility I need to keep in the game."

Venus Williams – Tennis Superstar "The spine as a whole operates as a functional unit. Each vertebra can affect its neighbor and one portion of the spine may affect or damage other areas of the body."

Don Davis – Movie Music Composer "Chiropractic care works for me. I've been seeing a chiropractor and he's really been helping me out a lot. Chiropractic's been a big part of my game."

Joe Montana – Hall of Fame NFL Quarterback "Chiropractic makes me feel a few inches taller each time I come out."

Christie Brinkley – CoverGirl model "I have been blessed with a long and healthy career as a professional athlete and as I move forward into the next stage of my life, chiropractic care will continue to be an important part of my game."

Jerry Rice – Hall of Fame NFL Receiver "Chiropractic solved my neck and shoulder pains; it put me back on my feet. I think chiropractic is great!"

Marlo Thomas – Actress and Spokesperson for St. Jude's Children's Hospital "Chiropractic is a wonderful means of natural healing!"

Bob Hope – One of the 20th Century's best loved American Comedians "I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing."

Tiger Woods – Professional Golf Icon Remember: Chiropractic – it helps you to "take a lickin' and keep on tickin'". For the seniors reading this, you'll remember this as the TIMEX commercial with John Cameron Swayze.

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IN YOUR OWN BACKYARD

Downtown Fremont Farmers Market & Car Show, June 20, 9am-1pm

The local **Lion's Club** has been busy despite not being able to meet. They have made monetary donations to aid local agencies including the Community Fortress, Liberty Center, Pontifex and Sandusky County Food Pantry. Various members also donated to purchase an outdoor grill for Community Fortress. Special thanks to Fremont Ace Hardware for assembling and delivering the grill. Lynette Kirsch, director of the Community Fortress has expressed great appreciation for this donation.

In addition to the local donations, Fremont Lions also chose to support the many projects of Lions International and made generous donations to the Lions Club International Foundation, Ohio Lions Research Foundation for eye and hearing and speech research, Diabetes Awareness Foundation and to Camp Echoing Hills General Fund.

Fremont Lions Club looks forward to meeting together once again at the Eagles when possible but in the meantime will continue to promote their slogan of "We Serve".



Gabby Gardener

By Cindy
Frontz

Natural Remedies for Garden Pests

You've planted your garden or soon will. Now you will need to protect it from those pesky pests. I recently learned that 7 dust is bad for bees. A more natural way is to use 1 cup baking soda to 5 gallons of water mixed in a sprayer. This is good for tomatoes. You can also plant tomatoes with parsley and basil to repel bugs.

Planting marigolds repels mosquitoes while cayenne pepper helps to keep dogs from the garden. A natural fungicide for black spots and powdery mildew on roses is 1 tsp. b. soda, 1 tsp. shaved bar soap flakes and 2 cups warm water and spray the plants.

Animals seem to want to invade our gardens too. Mix 2 cups water, 2 tabl. cayenne pepper and 1 tsp. dish soap to repel rodents, rabbits and dogs.

Don't know what to do with those small bars of soap? Hang them in pantyhose around garden to repel deer. To repel skunks mix 8oz. castor oil, 8oz. dish soap and 1 gallon of water. Another trick to kill ants is sprinkle hills with cornmeal.

There are also environmentally friendly products that you can buy at the store.

The RFD Garden Club meets the 3rd Tuesday of the month at 7PM. If you would like to attend a meeting or more info, call Pat Saam at 419-307-7776

AMERICA'S TEST KITCHEN Continued from page 5

Ultimate Banana Bread *cont.*

3. Transfer liquid to medium saucepan and cook over medium-high heat until reduced to 1/4 cup, about 5 minutes. Remove pan from heat, stir reduced liquid into bananas, and mash with potato masher until fairly smooth. Whisk in butter, eggs, brown sugar and vanilla.

4. Pour banana mixture into flour mixture and stir until just combined with some streaks of flour remaining. Gently fold in walnuts, if using. Scrape batter into prepared pan. Slice remaining banana diagonally into 1/4-inch-thick slices. Shingle banana slices on top of either side of loaf, leaving a 1.5-inch-wide space down center to ensure even rise. Sprinkle granulated sugar evenly over loaf.

5. Bake until toothpick inserted in center of loaf comes out clean, 55 to 75 minutes. Cool bread in pan on wire rack 15 minutes, then remove loaf from pan and continue to cool on wire rack. Serve warm or at room temperature. (The texture is best when the loaf is eaten fresh, but it can be stored (cool completely first), covered tightly with plastic wrap, for up to three days.)

Recipe notes

- *Be sure to use very ripe, heavily speckled (or even black) bananas in this recipe.*
- *This recipe can be made using 5 thawed frozen bananas; since they release a lot of liquid naturally, they can bypass the microwaving in Step 2 and go directly into the fine-mesh strainer.*
- *Do not use a thawed frozen banana in Step 4; it will be too soft to slice. Instead, simply sprinkle the top of the loaf with sugar.*
- *The test kitchen's preferred loaf pan measures 8 1/2 by 4 1/2 inches; if you use a 9-by-5-inch loaf pan, start checking for doneness 5 minutes earlier than advised in the recipe.*
- *(For 25 years, confident cooks in the know have relied on America's Test Kitchen for rigorously tested recipes developed by professional test cooks and vetted by 60,000 at-home recipe testers. See more online at www.americastestkitchen.com/TCA.)*



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