

Healthy Living News offers the residents of northwest Ohio and southeast Michigan a monthly guide to news and information about healthy life styles, health care, sports and fitness, and other issues related to physical, mental and emotional quality of life. The publication promises to be an attractive, interesting and entertaining source of valuable information for all ages, especially those 35 to 50. *Healthy Living News* is locally owned, committed to quality, and dedicated to serving our great community.

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CONTACTS

Business office:

To advertise: *Healthy Living News*, 130 Louisiana Avenue, Perrysburg, OH 43552. Phone: 419-874-4491 or email Chet Welch at chetw@perrysburg.com. Ad reservation deadline is the 15th of the month preceding publication. *HLN* reserves the right to refuse advertising for any reason and does not accept advertising promoting the use of tobacco.

Editorial office:

Deadline for editorial submissions is the 10th of the month preceding publication. To contact the editor or send submissions, please email jeffreykurtz68@gmail.com.

Co-Publishers:

Adam Welch
Chet Welch

Editor: Jeff Kurtz

Travel Editor: LeMoyne Mercer

Sales: Brad Beebe,
419-874-4491, ext. 1026

Graphic Designer: Mary Ann Stearns

Web Designer: Strategically Digital LLC

Social Media Specialist: Kate Oatis

Distribution:

Jim Welsh • Charlie Nolan
Dominion Distribution
Distributech–Toledo

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ENRICHING YOUR LIFE

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OUR COMMUNITY

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Dear Readers,

Thank you for picking up the April issue of Healthy Living News. This past month has been a rollercoaster for all of us, with the COVID-19 pandemic dominating headlines and imposing wide-ranging, albeit necessary, restrictions on our way of life. While there's no question that these changes are disruptive, we urge all our readers to adhere to any guidelines or recommendations from



Adam and Chet Welch

federal, state, and local health authorities on how to minimize the spread of this virus. The more we pull together and heed the advice of health experts now, the faster we'll put this crisis behind us.

For some tips on how to protect yourself and those around you from COVID-19, be sure to read the article on page 8, which

contains commonsense advice from the Centers for Disease Control and Prevention that you've likely heard before but certainly bears repeating. If you've suddenly joined the ranks of at-home workers due to the coronavirus (or any other reason), "Tips for Balancing Your Home Life and Home Office" on page 11 can help ease that transition. And, parents whose children are now confined to the house and need a healthy outlet for their energy won't want to miss "Kids Stuck at Home? Get 'Em Gardening!" on page 9.

Speaking of keeping children productively occupied, this issue also features ads from several area schools and organizations that are offering fun and informative summer camps for kids (p. 4). In April we typically

print a more comprehensive Summer Camp Guide, but this year we've made the decision to postpone the full guide until May when we'll hopefully be better poised to solidify camp listings and schedules. So be sure to tune in next month!

As I bring this to a close, I'd like to thank all the area businesses and organizations that support HLN with their advertising dollars. Without them, we couldn't keep providing this publication free of charge each month. Now many of them are facing economic hardship due to the current health crisis, so we urge you to keep supporting them and other local businesses in any way you can—and when you do, be sure to tell them you “saw it in Healthy Living News.”

Adam and Chet Welch

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Your Monthly Guide to Healthy Living

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A microscopic view of coronavirus particles, showing their characteristic spherical shape and the crown-like spikes on their surface. The particles are set against a dark, textured background.

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While you are at Forsyth, take a stroll along adjoining Gaston and Whitaker Streets to admire still more beautiful homes such as the Georgian-Revival-style Mills B. Lane House. It has stately Ionic columns, a “swan’s neck” pediment, splayed lintels, and an ornate wrought-iron gate and fence. Directly across from the live oak allee that leads to the fountain



The impressive Mills B. Lane House is easy to find, directly across from Forsyth Park.

is the Armstrong-Kessler House, the last built of the truly great mansions of Savannah. Its restoration was completed at the end of 2019 after it had served for decades as home to a small college and then as law offices.



The Armstrong-Kessler Mansion was the last built and most recently restored of the great homes in Savannah.

And don't miss Jones Street, which has been described as one of the most beautiful in America. The street is shaded by a canopy of live oaks, of course. The neighborhood itself is the attraction rather than individual mansions of special renown. Certainly, though, there are notable homes and gardens all along the street. Shirley and I make a practice of walking the entire length of the street, up one side and back the other, peeking through iron gates to admire private gardens or stopping to chat with residents we meet along the way. Savannahians are very sociable and welcoming to visitors—even Damn Yankees.

Our preferred way to see Savannah is on foot so we have time to pause and appreciate homes as our whims

You will also want to stroll the nine blocks of River Street, cobbled with ballast from early sailing vessels. (Walk carefully. Cobblestones make



Some people prefer to tour by carriage with drivers who know a thousand stories about Savannah. Some of them are even true.

the footing uneven, and the high steps of historic stone stairways can be a special challenge.) The street is lined with former cotton and rice warehouses that are now shops and restaurants. In the waterside park on River St. there is some sort of festival just about every weekend. While on River St., get a free sample of pecan pralines at the Savannah Candy Kitchen and nuts and other goodies at the Peanut Shop. Enjoy an upscale seafood lunch or dinner at the Shrimp Factory or the River House. If you are feeling especially confident, try a big brandy snifter of Artillery



Every trip to Savannah includes a visit to Bonaventure Cemetery.

Punch. One little sip will blow you away. There are also numerous casual restaurants and pubs. Poke your head into some of the art galleries, specialty shops, and antique stores.

When we are in Savannah, we never miss yet another visit to Bonaventure Cemetery because of the sheer beauty of the place. At Bonaventure, the usual cemetery monuments truly are monumental and the usual live oaks are augmented by camellias, azaleas, and rhododendrons. Toss some pennies onto the marble-covered tomb of Johnny Mercer. It's the customary tribute to "Pennies from Heaven," one of the more popular of his 1,500 or so compositions for Broadway and the movies. In similar fashion, the inscription on the gravestone of his wife Ginger is "You Must Have Been a Beautiful Baby."

Speaking of Mercer songs, when we are not at Fort McAllister we usually camp at Skidaway Island State Park. The park is reached via the bridge across Moon River. When Andy Williams was singing about it back in the 1960s, we thought it was just a poetic metaphor, but it turns out to be an actual river.

If you have a hankering for the beach, Tybee Island is just a few minutes away. Climb the stairs in the lighthouse for a panoramic view. Or, take a short drive down I-95 to see the Gilded Age mansions on Jekyll Island. Board a ferry, escorted by porpoises, out to Cumberland Island, home to a herd of wild ponies and the wedding site chosen by John F. Kennedy, Jr. and Carolyn Bessette. Savannah is also just a short drive from Hilton Head and Beaufort, SC.

There are so many things to see and do on a trip to Savannah that you cannot exhaust them all in one trip. We return again and again to see everything that was old becoming new again. October and March-April are probably the best times to visit when the temperatures and humidity are just about ideal. I have heard people recommend the summer months because hotel rates are lower then. Shirley and I think there is a very good reason the rates are lower then. By mid-April, things are already getting a little on the sticky side. Still, no matter how often we visit, Savannah is always just a walk in the park.

LeMoyne Mercer is the travel editor for Healthy Living News. There is limited space here for LeMoyne's photos. You might want to see more at anotherwalkinthepark.blogspot.com. Please leave comments on the site. 🍷

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A night sky filled with stars, with a silhouette of a telescope on a tripod in the lower right corner.

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