



Staff photo/ Megan Veit

Nancy Fischer, shown above posing with her dog, recently published her first completed work, "Choices: Escaping the Illusion of Being a Victim."

# Author documents her healing process

By MEGAN VEIT  
Staff Writer

Writing proved therapeutic for a local author. "Writing helps sort through the feelings, emotions and sort things out," Nancy Fischer says. Her book, "Choices: Escaping the Illusion of Being a Victim," is the first published work she's completed. "I didn't set out to write a book," Fischer said. However, she said she feels as the process began, the universe or deity pointed her in a different direction. The formation of her own publishing company, Write On, allowed Fischer complete creative freedom. "[Choices] began about twice as long ... As I went

on, there were things I didn't need anymore," Fischer said. The book proved to be a source of healing, Fischer said. Through the novel, Fischer takes readers through flashbacks to her childhood and the alternative therapies she used to overcome their power. Fischer said it was from these experiences she was able to move from "victim mode" to seeing sources of pain as deeds done for her, enabling her spirit to learn the lesson it chose for this earthwalk, an idea she explains in the first chapter of "Choices." Fischer describes "Choices" as an opportunity to discover her spiritual path and help others make the same personal

discoveries. Since its publication, the novel led to opportunities to develop her life coaching skills. Fischer received certification in the coaching of body, mind and spirit following the teaching of Journeys of Wisdom. Journeys of Wisdom, run out of Columbus, proved to be a catalyst for Fischer's transition in spirituality. "The workshops were basic, but powerful ...," Fischer said, describing her first experiences with the classes. "A few days afterward, you would have that 'Aha' moment." Fischer began more intensive workshops at Journeys of Wisdom and

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Ross Kizer shows one of his stained glass windows that features roses and birds. Kizer began working with stained glass as a hobby more than 25 years ago.  
Staff photo/ Megan Veit

# Looking through the glass

By MEGAN VEIT  
Staff Writer

## Stained glass art provides hobby, career

A profile of Elvis Presley hangs in the north window at 112 Autumn Lane, a small example of the talent Ross Kizer has been developing for the past 25 years.

Kizer began working with stained glass as a hobby and through the years, and he continues perfecting the art of creating glass works of all sorts.

The detailed work keeps him busy in his indoor workshop, as well the shed he uses to complete larger projects, and he limits his advertising to word of mouth and close friends for his business.

"Otherwise," Kizer said, "there just wouldn't be enough hours in the day."

The Elvis profile is Kizer's magnum opus, the only profile he has done and one of the most difficult patterns he has followed.

The varied colors of skin tone and shading create intricate cuts and pieces that must be pieced

together with a steady hand. Kizer said he hopes to one day attempt a Marilyn Monroe profile.

Kizer created patterns for works of his own, including an abstract of a mother and daughter in embrace.

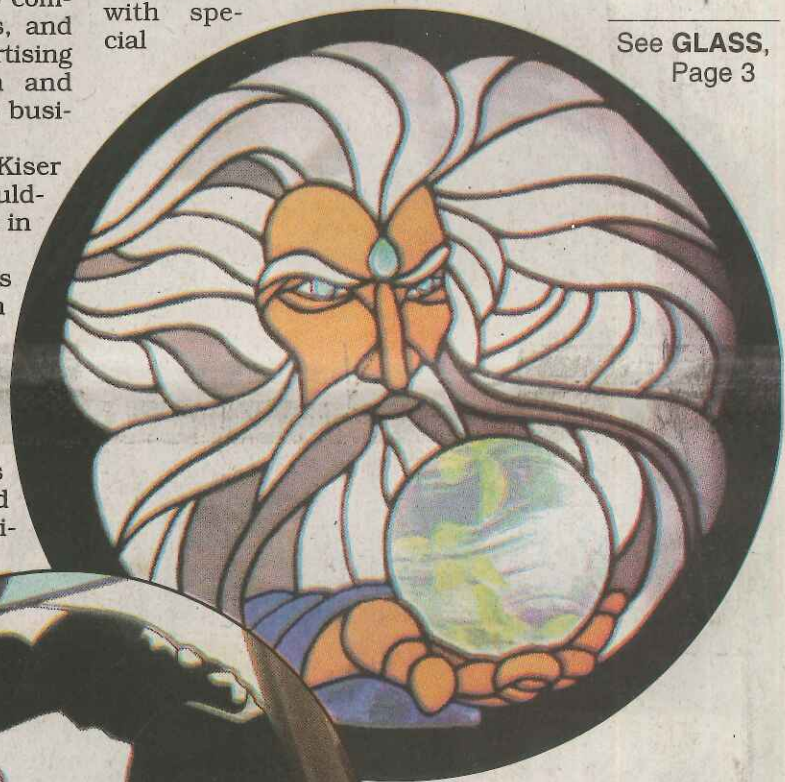
He said he was inspired by a pendant on a woman's necklace and converted the design into a work that is one of a kind. Customers with special

requests for their own works, such as crosses and name catchers to hang as sun catchers, also receive a unique piece.

After drawing a pattern, Kizer discussed the artwork with the customer and then the glass is ordered.

Among Kizer's most popular pieces for his customers are Ohio State University logos and roses.

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Two of Ross Kizer's stained glass pieces, a wizard holding a glass globe, above, and a profile of Elvis Presley, left, are shown here.

Staff photos/ Megan Veit

See the Sheds

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# taste of something sweet comes to NK Glass

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By KAY LOUTH  
Staff Writer

NEW KNOXVILLE — Little girls used to believe they owned an entire restaurant. They operated a restaurant where they were growing up. Today that play time has become a real-life experience for New Knoxville's Ginger Holtkamp and Michele Howe. They opened Chocolate Strawberry Cafe at the intersection of state routes 219 and 29 in the city. One of the sister's goals was to establish an

eatery for those with health conditions like diabetes or ulcers could find a good meal that wouldn't affect their health adversely, they did.

"When our extended family went out to eat we often struggled to find a place to eat because of our health problems like diabetes and ulcers and we decided to open a restaurant where anyone in the family could come and eat," Holtkamp said, noting they try very hard to serve healthy food.

They opened their business on Nov. 4, 2002,

after their mother, Marjorie Watt died in 2001. Holtkamp and Howe spent many years caring for their mother during her illness.

"We took care of her for years and when she passed away we were lost," Holtkamp said, and founding the restaurant gave them something to do and a purpose.

Their mother also had a restaurant, too.

"I used to go there and work and ever since I was 15," Holtkamp said, "on and off, I have worked at a restaurant for most of my

life."

The sisters spent many hours searching for the perfect name for their new venture. They wanted a distinctive name and the sisters spent 16 hours, Holtkamp said, trying to come up with the perfect name.

They tried out names on a Web site that checks to see if a name can be used or not and finally Howe suggested the Chocolate Strawberry Cafe. One of their trademarks are strawberry

“

... we often struggled to find a place to eat because of our health problems ... and we decided to open a restaurant where anyone in the family could come and eat.

— Ginger Holtkamp

”

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The roses' small pieces offer some of the largest challenges in work with stained glass.

A friend of Kizer describes his hands as "strong from all of their

work," due in large part to the steady hand required to bind the tiny rose petals and stems together, each taking

an average of three to four hours. Though retired, Kizer continues to keep himself busy making both special requests from customers and projects for himself and gifts to friends.

One such gift includes a large window created for a man Kizer met during his years in the Navy. On a visit to the friend's South Carolina home, Kizer decided to create a piece for an angled window in the house.

Using a cardboard sheet cut to fit the window, the artist was able to make the window and transport it to its new home, where it fit perfectly.

Kizer said he is most proud of this piece, saying that the best projects are those "done for someone who really appreciates the time put into."

Since the window's initial installation, it has moved twice with the home owner, making the trip all the way to Florida in one piece.

Kizer received accolades from local clients, as well as glass distributors and Priscilla Presley. Presley wrote Kizer a letter of appreciation for the rose he sent to her.

The letter is kept in Kizer's scrapbook, along with photographs of his best works.

# Fischer

From Page 2

various sessions of

emotional work for her first novel included references and appearances where she was able to share her experiences. She was contacted in about conducting her own workshop.

Fischer said she is excited about the new opportunity and role. "People are calling now," Fischer said,

comparing it to the times where "a lot of leg work" was needed to find venues for book signings and appearances.

"My optimal goal is to open a center in Yellow Springs," Fischer said.

Currently, Choices Center for Self Discovery, her life coaching practice is run by appointment.

Fischer said she enjoys the interaction with others and has filed the

countless letters received from readers. One reader thanks Fischer for sharing herself and giving the reader "courage to go forward and try to better understand [herself]."

Fischer shared the majority of Choices was written in a one-room apartment she maintained for a four-year period, as well as their Michigan cabin.

In these secluded

areas, she can do her best work without distractions. Her relationships remain strong, however.

Fischer describes her relationship with her husband, Dan, and her work as "Separate and not conflicting."

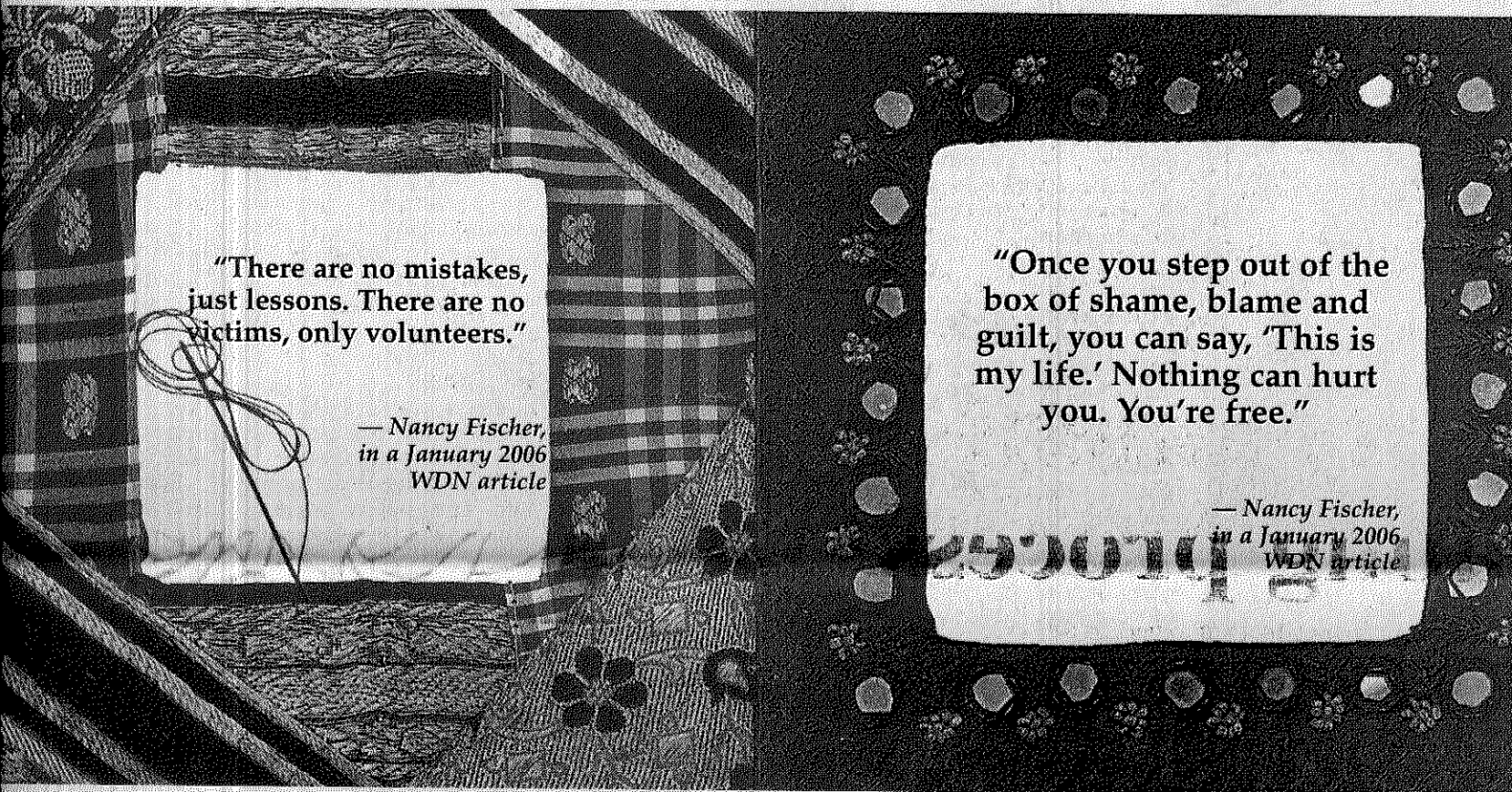
The fledgling author said her ventures in alternative therapies is helping her as she begins work on her second book.

"The ideas are there,"

Fischer said.

The author said she plans to use her next work as a more instructional and less personal guide for those who find themselves living as victims of their circumstances. Fischer's strongest advice is given through her description of her own writing process.

"If you find yourself running into a brick wall, find another direction."



"There are no mistakes, just lessons. There are no victims, only volunteers."

— Nancy Fischer, in a January 2006 WDN article

"Once you step out of the box of shame, blame and guilt, you can say, 'This is my life.' Nothing can hurt you. You're free."

— Nancy Fischer, in a January 2006 WDN article

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