

2000 Lifestyles

Veteran's Day
Nov. 11th



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Vol. 22 Issue 11

NOVEMBER 2021

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Lifestyles 2000

November 2021
Vol. 22 • Issue 11

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Celebrating
22
YEARS
1999-2021



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Camp Fire
Light the fire within

United Way



What are you giving thanks for this November!? Camp Fire Sandusky County is Thankful to be celebrating 95 years of youth services in our community in 2021! Throughout the years we have been known as Camp Fire Girls, Camp Fire USA Buckeye Council, Camp Fire Boys and Girls, and currently Camp Fire Sandusky County, but one thing in 95 years has not changed and that is our impact on youth in our community! As we reflect over the last 95 years we are THANKFUL for everyone who has been a part of our continued success as staff, volunteers, youth, families, club leaders, Board members, and donors. Our community continues to provide the support to allow Camp Fire to meet our mission here in and around Sandusky County! We continue to celebrate and grow through programs and grants. This November we are excited to start new programs like Keep Connected for parents and teens to reconnect, Cooking Camp, and expanded Before-and After-School Care options. We are also celebrating new grants from Dick's Sporting Goods for needed sporting supplies and Sandusky County Community Foundation for new windows and doors! And the most exciting news, we are celebrating becoming American Camp Association (ACA) Accredited in 2021! This growth is Thanks to you!

November 30th brings Giving Tuesday! This Giving Tuesday Camp Fire will again be joining forces with people in the community by walking around collecting pennies to fill our jugs in the Camp Fire Sandusky County 1,2,3,4 I Declare A Penny War contest! Our team, board members and youth will be competing to fill their jugs with pennies as they race around town challenging people in our community to penny contests. You get to be a Camp Fire Kid again or a moment of your day and the team who collects the most pennies gets to pick two youth to attend one week of summer camp for free! So get your pennies ready and let us know if you want to challenge us in a penny war! Thank you for being an amazing community and supporting Camp Fire for 95 years strong! We look forward to 95 years more!

For more information please follow us on Snapchat, Instagram, and Facebook at visit our website at www.campfiresc.org, call the office: 419-332-8641, or stop out at the Camp Fire office at 2100 Baker Rd. to see what is going on!



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Lifestyles 2000

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Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to lifestyles2000@sbcglobal.net by the 20th monthly. Sorry, we cannot return phone calls and we will do our best to print those received. Press releases must be submitted as Word documents only. No PDF files please. We cannot run fliers, please write up your event and we will include "In Your Own Backyard." Please make sure all info is correct before sending.

Lifestyles 2000 is a monthly publication available free of charge at over 100 retail locations in Sandusky and Ottawa counties.

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Mission Statement: Lifestyles 2000 is a monthly resource guide of northwest Ohio area events presented in an attractive format with entertaining and educational articles suited to fit your "lifestyle."

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Publisher's Letter

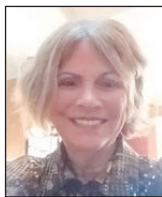
Welcome to November!

I never am sure whether to celebrate Veteran's Day or Thanksgiving on our November cover, but this year Veteran's Day won out. A special thank you to Dennis VanWey for writing such a nice tribute for this issue.

Have a wonderful Thanksgiving, hopefully with the ones you love, and stay safe and healthy.

God bless,

Joanne



Find Pete



Find Pete Winners:

There were close to 100 correct entries in October, apparently this one was more difficult.

The correct answer was Community Health Services.

Winners are: Scott Dellinger, Marsha Clapp, Connie Perry, Clyde; Chris Reed, Dan Minich, Rozella Foos, Paula Myers, Andrea Carter, Brian Smith, Toni Beebe, Kay Yeagle, Jim Bennison, Sandy Magunson, Lori Boskovich, Renee Goebel, Fremont; Janet Perry, Woodville; Brooks Babione, Burgoon; Mike Todd, Bellevue; Margie Mears, Tiffin; Connie Carnicom, Helena.

Congrats!

Find Pete Prizes:

Prizes are from: Otto & Urban Florist, Lilie Beans; A's Family Restaurant; Share & Care, Fremont; Old Fort Market. 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.



Salute to Veterans

By Dennis VanWey

Veterans Day, 2021, a day when we honor our people who have served in the military. But who are our veterans?

They are our mothers, our fathers, our sisters, our brothers, our children, our neighbors, our friends, and those we have never met.

They are ordinary citizens of our great land, but one important thing distinguishes them from all others. At a hallowed moment in time they stood by their peers, raised their right-hand and dedicated themselves to protecting our land and all who dwell here. They dedicated themselves to service of others, to protecting those who could not or would not protect themselves.

Legend says that they wrote a check for the protection of America, a blank check, with the amount payable rising up to the level of their very lives.

They then sacrificed for us. They sacrificed what was required of them. They gave days, months, and years of their lives. They sacrificed time with their families, time with their parents, their siblings, their spouses, their children, their friends.

Some would never return to those lives again. Some returned and found friends had "moved on", marriages had failed, parents passed away, relationships which were never to be restored, all sacrificed on the altar of service.

Some left their very bodies on that altar of service. Limbs were sacrificed, bodies scarred, lives lost. For many of them, the scars are visible for everyone to see. Too many have invisible scars, scars of the psyche and the soul. Trauma can be mental as well as physical. Too many suffer PTSD and other mental injuries as well as the physical. All need our help and support.

Yet, most overcome these difficulties. They are proud to bear the scars of service. We have a duty to honor, respect, and support each of these women and men. Most will not refer to themselves as heroes. But we can.

When we think of veterans we think of Audie Murphey and Rodger Young who won the Medal of Honor in World War II saving the lives of others. We should also think of Private Paul Jones who serves today in the Motor Pool at Fort Benning, Georgia, and Seaman Angie Smith, a machinist at the Naval Base in Norfolk, Virginia.

On November 11th, we honor our Veterans. There are parades, and memorial services, but every day we should remember and honor them. Whenever you pass someone wearing a uniform or a hat that shows they are veterans, take a moment to thank them for their service. And don't forget to honor, too, the loved ones at their sides. They served as well.

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Out to Lunch

By Lynn Urban

Sandusky Bay Pancake House on Milan Road in Sandusky is more than just an average pancake house, it's the perfect brunch spot, featuring all of your favorite brunch dishes and favorite brunch cocktails. They also offer specialty coffees and cold brews to wake you up.

It's a busy place, especially on the weekends, because they are only open until 3 pm and 2 pm on weekdays, but the fast and friendly service is phenomenal. They also have a covered patio for outside seating in the warm months. They have an extremely large menu with many different flavors of pancakes, including gluten free, chicken and waffles, loaded omelets, eggs benedict, stuffed crepes, heavenly French toast, stuffed potato pancakes, burgers, salads soups and more. Included are some vegan dishes.



Many items are house made as well as an in house bakery making fresh baked goods daily. After my filling breakfast of homemade corn beef hash, eggs, and pancakes, I brought home a fresh baked pumpkin muffin for my breakfast the next day.

The food is delicious and reasonably priced for the large servings. This locally owned restaurant prides itself by using foods and produce from local small businesses and farmers in our area. Even the beer and wine are from local establishments. Their motto is Eat, Drink, and Think Local. You've got to check out their website for pictures of the specialty drinks and food dishes, because I can't begin to tell you how good those pancakes look loaded with whipped cream and pure local maple syrup.

Jill on Money

By Jill Schlesinger

Fall housing: From boiling over to just hot

The frenzied pace of the housing market has started to abate, but that means that instead of boiling over, the market is just hot. For the first time this year, Existing Home Sales were down from a year ago -- 1.5% below the August 2020 rate. The year-over-year comparisons are likely to show drops for the rest of 2021 because activity was elevated in the last four months of 2020.

Although the pace of activity is edging lower, prices continue to remain elevated. The median home price for an existing home in August was \$356,700, up nearly 15% from a year ago. If you can believe it, this data point was seen as a positive, because the pace of annual price growth decelerated from a sizzling 18% in July.

The culprit for high prices is not just demand, but also supply: the number of homes for sale (inventory) is down 13.4% from a year ago. Unsold inventory sits at a 2.6-month supply at the current sales pace. The good news is that inventory is higher than the record low of 1.9 months, recorded in December 2020, but it is still below what is considered the "normal" range of three to six months.

Until more people are willing to list their homes, many hopeful buyers are turning to newly constructed dwellings. New home sales made up 27% of all single-family homes for sale in August, the largest share since records began in 1982. Builders have been trying to keep up with the demand, especially as the cost of materials has come back to earth. The inventory of new homes has increased to 6.1 months at the current sales rate, but that expanded supply has not kept prices at bay: the median price for a new home stands at \$390,900, a 15% increase from a year ago.

Although mortgage interest rates remain relatively low, these price gains are making a home purchase less affordable. The Federal Reserve Bank of Atlanta has developed a tool, which presents a national view of affordability for the median homeowner. As of July, a typical household would need 32.1% of its income to cover mortgage payments on a median-priced home, the highest share since Nov. 2008.

Compounding the problem is the fact that first time buyers have struggled to compete with those who are armed with cash and no contingencies. The average time for selling an existing home was 17 days in August, and 87% of all sales took less than a month. And it is not just financing that is making it difficult to enter the market -- first-time buyers are also struggling to find lower priced homes. Existing homes that sold under \$250,000 represented just 30% of all transactions in August, down from 44% two years ago. The news is even worse for new homes, where just 28 percent were sold for less than \$300,000, down from 43% two years ago.

Despite the changing market conditions, my advice on purchasing a home remains the same: crunch the numbers. Consider whether buying might preclude you from addressing other important financial issues, like paying down student loans or saving for retirement. Begin your calculations by plugging in mortgage principal and interest, homeowners' insurance, and taxes, upkeep and maintenance (experts suggest 1- 3% of the purchase price for, depending on the age of the house and its condition), and closing costs, which can add an average of about \$6,000 -- or more in some markets. After considering all of this, you may find that renting is more viable for you.

(Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at askjill@jillonmoney.com. Check her website at www.jillonmoney.com)

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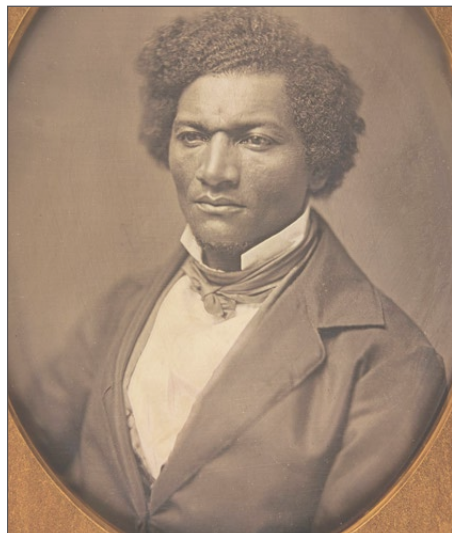
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Frederick Douglass and the Fight for Freedom

Some weeks after President Rutherford B. Hayes left office, he received a letter marked "personal". It began, "I express to you and to Mrs. Hayes my lively sense of the uniform kindness and consideration shown me from first to last during your Presidency of the Republic. You gave me at the beginning a higher place under the Government than was ever given to my race before. Neither time nor events will make me forgetful of your justice and magnanimity.... No man will be allowed to speak disparagingly of your administration in my presence without reproof. With grateful recollections." - signed Frederick Douglass.



Learning that he was soon to be inaugurated as President of the United States, Hayes consulted with Douglass and told him his views regarding his Southern Policy. Douglass approved. Hayes recorded in his diary that Douglass "had given him many useful hints regarding the subject."

On March 17, 1877, in executive session, Hayes put forth Douglass' name as United States Marshal of the District of Columbia. Senators overwhelmingly confirmed Hayes' choice. It was to be the first of several federal appointments, including Recorder of Deeds for D.C.; and Minister Resident and Consul General to Haiti.

Born into slavery in 1818 in Maryland and given the name Frederick Augustus Washington Bailey, Douglass knew little of his mother and never learned the identity of his father. At the age of 8, his slave owner hired him out as a body servant in Baltimore where Douglass taught himself to read. Some 7 years later, the slave owner brought him back to the Eastern Shore to work in the fields. Douglass rebelled and physically fought back. He was returned to Baltimore where, disguised as a sailor, he hopped a train using money borrowed from a free black woman named Anna Murray, who later became his wife. It was then that they chose the surname of "Douglass." Settling in Massachusetts, Douglass worked as an agent for the Massachusetts Anti-Slavery Society, where his fame grew as he spoke out against slavery throughout the North and Midwest. Fearing that he would be captured, Douglass fled to the United Kingdom where abolitionists purchased his freedom.

Once free, he returned to America and allied himself with abolitionist William Lloyd Garrison, helped people on the Underground Railroad, published the "North Star." Two of his sons fought in the famed 54th Massachusetts. Following the war, Douglass, now widely known and highly respected, pressed for equal citizenship and voting rights. He later held positions at Howard University and became president of the Freedman's Bank.

Along with his duties as Marshal, Douglass brought many of his friends and associates to meet the Hayeses. Among them were soprano Madame Selika and Josiah Henson (believed to be the inspiration for Uncle Tom in "Uncle Tom's Cabin.") He attended Diplomatic Corps receptions and state occasions. All the while he traveled and lectured on racial equality and women's rights. (And on several occasions, he spoke at Fremont's Birchard Hall.)

Learning of Lucy's death in 1889, Douglass sent a letter to Hayes, expressing his heartfelt condolences. His home, Cedar Hill in Anacostia, is today a National Historic Site. It was here that Douglass died at age 77, after a life time spent in the fight for freedom and equal rights for all.



For 49 years, the Memorial Hospital Auxiliary has sponsored the

Christmas Greetings Project

Now more than ever, we are realizing the critical role our healthcare workers have in our community and the importance of growing and educating future healthcare workers. This year, we will be allocating our funds raised to our Auxiliary Health Education Scholarship Fund. This fund is awarded every year to students in Sandusky County who are pursuing a healthcare related degree. In 2021, we awarded \$9,000 to local area students and hope to do so again next year. Your support of our future healthcare workers is greatly appreciated.

In December, a special Christmas Greeting will appear in the News-Messenger with the contributor's name, extending Season's Greetings to local families and friends. We will also have a special Christmas Greeting in the January issue of Lifestyles.

The deadline is November 29, 2021.

We would appreciate your consideration and support of this project. Contributions will be acknowledged upon request only. All contributions made to "MH Foundation" are fully tax deductible.

2021 Season's Greetings Project Committee
ProMedica Memorial Hospital Auxiliary



FOR DONORS WHO RESPOND BY NOVEMBER 29, AN ACKNOWLEDGMENT WILL APPEAR IN A DECEMBER ISSUE OF THE NEWS-MESSENGER AND THE JANUARY ISSUE OF LIFESTYLES RECOGNIZING YOUR GENEROSITY.

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Helen Marketti's Music Corner



By Helen R.
Marketti



An Interview with Doug Mummert, Chairperson for NATAS National Academy of Television Arts & Sciences

Doug Mummert took a bit of a scenic route to his current position as Chairperson for NATAS. He represents the Phoenix area which is also inclusive of the Rocky Mountain Southwest Chapter. However, NATAS covers television, broadcasting and journalism around the country. There are 19 chapters collectively.

"I was a firefighter in Phoenix, Arizona. I was captain at the time and was put in charge of television production for our fire department as it was related to training and public service information for the city of Phoenix," Doug explains. "One thing led to another and the regional chapter sent me a letter requesting my input in judging community service entries for the regional Emmy Awards which were going to be held at our local NBC affiliate."



He continues, "After some time had passed, I was asked if I would be interested in running for the board for the region. It is interesting because I am from a public safety industry whereas many of my colleagues are from outlets such as news anchors and journalism. I continued to gain knowledge, learn and grow within the organization. We have a such a diversity of different individuals who serve on our board from around the country. It's a great group of people who help to administer everything that we do."

"NATAS (National Academy of Television Arts & Sciences) was founded in 1955 in New York City," said Doug. "The reason it was established in New York was because at that time, all television production was in New York City. Eventually, many production outlets started in Hollywood. NATAS administers The Emmy Awards."

"Scholarships through NATAS started several decades ago, although I do not have an exact time frame. I must say that this year has been our best year. We have given \$100,000 worth of scholarships and grants to eight college bound high school students who are pursuing a career within the television arts and sciences."

There are specific guidelines and criteria that must be followed when applying for a scholarship. "There is a process," said Doug. "We accept applicants in the fall and in the spring. There are essay and video submissions. High school students can apply for more than one scholarship. The Scholarship Selection Committee thoroughly considers each applicant's

work. Students may attend any school of higher education of their choice. We have a process to present the scholarship to the student. For example, we have the Jim McKay Scholarship that is awarded to a student pursuing a career in sports television. There is a Mike Wallace Scholarship awarded to a student who is pursuing a career in television journalism."

There is also a scholarship named after Doug (Douglas W. Mummert Scholarship) which is awarded to a student pursuing a career in any aspect of the television industry who has made a positive impact through community service.

Potential applicants may apply through the following website; TheEmmys.com "It's important to get the word out to as many people as we can. We like to cast a wide net and be inclusive. We receive several hundred applicants. Once a student is on the website, there is a "scholarship tab" that will explain how to apply. There are job openings posted as well as paid and unpaid internships. One thing I always like to mention is that our President and CEO, Adam Sharp was once a scholarship recipient. I like to hold him up as an example to young people," said Doug.

Adam Sharp has been an Exec at CBS. He has served as the Senior VP at Twitter in charge of White House social media (During President Obama's administration)

What makes a good journalist and/or television reporter? "They need to have the passion for their work and you need to have the proper training to support that passion," explains Doug. "This kind of profession is not a 9 to 5 environment. News is always developing 24/7 whether you are in front of the camera or behind the camera. If you have the proper tools then you are in a situation that is set for success. When television reporters like Walter Cronkite where on the air, news stories were not written with a particular angle. Today with all of the media outlets available, it sometimes has more of a political or entertainment edge. It's important to realize that back then, reporters gave the news as it was without inserting their own opinion. They were trusted figures."

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We All Lie, at Times

By Robert
Morton

At age four, I would return home from a nearby park and tell my mother about how I survived a bear attack. I remember her smiling slightly, asking pointed questions about the battle. I would keep on adding details to make it more credible. My friends and I would impersonate Daniel Boone and Davey Crockett in the wooded section of the park and slay imaginary bears and other beasts with our cap guns and rubber hatchets. We had plenty of stories to bring home to our parents. I admire them for holding back the laughter.

It's funny how most of us lie as children. I never met a healthy 4-year-old who lacked imaginary friends, vivid flights of fancy, and make-believe stories to proclaim. Active imaginations are healthy in young children, even though they lead to untruths.

As children grow into their teen years, they may lie to protect themselves or others from embarrassment, loss of face or from looking or feeling bad. For example, a teen girl may say to her friend, "Tom and I still like each other," even though she doesn't know if he likes her at all. Teens are concerned about the impressions they create in their social lives and their happiness depends greatly upon what others think of them.

Lying persists through adulthood and is a fact of our daily lives. One out of every five times that you and your friends interact with one another, chances are a lie is told. Researchers found that, of the people randomly selected community members interacted with one-on-one in a week-long study, they told lies to 30% of them!

Of course, most were honorable lies that were intended to make people feel better. I remember, when I was in my mid-fifties, attending a Father's Day dinner for my dad at my childhood home in Rocky River, a suburb of Cleveland. My sister-in-law served a rhubarb pie she baked herself for dessert. I detest rhubarb, but said it tasted delicious. Yeah, I lied, but she hauled it all the way from Portland, Oregon.

My mother knew how I loathe rhubarb, so she got up and retrieved from her bedroom the Davey Crockett coon-skin hat that I wore as a child. I had no idea she stored it as a keepsake. She plopped it on my lap as I suffered through each bite of the pie, and whispered to me, "Bobby, that is so considerate of you... slay any bears lately?" She smiled slightly, just like in the old days.

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 two spy thriller novels: "PENUMBRA DATABASE" and "MISSION OF VENGEANCE"- both can be found in Kindle or paperback at Amazon.com books.



Press Release



LOCAL AUTHOR INVITES "FREMONSTERS" TO BOOK RELEASE EVENT AT RUTHERFORD B. HAYES PRESIDENTIAL LIBRARY

This is the sixth novel from Children's/Young Adult & Fantasy Author Amy Marie

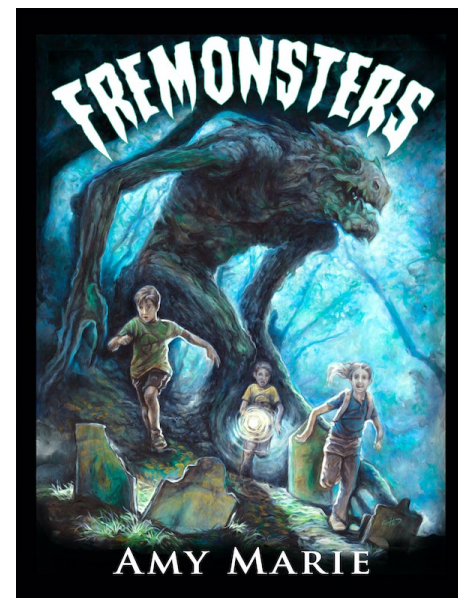
Fremont native, author Amy Marie, is celebrating her newest book, *Fremonsters*, with a Halloween release party at the Rutherford B. Hayes Presidential Museum Auditorium from 2 to 4 p.m. on Saturday, October 30. The event is open to the public and guests are encouraged to come in costume.

Amy Marie will do a reading from *Fremonsters*, followed by a monster creation event with guest artist – and fellow Fremont native - Dan Chudzinski. Light refreshments will be served, and guests can participate in a costume contest as well as other games for fun and prizes. A limited amount of hardcover and paperback signed copies of Amy's books will be available on hand for purchase.

ABOUT THE BOOK: *Fremonsters* is a middle-grade fantasy horror novel that is set in the small town of Fremont, Ohio. Cody Kistler and his best friends, Brad Harman and Stevie Stine, have stumbled upon a coffin buried beneath their neighborhood elementary school. When a monster exhibit premieres at the local museum, strange coincidences begin to take place and when more coffins turn up, the children suspect the schools are somehow involved. Adults don't believe them and other kids make fun of them, but have these self-proclaimed ghost hunters discovered something straight out of an urban legend?

Amy Marie was born in Bowling Green, OH and raised in Fremont. She's a graduate of Saint Joseph Central Catholic (Now BHCS), and while writing is her passion, she enjoys her career as an air traffic controller in Ann Arbor, Michigan.

For more information, to schedule an interview, or request a copy of her books for review, please contact: ameliaa02@gmail.com. You can also learn more about Amy Marie's other books at: www.AmyMarieAuthor.com.



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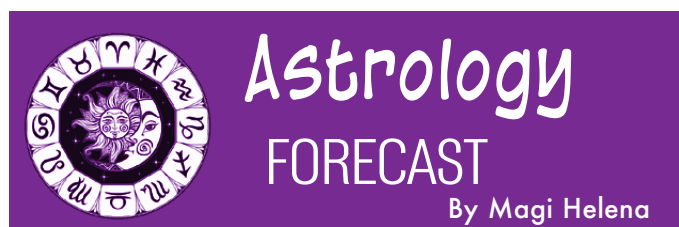
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ARIES (March 21-April 19): Every choice can move you closer to or farther away from your goals. An unusual or interesting purchase might worth your time but avoid making decisions or changes to investments until the second half of the month.

TAURUS (April 20-May 20): Breaking up is hard to do. You could be attracted to someone or something that is simply wrong for you. You may be faced with a tricky relationship situation in which you must tread carefully.

GEMINI (May 21-June 20): Put any tantalizing possibility on the back burner until the second half of the month. If you pursue a business or romantic relationship right now a power struggle could ensue. Gather more information and wait for better timing.

CANCER (June 21-July 22): Uphold your boundaries if a loved one is headstrong or insistent on having their own way. Put important plans into motion in the second half of the month when it might be easier to obtain cooperation from others.

LEO (July 23-Aug. 22): If you have extra time spend it with a loved one who shares your love of adventure. Visit places you have never seen before. Avoid power struggles on the job and do not make any commitments.

VIRGO (Aug. 23-Sept. 22): Put on your thinking cap. You may have many demands on your cash, but smart thinking can prevent negative cash flow. Something new might attract you but may not prove to be of lasting value.

LIBRA (Sept. 23-Oct. 22): You may not be shy about displaying your skills in the month to come. Community activities may prove satisfying where your enthusiasm is probably contagious. Avoid antagonizing loved ones just when diplomacy is needed the most.

SCORPIO (Oct. 23-Nov. 21): Breaking a few rules may or may not fly. Some people may refuse to go along with the group and disrupt your plans. Honor your promises and contracts even if it cramps your style.

SAGITTARIUS (Nov. 22-Dec. 21): You may enjoy some lighthearted fun and treats in the upcoming month. There should be no reason to ignore an invitation or social occasion, even if your closest companions may be riveted on work and accomplishment.

CAPRICORN (Dec. 22-Jan. 19): Your superpowers are on point now but be mindful how you display them. If you throw your weight around too much it might annoy a few people and cause you to miss out on something important.

AQUARIUS (Jan. 20-Feb. 18): Don't volunteer to take on new debts or commitments but do not try to evade a family responsibility. Your willingness to be a team player and enthusiastic approach can be a source of comfort to others.

PISCES (Feb. 19-March 20): At some point during the day today you might have a chance to take a time out for quiet reflection. Discussions may revolve around emotional issues of little importance. Avoid

Meandering Tours . . . thru a Cemetery or Museum?

By Denice Baldetti

The National Postmark Museum – Marks in History

Just east of Bellevue, hidden in plain sight, is The National Postmark Museum. Also known as the PMCC Museum (Post Mark Collectors Club), this gem is located in historic Lyme Village.

The goal of this museum is to provide education about postmarks and preserve postmark history.

The holdings within this museum include over 2 million different postal history items. The collection comprises the largest single accumulation of postmarks in the world! The museum's Primary Collection includes full covers (envelopes with delivery and return addresses, postmark cancellations and affixed stamps) and postal cards. Rows of shelves house boxes sorted by state, post office and by postmark type. Each individual item is protected by an archival sleeve. The Willett-Thompson Collection is one of the most extensive single postmark collections in existence, and is nicely preserved in nearly 400 binders.

Did you know that killers abound in this museum? Yikes! In postal lingo, a "killer" is a set of parallel lines that extend to the right of a circular postmark for cancelling the postage stamp so it cannot be reused. Sometimes a slogan may also be a "killer," such as "Give to the United Way," if it gets inked over a postage stamp.

Also found within the museum is the Post Office Photo Collection. There are over 55,000 sorted photos of post offices from every state in the United States. The top two states with the most post office photographs are California and New York. Anyone interested can view the PMCC's online Post Office Photo collection at this website: postmarks.org/photos/

Other fascinating collections within the museum include Railway Post Offices (RPO), Highway Post Offices (HPO), military post offices, First Day Covers (FDC), Pictorial Cancells, Slogan Cancells and more.


A visit would not be complete without a glimpse into the more than 1,400 post office, postal history and related philatelic books, included within the Research Library. Postal Guides, Post Office Directories, state post office books, and a large philatelic periodical collection can be found in this Library.

Ron Woods, the museum's building manager, along with his wife, Bette, shared with me fascinating glimpses into the history of our country thru the contents of this museum. They are passionate about the preservation of this museum, and are both a delight to chat with. If anyone is interested in volunteering at this museum, they may contact Ron Woods at 419-217-0525.

An upcoming FALL WORK WEEK will be held from November 6th – 12th, 2021. Volunteers gather at the Museum to sort/process materials for the museum's various collections while visiting with others from around the country. Anyone can volunteer for a couple hours, a day, or even the whole event. Contact Ron Woods (above) or Museum Curator, Gary Hendren at 314-249-0731 for more information. This writer/ new volunteer will definitely be there!




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My Pet World: Dog still scared a year after being rescued

Dear Cathy,

My family and I adopted a dog, Oreo, that was rescued from a hoarding situation along with 100 other dogs. When we first got her, she did not trust anyone. She was scared, very sensitive to sound, and was on guard 24/7.

Fast forward a year and a half later and Oreo has made great strides and come a long way, but she's still not 100% trusting. Is this normal this far along? She shakes when she hears loud noises or does not recognize someone when they enter a room. How can we help our little Oreo calm down? She is the most gentle, loving dog and we just want to show her that no one is out to get her. -- Genevieve, Margate, Florida

Dear Genevieve,

It's not uncommon to see the impact hoarding has on a dog a year later. It's a traumatic experience. The good news is there are things you can do to help Oreo. First, get a pheromone collar for her to wear. Canine appeasing pheromones can help relax her. Second, replace negative experiences with positive ones. For example, if Oreo is afraid of men with hats, then give her tasty treats whenever men with hats are around. You may have to start by sitting 50 feet away and working your way closer to the thing she fears over time. But, if you are persistent, you will eventually replace her fear with the thought that men with hats means a tasty treat. Second, make training a part of your everyday routine. Training builds trust in you and confidence in herself. She will learn that listening to your commands and engaging with you and others will result in praise and treats. Work on these three things every day and by this time next year, she should be greatly improved. She might not ever be 100%, but she will be a much more confident and happier dog.

Dear Cathy,

I would like to add to your answer to the pet owner that is concerned about her cat urinating in new places. Since the cat is a male, it could be urinary calculus. As I understand it, stones in a cat's urethra are painful, and they can associate the pain with their litter box, so they begin looking for a place to empty their bladder where it doesn't hurt when they urinate. Mine chose the frilly edge of a Persian rug, the soft surface of great grandma's Christmas tree apron, and others. A stone flush and a new diet removed the problem, although not immediately. -- Jeff from Wisconsin

Dear Jeff,

It's true. If cats experience pain when urinating in a litter box, they will associate the pain with the litter box and won't go back there -- until healed and properly coaxed. When a cat (or dog) does something out of character, a pet owner should always rule out a health problem first. Once a cat gets a clean bill of health, then the owner can address the other reasons a cat might stop using the litter box. I am glad to hear you found the source of your cat's problem.



November is a month that prepares us to enter the holiday season with enthusiasm, while, also, introducing us to more dark days and chilly temperatures. Terra's Life Scholars course offerings partner well with the themes of November days.

In anticipation of Christmas, one can take a class to learn the how-to's of Hand Painted Ornaments or acquire new recipes from Julie Kupka-Brown's Everything Cream Cheese. Sharing a bus trip for a Christmas in Cambridge to visit shops in a downtown transformed into a Dickens Victorian Village, with a guided tour and visits to the John and Annie Glenn Museum and Zane Grey Museum before viewing the holiday light show will surely set an uplifting holiday mood.

A more serious salute to those who served will be the Veteran's Celebration scheduled for Nov. 10th and hosted by popular local historian, Mike Gilbert, who planned a reflective program to honor those who have served. Veterans are welcome without charge.

An alternative to overcast skies will be inspired by popular instructor, Dan Baker. He will teach Lost in the 50's - A Nostalgic Journey Back to the Very Beginnings of Rock and Roll. Dan interweaves lecture with music and visuals which transport the mature students to memories of their youth. John Cipiti, music instructor, will provide the technical side in Musical Instrumentation in the Golden Years of Rock-n-Roll where reel to reel tapes, analog mixers, Marshall Stacks were some of the equipment used in 1960's and 70's rock music. He will both discuss and demonstrate some of the instruments and equipment to recreate the unique sound of an era.

New instructor, Kari Boroff, will prepare learners to appreciate cold weather art museum outings by introducing contribution of female artists. The first class, Art History: Women of the Abstract Expressionist Movement, will be followed with Art History: The CoBrA Art Movement. This second class touches on the post- WWII need to deal with the horrors of war through the inspiration of the art of children and the mentally ill's means a to return to a fundamental human existence.

With November, a month of national elections, legal experts Randy Hoffman and Sara Sherick will discuss constitutional amendments and how they impact us today, beginning with religious freedom.

To learn more details about these classes, trips and activities, view the Life Scholar catalog at Learn.Terra.edu or simply contact the Life Scholar office at 419.559.2255.

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TIME, Where Did It Go?

By Dr. Paul
Silcox

Many times people reflect on events in their life by blocks of time as in 5 years ago, 10 years ago or 20 years ago. Often times they are thought of as fond memories such as weddings, births, retirements, etc. At other times they are not so fond, such as loss of a job, a divorce, death of a parent, or a spouse. And then there are those moments that tear a heart in two; the death of a child.

There are all kinds of reasons for the events on the list of non fond memories. Even the loss of a child. But the one that I have grown to become passionate and incessant about is the one that introduced me and my family to the world of drug addiction and relapse after a state of sobriety has been attained. I was totally ignorant of it at the time. I'm not any longer.

Five years ago I publically broached the topic of drug addiction that had hit my family with the loss of my son, Joseph, on November 12, 2016. That weekend, there were two others that died, all within a 36 hour period. People were outraged.

Since that time, there was a levy passed that gave financial support through property taxes to fund the Sandusky County Drug Task force. And they are working! One thing you have to understand, the drug lords are making so much money, that when one of their street dealers gets picked up and prosecuted, there is another that gets put in his place and they don't hardly miss a beat. As I said, law enforcement can't get them all. But they are working!

There had been a bit of a drop in the number of overdose deaths in Sandusky County in 2018 and 2019. A lot of that is due to Narcan being so readily available. But as Covid-19 began ravaging our country and then work places being shut down and people being paid with Federal stimulus money and then State unemployment, the illegal drug industry boomed. Heroin usage decreased somewhat, but fentanyl and crystal meth surged. It will be interesting to see what the statistics end up being for 2021, not only for our country, but in our state and county as well.

I wish I could say after 5 years that things are looking improving as far as drug trafficking, deaths, jail time, etc.. But I can't because I don't know. All I can tell you is I miss my son. I think of him every single day. And we have got

to do better at getting the message across to youth about awareness of their surroundings and the joy of living life to the fullest.

I know what I'm doing. Do you? Because if we do nothing, in another 5 years we'll be saying "Where did the time go?"

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IN YOUR OWN BACKYARD

Members and guests are welcome to attend the meetings of Fremont Lions Club on Nov. 2 and 9 at the Fremont Eagles Hall, from noon-1 pm. Guest speaker on November 2 is Juan Vela, girl's basketball coach at Fremont Ross High School and on Nov.16, Carlos Baez, the Sandusky County Engineer is the speaker. Students of the Month will be present on Nov.16. A business meeting will take place on the fifth Tuesday, Nov. 30.

Trinity United Methodist Church, 204 N. Wayne Street, Fremont will be offering their annual cheeseball sale for the upcoming holidays. Orders will be taken for cheddar, dried beef, horseradish, onion and pineapple at a cost of \$7 each. The deadline for ordering is Nov. 7 with pick-up on Nov. 20 from 2-4 pm in the church Fellowship Hall. In December, the deadline is Dec. 5 for pick-up on Dec. 18 from 2-4 pm. To place an order, please call Steve at 419 332 8167.

Trinity United Methodist Church, 204 N. Wayne St. will host a "Taste of the Season Dinner and Holiday Concert" on Dec. 12 at the church. Reservations for the 4 course dinner will be taken Nov. 7- Dec. 3 by calling Terri at 419 332 8167. Dinner will be at 5:45 pm, cost is \$14. The concert at 7 pm will feature the Fremont Ross High School Jazz Band. It is open to the public and a free-will offering will be taken.

VFW Auxiliary in Clyde is hosting their 29th Annual Holiday Handicraft Show on Sat., Nov. 20th from 9am to 3pm with lunch being served. Fremont Area Women's Connection will meet on November 9, 11-1 pm at Crystal Arbors Catering, 1800 E. State St. All ladies are invited to attend the program by Fremont resident, Donna Miller who will share her talent as a singer/songwriter and her story as a homeschool pioneer. She will share how her songs and her happy-go-lucky neighbor impacted and changed her life. Cost of the luncheon is \$14 and reservations are needed by Nov. 5 by calling or texting Donna at 419 680 2251 or emailing Carrol at fawcluncheon@gmail.com. Reservations as well as any necessary cancellations must be reported in the same way.

Downtown Fremont:

Santa Visitation on Nov. 26 from 5-7pm and Nov. 27 1-3pm; **Holiday Tree Lighting** on Nov. 26 at 7pm at the corner of Front and State Streets by Santa's House; Nov. 27 is **Small Business Saturday**

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The Three Glass Artisans, Elaine Bast, Fran Jackson & Jill Groves are pleased to announce that their Annual Open House will be held on Friday, Nov 12 from 3 to 7 pm and Saturday, Nov 13 from 10 am to 4 pm at the First United Church of Christ, 1500 Tiffin Rd, Fremont. These

three ladies create beautiful & unique artwork through fusing art glass in a kiln. This is a great opportunity to shop for their latest designs for holiday gifting or to treat yourself. Some of the items for sale will be jewelry, plates, bowls, vases, holiday décor & ornaments, suncatchers, wind chimes, and much, much more. A door prize drawing will be held. For more information, contact Jill Groves, 419-902-7966 or manorridgecreations@gmail.com

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