

2000 Lifestyles

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OCTOBER 2020



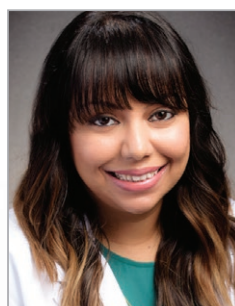
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Lifestyles 2000

October 2020
Vol. 21 • Issue 10
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Front Cover: Grand daughter Ella Zak, at the pumpkin patch, on Long Island Sound.

Camp Fire News



Camp Fire

Light the fire within

A United Way Member Agency

With all of the uncertainty in this world, Camp Fire Sandusky County is proud to say, "we are sticking to our mission, vision, and values to ensure youth participation in safe, healthy, in-person programming now!" Be it EEZSchool@ Camp Fire, Fall Studio Art Camp, Parent's Night Out, or our Teen

Move/Teens in Action program; Camp Fire is finding ways during this pandemic to stay connected with youth and to drive our mission, vision, and growth! One year ago Camp Fire was celebrating becoming an ODJFS licensed program and today Camp Fire is celebrating the One Star award of Step Up To Quality Standards!

Calling all Alumni! Camp Fire wants you to join our Camp Fire Sandusky County Facebook Group! Reconnect with alumni, re-live Camp Fire programming, recall songs, traditions and learn about what we are doing now! Join the group by visiting www.campfiresc.org/campfiresc

For more information about any of the events mentioned in this article please follow us on Facebook at Facebook.com/campfiresc, visit our website at www.campfiresc.org, call the office: 419-332-8641, or stop out to the Camp Fire office at 2100 Baker Rd to see what is going on!

A huge thanks to United Way Sandusky County for your financial support for our youth programming!





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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.

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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."

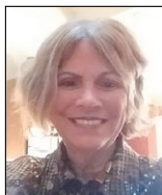
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Lifestyles 2000
30 Ponds Side Drive
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Publisher's Letter

Happy Fall! Love the cooler weather but not looking forward to the coming of winter.



Enjoy our October issue and if someone is home bound, please share it with them. Remember also, our issues are always online at lifestyles2000.net, where you can go back several years and enjoy past issues..

Enjoy your month and stay well.

God bless,

Joanne

Find Pete



Find Pete Winners:

There were almost 150 correct entries for September, the correct answer was Drown's Farm Market. Great job!

Winners are: Thomas King, Donna Hetrick, Joan Bolen, Charles Pfeil, Brad Kepler, John Shiets, Cindy Scranton, Hilda Palomo, Bonnie Wickert, Diane Covert, Fremont; Dorothy Haver, Patty Waugh, Torrey Mossing, Clyde; Paula Renfro, Green Springs; Denice Baldetti, Mike Todd, Bellevue; Nancy Wright, Vickery; Mary Hoffman, Burgoon; Virginia Cordy, Oak Harbor; Brenda Wagner, Gibsonburg.

Find Pete Prizes:

Prizes are from: Lilie Beans, 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.

Life Scholar

By Kathleen Nalley

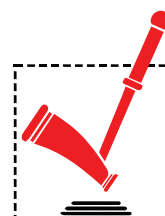
A Life Scholar understands that a lifetime of learning means adaptation. Terra State Community College has re-opened its doors to a wide array of courses designed to attract the 50 and over population of students. The process has adapted to COVID 19 recommendations as well as members who continue to want to participate but feel safer doing it from home. Adding live stream classes has shown an increase in registrations, according to Terra's Holly Hoffman.

How do students and instructors feel about the changes? Mike Gilbert, whose upcoming classes include **Women of Horror**, **Lincoln Assassination**, and **A Veteran's Presentation**, said that he thinks telling a joke is much harder when you can't see people's faces. "I'm getting used to it, but it's a change. I like laughter and that human connection." He explained that teaching requires attention to the camera in the room and the student/s at home who are trying to pay attention to him. "I don't want to forget them! I know how hard it is for me to stay focused when I'm at home." He said his first class was a smaller group and he would remind himself to check with the student at home with an occasional "Can you hear me?" He tries to remember to speak loudly and announce carefully while wearing a mask.

Kathy Smith attended **Tony Award Winning Musicals** and reflected "It was great! Joan Eckermann is so knowledgeable! There were a limited number of seats, so the class was smaller than last time and everybody wore masks, but it was great!" Carole Miller attended **Get Fit While You Sit** and said "Nothing different from previous classes, except we were spaced and wore masks as we exercised. Everyone seemed fine with it, enjoyed the class. Went about business in the new normal."

All Write! All Write! All Write! is a weekly writing group which chose to meet both in person and through Zoom. One member, Sharon, expressed that her biggest adjustment was giving herself enough time to sign in, have her temperature taken and find the room. The mixed classroom approach was the solution to keeping everyone together.

Some upcoming November classes will highlight **Non-violent Resistance**, **Fall Soups**, **The Women Behind the Pen of Little Women and Outlander**, **Greatest Disasters in American History**, the story of **Edmund Fitzgerald: What Really Happened**, **Create Fused Glass Ornaments**, **Organizing Digital Photos** and continuation of many fitness programs. A day-long **Dementia Workshop** occurs Nov. 2nd. To obtain a catalog or register, call 419-559-2255.



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Out to Lunch

By Lynn Urban

Coffee Express, a well known coffee shop in Port Clinton, is more than just a coffee shop, they've been around since 1994, and serve incredible breakfast and lunches starting at 6 a.m.. To get your morning off right, start with something sumptuous from this downtown hot spot. They offer at least six different kinds of savory quiche, which is served with fruit, a generous slice for \$6.25 or a whole pie to go for \$17.75. Also egg and ham, or bacon sandwiches on toast or croissant, bagels and cream cheese, and a whole array of muffins, baked fresh every morning.

Of course coffee is the main attraction, and there are many options. It could be a speciality drink, mocha, cappuccino, or seasonal brew, served hot or cold. An assortment of fresh drip brewed, regular, flavored, or decaf coffee is always on tap all day; tea, Chai, and Hot Chocolate are also available.



For lunch, try one of their 13 delectable signature sandwiches, with a bowl of homemade soup. For example, The West Sister, is roast beef, swiss, lettuce, tomato, and horseradish sauce on rye [delish], or the Redskin Club, a baquette piled high with ham, salami, swiss, lettuce, tomato, onion, and italian dressing, and many more great combinations. A whole sandwich for \$7.25 or a half for \$4.00.

During the cooler months, starting in September, two soup options are available and change daily. If you're in the mood for a salad, you've got the greek salad, chicken oriental, a chicken BLT, a turkey cranberry, or an apple almond crunch, all sounding wonderful and very healthy.

But don't forget there is always a fresh baked cookie or brownie for dessert. I had an amazing pumpkin cookie with cream cheese frosting.

This is such a quaint little shop with friendly people all willing to go out of their way to make you feel welcome.

Due to covid, there is no indoor seating at this time, but plenty of seating outside on the deck and picnic tables in the side yard. Or simply take yours to go and go to the parking lot downtown and watch the boats come in, which is what I did.

Jill on Money

By Jill Schlesinger

The stock market is NOT the economy

"How can the stock market go up, while the economy is still struggling to recover amid the pandemic?" The answer is that the stock market is not the economy and vice versa.

Let's start with the economy. As expected, the second quarter of 2020 was the most debilitating for the US economy since the government began keeping records in 1947 -- and about four times worse than the weakest quarter of the Great Recession. The Bureau of Economic Analysis said real gross domestic product (GDP) decreased at an annual rate of 31.7% percent in the second quarter of 2020. The good news is the recovery has begun and the third quarter should show a significant bounce.

Even with the improvement, it is likely to be a long slog. "Nearly two-thirds of the National Association for Business Economics (NABE) members who participated in the August 2020 NABE Economic Policy Survey believe the U.S. economy continues to be in a recession that began last February," said NABE President Constance Hunter, CBE, chief economist, KPMG. "Almost half the respondents expects inflation-adjusted gross domestic product to remain below its fourth-quarter 2019 level until the second half of 2022 or later. And 80% of panelists indicate there is at least a one-in-four chance of a 'double-dip' recession."

The labor market showed similar results, bottoming in late March/early April, with about 22 million jobs lost and the unemployment rate soaring to nearly 15%. About half of those unemployed have found work, but that still leaves employment down by 11.6 million since the pandemic began, 25% more than we lost to the Great Recession, according to Diane Swonk, Chief Economist at Grant Thornton. Of greater concern to her: "The pace of jobs recovery has slowed, while the ranks of the permanently unemployed have risen." The Internal Revenue Service concurs with Swonk. In a recent forecast, it predicted that there will be about 229.4 million employee-classified jobs in 2021 - more than 37 million fewer than it had estimated last year.

With poor economic results and dire predictions, why has the stock market soared since the March lows? The answer is investors are not worried about the past or even the near term; rather they are looking ahead to the future, and betting that on corporate "winners" of COVID-19 (think Facebook, Apple, Amazon, Tesla, Microsoft, Google, Netflix), and their ability to make a lot of money.

Additionally, with the Federal Reserve committed to keeping interest rates at zero for the foreseeable future, the notion of TINA is important. Who is Tina, you ask? TINA stands for "There is No Alternative," and it is applied to the investment world as follows: "With zero percent interest rates, I can't keep my money in the bank, bonds are paying bupkis, so there is no alternative, except stocks."

The two concepts have driven stocks higher, but there's another issue here: not ALL Americans can find comfort in the ascent of equities. Gallup finds 55% of Americans have exposure to the stock market, which is a share that has remained consistent over the past decade. That means that 45% do not. Of those who do own stocks, the Federal Reserve finds 51.8 % of stocks and stock mutual funds are held by the top 1%, while the share of ownership by the bottom 50 percent is less than 1%.

Economists and analysts tell me that while the fortunes of the stock market can diverge for a period of time, they usually end up moving in the same direction. Which direction that is, remains unknown at this time.

(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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The Innocence of Children is Universal

By Robert Morton

When cleaning out an old file cabinet, I came across notes taken in the 70s from a course I took in child development about how children in different cultures around the world had similar needs. It seems all children thrive on unconditional love, a love that does not depend upon making the Honor Roll or winning a football game. Parents in different cultures also practiced the "separate the deed from the doer" policy where, for example, if their teen daughter was caught taking illegal drugs, they maintained unconditional love by saying, "Honey, we love your basic substance, but we will literally spit on your drug behavior and out of our love for you, we will not tolerate it. So, here's what we're going to do."

All children begin their world by loving their parents, then judge and question them as they grow older. Great child psychologists like Haim Ginott and Jean Piaget compared them to blank sheets of paper ready to be written on. They are like wet cement, whatever falls on them makes an impression. They may be more delighted by a tiny, green worm inching its way across the sidewalk than by a brand new \$800 swing set assembled in the backyard. When children leave the nest, they will remember not the material things we gave them, but the experience of being cherished.

The innocence of small children is also universal because their candidness and honesty is yet to be restrained by social taboos. Years ago, I had difficulty evaluating a preschool girl for early entrance into kindergarten. She remained pokerfaced as the evaluation began, so I paused testing in order to establish rapport. When I asked her if she had any questions, her brown eyes grew wide and she asked, "Why are you so fat and what's that fur under your nose? My daddy's skinny and he shaves his fur off." Once I explained about overeating and that it is OK for men to grow mustaches, she became communicative and performed quite well on the evaluation, although she curiously gawked at my "fur" for an hour straight. Yes, most of the world's honesty and truth-telling is performed by children.

Unfortunately, across cultures, many children are mistreated. Almost 1 billion are physically, sexually, or emotionally abused each year. To create children and then fail them as a parent is pure damnation. I detest the Maurey Povich TV show, which belittles unborn children by relying on DNA testing to determine who the father is. He addresses serious problems surrounding unborn, illegitimate children to entertain a viewing audience, then treats it with an insincere sympathy while raking in a \$14 million a year salary. I always say, there are no illegitimate children, only illegitimate parents.

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.

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Mayo Clinic

Effective treatment available for stress incontinence

DEAR MAYO CLINIC: I was always led to believe that leaking urine while sneezing or exercising is part of life for women after menopause, but my health care provider tells me that isn't necessarily true. I've tried Kegel exercises, but those don't seem to help. Would pelvic floor therapy be a good next step? What does that involve?

ANSWER: The condition you describe, known as stress incontinence, does become more common with age, especially in women. But that doesn't mean you just have to put up with it. Stress incontinence is not an expected outcome of menopause, and effective treatment is available.

Stress incontinence is triggered by pressure placed on the bladder and pelvic floor. Coughing or sneezing can cause stress incontinence, as can running, jumping, lifting something heavy or other physical activity.

Women are more likely than men to have stress incontinence. Pregnancy, childbirth, menopause and the anatomy of the female urinary tract all contribute to the frequency of this condition. Age often plays a role, too. As you get older, the muscles supporting the bladder and urethra lose some of their strength, and that increases the chance of urine leaks. Being overweight also can lead to stress incontinence, since excess weight increases pressure on the abdominal and pelvic organs.

Stress incontinence usually results in slight to moderate leaks. In general, occasional minor stress incontinence doesn't require treatment. But when stress incontinence happens frequently or if it disrupts your daily activities, it's important to seek medical care.

The first step would be to make an appointment with your primary care provider or gynecologist for a pelvic examination. That exam would be used to check for an underlying medical condition that could be leading to incontinence. If another condition is discovered, treatment for it may help eliminate stress incontinence.

For example, in some women, particularly those who are past menopause, vaginal atrophy - a condition that involves thinning, drying and inflammation of the vaginal walls - can contribute to stress incontinence. Treatment such as hormone therapy may reduce the symptoms of vaginal atrophy and ease stress incontinence. Another condition, vaginal prolapse, or pelvic organ prolapse, in which the muscles, connective tissue and ligaments that support the vagina weaken and stretch, also can lead to stress incontinence.

If no underlying condition is found, then a review of the Kegel exercises could help. Kegel exercises use a specific technique to strengthen the pelvic floor muscles. Your health care provider or a pelvic physical therapist can work with you to make sure that you are performing the Kegel exercises correctly and confirm that you are doing them often enough to receive benefit.

If stress incontinence persists after that, a pelvic physical therapy consultation would be an appropriate next step. That appointment would include an evaluation of your spine, hips, pelvis and pelvic floor muscles. Stress incontinence can be due to weakness or loss of flexibility in any of those areas. For example, while weak pelvic floor muscles often are blamed for stress incontinence, if those muscles are too tight, that can contribute to the problem too.

Depending on the results of your evaluation, pelvic floor physical therapy may be useful at that point. A pelvic physical therapist can provide instruction and guidance on exercises that will be most beneficial for you. Using incontinence pads, such as Poise pads, or protective undergarments may make you feel more comfortable while you work on improving symptoms of stress incontinence.

If lifestyle changes and therapies do not lessen or eliminate episodes of stress incontinence, your health care provider may recommend a device designed to help control the condition. In some cases, surgery to improve closure of the sphincter or support the bladder neck may be considered.

Keep in mind that although stress incontinence is a common problem, especially in older women, it is not a condition you simply have to endure. Staying healthy as you age involves maintaining or improving strength overall, and that includes your pelvic floor muscles. - Dawn Underwood, D.P.T., Physical Medicine and Rehabilitation, 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@mayo.edu. For more information, visit www.mayoclinic.org.)

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By Nan Card





Astrology FORECAST

By Magi Helena

ARIES (March 21-April 19): You may appear glamorous and accomplished to others, but inwardly you may be focused on something unresolved. Apply your energies to constructive activities and don't dwell on resentment and failures.

TAURUS (April 20-May 20): You may be happy to learn that your loved ones are appreciative of your efforts to please them. You won't need to stray far from home to enjoy carefree activities and spontaneous sociability.

GEMINI (May 21-June 20): You may think you have all the answers, but that assumption might be incorrect. It's possible that more investigation is necessary before a sound decision can be made. Let a partner support your efforts.

CANCER (June 21-July 22): Focus on the enduring values of love, family and friends, which are always more important than material things or the competition for supremacy. However, it's fine to spend money on those you love if you stay within your budget.

LEO (July 23-Aug. 22): The more followers or contacts you have, the happier you'll be right now. You may be status-conscious about your connections within the community or workplace. Enjoy varied social activities.

VIRGO (Aug. 23-Sept. 22): The Sun will be leaving your sign and your interests may turn to owning things that reflect good taste and please your partner. You're a savvy shopper who will investigate all the specifications and reviews.

LIBRA (Sept. 23-Oct. 22): This is the month when the Sun enters your sign, heralding the start of fall if you live in the northern hemisphere or spring if you live south of the equator. Enjoy the changing season and celebrate with friends.

SCORPIO (Oct. 23-Nov. 21): Early in the month loved ones may find creative ways to show their affection and their willingness to forgive passing spats. If romantic ardor has cooled, this is the perfect time to stoke the fires and prove your commitment.

SAGITTARIUS (Nov. 22-Dec. 21): Your generous spirit can be rewarded, as friends will likely flock to your side when you need them. Despite many demands on your resources, long term security can eventually be achieved.

CAPRICORN (Dec. 22-Jan. 19): You may feel you haven't received credit where credit is due. Go ahead and soak up rewards, optimism and the feel-good attitude of your friends when you can.

AQUARIUS (Jan. 20-Feb. 18): Fun-loving Venus is in your opposite sign, and as you know, opposites attract. You may find that a partner or loved one is especially cheerful and affectionate. Enjoy social activities when you can.

PISCES (Feb. 19-March 20): You may be discontented with superficial relationships, so you might drift away from people who don't understand or appreciate you. You may feel more attuned to those who understand your deepest needs.



Kiss-Me-Over-The-Garden-Gate

By Grace Nause

They say the older you get the faster time flies – In that case, I have to be at least 120 years old! I'm not that old yet, but this summer has really flown by. The blue sky and warm breezes have been so beautifully welcome with no tornado warnings or severe storms. Summer in Ohio – a good place to be.

"Pass Along Plant Day" was fun and lots of plants found new homes to grow and bloom. We will do it again in the spring.

As I look at my calendar and prepare to write my LIFESTYLES column, I say to myself, "It can't be the middle of September. How did it get to be the month to celebrate the First Day of Autumn already?" They say, "Time flies when you are having fun." We at The Old Garden House have been doing just that. Lawns to mow, weeds to hoe or pull, painting to be done, friends to visit, family members birthdays to celebrate and front porch swing sitting time. Can't beat that!

Bernie and I are both poll workers for the upcoming Election Day. We will go for training next week to work on November 3rd, election day. It is such a blessing to live in America, the land of the free and the home of the brave.

What's on the Old Garden House schedule, you ask? Well, September 29th, Tuesday at 6 p.m. we will resume our Tea after several months of not meeting because of the Covid 19 virus. Lynette Kirsch will share the story of "Share and Care" and their commitment to our community. The October date is the 27th at 2 in the afternoon. Joanne McDowell, Lifestyles2000 Editor and Publisher, will visit and tell how she got started publishing Lifestyles, a free monthly county-wide newspaper. She is a very creative, interesting person and I'm sure you will enjoy her visit. We can serve up to 30 guests. For reservations for Sept. 29th or Oct. 27th, please call me at 419-332-7427. November Tea is the last one of the 2020 year. It is set for 6

p.m. on November 24th when Santa will visit us adults and tell of his adventures. I can keep it an adults only or, if you wish, we could make it an adult and young children event and Santa would then "do his thing". Please call me and let me know which one you would like. Santa can do it either way and so can I. Please call with your thoughts. Our home will be decorated if we go with the real traditional "Santa visit" in November, but probably not yet if we just ask him to tell his Santa experiences to us adults. Phone 419-332-7427 and let me know what you would like me to do. We will have decided by the November issue and will publish the plan then and either way, November 24th at 6 p.m.

So, let's enjoy our beautiful fall season to start on September 22nd, looking forward to clear blue skies, cooler days with leaves turning to red, orange, and brown. Cool, crisp morning air will be so welcome. America, the land of the free and the home of the brave—indeed! Our home where Life is so Good and we are thankful.

Ms. Grace



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Helen Marketti's Music Corner



By Helen R.
Marketti



Micky Dolenz of The Monkees

In two short seasons of their television series (1966-1968), The Monkees became a household name and recorded many memorable hits, Daydream Believer, Steppin' Stone, Last Train to Clarksville, I'm A Believer, Pleasant Valley Sunday, Valleri, Mary Mary and more!

Original member, Micky Dolenz took a moment to remember those days as well updating us on current projects while under the pandemic.

Micky was a childhood actor, playing the role of Mickey Braddock from 1956 to 1958 on his first TV series, Circus Boy. Micky then went on to guest star on a number of television shows. He was one of 400 applicants who tried out for the show about a rock band later known as The Monkees. He showed up that day in 1965 to audition for a part by playing and singing a Chuck Berry tune, Johnny B. Goode. He got the part and started working with his fellow actors, Peter Tork, Davy Jones and Mike Nesmith.



"The audition for The Monkees just clicked and the four of us clicked together. I like to call it lightening in a bottle."

It's been over 50 years since The Monkees have been on television, yet the series is still being shown in reruns. When asked why he thought the show was still popular, Micky said, "I think the producers Bob Rafelson and Bert Schneider stayed away from anything that was controversial...so what we did back then still applies. We were a band that never made it but we kept at it. As far as the 60s in general, it was a time that still resonates with all ages."

The well-known history and documented neighborhood of Laurel Canyon in Los Angeles was home to many famous musicians during its heyday. "I lived in Laurel Canyon and so did Peter Tork, Joni Mitchell, Graham Nash, Alice Cooper and all the rest. We were a music community and that is what drew so many."

Fans may enjoy a drink called, The Micky D! "It's a drink I created. It was first published in Mark Bego's, Eat Like A Rock Star." Mark Bego also wrote Micky's biography, I'm A Believer.

The current pandemic has forced tours to be cancelled and artists must create other outlets for their work. "This time has given me a break to unpack my suitcase which I haven't done in years. The Mike & Micky LIVE album has been released and we have been promoting it as best we can under the circumstances. Mike and I were supposed to start touring this past April of 2020 but obviously that was cancelled and re-set for next year, 2021," he explains.

Davy Jones and Peter Tork are no longer with us but we remember them as part of a group with memorable music and appearance. "They are the brothers I never had," said Micky. "I think about them and miss them every single day."

Micky is keeping himself motivated and inspired with new projects. He said it's harder to catch a moving target.

"I would like to ask fans to please check my web site for the new re-set days. And 7A Records from England recently released some of my solo work."

www.mickydolenz.com

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Introducing cats in a multi-cat household requires a lot of patience

Dear Cathy,

I have a one-year-old male cat named Remy. He appeared on the doorstep this winter and has become quite the house pet. He is neutered and vaccinated, and an energetic companion with a great personality. We started to have issues during introductions to the other family cats. I have two 15-year-old cats and a six-year-old cat named Tika. Remy has only come in contact with Tika. I am slowly introducing him to the rest of the group, one at a time. It has been over two weeks and I have not let them all meet yet because Remy is aggressive towards Tika. Tika growls at him through the door, but that's all. Remy attacks me whenever he gets a strong scent of her. I have pheromone plug-ins, calming spray, and toys to distract him, but I'm not sure what else to do.

-Amanda, Aurora, Illinois

Dear Amanda,

Cats are very territorial and introductions in a multi-cat household can take time. When introducing multiple cats, put the new cat in a room with food, water and a litterbox and leave the door closed so the new cat can't get out and the other cats can't get in. During this time, facilitate scent exchanges by brushing Remy and then brushing the other cats with the same brush or wiping down Remy with a towel and then dropping the towel somewhere in the house for the other cats to check out. Then return the towel to Remy's room for him to check out.

After a week, bring Remy out of the room and put the other cats inside the room for more scent exchanges. Every cat in the house should be wearing a pheromone collar since this will provide a shared common scent that also reduces anxiety.

As for Remy's aggression, do not touch or pick him up, and do not allow yourself to be close enough for him to scratch or attack you whether in the room or outside the room when he is exploring. Wait for him to come to you. If he doesn't, that tells you he is stressed. If he does, that tells you he is settling into his new home.

After a few more days, reintroduce Tika and Remy in a large room where they can be far apart. Let them meet for 15 or 20 minutes. Repeat these meetings with all three cats, one at a time, over the next few weeks until you see their comfort level with each other growing.

During these introductions, all your cats will hiss and growl as they establish their new territories. If you feel they might fight, remove the three cats one by one. Give Remy a chance to settle down before touching, then put Remy back in the room, and try again when everyone has settled down.

Cats can adjust to new environments and new animals, but it takes patience to get those introductions right. Keep doing what you're doing and add these suggestions to help move things along.

Dear Cathy,

I am not a pet owner. I like to go for walks and go about my business without worrying about being attacked by a dog. I was bitten in my yard by the neighbor's dog. I was chased by an aggressive dog

that left its own yard to pursue me several houses away on the other side of the street. What can I do to protect myself? You mentioned citronella. Could you please give me more ideas?

-Fay, West Hartford, Connecticut

Dear Fay,

You might need to talk to animal control about the loose dogs in your neighborhood, especially if you were bitten by one. They can educate those dog owners on why their pets need to be contained in their yards or restrained on leashes at all times.

Until then, carry an umbrella that you can pop open when a dog approaches you. Or use a Pet Corrector (available online), which makes a shh sound and might scare a dog away or an air horn, which will definitely scare a dog away and alert your neighbors their dog is bothering you. While you can carry citronella spray (do not use pepper spray of any kind), only use it if the dog is being aggressive towards you.

I also teach kids to "be a tree" when a stray dog approaches them. That means freeze in place. A dog will sniff you, but if you're not moving, he will generally walk away. Dogs don't stick around if things are boring.

(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.)



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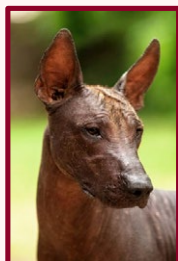
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We will be hosting the 6th Annual Veteran's Breakfast
Saturday, November 7th, 2020
9:00 am till 10:30 am, or until food is gone

VFW Post 2947 204 Birchard Ave. Fremont, OH
We will have volunteers there directing traffic

All veterans and one guest are invited to join this free to go meal to honor our many veterans! We will be serving carryout breakfasts from the VFW Parking Lot.

All the food has been donated by local businesses and served by many committed volunteers.
We are looking forward to seeing EVERYONE again this year!




The Days of the Dead are celebrated throughout Mexico to remember and honor deceased loved ones. The celebration, October 31st through November 2nd, coincides with our Halloween in the United States. One of the most ancient breed of dogs in the Americas, the Xoloitzcuintli (or Xolo) are often associated with the Days of the Dead as the breed gets its name from two words in the Aztec language: Xolotl, the god of lightning & death, & itzcuintli, which means dog. The Aztecs believed that the god created the dog to guard the living & guide souls of the dead through the underworld to heaven. A perfect mascot for the Days of the Dead!



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34 Days (and then its over!!) By Dr. Paul Silcox

Well, to try to keep the peace till the election, I'm not going to voice my opinion as to who I'm going to vote for or why. After all, we are Americans. We each have a constitutional right to our opinions and to vote the way we want.

Being that there are 34 days left before the election (from October 1st), there is still time to do some investigation on your own to see if what you really believe, matches up with the candidate or party that you're thinking of voting for. Don't be led down the primrose path of ABC, CBS, NBC, CNN, MSNBC or FOX News do your political thinking for you.

How do you feel when you hear the Pledge of Allegiance? Does hearing the National Anthem, America the Beautiful or God Bless the U.S.A. cause any stirring of emotion in you?

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You might want to ask around and see what the platform of your political party is and what they want to do within America and without. As I mentioned earlier, I'm not saying one way of the other. I have been in many countries where the right to vote was not automatic, just for being a citizen. It is a precious thing. To be able to put in "your two cents worth" by pulling the lever, punching out the chad, completely filling in the oval or by pushing buttons on an electronic voting machine. It's important. To everyone.

But, make sure you are registered and be sure to get out and vote. Whether by your mail in ballot if you chose that, the early absentee ballot at the Board of Elections beginning on Tuesday, October 6th or by going to the polls on Tuesday, Nov 3rd.

You won't burn many calories by exercising your voting rights, but you will be continuing with the plans laid out by our country's founders for a government of the people, by the people and for the people.

Classifieds SERVICES

Dust Free Cleaning: Get ready for fall! Cleaning and sanitizing, will wear a mask if preferred. References, insured, four hour minimum, \$18 per hour. Call 419-603-6667.

Donna's Sewing: Alterations, Pants \$6, dresses, curtains, tailoring, zippers. Now making cloth masks for \$3. Located at 922 Carbon St, Fremont. Call 419-332-1654.

IN YOUR OWN BACKYARD

Downtown Fremont Events: Oct. 2 Crop Circle Event 5-10pm; Oct 3 Farmers Market & Crop Circle Event 9am-1pm; October 17 Farmers Market & Harvest Happenings Event, 9am-1pm

Ladies are cordially invited to attend the annual Harvest Time luncheon of Fremont Area Women's Connection on Oct. 13 at Anjulina's Catering, 2270 W. Hayes Ave. The doors will open at 10 am for displaying and shopping for the numerous items provided including baked goods, jams, soups, seasonal decorations and more. A silent auction of a few selected larger items will take place. The monthly luncheon is from 11-1 pm but this annual event begins earlier. Guest speaker is Sharon Eversmann from Mason, Ohio who will share her life story of "Fear or Phobia" and living with confidence in a scary world.

Cost is \$14 and reservations are needed by Oct. 8 by calling or texting Donna at 419 680 2251 or emailing Carrol at fawcluncheon@gmail.com. Any cancellation needs to be reported in the same way. CoVid rules will apply at Anjulina's. Fremont Area Women's Connection has been active in Fremont for 49 years and is affiliated with Stonecroft Ministries.

It's that time of year! Let's get creative and start decorating for the Annual Halloween/Fall decorating contest sponsored by Fremont Tree and Beautification Commission! Nominations will be accepted til Oct. 16, judging is Oct.18.

Call Rick at 419 307 8924, or Bev at 419 334 9981 with nominations/questions. We are also inviting everyone to become a member of our group. You don't have to have a green thumb or dedicate a lot of time. We meet the first Tuesday of the month, February-November, come check us out!

VFW Scholarship opportunities for youth: Veterans of Foreign Wars and Auxiliary are sponsoring several opportunities for local students to obtain education fund for their future. Contests for high school students have been a National Program for many years. The Voice of Democracy is a speech and audio contest which has monetary awards at the local, district, state and national level. Deadline is Oct.31, 2020.

- The Creative Patriotic Art Contest also has monetary awards at all levels. Deadline March 31, 2021.

- For students in the 6, 7, and 8 grade, the Patriots Pen Contest is a written essay contest with monetary awards at the same levels. Deadline is Oct. 31, 2020.

- Illustrating America is an art contest for students in grades 1 -8. The Red, White and Blue Singing Contests are for students ages 6 to 16. Sing the National Anthem your way. Awards will be given at all levels. Deadline is March 31, 2021.



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