What could be better on a warm summer day than sipping a glass of wine and enjoying the breathtaking views of Grand Traverse Bay? Even though our days are getting shorter as August looms, there’s still plenty of time to make a trip this summer or fall to Traverse City. Just a little more than three hours away from Fenton, the 40-plus vineyards and wineries of Old Mission and Leelanau Peninsula await your discriminating wine and food palette. As an added bonus, the spectacular scenery creates a beautiful backdrop for enjoying a glass of Michigan’s own pinot noir, merlot or chardonnay. See WINE on 2B

Traverse City may not be Napa Valley, but its spectacular vineyards and wineries make it a worthy destination for even the most discriminating wine lover.

By Sally Rummel • news@tctimes.com; 810-629-8282

2016 Chevrolet Raffle - Your Choice
You choose which vehicle and you choose the color you want!
(or $30,000 Cash Option)

ONLY 6 DAYS LEFT TO GET YOUR TICKETS!
$500 CASH PRIZE to seller of the winning ticket!

Drawing held at 2016 Taste of Fenton
Thursday, August 4th
8:00 PM • Downtown Fenton

You need NOT be present to win. Winner is responsible for any additional fees, taxes and license plates. If less than 800 tickets are sold, the drawing may revert to a 50/50 raffle with a minimum prize of $10,000 and a maximum prize of $30,000 to winning ticket.

Call the Fenton Chamber for additional details
810-629-5447

PROUDLY PRESENTED BY

2016 Chevrolet Silverado Crew — OR — 2016 Chevrolet Camaro SS Convertible (MSRP $45,000)
WINE

Continued from Page 1B

About half of Michigan’s fine wine grapes grow in the northern half of the state, along the Leelanau and Old Mission peninsulas. At the top of the Old Mission Peninsula lies an invisible but very significant line: the 45th parallel, which is halfway between the equator and the North Pole. This gives the region its distinct micro-climate, perfecting its ability to grow quality wine grapes on par with the famous wine regions of France and Italy.

The grapes are ripe for the picking, thanks to a long, slow ripening growing season, plenty of sunshine, mild, warm days and crisp, cool nights. The beautiful views of Grand Traverse Bay are more than just a feast for your eyes; they also help moderate temperatures, making for gentle grape-budding, flowering and ripening, according to Michigan Wines.

As you saunter between wineries and tasting rooms either on your own or as part of a wine tour you’ll notice the subtle differences of tastes and experiences that make each vineyard visit special and unique. Each winery has its own tasting cost, too, usually between $3-$5.

If you want to keep your wine tasting experience to a day or short afternoon, no worries — many of the wineries and tasting rooms are close enough together that you can easily spend three to four hours “hopping” from one winery to another.

Keep in mind that Saturdays are the busiest days of the week at most winery tasting rooms, so for a quieter more intimate experience, you may want to visit on a weekday. The busiest time of year at most wineries is during the fall color season, usually around the second week of October, depending on the weather. For a short afternoon wine tasting event, Old Mission Peninsula is your closest option because of its proximity to town and the wineries to each other. For a full day of fun or weekend tasting tour, you can easily choose to take on most winery locations on both Old Mission and Leelanau peninsulas.

Leelanau Peninsula Wine Trail

This small peninsula is the lar gest and oldest in Michigan and is home to 25 wineries, divided into three mini-trails for easy touring: the Sleeping Bear Loop, the Northern Loop and the Grand Traverse Bay Loop. Each tasting room offers its own unique experience, from unparalleled elegance to a charming, cozy nook.

Winery locations on both Old Mission and Leelanau offer a variety of wine experiences, from the elegant Chateau Chantal (where you can taste a French-style wine) to the renovated 19th century schoolhouse tasting room of Peninsula Cellars, you’ll find something to love at each winery.

Tasting room tips for your Traverse City wineries visit:

• First and foremost, remember that you are a guest of a family run business, and owners and staff are proud of their facility.
• Little sips add up. Designate a driver and drink responsibly, or use a wine tour company.
• Plan ahead and call in advance if you have a large group (eight or more).
• Avoid heavy perfume or cologne. It interferes with the wine’s aroma and the tasting experience.
• Put your cell phone on vibrate or step outside to make a call.
• Some wineries charge a tasting fee. If a fee is charged, it’s OK for two people to share a glass.
• Eat well before wine tasting and drink plenty of water before, during and after.
• Try not to act or sound like a “wine snob.” Tastes differ and there’s always someone who knows less, and more, than you do.
• In general, white wines are tasted first, followed by reds, then dessert wines. You can also skip any wines on the tasting list, or just take a sip and dump the rest in a dump bucket.
• Rinse your glass between tastings, especially when moving from whites to reds to dessert wines.
• Normally, you shouldn’t ask for a second taste of a particular wine, unless you’re interested in buying a bottle.
• Ask questions. Tasting room staff are trained to know about the wines you are tasting.

Dr. Jeremy M. Grove DDS
501 S. Bridge Street, Linden
810-735-7511
www.dentistinlinden.com
By Hannah Ball
hbali@tctimes.com; 810-433-6792
Fewer people read books these days, as entertainment becomes more readily available online. However, books offer an escape from all that, whether you’re reading about a teenage girl who leads a rebellion to overthrow a tyrant, or a woman’s journey to Italy on the road to self discovery, or a spy who finds out his organization wants to kill him. Here are the top 10 books America is reading right now from USA Today’s best-selling book list.

1. ‘CRISIS OF CHARACTER’
This book, by Gary J. Byrne, has been garnering a lot of attention due to the current presidential race. It’s about a former Secret Service agent who worked with the Clintons during Bill Clinton’s term as president.

2. ‘THE GAMES’
James Patterson, a teen favorite, and Mark Sullivan wrote this book about trouble in Rio during the Olympics. Bodies are turning up as someone attempts to disrupt the games.

3. ‘FIRST COMES LOVE’
Emily Griffin writes about two sisters in their 30s. A tragedy caused them to go separate ways when they were young, and they attempt to reconnect.

4. ‘ME BEFORE YOU’
Jojo Moyes also saw her book get turned into a movie for the big screen, starring Emilia Clarke (Game of Thrones). In this tale, a young girl becomes a caretaker for a quadriplegic set on ending his life. It’s a tale of self discovery, love, and heartbreak.

5. ‘SHADOW RIDER’
This paranormal romance, by Christine Feehan, shows what happens when two very different worlds collide. A shadow rider falls in love with a woman who is intent on starting a new life.

6. ‘UNITED AS ONE’
This science-fiction thriller by Pittacus Lore shows the strength of the human race when the Mogadorians invade Earth, and one man leads the efforts to save it.

7. ‘THE BFG’
Written by the late Roald Dahl, young Sophie is taken from the orphanage where she lives when the BFG, which stands for Big Friendly Giant, takes her away for an adventure.

8. ‘THE GIRLS’
In darker and witchier themes, this book by Emma Cline is about a teenage girl being seduced into a dangerous cult by an older girl. This takes place in 1969.

9. ‘END OF WATCH’
Fan favorite Stephen King is back with his next bestseller. The Mr. Mercedes killer makes another appearance in the last volume of the author’s popular trilogy.

10. ‘FOREIGN AGENT’
Written by Brad Thor, this book is about a former Navy SEAL who is called on by the CIA after terrorism takes over in Europe.

What America is Reading

Open Sunday, July 31st • 12:30-2:30 pm

Denise Penwell
810.444.0941
Penwell Redmond Team

4458 Eleanor Dr., Fenton ~ Pine Lake ~ $334,900
4-5 bedrooms, 2 full baths, open floor plan, large deck overlooking the lake. Completely remodeled in 2009.

11495 Nora Dr, Fenton ~ $235,900
Overlooks Lake with 2300 sq. ft. of living space. 4 bedrooms with 3½ baths, first floor laundry, 2 fireplaces. Walkout basement and so much more.
Ten years in the making

Fenton woman releases book detailing history of the American Saddlebred Horse

By Hannah Ball
hbball@tctimes.com; 810-433-6792

One Fenton resident took her love for equine to the next level. Heidi Madsen, who graduated from Fenton in 1989, wrote, “Gaited in the Great Lakes: Michigan’s Role in the American Saddlebred Horse.”

Madsen researched and talked to many people in Michigan and Kentucky for the 10 years that she worked on the book. “It was an on and off project,” she said. “I worked on it when I had time.”

In her book, she covers the history of saddlebred horse farms from the 1920s to the 1970s touching on topics like the Dodge dynasty. “It’s kind of a range. It goes from everything from northern Michigan down to the Michigan-Ohio border,” she said, adding that she mentions Joe Louis’ farm and Meadow Brook Hall.

Madsen has been working with the horses for decades. She taught saddleseat horse riding for 15 years and used to show horses. She now does more sideline work. She served for eight years on the American Saddlehorse Association, and volunteers at horse expos throughout the year.

As she did more research, the breed started to fascinate her more. “Saddlebreds are a very versatile breed,” she said. “It’s always been a breed I’ve attached myself to.”

Madsen’s book can be ordered from Fenton’s Open book or online. “If anyone in Fenton were to purchase a book, they can always contact me and I’d be happy to sign it,” she said. Readers can email her at bravoblue12@hotmail.com.

“The purpose of the book was to educate the people who’ve been involved with the American Saddlebred who didn’t know the extensive history and educate those who are just coming into the world of this wonderful horse,” she said.

Holly students bring home gold, silver medal

Join 8,500 students at leadership conference in San Diego, California

Two students of the Holly High School chapter of Family Career and Community Leaders of America (FCCLA) joined more than 8,500 student leaders, members, and advisers at the San Diego Convention Center in San Diego, California from July 3 to 7 to participate in the annual National Leadership Conference (NLC).

The theme of this year’s conference was “Empowered,” which inspired attendees to make the right choices and commit themselves to making a positive impact within their families, schools, FCCLA, and communities.

Skylar Vanderpool and Meagan Diaz, both of Holly, participated in one of 30 events of fered at the conference. These events support foundational, leadership, and workplace skills in areas such as advocacy, culinary arts, and entrepreneurship.

Competing with over 4,500 students at the annual National Leadership Conference, Megan Diaz (left) won a silver medal and Skylar Vanderpool won a gold medal during a leadership conference in California in early July. They both attend Holly High School.

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Historical book celebrates candy bar's origins

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Real Estate | Garage Sales | Job Openings | Service Directory | Puzzles | Obituaries

**Garage Sales**

**Byron**

**SUB SALE**

August 4-6th 9-5PM
Murray Woods Court (across from Myers Lake Campground)
Sub Sale. Tools, household, hunting, something for everyone.

**Fenton**

**PRE MOVING SALE**

August 4-5th and August 11-13th 9-5PM
679 Plumtree Lane. Pre-moving sale. Furniture, camping, toys, miscellaneous household, clothing, Avon.

August 4-5th Thursday 9-4PM Friday 9-3PM
730 Second Street. Household, children's items, motorcycle bag, bikes, some furniture and miscellaneous.

**Linden**

**HUGE GARAGE SALE**

August 4-6th 8:30-5PM
4251 E. Rolston Rd. Huge sale helping victims of sex trafficking. You don't want to miss this one!

Planning a GARAGE SALE?

PLACE YOUR AD ONLINE

Visit www.tctimes.com and click on Classifieds or call 810-629-8194

Classified Ad Deadlines for Sunday’s Issue are Thursday at Noon.

Classified Ad Deadlines for Wednesday’s Issue are Tuesday at Noon.

**Invitation to Bid**

CITY OF LINDEN

**POLICE EQUIPMENT/DECALS OF POLICE CRUISER**

July 27, 2016

The City of Linden will receive sealed bids at the City Clerk’s Office, 132 E. Broad St., PO. Box 507, Linden, MI 48451, for Police Cruiser Equipment/Decals with the City of Linden on August 16, 2016, by 10:00 a.m.

Bids will be publicly opened and read at that time in the main office of the Linden City Hall, 132 E. Broad St., Linden, Michigan. Bids shall be submitted in sealed envelopes and plainly marked “POLICE CRUISER EQUIPMENT BID”- CITY OF LINDEN.”

Bids are being solicited only from responsible and established bidders known to be experienced and regularly engaged in the work of equipping police cruisers. Satisfactory evidence that the bidder has the necessary capital, equipment and personnel to do the work may be required.

Proposal forms and specifications are on file for the inspection of bidders at the Linden City Offices, 132 E. Broad St., Linden, Michigan and copies may be obtained by qualified bidders. Sealed proposals must be submitted on the bid forms furnished by the City.

The City Council reserves the right to reject any and all bids and to accept any bid which, in their opinion, is most advantageous to the City.

Paul C. Zelenak
City Manager
Greg Dean: 810-629-1247 • Sell phone: 810-877-8400

FOUR BEDROOM, MOVE-IN READY HOME

OPEN SUNDAY July 31st • 1-4 PM

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Immediately Occupiable!

Pinnacle Shores Subdivision, 2300 sq. ft. 1.5 story, 3 bedroom, 2.5 baths, walkout, upper loft. Super energy package, many upgrades including granite tops and hardwood floors, $309,000. Call 810-423-7698.

1 Year Builder’s Warranty!

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Real Estate for Sale

HARVEST LAKE FENTON

APARTMENTS FOR RENT

$224,900 NEW ON THE MARKET

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Fenton area. To apply,
Hallmark products in the
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PART-TIME INSTALLATION
com.
funwithfrosting48430@yahoo.
bakery. Submit resume to

wanda@spentechusa.com.

COUNTER HELP
and cake icr for Fenton
bakery. Submit resume to
fumwithfrosting48430@yahoo.
com.

PART-TIME INSTALLATION
MANAGER

NEEDED
for Design/install of
plumbing, electrical, HVAC

PART-TIME
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Help needed for Mcintyre
Soft Water. Apply in person
only at 1014 N. Bridge Street,
Linden.

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Looking for a journeyman
Pipe Fitter for machinery and
equipment. Understanding of
air logic and pneumatic circuit
design required. Please submit
resume to: wanda@spentechusa.com.

WAREHOUSE LABOR
in Fenton MI
pay $10.00/ Hour

3:00am-4:000am.
Must be able to stand for
long hours. Some heavy
lifting may be necessary.

PRIMARY RESPONSIBILITIES
are to pack customer
orders, unload containers.
Must be able to meet
critical requirements
for criminal background
check and drug test.

Email resume to
sales@peacockparkridesign.com.

REGISTERED NURSE
NEEDED FOR A GROWING COMPANY
Registered Nurse/Case Manager, wanted full time,
part time, or contingent for visits in Oakland
and Genesee counties with an established Medicare
Certified Home Health Care Agency still growing and
expanding after almost 35 years. Strong work ethic,
dedication, loyalty and a strong desire to be part of a
team attitude is what we are looking for.
A strong salary and benefits
package to be discussed with
the right candidate.
Also looking for PT’s and
OT’s. Interested parties
should email resume to
Jason.lambart@nohnc.com

ATTENTION!
Factory Distribution Center
We are an award winning company
and we are accepting resumes for
Full/Part positions in our
Factory Distribution Center within
our Pollution Control Department.
It is our goal to exceed our customers’ expectations
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Our ideal candidate is friendly, confident
and has communication skills.
No experience necessary;
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$19.95/start
No experience necessary;
must have high school diploma or GED.
Must be neat in appearance, have reliable
transportation, ready to start work immediately.
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Job Qualifications:
• Communicate clearly both orally and in writing
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• Solid organizational skills
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• Work Monday - Friday
• Work extra hours if required

Please call our HR Department
@ 810-285-9450

To advertise your JOB OPENING call 810-629-8282

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YMCA CAMP OHIYESA
IN HOLLY
Seeks part time Kitchen Help now
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Duties include cooking, serving, cleaning
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Sheiny@ymcdetroit.org

To advertise your
JOB OPENING
call 810-629-8282

WEEKEND PAPER
HELP WANTED HEADLINES
Display Ads: Wednesday 3 p.m.
Line Ads: Noon Thursday

MIDWEEK PAPER
HELP WANTED HEADLINES
Display Ads: Monday 3 p.m.
Line Ads: Noon Tuesday
PUBLIC NOTICE
CHARTER TOWNSHIP OF FENTON
BOARD MEETING SYNOPSIS
JULY 11, 2016

The Fenton Township Board held a regular meeting on Monday July 11, 2016 at the Fenton Township Civic Community Center, 12060 Mantawauka Drive, Fenton, Michigan and took the following actions.

1. Trustee Goupil offered the opening prayer.
2. Supervisor Mathis led the pledge of allegiance to the flag.
3. Approved the agenda as presented.
4. Approved invoices and expenditures for payment in the total amount of $508,570.44.
5. Received the second quarter report from Fire Chief Ryan Volz.
7. Approved ballot proposal language for a 4-year renewal of the Fenton Township Mosquito Control Program, and authorized the placement of said proposal on the ballot for the November 8, 2016 General Election.
8. Approved amendments to the 2016 Fenton Township Budget.
9. Adjourned at 8:57 p.m.

A complete copy of the minutes of this meeting and any ordinances adopted at the meeting are on file and available for review at the Fenton Township Office, 12060 Mantawauka Drive, Fenton, Michigan 48430. Office hours are 8:00 a.m. to 5:00 p.m. Monday, Tuesday & Thursday, 8:00 a.m. to 6:00 p.m. Wednesday and 8:00 a.m. to 1:00 p.m. Friday. Ordinances, meeting schedules, meeting minutes and other Township information are also available at www.fentontownship.org.

ROBERT E. KURG
FENTON TOWNSHIP CLERK

PUBLIC NOTICE
CHARTER TOWNSHIP OF FENTON
BOARD MEETING SYNOPSIS
JULY 25, 2016

The Fenton Township Board held a regular meeting on Monday July 25, 2016 at the Fenton Township Civic Community Center, 12060 Mantawauka Drive, Fenton, Michigan and took the following actions.

1. Trustee Goupil offered the opening prayer.
2. Supervisor Mathis led the pledge of allegiance to the flag.
3. Approved the agenda as presented.
4. Approved invoices and expenditures for payment in the total amount of $196,025.05.
5. Conducted a public hearing on a proposed amendment to the Fenton Township Parks & Recreation Plan.
6. Approved Resolution No. 2016-08, approving an amendment to the Fenton Township Parks & Recreation Plan.
7. Received the second quarter report from Ordinance Enforcement Officer Tom Hosie.
8. Conducted the first reading of a proposed Zoning Ordinance amendment to rezone parcel 06-19-100-034 & 06-19-100-021, (14083 Hogan Road), from R-3 to R-1.
9. Conducted Resolution No. 2016-09, scheduling a public hearing on the special assessment roll for the Lake Valley Road Improvement Special Assessment District.
10. Adjourned at 9:05 p.m.

A complete copy of the minutes of this meeting and any ordinances adopted at the meeting are on file and available for review at the Fenton Township Office, 12060 Mantawauka Drive, Fenton, Michigan 48430. Office hours are 8:00 a.m. to 5:00 p.m. Monday, Tuesday & Thursday, 8:00 a.m. to 6:00 p.m. Wednesday and 8:00 a.m. to 1:00 p.m. Friday. Ordinances, meeting schedules, meeting minutes and other Township information are also available at www.fentontownship.org.

ROBERT E. KURG
FENTON TOWNSHIP CLERK
Althea L. Shields
1950-2016
Althea L. Shields – age 66, of Holly, died Tuesday, July 26, 2016. Althea was born in Flint on July 11, 1950, to William and Eleanor Morris. She is survived by her husband of 42 wonderful years, Richard Shields; her son, Jeffrey; and her beloved dog Abbey. She was preceded in death by her parents and her son Andrew. She retired from the State of Michigan after 26 years of service. Althea was always full of fun and laughter. She loved being outdoors, traveling in the 5th wheel trailer, and fishing on Sugar Island. Special thanks to all the great T.C.U. nurses and staff at Genesys for all their loving care. Memorial donations may be made to the American Lung Association. www.dryerfuneralhomeholly.com.

Timothy Carland
1963-2016
Timothy Carland – age 53, of Pickney, MI died Wednesday, July 27, 2016. Visitation will be held 9-12 PM Wednesday, August 3, 2016 at Sharp Funeral Homes, Fenton Chapel, 1000 Silver Lake Road, Fenton. Pastor Eric Anderson officiating. Burial will follow in Great Lakes National Cemetery, Holly. In lieu of flowers memorial contributions may be made to the family. Online condolences may be posted on the obituaries page of www.sharpfuneralhomes.com.

Walter Jay Anderson
1932-2016
Walter Jay Anderson – age 84, of Fenton, died Tuesday, July 26, 2016. Services will be held 11 AM Saturday, August 13, 2016 at the chapel at Tyrone Memory Gardens, 10260 White Lake Road, Fenton. Those desiring may make contributions to Make-A-Wish Foundation. Walter was born June 16, 1932 in Flint the son of Harold and Sallie Anderson. He was a veteran of the U.S. Air Force, stationed in Germany. He married Joyce Harwood November 8, 1957. He had resided in Fenton for the past 48 years coming from Grand Blanc. Walter retired from GM Fisher Body Grand Blanc. Surviving are: his wife of 58 years, Joyce; children, Erik Anderson of Cape Coral, FL and Lisa Anderson Engelhart of Linden; granddaughters, Taeber Engelhart of Linden; sister, Virginia and husband Stanley Young of Fenton, sister-in-law, Becky Anderson of Grand Blanc; and many nieces and nephews. He was preceded in death by his parents and brother, H.P. Anderson. Online tributes may be posted on the obituaries page at www.sharpfuneralhomes.com.

Betty Sampson
1927-2016

Arthur Kaczmarek
1927-2016

John Stergiopoulous
1933-2016

Doris Serrels
1929-2016

David Waller
1955-2016

Johnny Kendrick
1957-2016

Cathy Grounds
1930-2016
Ex-wife tries mightily to reunite with husband

DEAR AMY: I was 19 when I married my husband, who was 27 at the time. We have been married for 5 months before we started dating. I was pregnant by another man. My husband and I got married 10 months later. He is a manager at a chain pizza store that his family owns, so naturally he works a lot — 60-70 hours a week. I was so young, just got married, just had a baby and just landed a big-girl job. I don’t feel like I was paying any mind (so I thought). I wanted both the income and the attention. I wanted to have my cake and eat it too. He worked a lot because we wanted nice things. It has been more than a year since I left. We still see each other, hang out with each other and are intimate with each other. I want him back more than anything. He says he loves and misses me, but that he can’t get over the fact that I left him. I have been chasing him around for more than a year. I am always initiating to do things. I am always the one to text him. The longest we went without talking was 10 days, and that was because I ended up texting him. He gives me the most confusing vibes. When we’re together it’s perfect. I want to give up, but my Christian belief makes me not want to. I’m torn, stressed and exhausted. I don’t know what to do. Please help! — A Broken Girl

DEAR BROKEN: Your Christian faith didn’t stop you from leaving your husband, so now it might be best if you didn’t use your faith as an excuse to keep pursuing him. In terms of “wanting cake,” it seems that your ex is now in that category. He has the advantages of having a relationship with you when he wants it. He might also be punishing you for your own rejection by keeping you on the ropes. If you were happy with things as they are, then you wouldn’t have the problem, but it is a true fact that chasing someone who doesn’t really want to get caught simply doesn’t work. Lawyers and other advisers frequently suggest that couples who are splitting up should not have conjugal visits. This muddies the water and delays both parties’ ability to move on. It is time for you to stop pursuing your ex. Stop it. If he wants to come back to you, he will. If he doesn’t come back, his distance will help you to recover from this failed relationship and make different choices next time.

DEAR DR. ROACH: I heard that there is a sudden surge in meat allergies. Is there any information as to why, after years of eating red meat, you suddenly can become extremely allergic? — E.V.

ANSWER: Meat allergies are uncommon; however, there has been a recent surge of meat allergies due to tick bites. I have read that over 5,000 cases of meat allergy have been estimated in the United States, mostly in the Southeast. The allergy is most often caused by a bite of the Lone Star tick, which carries the bacterium alpha-gal. If introduced into the bloodstream, it can cause a reaction from eating meat, especially beef, pork and lamb. Interestingly, it is much more likely in people with blood types A and O. It isn’t very clear if the allergy will be temporary or long-lasting, but it can be very severe, and people who develop this allergy should avoid meat and carry an epinephrine device in case of exposure.

Dearest Dr. Roach,

I am at the bottom of the cast in a play that I am doing right now. I was also in a play last year that I was at the bottom of. I want all of my guests to attend. I had a lot of friends and family come to that show, but it is a true fact that chasing someone who doesn’t really want to get caught simply doesn’t work. Lawyers and other advisers frequently suggest that couples who are splitting up should not have conjugal visits. This muddies the water and delays both parties’ ability to move on. After being released, she is forced to move in with a long-suffering employee of hers (Kristen Bell), and tries to earn redemption and revamp her public image by helping a group of young girls in their quest to sell brownies. Peter Dinklage, Kristen Schaal, and Kathy Bates co-star in this comedy, which was directed by Ben Falcone. R, 1 hr. 45 min. Comedy

DEAR AMY: I just received and invitation to a destination wedding (my godchild). This will put a hardship on me, with transportation, hotel and meals, plus a gift. I think it is rude to have a destination wedding. This puts guests in an awkward position. They have to face the hardship of attending, or just stay home and feel sad. I am on a very limited income and just can’t afford this. What is your opinion on destination weddings? — K

DEAR K: Most weddings are a destination wedding for some (out of town) guests, but true “destination weddings,” where the couple chooses a spot mutually unavailable to all guests, put a significant burden on people. Some couples choose destination weddings because they are blind to the burden (or simply don’t care); others choose destination weddings because they don’t actually want all of their guests to attend. I had a destination wedding many years ago. At the time it seemed like a dreamy escape. My perspective on this now is that it was fairly selfish.

The mysterious rise in meat allergies

DEAR DR. ROACH: I heard that there is a sudden surge in people coming down with severe meat allergies. Is there any information as to why, after years of eating red meat, you suddenly can become extremely allergic? — E.V.

ANSWER: Meat allergies are uncommon; however, there has been a recent surge of meat allergies due to tick bites. I have read that over 5,000 cases of meat allergy have been estimated in the United States, mostly in the Southeast. The allergy is most often caused by a bite of the Lone Star tick, which carries the bacterium alpha-gal. If introduced into the bloodstream, it can cause a reaction from eating meat, especially beef, pork and lamb. Interestingly, it is much more likely in people with blood types A and O. It isn’t very clear if the allergy will be temporary or long-lasting, but it can be very severe, and people who develop this allergy should avoid meat and carry an epinephrine device in case of exposure.

To your
GOOD HEALTH
BY KEITH ROACH, M.D.

DEAR DR. ROACH: A few days ago, I heard a report on breast cancer recurrence. I had cancer in my left breast in 1995, and on my right breast in 2003. What are your thoughts on the subject? There is no history of breast cancer in my family. — P.M.

ANSWER: Breast cancer sometimes runs in families, but 70 percent to 80 percent of women with breast cancer have no family history. Once a woman has had breast cancer, each additional case is at higher risk for developing a second breast cancer. Survivors of breast cancer should get regular physical exams and mammograms. A team of researchers from Johns Hopkins University recently published a study promising that in the near future, a new type of blood test may be able to identify DNA from breast cancer cells and find recurrence much earlier than current methods. If confirmed, this would be a huge relief to the many women (and a few men) with breast cancer at risk for recurrence.

INGREDIENTS:
CRUST:
• 1 cup crushed graham crackers
• 1/3 cup sugar
CREAM CHEESE FILLING:
• 8 oz cream cheese, softened
• 1 can sweetened condensed milk
• 1/3 cup lemon juice
RASPBERRY FILLING:
• 1 1/3 cups sugar
• 6 T cornstarch
• 1/8 tsp salt
• 1 1/2 cups water (2 cups if using fresh berries)
• 4 T corn syrup
• 12 oz frozen raspberries, thawed or 1 pint fresh

DIRECTIONS:
1. Preheat oven to 375 degrees. For crust: mix graham cracker crumbs, sugar and butter and press into a deep-dish pie pan. Bake for about 6 minutes. Set aside to cool.
2. While crust is baking, make raspberry filling: in a saucepan mix sugar, cornstarch and salt. Add 1 1/2 cup water and stir until smooth. Add remaining water, corn syrup and berries. Cook in a saucepan over medium heat until thick. Stir constantly. Set aside to cool. While raspberry filling is cooling, make cream cheese filling.
3. For cream cheese filling: combine cream cheese, sweetened condensed milk, and lemon juice. Pour over graham cracker crust then pour cooled raspberry filling on top and refrigerate at least 1 hour before serving.

SUNDAY SCRAMBLER
Unscramble the letters within each rectangle to form four ordinary words. Then arrange the boxed letters to form the mystery word, which will complete the gag!
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