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Times

Sunday, March 19, 2017



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'Breaking' Traditions

New spring break trends include fewer beach parties and more family travel

By Sally Rummel

news@tctimes.com; 810-629-8282

"Where the Boys Are" was the iconic spring break movie in 1960, and by the end of the year, 50,000 college kids had flooded Fort Lauderdale, Florida — setting the real life stage for spring break for the next decade.

Just 28 miles north of Miami, Fort Lauderdale became the mecca for sun, surf, Elvis, bikinis and beach parties, until the next wave of spring break traditions moved north to Daytona Beach.

Today, Florida is still a top spring break destination, with Orlando, Miami and Fort Lauderdale topping the charts, but that's where the similarities end.

Most students traveling to Florida or other top destinations like Cancun, Mexico or aboard a western or eastern Caribbean cruise will be accompanied by family, rather than their peers. Often, multiple families will travel together, creating a fun, social atmosphere within a safety net of people.

"Parents aren't wanting their kids to travel alone," said Diane Roberts of Superior Travel in Fenton. "Spring break family trips have become a trend over the last five years."

Hotels have become much more strict about spring breakers, too. "Some hotels don't even allow kids under the age of 21 or 25, depending on the hotel, unless there's an older adult accompanying them," said Randy Church of Travel Brokers in Fenton.

Cancun, Mexico remains the most popular international spring break destination, especially for

college students. Other "hot spots" are Panama City, Florida; Punta Cana, Dominican Republic and South Padre Island, Texas, especially for students on the West Coast.

Even though the U.S. State Department issues a warning to parents about certain destinations in Mexico every year, local travel agents are comfortable sending college students and families there.

"We've always told people to stay around the resort and use excursions sponsored by the hotel or through us," said Church. "We've rarely, almost never had a problem down there. It's perfectly safe in the resort areas. I wouldn't hesitate to send family members or friends there."

One local resident, Mike Celotto of Fenton, takes a whole different approach to spring break.

"With my son, I choose a different city to explore. We started when Matthew was 9 and now he's 15. He and I travel to one or more cities during spring break. I just started this tradition last year with my daughter, Emma, who's 10."

One of the things that make spring break interesting for the Celotto family is that Mike doesn't tell his son where they're going until the last minute.

"Most of the trips we take are driving trips. When we're in the city, we explore it, anything from the arts and history to national parks and military sites. Overall, we try to see the best of what a city has to offer."

MIKE CELOTTO
Spring break traveler



TRI-COUNTY TIMES | SUBMITTED PHOTOS
(Top) Emma Celotto, 10, stands in front of the Alamo during last year's spring break trip with her dad to San Antonio, Texas. Neither Matt nor Emma knows where they will be going on their father-son, dad-daughter trips this spring break — it's always a last-minute surprise.

(Bottom) Matt Celotto, 15, son of Mike and Kendra Celotto, is in front of the New River Gorge in West Virginia during spring break 2016. He and his dad made a stop there on their way to Charleston as part of their annual spring break tradition of visiting different U.S. cities.

See **TRADITIONS** on 4B

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TRI-COUNTY TIMES | FILE PHOTO

Justin and Erin Best of Tyrone Township run down Hogan Road April of 2016. With weather shifting toward spring, outside activities will begin to pick up again.

Monday marks the March Equinox, first day of spring

■ The end of winter is near

By Vera Hogan

vhogan@tctimes.com; 810-433-6823

Most of the time, there aren't a whole lot of things to like about Mondays. But tomorrow, March 20, marks the beginning of the new season, the end of winter, which is likeable.

The March Equinox takes place at 6:28 a.m. (Eastern Standard Time). On this day, the day and night will be of almost equal duration at most time zones in the world.

The March Equinox is known as the Vernal (spring) Equinox in the Northern Hemisphere and the Autumnal (fall) Equinox in the Southern Hemisphere.

In the Northern Hemisphere, astronomers and scientists use the March Equinox as the start of spring, which ends on the June Solstice, when astronomical summer begins.

For meteorologists, on the other hand, spring in the Northern Hemisphere begins three weeks before the March Equinox on March 1 and ends on May 31.

While cultures around the world celebrate the whole day as the March

Equinox, in reality, the equinox occurs at a specific moment in time when the sun crosses the celestial equator, the imaginary line in the sky above the Earth's equator, from south to north.

At this moment, Earth's axis is tilted neither away from nor toward the Sun, but is rather perpendicular to the Sun's rays.

This year, it will happen on March 20, at 10:29 (Universal Time Coordinated, once known as Greenwich Mean time). For locations that are at more than 10 hours behind UTC, this event will occur on March 19. This is because of the time zone difference.

Remember when Spring Equinox was celebrated on March 21? Well, remember again, because the last time that happened was in 2007 and the next time it will happen is in 2101.

Contrary to popular wisdom, the March Equinox can take place on March 19, 20 or 21. In the 21st century, the March Equinox has only occurred twice on March 21, in 2003 and 2007. A March 19 equinox will be more frequent during the last decades of the century.

Source: Time and date.com

News briefs

FINANCIAL PLUS CREDIT UNION AWARDS SCHOLARSHIPS

Financial Plus Credit Union, with an office in Fenton, is now accepting applications for two \$1,000 "You are the Future" scholarships to be awarded to two students. Potential candidates must have a 3.0 GPA or higher, and be either a 2017 high school graduate or a current full-time college student. The candidate must complete the application with a short essay under 500 words on the topic, "How I will make (or am making) a

positive impact in my community." Deadline to apply is May 2. "Financial Plus is proud to support these talented and hardworking individuals as they reach their educational goals," said Olga Long, senior vice president. Candidates must submit their scholarship application, essay, letter of recommendation and a transcript. For more information about the application process, visit www.myfpcu.com or contact Kristen Zielinski, public relations and social media specialist, at (810) 244-2507.

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PLAN YOUR SUMMER CAMPING NOW

Here are some of Michigan's most scenic camping areas

Many parks are fully booked prior to Memorial Day

BY SALLY RUMMEL

news@tctimes.com; 810-629-8282

Camping is the ultimate getaway for many people who enjoy nature and an affordable vacation. Michigan abounds with hundreds of campgrounds, from county and state parks to national parks, private campgrounds and more.

With Memorial Day weekend only two months away, it's time to plan your summer's camping vacations. Maybe you've been to a few of these; maybe others need to be on your bucket list.

Here are some of Michigan's most scenic, according to Pure Michigan, our state's tourism website at Michigan.gov.

■ TAHQUAMENON FALLS STATE PARK

Take in the sights of one of the largest waterfalls east of the Mississippi at Tahquamenon Falls State Park in Newberry in the Upper Peninsula. The Upper Falls is majestic enough, and the Lower Falls provides a natural water park for the family, plus there are 40 miles of hiking trails, 13 inland lakes and 20,000 acres of natural area.

■ PORCUPINE MOUNTAINS WILDERNESS STATE PARK

This is the largest state park of its kind in Michigan, with 60,000 acres in the U.P., 15 miles west of Ontonagon. One of the premiere campgrounds in the Midwest, your Porcupine camping experience can include modern, rustic or "yurt" lodging (snug, weather-tight tent camping). Breathtaking waterfalls and miles of scenic hiking trails await you.



■ SLEEPING BEAR DUNES NATIONAL LAKESHORE

Located on the northwest coast of Lake Michigan near Empire, this lakeshore has gained international fame by being voted "The Most Beautiful Place in America" by ABC's Good Morning America.

You can explore the enormous sand dunes on your own or by taking a guided tour. There are a number of local campgrounds, including sites on south and north Manitou Islands.

■ PICTURED ROCKS NATIONAL LAKESHORE

Behold the beauty in this park's multi-colored, dramatic sandstone cliffs. Located in Munising in the U.P., you can ride the waves of Lake Superior in a kayak, either on your own or on a tour, or take a boat tour.

■ WILDERNESS STATE PARK

Located in Carp Lake near Mackinaw City, you can enjoy 26 miles of beautiful Lake Michigan shoreline. A total of 10,500 acres of campground provides a host of recreational activities, including hiking, fishing and biking.

■ LAKEPORT STATE PARK

Located in St. Clair County just north of Port Huron, Lakeport State Park provides access to Lake Huron with a total of 250 camping sites divided between two campgrounds separated by the village of Lakeport. Boating, canoeing and fishing are the most popular leisure pursuits here, and close proximity to Sarnia, Ontario is another attraction for visitors.

■ LUDINGTON STATE PARK

Known as the most popular state park in Michigan for its abundant natural resources, it's important to make your reservations early. Lace up your hiking boots or grab your bike and hit the

camp's 18-mile trail for personal encounters with wildlife. Set sail across Lake Michigan or soak up the sun along the sandy shoreline of Hamlin Lake. This park is a haven for hikers, fishermen and bikers.

■ SOUTH HIGGINS LAKE STATE PARK

One of the largest parks in the state park system, this 1,000-acre park in Roscommon County has expanded to 400 campsites.

Take a swim in crystal-clear Higgins Lake or grab a metal detector and search for hidden treasures along the shoreline. Experience tranquility and observe wildlife while traveling the camp's nature trail.

■ SLEEPY HOLLOW STATE PARK

Located near Laingsburg in Shiawassee County, this park contains more than 2,600 acres, including a river that winds its way through the woods, fields and trails. In the middle of it all is Lake Ovid.

The park's natural habitat is home to more than 228 species, including the Blue Jay and Bald Eagle. Trails will take you through prairie grasses, hardwood forest and stands of pine trees, 16 miles of hiking/biking and 6.5 miles for horseback riding and dog sledding.

■ HURON-MANISTEE NATIONAL FOREST

Get lost in the peacefulness of Jack Pine trees, miles of sparkling rivers and streams in this hugely forested area in Cadillac. Family camping is available within the Nordhouse Dunes Wilderness Area and primitive camping can take place throughout the property.

Canoe along the Pere Marquette, or catch fish from Benton Lake. The forest's remarkable ecological features includes dry sand prairie remnants, coastal marshlands, dunes, oak savannahs, fens, bogs and marshes.

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The term “spring break” conjures up images of beaches, bikinis and parties, but family trips are becoming more of a trend.

TRADITIONS

Continued from Page 1B

“So Matt doesn’t know where we’re going for spring break 2017,” said Mike. “My daughter’s trip is still in the planning stages for this year. My wife is sometimes jealous of the trips with the kids, but she know it allows for some great Dad/kid, one-on-one time.”

So far, Mike and Matt have traveled to Washington, D.C., Philadelphia, Gettysburg, Nashville, St. Louis, Charleston, Memphis, New Orleans, Chicago and Louisville.

“Most of the trips we take are driving trips,” said Mike. “When we’re in the city, we explore it, anything from the arts and history to national parks and military sites. Overall, we try to see the best of what a city has to offer.”

This year’s spring break, April 3-7, is coming up quickly for public school students in Genesee County. Many college spring breaks have already come and gone in mid-March.

Mike already feels the years closing in on spring break opportunities with Matt. “He’s a sophomore now, so there are just a few years left,” he said.

Just sayin’...

vhogan@tctimes.com

Day trippers

With everyone all abuzz over their upcoming spring break and summer vacation plans, I am reminded of my childhood and places we would go during what was then known as “Easter break” and summer vacations.

When my sisters and I were in elementary school, we lived about an hour and a half’s drive south of Chicago. Our dad would take a couple of days off during Easter break. He would make the drive to Chicago each of those days to take us to big flower shows and the botanical gardens. It was beautiful. Being a little girl, standing in the botanical gardens felt like being in the jungle.

We would also visit the Chicago museums, including the Field Museum of Natural History. At the time, they had a heart exhibit. It was a giant replica of a human heart. You could go inside and the heartbeat would be so loud it was near deafening. We also visited the Museum of Science and Industry. My favorite exhibit was the coal mine. You could put on a coal miner’s hat and ride the coal train deep into the earth into a replica of a real coal mine. Very scary, but very cool.

The other museums we enjoyed immensely as kids were the Shedd Aquarium and Adler Planetarium.

We would visit these museums sometimes on the weekends, too. Weather-permitting, we would visit Brookfield Zoo in Brookfield, Illinois and the Lincoln Park Zoo in Chicago during Easter break. If weather did not permit, we would visit those zoos in the summer.

Needless to say, there was never a shortage of day trips to be had with my parents. We always packed lunches and snacks because as our dad would say, “The restaurant food is no good here.” We didn’t complain.

My dad had two weeks of vacation in the summer. Sometimes they would split these up and we would take one week of day trips

and one week of camping. Or we would go to the campground for two weeks.

One of my favorite things to do during these summer day trips was to visit the Indiana Sand Dunes on Lake Michigan. We would spend the entire day on the beach. The days the waves were high were the best. My dad would join my younger sister and I in the freezing (freezing is a gross understatement) cold water and take turns picking us up and tossing us into the waves. We would come up shivering, spitting and sputtering, and begged to have him do it again.

Sadly, when our lips turned blue they made us get out of the water for a while.

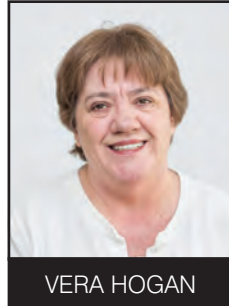
We spent many summers camping at Kentucky Lake Campground outside of Murray, Kentucky. We loved it there. I remember the beach area. We would go there every day. Mom and dad would bask in the sun while we spent hours in the water. I remember climbing a huge hill to the concession stand to get a fudgesicle. I still love fudgesicles.

On two occasions, Dad decided to try out different campgrounds for the summer. The first was in Missouri. I don’t remember the exact area, but after two nights there, we packed up and drove back to Kentucky Lake. The horseflies were huge and eating my dad alive. My dad’s back and chest were covered with hair so he always had an issue with mosquitoes and horseflies. We tried not to giggle, at least while he was looking or listening.

The other time our parents decided to try a new place we left in the middle of the first night. It was a campground near the Wisconsin Dells in Baraboo, Wisconsin. He must not have been paying too close attention to the weather forecast because a tornado blew through the campground the first night we were there. I remember seeing my mother’s bathing suit, which was hanging on the clothesline, snap off and blow away never to be seen again. Dad didn’t even wait until morning — we were gone.

In my early teens, our vacations took a different turn and we would go to Europe for several weeks in the summer. But that’s another story.

Opinions offered in Just Sayin’ are the author’s alone and do not necessarily reflect the opinion of the Tri-County Times or its staff. Email the Vera at vhogan@tctimes.com.



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SUNDAY, MARCH 19, 2017

PAGE 5B

Personal Notices

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4:6-7 (NIV)

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Legal Notices

UNITED STATES DISTRICT COURT FOR THE EASTERN DISTRICT OF MICHIGAN

UNITED STATES OF AMERICA,
Petitioner,
v. Civil Action
No. 15-mc-51209
PATRICK J. CONELY,
Honorable Linda V. Parker
Respondent.

ORDER ALLOWING ALTERNATIVE SERVICE

On September 1, 2015, an action was initiated in this Court by the United States against Patrick Conley, seeking to judicially enforce the Internal Revenue Service Summons. An Amended Petition to Enforce Internal Revenue Service Summonses was filed and an Opinion and Order Granting the Government's Motion to Amend Petition to Enforce IRS Summonses and Ordering Respondent to Show Cause was issued on January 4, 2017. That order directed the United States to personally serve Mr. Conely with the government's amended petition and opinion and order granting the government's motion and to show cause.

The government has filed a motion with a supporting affidavit, attesting to the fact that the respondent in this action cannot be personally served with the amended petition and opinion and order granting the government's motion and ordering respondent to show cause because the respondent is evading service. It therefore appears to this Court that personal service of the amended petition and opinion and order granting the government's motion and ordering respondent to show cause in this action cannot be made on the respondent, and publication is the best means available to apprise respondent of the pending of this action. Accordingly,

IT IS HEREBY ORDERED that a copy of this order be published once each week for three consecutive weeks in the Tri-County Times, a newspaper of general circulation within the County of Genesee in the State of Michigan. The first publication of this order shall be made within ten (10) days from the date of the entry of this order.

IT IS FURTHER ORDERED that the United States shall serve a copy of this order, the amended petition and opinion and order granting the government's motion to amend petition and ordering respondent to show cause at respondent's post office box by first class certified mail, return receipt.

IT IS FURTHER ORDERED that the respondent, Patrick Conley, shall on or before **April 21, 2017**, serve his written response to the Amended Petition on Jules DePorre, Assistant U.S. Attorney, whose address is 600 Church Street, Flint, Michigan 48502, or take such other action as may be permitted by law. Failure to comply with this order will result in Patrick Conley appearing in person before this Court on **June 13, 2017 at 10:30 a.m.** to explain why he should not be compelled to comply with all of the terms and requirements of the summons issued by the Internal Revenue Service and previously served on the respondent. Failure to comply with this order could lead to the initiation of arrest proceedings against respondent for contempt pursuant to 26 U.S.C. Sec. 7604 and/or prosecution for failure to obey the summons under 26 U.S.C. Sec. 7210.

IT IS SO ORDERED.
Dated: March 13, 2017
s/Linda V. Parker
LINDA V. PARKER
U.S. DISTRICT JUDGE

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Times

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Company, based in Fenton, MI, is looking for an experienced Sales Executive. Ideal candidates must possess a broad overview of sales, preferably, but not necessary, print and direct mail solutions, and demonstrate a solid background of successful sales experience. Candidate must be able to work independently, while fostering relationships with clients and other team members. Candidates must be comfortable engaging clients in consultative conversations about the needs of their business and how printing/ mailing can help them achieve their business goals. Company offers a competitive salary and benefits. Please email hr@alliedmedia.net if you are interested in pursuing this opportunity.

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Help Wanted SALES

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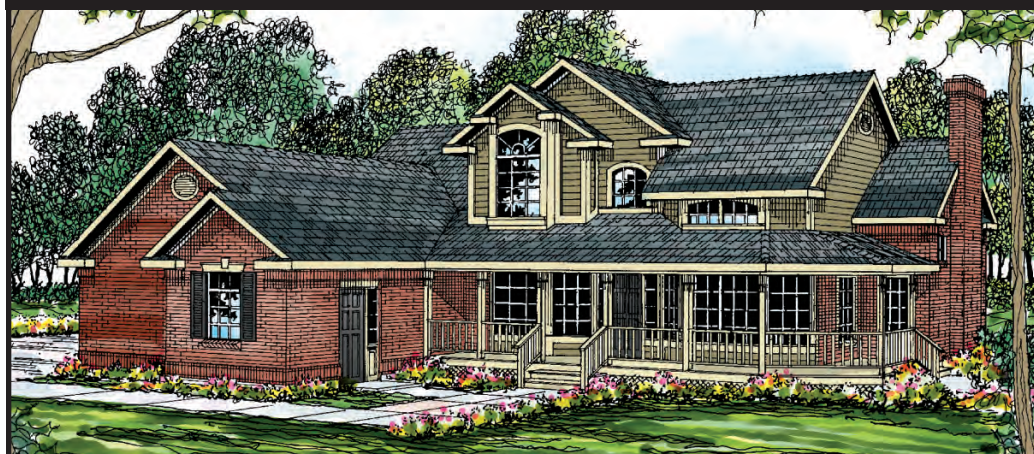
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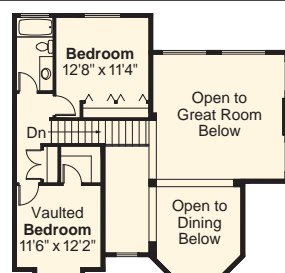


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Charleston	
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Charleston
PLAN 10-252

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ADVERTISEMENT FOR BIDS

Caroline Street Extension

CITY OF FENTON

March 22, 2017

Sealed Bids for the construction of the Caroline Street Extension will be received by City of Fenton at City Hall, Attn: City Clerk, 301 South Leroy, Fenton, MI 48430 until April 12, 2017 at 10:00 a.m. local time, at which time the Bids received will be publicly opened and read.

This project consists of construction of 230 feet of new road, including 290 tons of asphalt, 5,400 square feet of concrete sidewalk, 900 square feet of concrete pavers, decorative brick pavers, concrete planters with landscape/streetscape items, 4 light poles and bases, 120 feet of storm sewer and 3 storm structures.

The Issuing Office for the Bidding Documents is the office of the ENGINEER, OHM Advisors, 34000 Plymouth Road, Livonia, MI 48150.

Bidding Documents may be examined at the following locations after March 22, 2017 at 2:00 pm:

- The office of the ENGINEER
- Dodge Data & Analytics, www.dodgeproducts.constuction.com
- The Construction Association of Michigan (CAM), www.cam-online.com
- CMD Group, www.cmdgroup.com

Bidding Documents may be obtained after March 22, 2017 at 2:00 pm at the office of the ENGINEER upon payment of payment of forty dollars (\$40.00) non-refundable deposit. An additional, non-refundable charge of fifteen dollars (\$15.00) will be required for mailing Bidding Documents. Neither Owner nor Engineer will be responsible for full or partial sets of Bidding Documents, including Addenda if any, obtained from sources other than the Issuing Office.

Bidders should direct correspondence to the ENGINEER.

Bid security shall be furnished in accordance with the Instructions to Bidders. Bid security in the form of a Bid Bond for a sum no less than five percent (5%) of the amount of the Bid will be required with each Bid. Bids shall be enclosed in sealed envelopes plainly marked with the project name and the name of the bidder.

No bid may be withdrawn for a period of sixty (60) calendar days after the scheduled closing time for receipt of the Bids. The Owner reserves the right to accept any Bid, reject any Bid, or waive irregularities in Bids.

A Pre-Bid conference will not be held for this project.

City Clerk
City of Fenton

ADVERTISEMENT FOR BIDS

Riggs Street Water Main and Paving Improvements

CITY OF FENTON

March 22, 2017

Sealed Bids for the construction of the Riggs Street Water Main and Paving Improvements will be received by City of Fenton at the City Hall, Attn: City Clerk, at 301 South Leroy, Fenton, MI 48430 until April 12, 2017 at 10:00 a.m. local time, at which time the Bids received will be publicly opened and read.

This project consists of construction of 1,500 feet of new road, including 1,250 tons of asphalt, 10,500 square feet of concrete sidewalk, 1,850 feet of 8" Water Main, 400 feet of storm sewer and 5 storm structures.

The Issuing Office for the Bidding Documents is the office of the ENGINEER, OHM Advisors, 34000 Plymouth Road, Livonia, MI 48150.

Bidding Documents may be examined at the following locations after March 22, 2017 at 2:00 pm:

- The office of the ENGINEER
- Dodge Data & Analytics, www.dodgeproducts.constuction.com
- The Construction Association of Michigan (CAM), www.cam-online.com
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A Pre-Bid conference will not be held for this project.

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Obituaries

Times
Geoffrey M. Livernois

Geoffrey M. Livernois - age 30, died March 13, 2017. www.temrowskifamilyfuneralhome.com.


Melvyn Barc

Melvyn Barc - age 75, died March 13, 2017. www.temrowskifamilyfuneralhome.com.


Albert Stephens

Albert Stephens - age 86, died March 13, 2017. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


Helen Niemi

Helen Niemi - age 91, died March 14, 2017. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.


Robert Chom

Robert Chom - age 67, died March 10, 2017. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


Patricia A. Bahr

Patricia A. Bahr - age 91, died March 11, 2017. www.temrowskifamilyfuneralhome.com.


Mary Nelson

Mary Nelson - age 73, died March 11, 2017. www.temrowskifamilyfuneralhome.com.


Belle Goss

Belle Goss - age 65, died March 10, 2017. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


Jeannette Spencer

Jeannette Spencer - age 63, died March 12, 2017. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.


Ron Lammy

Ron Lammy - age 89, died March 13, 2017. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


Clinton G. Essex

Clinton G. Essex - age 84, died March 13, 2017. www.temrowskifamilyfuneralhome.com.


Michael F. Collins

Michael F. Collins - age 64, died March 13, 2017. www.temrowskifamilyfuneralhome.com.


Gordon Lawson

Gordon Lawson - age 92, died March 11, 2017. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


Kim Palacios

Kim Palacios - age 48, died March 9, 2017. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.


Kathleen Ward

Kathleen Ward - age 69, died March 15, 2017. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.


Janet Bergemann

Janet Bergemann - age 90, died March 15, 2017. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


Mary Cole

Mary Cole - age 82, died March 13, 2017. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.


Robert Bernecker

Robert Bernecker - age 62, died March 14, 2017. Services provided by Sharp Funeral Homes. www.sharpfuneralhomes.com.


B. Dale Case

B. Dale Case - age 93, died March 16, 2017. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.


Katherine Ann (Nauss) Feldhahn

1930-2017
Katherine Ann (Nauss) Feldhahn - age 86, of Fenton, died Wednesday, March 15, 2017 at Wellbridge of Fenton. Private family services have been held. Those desiring may make memorial contributions to the Alzheimer's Association. Mrs. Feldhahn was born July 19, 1930 in Milford, the daughter of Robert and Mary (Rosene) Nauss. She was a 1948 graduate of Hartland High School and married Donald E. Feldhahn on March 19, 1949 in Brighton. Surviving are: husband, Donald; three children, Susan (Louis) Calandri; David Feldhahn, and Sandy Feldhahn; five grandchildren, Ryan, Eric, Brandon, Allie, and Max and seven great-grandchildren also survive. She was preceded in death by: her parents; brother, Robert Nauss; and son, Dale Feldhahn. Arrangements by Sharp Funeral Homes, Fenton Chapel, 1000 W. Silver Lake Rd., Fenton. Friends may share an online tribute on the obituary page of www.sharpfuneralhomes.com.


Richard Bunting

Richard Bunting - age 76, died March 16, 2017. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.


Douglas Jones

Douglas Jones - age 89, died March 10, 2017. Services entrusted to Sharp Funeral Homes. www.sharpfuneralhomes.com.



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Are dermatologists ‘zapping’ patients for dollars?

DEAR DR. ROACH:

I am 73 years old and lived on a boat in my 40s and was exposed to the sun. Now, whenever I go to the dermatologist (two to three times each year), he “zaps” me about 20 times and burns off “cancer cells” or maybe “potential cancer cells.” Some of them have been cancer and were healed with MOHS procedure. While I am grateful for the care he gives me, I also sometimes feel that he zaps because each zap means more money. Can you please clarify this for me?
— G.B.

ANSWER:

I often get questions like this, where a patient has a concern that their doctor is performing unnecessary medical care for the purpose of enriching himself or herself. I always have trouble believing it, since I can’t really imagine it, but I recently read about an oncologist pleading guilty to treating with chemotherapy people who didn’t really have cancer, which shakes my faith in my profession (and colleagues). Still, I truly believe that, in your case and probably more than 99 percent of the time, the doctor is being extra cautious to treat you for the sole purpose of reducing your likelihood of developing an invasive skin cancer later on.

DEAR DR. ROACH:

My mother lives in Florida. Her major discomfort is fatigue and no energy. I have asked her doctor to please give her a vitamin B-12 injection, even though her B-12, thyroid function, vitamin D and blood count are all in the normal range. Her doctor does not believe in B-12 injections. Do you think it might help? — J.L.

ANSWER:

Vitamin B-12 is necessary for proper function in many tissues, but it is critical for blood cell production and neurologic function. B-12 deficiency causes an unmistakable anemia (called megaloblastic anemia) and can cause neurologic and psychiatric disturbances even in some people with no anemia. The blood test for B-12 is quite reliable. The major cause of B-12 deficiency is an autoimmune disease that prevents the stomach from making intrinsic factor, which is necessary for efficient absorption of B-12. B-12 can be absorbed orally by people with pernicious anemia by taking very high doses, such as 1 mg. This gives as good a replacement as injection. It was common 50 years ago to give B-12 injections as a “tonic.” However, it offers no advantages for people with normal B-12 levels beyond the placebo response. As I have noted many times, the placebo response can be very powerful, and 1 mg of B-12 orally is very safe.

DEAR DR. ROACH:

I have heard that drinking water with your meal is bad for you. Is this true? And if so, why? I have a dry mouth due to cancer treatment and must have water with everything I eat. Is something bad going to happen to me? I am otherwise healthy. — R.G.

ANSWER:

It’s not true at all. Water is, generally speaking, the healthiest drink. It is possible to drink too much water, but it’s very hard to do so unless you are taking medications that affect your kidneys or you have excess anti-diuretic hormone, an unusual medical condition. Keep drinking your water.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to Good Health, 628 Virginia Drive, Orlando, FL 32803. (c) 2017 North America Synd., Inc. All Rights Reserved

Pets help forge community ties

DEAR PAW’S CORNER:

I recently graduated from college and took a job in a brand-new city. The area is great, but I feel lonely most of the time and haven’t really met anyone I can hang out with regularly. A colleague at work laughingly suggested that I get a dog. Although it was meant to be a joke, I’m kind of considering it. Should I get a dog, or is it a bad idea to have one in the city?
— Kurt H., Somerville, Massachusetts

DEAR KURT:

It sounds like a great option. Of course, as a pet-care adviser, I’m a little bit partial to the idea. But I also can tell you that pets not only enrich our lives, but enrich the lives of our neighbors in subtle ways, too. A new study reported in Scientific American found that people with pets are more likely to get to know

other people in the neighborhood, and those relationships have more substance than casual “hellos.” List the pros and cons of owning a pet. Do you have the time to care for and train a dog? Do you have roommates, and are they OK with having a pet in your apartment? What additional costs are involved — food, veterinary care, licensing, training, apartment pet fees and so on? What size and breed of dog is best for your living space? Lifehacker has a very comprehensive guide to considering, deciding and then bringing a dog home. Also, should you decide to get a dog, I hope you’ll consider adopting from a local shelter. Many great dogs are waiting for just the right owner to find them.
Send your questions, tips or comments to ask@pawscorner.com.
(c) 2017 King Features Synd., Inc.

PAW’S CORNER

BY SAM MAZZOTTA



DVD RELEASES

74% liked it
(Audience score on rottentomatoes.com)



ELLE

Michèle seems indestructible. Head of a successful video game company, she brings the same ruthless attitude to her love life as to business. Being attacked in her home by an unknown

assailant changes Michèle’s life forever. When she resolutely tracks the man down, they are both drawn into a curious and thrilling game-a game that may, at any moment, spiral out of control.
R, 2 hr. 10 min. Art House & International, Drama, Mystery & Suspense

79% liked it
(Audience score on rottentomatoes.com)



FENCES

Denzel Washington directed and stars in this adaptation of August Wilson’s Pulitzer Prize-winning play, which centers on a black garbage collector named Troy Maxson in 1950s Pittsburgh. Bitter that baseball’s

color barrier was only broken after his own heyday in the Negro Leagues, Maxson is prone to taking out his frustrations on his loved ones. Both Washington and co-star Viola Davis won Tonys for their performances in the 2010 revival of the play. **PG-13, 2 hr. 13 min.** Drama

Dr. Nandi’s Vegetable Chowder



INGREDIENTS

- 1 Tablespoon of extra virgin olive oil
- 1 large onion, chopped
- 1 large carrot, peeled and diced
- 2 stalks of celery, diced
- 1 large potato, peeled and diced
- 3-4 cloves of garlic, finely minced
- 1/2 teaspoon of dry mustard
- 1/4 teaspoon of cayenne pepper
- 28 ounces of vegetable broth
- 8-10 ounces of broccoli crowns (cut into 1 inch pieces, separate the stems and florets)
- 1 cup of shredded reduced fat Cheddar cheese
- 1/2 cup of reduced fat sour cream
- 1/4 teaspoon of salt

Courtesy of askdrnandi.com

DIRECTIONS

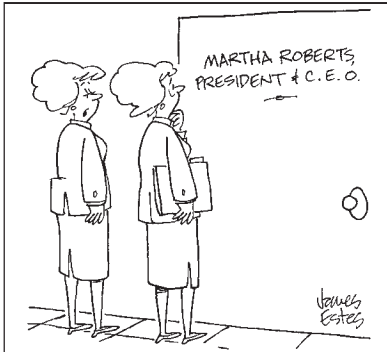
In a large saucepan, heat the olive oil over medium high heat. Add the onion, carrot and celery, cook for 5-7 minutes while stirring often. Add potato and garlic, cook for an additional 2 minutes while stirring. Stir in flour, dry mustard and cayenne, cook, stirring often for 2-3 minutes. Add the broth and broccoli stems and bring everything to a boil. Cover and reduce heat to medium. Simmer and stir occasionally for 10-12 minutes. Stir in the florets. Cover and simmer until the broccoli is tender (10-12 minutes). Transfer 2 cups of the cooked chowder to a large mixing bowl and mash ingredients, return to the pan. Stir in the Cheddar and sour cream. Cook over medium heat. Stir until the cheese melts and the chowder is heated through, 2-3 minutes. Season with salt. Serve hot.

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TODAY’S WORD



“Don’t be nervous.

She puts her _____ on one item at a time just like you do.”

Answer key located in this edition



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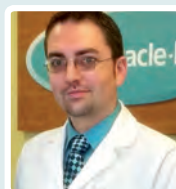

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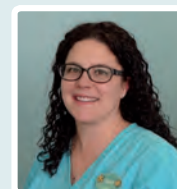
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