Welcome to Norway — the land of fjords, Vikings and the Midnight Sun

Fjords, Vikings and the Land of the Midnight Sun are just a few pictures you probably have in mind when imagining travel to the Scandinavian country of Norway.

However, Norway also offers picturesque waterfords, medieval towns, preserved wooden churches and more. As part of three Scandinavian countries in Northern Europe (including Denmark and Sweden) the term Nordic adds the countries of Finland and Iceland.

While fjords are Norway’s most dramatic features, this country is also a land of glaciers, rocky coastal islands and a mountainous backdrop to some of Europe’s most charismatic wildlife — from polar bears to reindeer and musk oxen. In Norway, nature is very much an active pursuit, creating one of Europe’s most exciting and varied adventure tourism destinations.

Norway is also called the Land of the Midnight Sun, because the sun never dips entirely below the horizon between late May and late July, bringing up to 20 hours of perpetual daylight, along with long periods of darkness during the winter.

Today’s high quality of life for Norwegians is a far cry from its history during the Middle Ages, when the Vikings, accomplished seamen in search of new trade links and settlements, waged a 200-year campaign of violence. Their notoriety lives on today at the Viking Ship Museum in Oslo and in the resilient spirit of Norwegians who still excel in exploration, sports and navigation.

See NORWAY on 2B
Norway is keeper of world’s most vital food sources

By Vera Hogan
vhogan@tctimes.com; 810-433-6823

It is often called the “Doomsday Vault.”

More than 930,000 varieties of food crops are stored in the Svalbard Global Seed Vault, and it is in Norway on Spitsbergen, the largest and only permanently populated island of the Svalbard archipelago in the northern tip of the country. It borders the Arctic Ocean, the Norwegian Sea, and the Greenland Sea. It is about 810 miles from the North Pole.

Inside the vault is 13,000 years of agricultural history. It is managed by the Crop Trust.

The seed vault functions like a safe deposit box in a bank. The bank owns the building and the depositor owns the contents of his or her box. The Kingdom of Norway owns the facility and the depositing gene banks own the seeds they send.

The deposit of samples in Svalbard does not constitute a legal transfer of genetic resources. In gene bank terminology this is called a “black box” arrangement. Each depositor signs a Deposit Agreement with NordGen, acting on behalf of Norway. The agreement makes clear that Norway does not claim ownership over the deposited samples and that ownership remains with the depositor, who has the sole right of access to those materials in the seed vault. No one has access to anyone else’s seeds from the seed vault.

The samples stored in the gene banks will, in most cases, be accessible in accordance with the terms and conditions of the International Treaty on Plant Genetic Resources for Food and Agriculture, approved by 118 countries or parties.

With contributions from nine different institutions, a major deposit in February constitutes one of the largest since the vault was opened. Countries that added seeds to the facility in February include Benin, India, Pakistan, Lebanon, Morocco, the Netherlands, the United States, Mexico, Bosnia and Herzegovina, Belarus, and the United Kingdom.

The seed samples, which will be stored at the facility for safekeeping, include some of the world’s most vital food sources. Samples of wheat, lentil, barley, cultivated rice, mung beans, chickpeas, sorghum, grass peas, mash beans, and over 86 different potato species are just a handful of the varieties that comprised the recent deposit. This brings the total number of seed samples now stored at the Svalbard Seed Vault to 930,821.

The seeds are stored in sealed three-ply foil packages, then placed into plastic tote containers on metal shelves. The storage rooms are kept at minus 0.4 degrees Fahrenheit. The low temperature and limited accessibility to oxygen will ensure low metabolic activity and slow seed aging. The permafrost surrounding the facility will help maintain the low temperature of the seeds should the electricity supply fail.

According to Crop Trust, the purpose of the Svalbard Global Seed Vault is to provide insurance against both incremental and catastrophic loss of crop diversity held in traditional seed banks around the world. The Seed Vault offers “fail-safe” protection for one of the most important natural resources on earth.

The Seed Vault is owned and administered by the Ministry of Agriculture and Food on behalf of the Kingdom of Norway and is established as a service to the world community. Norway paid $9 million (U.S. dollars) to construct the facility.

Svalbard was chosen for several reasons. Its cold climate and permafrost make the area a perfect location for underground cold storage. The surrounding sandstone is stable for building and is low in radiation. The vault is located 393.7 feet into the rock, ensuring that the vault rooms will remain naturally frozen even in the event of failure of the mechanical cooling system and rising external air temperatures due to climate change.

The Seed Vault has the capacity to store 4.5 million seed samples. Each sample contains an average count of 500 seeds, so a maximum of 2.25 billion seeds can be stored in the facility. The collection and storage of seeds will continue for some time. When just half of the first three vault rooms is filled, it will hold the world’s largest collection of seeds.

Sources: Croptrust.org; Time.com, Gizmodo.com

Photo: Croptrust.org
They say "when it’s your time to go, it’s your time to go." Who would have thought, however, that there are so many strange and bizarre ways to lose your life. Source: howstuffworks.com

**Death by Storm Drain**

This bizarre and sad death is a good example of tragic bad luck. In 2008, a 57-year-old Canadian man died after attempting to retrieve his stolen wallet from a storm sewer drain. He called police before finding the wallet in a nearby sewer drain. He tried unsuccessfully to reach it once before the police arrived and they cautioned him not to try again. But the man came back later, removed the grate and gave it another shot. When an officer investigating the crime noticed the man’s truck had returned, he went to check out the drain and found the man wedged headfirst several feet below the street. The victim was still alive at this point and remained so as firefighters used a tow truck to pull him from the drain. He was pronounced dead at the hospital a short time later.

**Death by Deodorant**

In 1998, a 16-year-old boy in England died of a heart attack after being exposed to too many deodorant fumes. It seems that he was obsessed with personal hygiene and smelling fresh, so he’d spray his entire body with deodorant at least two times per day. People could “taste” the fumes downstairs. An autopsy revealed that he had 10 times the lethal amount of butane and propane in his bloodstream. It turns out that the boy used the deodorant in a relatively confined space even though warning labels recommend using it in a well-ventilated area. It should be noted that in studies performed in London, researchers were not able to reproduce conditions that could lead to harmful or fatal effects from excessive spraying of aerosol products in a confined space.

**Death by Bra**

This one wasn’t exactly caused by a bra, but the woman’s undergarment certainly didn’t help the situation for two ladies in London, England, in 1999. These two friends were walking through Hyde Park one day when a bad thunderstorm came through. The pair was believed to have been seeking shelter under a large tree when a massive bolt of lightning struck them both. Apparently the metal wiring in the women’s bras acted as conductors, although the coroner believed that they would have died even if they hadn’t been wearing the underwire brassieres. Sadly, the women were both killed instantly. The official cause of death was “misadventure.”

**Death by Beard**

An Austrian man from the mid-1500s, Hans Steininger’s beard was a mere 4.5 feet long (there have been longer in recorded history), but that was enough to lead to his untimely death. Hans would keep his beard rolled up in a leather pouch, but failed to do so one day in 1567. A fire broke out in his town that day and he reportedly tripped on his beard while trying to evacuate. There are conflicting reports as to whether Steininger broke his neck or perished in the fire, but either way it was a very bizarre way to go.

**Death by Molasses**

On a warm day in January 1919 in Boston, a large tank containing about 2.5 million gallons of molasses exploded in an Italian neighborhood in the city’s North End. Nobody is sure what caused the massive explosion that sent shrapnel flying as far as 200 feet. Some of the resulting 21 deaths are attributed to the force of the blast itself. However, the explosion caused a wall of molasses that was reportedly 25 feet high. It flowed into the neighborhood at an estimated 35 miles per hour. The sticky wave knocked people over and sucked them in, causing them to drown in the thick, brown liquid.

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RESOLUTION #170404
TYRONE TOWNSHIP LIVINGSTON COUNTY

ADOPTION OF ORDINANCE NO. 47
CONSUMERS ENERGY COMPANY
ELECTRIC FRANCHISE ORDINANCE

AN ORDINANCE, granting to CONSUMERS ENERGY COMPANY, its successors and assigns, the right, power and authority to construct, maintain and commercially use electric lines consisting of towers, masts, poles, crossarms, guy wires, braces, feeders, transmission and distribution wires, transformers and other electrical appliances; under, along and across the highways, streets, alleys, bridges, waterways, and other public places, and to do a local electric business in the TOWNSHIP OF TYRONE, LIVINGSTON COUNTY, MICHIGAN, for a period of thirty years.

THE TOWNSHIP OF TYRONE ORDINS:

SECTION 1. GRANT, TERM. The TOWNSHIP OF TYRONE, LIVINGSTON COUNTY, MICHIGAN hereby grants the right, power and authority to the Consumers Energy Company, a Michigan corporation, its successors and assigns, hereinafter called the “Grantee,” to construct, maintain and commercially use electric lines consisting of towers, masts, poles, crossarms, guy wires, braces, feeders, transmission and distribution wires, transformers and other electrical appliances for the purpose of transmitting, transforming and distributing electricity on, under, along and across the highways, streets, alleys, bridges, waterways, and other public places, and to do a local electric business in the TOWNSHIP OF TYRONE, LIVINGSTON COUNTY, MICHIGAN, for a period of thirty years.

SECTION 2. CONSIDERATION. In consideration of the rights, power and authority hereby granted, said Grantee shall faithfully perform all things required by the terms hereof.

SECTION 3. CONDITIONS. No highway, street, alley, bridge, waterfront or other public place or property used by said Grantee shall be obstructed longer than necessary during the work of construction or repair, and shall be restored to the same order and condition as when said work was commenced. All of Grantee’s structures and equipment shall be placed on either side of the highways as not to unnecessarily interfere with the use thereof for highway purposes. All of Grantee’s wires carrying electricity shall be securely fastened so as not to endanger or injure persons or property in said highways. The Grantee shall have the right to trim trees if necessary in the conducting of such business, subject, however, to the supervision of the highway authorities.

SECTION 4. HOLD HARMLESS. Said Grantee shall at all times keep and save the Township free and harmless from all loss, costs and expenses to which it may be subject by reason of the negligent construction and maintenance of the structures and equipment hereby authorized. In case any action is commenced against the Township on account of the permission herein given, said Grantee shall, upon notice, defend the Township and save it free and harmless from all loss, cost and damage arising out of such negligent construction and maintenance.

SECTION 5. EXTENSIONS. Said Grantee shall construct and extend its electric distribution system within said Township, and shall furnish electric service to applicants residing therein in accordance with applicable laws, rules and regulations.

SECTION 6. FRANCHISE NOT EXCLUSIVE. The rights, power and authority herein granted, are not exclusive.

SECTION 7. RATES. Said Grantee shall be entitled to charge the inhabitants of said Township for electricity furnished therein, as the rates approved by the Michigan Public Service Commission, to which Commission or its successors authority and jurisdiction hereby granted, said Grantee shall faithfully perform all things required by the terms hereof.

SECTION 8. REVOCATION. The franchise granted by this ordinance is subject to revocation upon sixty (60) days written notice by the party desiring such revocation.

SECTION 9. MICHIGAN PUBLIC SERVICE COMMISSION, JURISDICTION. Said Grantee shall, as to all other conditions and elements of service not herein fixed, be and remain subject to the reasonable rules and regulations of the Michigan Public Service Commission or its successors, applicable to electric service in said Township.

SECTION 10. REPEALER. This ordinance, when accepted and published as herein provided, shall repeal and supersede the provisions of an electric ordinance adopted by the Township on June 2, 1987 entitled:

AN ORDINANCE, granting to CONSUMERS POWER COMPANY, its successors and assigns, the right, power and authority to construct, maintain and commercially use electric lines consisting of towers, masts, poles, crossarms, guy wires, braces, feeders, transmission and distribution wires, transformers and other electrical appliances on, under, along and across the highways, streets, alleys, bridges and other public places, and to do local electric business in the TOWNSHIP OF TYRONE, LIVINGSTON COUNTY, MICHIGAN for a period of thirty years.

and amendments, if any, to such ordinance whereby an electric franchise was granted to Consumers Energy Company.

SECTION 11. EFFECTIVE DATE. This ordinance shall take effect upon the day after the date of publication thereof; provided, however, it shall cease and be of no effect after thirty days from its adoption unless within said period the Grantee shall accept the terms in writing filed with the Township Clerk. Upon acceptance and publication hereof, this ordinance shall constitute a contract between said Township and said Grantee.

I certify that the foregoing Franchise Ordinance was duly enacted by the Township Board of the TOWNSHIP OF TYRONE, LIVINGSTON COUNTY, MICHIGAN, on the 18th day of April, 2017.

Marcella Husted, Tyrone Township Clerk

TYRONE TOWNSHIP
REGULAR BOARD MEETING SYNOPSIS
HELD APRIL 18, 2017 AT 7:00 P.M.

2. Approved the agenda as amended; approved the consent agenda as amended.
3. Received and placed on file Communications #1-5 as presented.
4. Denied the request of Mitch Harris to waive one fire run charge.
5. Denied the petition to establish a road improvement special assessment district for Apple Orchard Drive in consideration of a potential drain assessment.
6. Approved the request for land division at 11661 Parkin Lane.
7. Approved the Supervisor’s request to hire a full-time Planning & Zoning Administration Assistant.
8. Approved the Supervisor’s request to extend part-time employment, not to exceed 30 hours, to finalize a sewer billing list for the 2018 connections.
9. Authorized to contract with the Spicer Group for engineering services.
10. Resolved to adopt the Consumer Energy Electric Franchise Ordinance No. 47.
11. Authorized the Clerk to sign the engagement letter with Dykema regarding the proposed Lake Shannon road improvement project.
12. Adjourned at 7:51 p.m.

The minutes of all regular and special Tyrone Township Board Meetings are on file and may be reviewed at the Tyrone Township Clerk’s office, 10408 Center Road, Monday through Thursday, 9 a.m. to 5 p.m. and online at www.tyronetownship.us. The next regular meeting of the Tyrone Township Board will be held on Tuesday, May 9, 2017 at 7:00 p.m. at the Tyrone Township Hall. Individuals with disabilities requiring auxiliary aids or services should contact the Tyrone Township Clerk at (810) 629-8631 at least seven days prior to the meeting.

Marcella Husted, Tyrone Township Clerk

PUBLIC NOTICE
CHARTER TOWNSHIP OF FENTON
BOARD MEETING SYNOPSIS
APRIL 17, 2017

The Fenton Township Board held a regular meeting on Monday, April 17, 2017 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 a motion to participate with the cities of Linden and Fenton and Argentine Township in National Night Out, an event to honor local police, fire department and ambulance personnel.
5. Approved invoices and expenditures for payment in the total amount of $528,101.86.
6. Received the first quarter report from Fire Chief Ryan Volz.
7. Approved the issuance of a Request for Proposals (RFP) for real estate professionals and appraisal professionals to value, market and coordinate the sale of township-owned properties.
8. Adopted amendments to the 2017 Fenton Township budget.
9. Recessed the regular meeting for the purpose of convening an executive session to discuss employment contract negotiations.
10. Adjourned at 9:45 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 through Thursday and 8:00 a.m. to 3:00 p.m. Friday. Ordinances, meeting schedules, meeting minutes and other Township information are also available at www.fentontownship.org.

ROBERT E. KRUG
FENTON TOWNSHIP CLERK
City of Fenton Draft Five Year Parks and Recreation Plan Review Opportunity Public Notice

The City of Fenton’s Draft Five Year Parks and Recreation Plan will be made available for public review and input at the Fenton City Hall, 301 South Leroy Street and the Fenton Branch of the Genesee District Library located at 200 East Caroline Street for one month. This format is designed to give residents an opportunity to review and provide comments on the Plan prior to Board and Council approval. Please call 810-629-2261 if you have any questions.

HOLLY TOWNSHIP ANNUAL SPRING CLEAN-UP

LOCATION:
North Oakland County Fire Authority Headquarters
5051 Grange Hall Rd.

SATURDAY, May 6, 2017
8 A.M. – 4 P.M.

Clean-up days are provided for Holly Township residents to remove refuse from their properties. Residents are also encouraged to participate in the clean-up of Township roads.

Dumpsters and/or Garbage Trucks will be located in the parking lot. You must bring refuse to the dumpster and/or truck. THERE WILL BE NO ROADSIDE PICK-UP NO COMMERCIAL DUMPING AND NO ON SITE SHOVELING ALLOWED. You must be in line by 3 p.m.

Someone will be present to verify residency and/or property owners.

All barrels and fuel oil tanks must be open-ended. No stumps, brush, leaves or concrete will be accepted. Paint cans must be empty or filled with sand or kitty litter. There is a $2.00 per item charge for regular tires and a $5.00 per item charge for tractor tires. All appliances will be taken.

Please follow acceptable recycling material guidelines.

Additional information may be obtained by calling George Kullis, Holly Township Supervisor from 2:00 pm - 4:00 p.m. at (248) 634-9331 Ext. 304.
Craftsman detailing lends its distinctive appearance to the Dogwood, a compact and charming home that fits neatly on a narrow city lot. This floor plan is equally neat on a narrow city lot. This floor plan is equally well-suited to meeting the wants and needs of young families or empty nesters. And being all on one level, it’s easily adaptable for wheelchair accessibility.

**Dogwood**

**PLAN 30-748**

- **Covered Porch**: 12' x 8'
- **Dining**: 10'6'' x 11'4''
- **Living**: 15' x 20'
- **Kitchen**: 10'6'' x 9'8''
- **Bedroom**: 10' x 12'
- **Owners' Suite**: 13'4'' x 14'2''
- **Garage**: 21' x 20''

More plans at AssociatedDesigns.com

- **Foyer**: 15' x 20'
- **Living Area**: 1501 sq. ft.
- **Garage**: 462 sq. ft.
- **Dimensions**: 48' x 56'

Houses for Sale

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**NOTICE OF PUBLIC HEARING**

**HOLLY TOWNSHIP**

NOTICE IS HEREBY GIVEN, that the Holly Township Planning Commission will hold a public hearing on:

**DATE:** May 2, 2017

**TIME:** 6:30 PM or as soon as possible thereafter

**PLACE:** HOLLY TOWNSHIP HALL

102 CIVIC DRIVE

HOLLY, MI 48442

**PHONE:** 248-604-9331 Ext. 301

The purpose of the public hearing will be to consider the proposed amendments to the Township of Holly Code of Ordinances:

**CHAPTER 32 ZONING, ARTICLE IV SUPPLEMENTARY REGULATIONS, SECTION 32-164 MEDICAL MARIJUANA**

**CHAPTER 32 ZONING, ARTICLE III ZONING DISTRICT REGULATIONS, SECTION 32-104 SCHEDULE REGULATIONS**

The hearing is open to the public to voice their views and/or to submit written comments. Citizens are encouraged to attend and participate in the hearing. The Holly Township Planning Commission will consider any public comments received at this time. Written comments may be submitted prior to the hearing by writing to: Clerk at 102 Civic Dr., Holly, Michigan 48442.

A copy of the proposed ordinance revisions may be reviewed at the Clerk’s office at the above-mentioned address during regular business hours Monday through Friday 9:00 A.M. to 4:00 P.M., except holidays.

Handicap persons needing assistance to attend or participate in this hearing are asked to contact the Township Clerk at 248-634-9331 x 301 or by writing to the above-mentioned address at least 5 business days prior to the meeting.

Karin S. Winchester
Clerk/Zoning Administrator
ARGENTINE TOWNSHIP
PUBLIC HEARING – WHITEHEAD DRIVE

Please take notice that the Argentine Township Board will hold a public hearing at 7:00 p.m. on May 4, 2017 at the Township Hall, 9048 Silver Lake Road, Linden, Michigan 48451 to review the amended cost estimates for the resurfacing of Whitehead Drive. The most recent estimate from Genesee County Road Commission is $631,296.00, not including administrative fees and interest, which exceeds the previous estimate by 45% percent. The costs will be divided among the benefitted property owners, and is estimated at $5,800.00 per owner. That amount may be paid in full by December 31, 2017 without interest, or divided into nine annual installments to be placed on the winter tax bill each December with interest. Interested persons are invited to attend and may review the current estimate at the Township Hall. Those unable to attend may forward written comments to the Board prior to the start of the hearing. Please be advised you must protest in person or in writing at or before the hearing to protest the assessment at the Michigan Tax Tribunal. Any appeal must be filed within 30 days after the roll is confirmed.

NOTICE
ARGENTINE TOWNSHIP

Please be notified that the Argentine Township Zoning Board of Appeals will hold a Meeting on Monday, May 1, 2017 at 7:00 P.M. at the Argentine Township Hall, 9048 Silver Lake Rd, to consider the following Variance:

Lorraine Hinterman-Davila and John Davila are requesting a Variance for 5 feet Sideyard Setback to build a home. Described as 01-29-400-049 6.1 A on Duffield Rd.

A complete copy of this tax description may be viewed at the Township office during regular office hours.

Denise Graves, Clerk
Argentine Township

PUBLIC NOTICE
Residents of Fenton Township, Montrose Township, Gaines Township, City of Linden, City of Fenton and the Village of Fowlerville

APM Mosquito Control is your local mosquito control contractor. Mosquito season is rapidly approaching and mosquito larvae have been detected within your community. Aerial sprays and larvicides for Fenton Township is tentatively scheduled to begin April 24, 2017 (weather permitting). Evans Aviation of Imlay City, MI will perform the aerial larviciding in Fenton Township. Ground inspection & larviciding for all communities has started. Vectobac G (Bti,.2% Bacillus thuringiensis, var.israelensis) will be used for larviciding. Truck ULV Adulticiding will begin the week of May 22, 2017, weather permitting, provided mosquito activity warrants. Biomist 4-4 (4% permethrin, 4% technical piperonyl butoxide) will be used for adulticiding. If you have any questions, concerns, special requests, or would like to be on a notification/shutoff list, please call our office at (810) 766-9423 or toll free at (877) 276-4714.

Contact Person: Chuck Mullins APM 21240 34 Mile Rd, Armada, MI 48005.

KING Features

SuperCrossword

KP Duty

Sunday Sudoku

Place a number in the empty boxes in such a way that each row, each column and each small 9-box square contains all of the numbers from one to nine.

Answer key located in this edition

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Serotonin syndrome affects mood, muscles

DEAR DR. ROACH:
After being on Paxil for about 15 years, it wasn’t working anymore. My doctor decreased my dose, and I slowly started Viibryd. The first week I felt great. When I increased the dose of Viibryd, I began feeling sick. I had a bad headache, anxiety and couldn’t sleep, and my muscles began jerking. I went to the doctor, and she had me stop immediately, prescribed Deplin for seven days, and said that I’d had serotonin syndrome. When I looked it up, I found it can be fatal if the Selective Serotonin Reuptake Inhibitors (SSRIs) is not stopped. I was off all SSRIs for about 10 days but started feeling unconfident and fragile, so I began taking 25 mg of Paxil CR. My doctor seemed concerned that the serotonin syndrome could return, and advised me to take Deplin along with the Paxil. How common is this syndrome? I am weaning myself off the Paxil, but what if I need an antidepressant? — M.M.

ANSWER:
Serotonin syndrome is more common than often is suspected. It is an abnormality of brain chemistry caused most often by medications, especially selective serotonin reuptake inhibitors (SSRIs), like paroxetine (Paxil) and vilazodone (Viibryd). You have many symptoms of serotonin syndrome. Serotonin syndrome may consist of mood changes such as anxiety and restlessness, but a person may develop confusion and disorientation. Abnormalities of the muscles, such as rigidity and the uncontrollable jerking you mention, are very common. Finally, sweating, high body temperature, vomiting and diarrhea also may be part of the syndrome.

Treatment is stopping the medication that caused the symptoms. Many experienced practitioners will use the same or similar medications that caused the serotonin syndrome at a lower dose if it is the only effective treatment, but this requires expertise and careful monitoring. Deplin, a brand of methylfolate, is a B-type vitamin that can make SSRIs work better. It’s not associated with serotonin syndrome, as far as I have been able to find.

DEAR DR. ROACH:
A diagnosis of “Cameron erosions of the esophagus” was made after my gastroscopy. I was not able to find that term at all. I am a nursing nun. Have you ever heard of this? — A.M.

ANSWER:
To be honest, no. However, I did look it up, and found that Cameron erosions are found only in people with a hiatal hernia. A hiatal hernia isn’t like an umbilical or groin hernia; in a hiatal hernia, the stomach goes upward into the chest through the diaphragm, the sheet of muscle that separates your chest from your abdomen. It is our primary muscle for breathing. There normally is a hole in the diaphragm (the hiatus), but in a hiatal hernia, the structures that hold the stomach in place weaken and allow it to go into the chest. The part of the stomach inside the chest is prone to bleeding, and the areas that bleed can be seen by the endoscope and are called Cameron erosions, or ulcers. Small hiatal hernias usually can be managed with medication as necessary. However, large hernias and those with a history of bleeding may require surgical repair. An expert is needed to decide whether surgery is required.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column when ever 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.

HIGH-ROAD TIPS

Take the high road to protect a cat

DEAR PAW’S CORNER:
Before moving out about five months ago we found a good home for our cat, “Fig.” I supplied everything the new owner would need, like his litter box and litter, food, etc. A week later, the new owner called and said Fig’s eye was weeping. He did suffer from that a year ago, so I bought the same over-the-counter medicine and delivered it to her. Four months later, she called again and accused me of knowing Fig had a pre-existing condition. She demanded I come retrieve him, and that I also take him to the vet. I was shocked. What should I have done? — Sorry for the Cat Problems

DEAR SORRY:
I believe the new owner just didn’t want to take care of a cat. And instead of taking Fig to the vet to treat his eye problem with a stronger medication, she waited four months and then dumped him back on you. I’m pretty upset at this, and I know you are, too — because the victim here is Fig. He lost one home already, and now he’s losing a second home, and he’s sick. He may wind up in a shelter. I’m not sure how this might play out legally, but we’re dealing with a living being here, and Fig’s welfare is at stake. So, take the high road and be Fig’s hero. If there is any way you can take him in for a few weeks while you rehome him, please try. Or, ask the new owner for while you find someone else to care for him. Also, find out if the new owner has taken Fig to the vet. If not, and if you have the resources, offer to pay for the visit and medicine.

Send your questions, comments or tips to ask@pawscorner.com. (c) 2017 King Features Synd., Inc. 2017

DVD RELEASES

84% liked it

80% liked it

Honey Soy Chicken Kabobs

INGREDIENTS
Marinade:
• 1 1/2 tbsp vegetable oil
• 3 tbsp tomato paste
• 1/2 cup low sodium soy sauce
• 1/3 cup Honey
• 1/2 cup pineapple juice
• 1/2 tsp ground ginger
• 1 tsp lemon juice

Grill 10 minutes on each side or until done.

DIRECTIONS
Whisk all marinade ingredients together in a small bowl. Pour over chicken or pork. Marinate for 2 hours or overnight. Chop the onion and pepper into inch squares and alternate putting the meat, veggies, and pineapple on the skewers. Grill 10 minutes on each side until done. Serve over rice. Note: You can use any other vegetables you like such as zucchini, broccoli, etc.

Answer key located in this edition

SUNDAY SCRAMBLER

“SPLIT”

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

Answer key located in this edition

Send your questions, comments or tips to ask@pawscorner.com. (c) 2017 King Features Synd., Inc.

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

New on Market

Grand Blanc • $202,500

Grand Blanc • $139,000
Ranch Condo, 3 Bedrooms. 2 Full Baths, 1,200 SF On, 1st Floor, 1,100 SF In Finished Daylight LL. Large Dock And Mostly Private Backyard. 2-Car Attached Garage.

Grand Blanc • $210,000
Spacious And Updated 2 Bedroom Condo With 3rd Bedroom In Finished Lower Level. Captains Club Golf Course Community Of Woodfield.

Fenton • $295,000
13132 Harbor Landings Dr. Custom, 3 Bedroom Ranch Condo, Granite Kitchen w/Lg. Island, Great Room Offers Floor To Ceiling Windows, LL W/O, 1st Flr. Laundry, Attached 2-Car Garage.

Fenton • $200,000

Fenton • $385,900
1640 Wenwood Pkwy Dock Access To Lake Fenton w/Year Round Dock. 5 Bed, 4 Bath, 2,500+ Sq. Ft. Home W/Craftsmen Style Flair. Updated To Bottom. Heated Floors In Kitchen And Baths. FIn. LL W/O Offers Media Rm. W/Gas FP.

Ready for Summer Living
Fenton • $249,000
Gated Community Offering New Custom Condos. Walkout And Day-lite Sites Available. Ranch, 1.5 Story, Attached or Detached Units, 2 or 3 Bedrooms.

Brighton • $729,900
Custom Built Home Nestled On Over 2 Private Acres. 4 Bed. 4 Bath. 3,800+ Sq. Ft. Of Living Space. Gourmet Kitchen w/Granite, Stone FP In Great Rm. LL W/O. 4-Car Garage w/10ft Door For RV Storage.

Brighton • $119,999
11142 Riverview For Buyer’s Looking For Lots Of Sq. Ft.- This Home Offers 4 Bedrooms, 2 Baths, Large Rooms, HW Floors, 1st Flr. Laundry. Borders Rust Park, Like Having Your Own Personal Park Next Door.

Highland • $479,000

Owosso • $379,900
1070 Captains Club Golf Course Community Of Woodfield. Study w/Custon Built-Ins, 1st Flr. Master Ste., And Private Baths For All Bedrooms. Finished LL.

Visit bhhsmi.com
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