

Briefs

Kiwanis Club holds meeting Wednesday

GLADSTONE — The Gladstone Rapid River Kiwanis Club holds weekly meetings every Wednesday at 7 a.m. at the First Lutheran Church, 1212 Minneapolis Ave., Gladstone. Plan to attend a meeting and here about on-going activities.

Kiwanis Clubs around the globe serve the needs of their community's kids with all kinds of support including playground equipment, food, clothing and educational opportunities. For more information about Kiwanis, "Serving The Children Of The World", visit www.kiwanis.org. For more information about the Gladstone-Rapid River Kiwanis Club check our web site www.gladstonekiwanis.weebly.com or to be a part of serving our community's kids contact Ken at 428-2261 or contact us at PO Box 22, Gladstone, MI 49837.

Nahma historians to meet

NAHMA — The Nahma Township Historical Society will hold its monthly meeting on Tuesday, Aug. 22, at 7 p.m. at the museum. Summer activities will be discussed including setting up a work schedule for the Labor Day celebration.

The museum is now open on Saturdays, from 1 to 4 p.m. It will also be open by appointment.

All members and interested persons are encouraged to attend. Call 644-2758 or 786-7766 for more information.

NARFE holds meeting

MARQUETTE — The National Active and Retired Federal Employees Association (NARFE) Chapter 1900, will meet at 1:30 p.m. Wednesday, Aug. 23, in Room B of the Marquette Senior Center, on the lower level of City Hall, 300 W. Baraga in Marquette. Members may enter from Spring Street, behind City Hall. Spring Street is one-way from east to west.

NARFE Chapter 1900 includes members from the Marquette, Escanaba, Rapid River, Ontonagon, Houghton and Hancock areas. For additional information, call 475-0362.

Alzheimer's Support Group meet Sept. 12

ESCANABA — The Alzheimer's Association Caregiver Support Group meeting is scheduled for Tuesday, Sept. 12, from 2 to 3 p.m. at CAA Adult Day Services, 2635 First Avenue South, Escanaba, located past the West Highland apartments. Build a support system with people who understand. Meetings conducted by trained facilitator.

Contact Jaime at 789-2886 with any questions or in need of immediate support call 800-272-3900.

Purple Heart 1976 meeting on Aug. 31

ESCANABA — The Military Order of the Purple Heart (MOPH) Chapter 1976 will meet at 7 p.m. Thursday, Aug. 31, at the club-house building, 1202 Sheridan Road. The MOPH is for all military veterans who sustained combat wounds during their service to the country. For details, contact Dennis Grall at 789-9005 or Grant Heslip 789-1337.

Steak dinner on table at Gladstone Legion

GLADSTONE — The Gladstone American Legion Post 71 offers a steak dinner on the last Thursday of each month from 4:30 to 7 p.m. There is a fee to attend. For additional information, call 428-1050.

Meditation is available on Tuesdays in Esky

ESCANABA — The Little Bay Zen Buddhist Sangha is a Buddhist Community that practices zazen (sitting meditation), kinhin (walking meditation) and Dharma discussion at The Bonifas Arts Center in downtown Escanaba on Tuesday nights at 6:30 p.m.

For more information, refer to <https://sites.google.com/site/escanabazen/>.

Bridge meetings set

ESCANABA — Bridge for beginners, those who want to brush up, or just get more playing in will meet Thursday mornings from 10 a.m. to 12:30 p.m. at the Civic Center In Escanaba. For more information, call 786-8448 or 399-9535.

Announcements should be received at least a week in advance of meeting or deadline.

GLFFCU makes donation to the Wheelin' Sportsmen



Courtesy photo

Ken Buchholtz, left, chairman of the Wheelin' Sportsmen, stands with Great Lakes First Federal Credit Union (GLFFCU) staff. A donation of \$1,319.76 was raised from proceeds of a bake sale and raffle that was held on Member Appreciation Day, along with contributions from GLFFCU members in July. The institution matched all donations up to \$500.

ESCANABA — Great Lakes First Federal Credit Union (GLFFCU) made a donation to the Wheelin' Sportsmen, a local organization that exists to help disabled hunters. The donation, in the amount of \$1,319.76, was raised by the credit union on Member Appreciation Day from proceeds of a bake sale and raffle. GLFFCU

members also made contributions throughout July and the institution matched all donations up to \$500.

Ken Buchholtz, chairman of the Wheelin' Sportsmen, explained the importance of donations to their group, "When local businesses get involved, we can get more specialized equipment together and pay for the expenses of run-

ning the program. Sponsors and donors like GLFFCU, along with great volunteers, make the program run so much smoother."

The Wheelin' Sportsmen design and build quadriplegic-friendly hunting blinds and equipment, take disabled hunters back into the field, and advocate for disabled hunters legislature through the

Accessibility Advisory Council in Lansing. They also host and assist with community events that teach firearm and hunting safety, as well as youth fishing events at Pocket Park.

For more information about the Wheelin' Sportsmen or to find out how to get involved, contact Ken Buchholtz at kwbuck@icloud.com.

The many benefits of family meals

METRO — Regular family meals can benefit children in various ways.

Families who resolve to spend more time together may reap a host of benefits. One of the easiest ways to enjoy family company is to dine together - with researchers saying it's one of the most important things parents and other caregivers can do for children.

Hectic schedules have made it

commonplace for many families to grab meals on the go, whether on the ride to school or during the commute home from work. Family meals may also play second fiddle to sports practices, extra hours at the office and trips to the gym. However, according to family therapist and Harvard Medical School professor Anne Fishel, sitting down for a nightly meal is great for the brain, the body and the

spirit.

Conversations around the dinner table provide an opportunity for children to expand their vocabulary and knowledge about key issues. A 2006 article in *New Directions for Child and Adolescent Development* found dinnertime conversation boosts vocabulary even more than being read to. Young kids learned 1,000 rare words at the dinner table, com-

pared to only 143 from parents reading storybooks aloud. At the family dinner table, parents can teach their kids how to speak well when among other adults and children without the distractions of television, phones and other electronic devices drawing kids' attention away.

Family dinners can help expand palates and get children to try new things.

Impossible to find business addresses

Dear Readers: Today's sound off is about poorly marked locations:

"Dear Heloise: It is maddening to drive along looking for a business and you can't find the address numbers. It should be required to have the numbers large enough to see from the road. Not everyone who wants to use your services can drive straight to your location if they can't find your address." — Sherry D., via e-mail

How right you are, and most of my readers agree! Business owners: Pretend you DON'T know where your business is, and try to find the address! I've had to park, get out of the car and walk up to the door or window to be able to read the address and hours of operation. Readers? Business owners? Let me hear from you! — Heloise

HINTS FROM HELOISE



FAST FACTS

Dear Readers: Don't toss out those empty baby-food jars or containers. Use them for:

- * Storing small treats for pets while at the park or in an auto.
- * Holding buttons.
- * Storing leftover paint for touch-ups.
- * Keeping small items organized in a "junk drawer."

— Heloise

FREEZING BROWN SUGAR

Dear Heloise: I've read your suggestions for freezing brown sugar. I do a lot of baking, especially at Christmas, so I buy a 2-pound bag of brown sugar, using it mostly for cookies and cakes. When I have some left over, I reseal the bag and narrow it down using rubber bands to make a smaller package in my freezer. (HELOISE HERE: You

might want to put it in a freezer-safe sealable bag.) Believe me, it is soft and pliable the moment I take it out of the freezer, and I can use my brown sugar all year long. — Margaret in Lancaster, Calif.

REMOVING A MUSTY SMELL

Dear Heloise: My daughter bought an old mahogany dresser for her first apartment. The musty smell is awful, and she can't put her clothes in it. It also looks like there might be a little mold inside the drawers. How do we get rid of the smell/mold? — Sharon W., via email

What a find! Here are a few hints to try:

* Move drawers to a well-ventilated site. Spritz the inside of each drawer with undiluted vinegar, then scrub the inside with a cloth and let dry.

* Sprinkle the drawers with some baking soda and let it sit overnight, then vacuum.

* Set the drawers outside in the bright sunshine for an hour or so to let Mother Nature do her thing!

— Heloise

SALT REDUCTION IN FOOD

Dear Heloise: I enjoy your column in *The (Baton Rouge, La.) Advocate*. Now I have a hint for you:

When using a packaged pasta mix, I have found that I can use only half of the seasoning packet with no noticeable change in the flavor, and in doing this, I can eliminate half of the sodium. This makes it more adaptable to a low-salt diet. — A Reader, via email

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Hints from Heloise run occasionally in Lifestyles. Readers may send a hint to Heloise, P.O. Box 795000, San Antonio, Texas 78279-5000, fax it to 210-HELOISE, or email: Heloise@Heloise.com. Letters won't be answered personally.

When there's no compromising with husband

Dear Annie: My husband and I are at an impasse. He wants to have a fourth child; I want to stick with three. We both have equally valid reasoning for our cases, and we acknowledge each other's points. Neither of us is budging. Whenever we have had disagreements in the past, we have found ways to compromise and come to an agreement that has satisfied us both. However, with this particular disagreement, there is no compromise. Either we have a fourth child or we do not. I am not writing to ask you to pick a side. My question is this: How do my husband and I come to a decision about a matter that is so black-and-white and doesn't have a gray area? — Standoff in South Dakota

Dear Standoff in South Dakota: You and your husband have built a foundation of understand-

DEAR ANNIE



Annie Lane

ing, love and willingness to compromise — a sturdy platform onto which a counselor or spiritual adviser could step and guide you through this conversation. Even if one of you were to bend and give in to the other's preference, there could be lingering resentment, and talking it out would help clear the air. Whatever decision you end up making, a loving, nurturing family is what you both want. Keep that front of mind and you will have it.

Dear Annie: This is a plea for adults to see their parents as they are today and try to get beyond the past. I am the mother of five children and have one son who wants to have almost nothing to do with me. He doesn't allow me to spend time with my 1-year-old granddaughter. He always says they have somewhere to go or something to do, but I know they can't be going every moment of every

day. They bought a home literally a minute away from mine, which makes this even harder. It breaks my heart to not be able to be a part of his and my granddaughter's lives.

His father and I divorced when the children were young. I admit we stayed together longer than we should and that wasn't good for anyone, especially the kids. I know the bad marriage and divorce hurt everyone, and half of that was me. No one escapes those situations without some scars. I have a wonderful relationship with my other children, and I haven't stopped trying with my son and pray he'll give me a chance one day.

For any readers out there who harbor anger or have issues with a parent: Please take the time to look at your parents today and realize they are human and make mistakes. Think about how much they must love you to be hurt over and over again but never give up. Talk to them and tell them how you feel. Parents can't read minds, and

you'd be surprised how much they'd like to talk to you. I'd rather have my son yell and scream if that's what it would take to get it out so we could work past this and have our family whole again.

I learned this lesson later in life: Forgiveness is such a great gift. It frees you and brings peace to your life. I hope your readers will try to look at things differently and give their parents a chance. — Never Stop Loving Them

Dear Never Stop Loving Them: Forgiveness is indeed a gift we give ourselves. Though it's hard, I encourage you to keep allowing your son the space he needs. Give the problem over to God and let prayer lessen the pain. I hope that in time, he comes around and your little granddaughter becomes a bigger part of your life.

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Dear Annie is written by Annie Lane, a young, married mother of two. Send questions for Annie Lane to dearannie@creators.com.