

EAST LEE COUNTY NEWS

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THE VOICES OF LEHIGH

The Election Of 2020 Has Been Cast – Lehigh/East Lee County Looks Forward To The Holidays And Mindful Of Covid19

By Mike Welch



Photo: Mike Welch
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Contact Us At:
voicesoflehigh@gmail.com

As we approach the close of the year we look back and reflect upon a pandemic that continues with few signs of containment around our nation. Amidst all the challenges and heartache SOLIDARITY and all that it means must be a universal observance for our times. Here are a few happenings:

The Lehigh Town Centre has cancelled its annual Holiday Tree Lighting

on December 4th. The program that brings out hundreds of residents was determined to be too high a risk at this time. The tree and decorations will continue to be displayed.

The Salvation Army is calling for interested residents to be bell ringers and is taking applications at the Lehigh Acres Office (25 Homestead Rd. N., #42) on November 9th beginning at 10:00 a.m. Bell ringers will be paid \$9.00 per hour. Please bring a government ID to complete hiring paperwork as well as your Social Security card. This is a great opportunity to earn some extra money and do a great service for those in need.

Carolyn Peplow of Lehigh Community Services offers us a column on the work of the Center at it prepares for

the Holidays. From Thanksgiving assistance to Holiday assistance, Carolyn reports on how to receive assistance during these challenging times. Please give Carolyn a call at 239-369-5818 on how you can help those in need.

Our Sheriff Carmine Marceno offers us advise on how to stay ahead of criminals who cyberstalk and victimize consumers as our spending habits have changed since the beginning of the pandemic. The Sheriff's article is informative.

Finally, I would like readers to be introduced to S.H.I.E.L.D (Special High-

way Immediate Emergency Location Defense). District Director James Branham of the SW Florida SHIELD offers us a column describing some the activities and services the organization offers. In particular their involvement in Benches for Babes – Shield 4 Kids is designed to bring benches to area school bus stops. As Lee County Government continues to place some 1100+ new street lights within our area no doubt these developments will contribute to the safety of our children.

Wishing you and your family a Happy Thanksgiving! 🐾

Montage Women's Club

By Rita Artwohl

The Montage Women's Club is a social and philanthropic club open to all women residing in Lee County. We meet on the fourth Thursday of each month at The Hideaway Country Club, 5670 Trailwinds Drive, Fort Myers, FL 33907. Meetings begin at 11:15 a.m. with a short social period followed by sit-down lunch at Noon and then an informative speaker program. Within the organization are various interest groups for members' participation. Membership is open to both year-round and seasonal residents. We welcome you to visit Montage for a luncheon.

Our next meeting takes place on Thursday, 19 November (changed to third Thursday due to Thanksgiving holiday). Our featured speaker will be from the Harlem Heights Foundation. This foundation is a grassroots organization that works to build strong, self-sufficient families in the Harlem Heights neighborhood.

Their goal is to support community development programs for students and families. At this meeting we will be supporting book donations for children (Kindergarten through Fifth grade) who attend the center.

If you would like to attend a Montage meeting, need further information, or would like to make a reservation, please call Rita Artwohl at (239) 703-7787. Reservations cut-off to attend this meeting is Noon, Thursday, November 12. 🐾



Photo: Children Reading at Center

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Holiday Online Shopping: Advice To Avoid Identity Theft

By Sheriff Carmine Marceno



Photo: Sheriff Carmine Marceno

As I write this month's article, I can't believe the holiday season is just around the corner. I'm looking forward to our first cold front, the return of our winter residents, and the season of giving and receiving.

Over the next few months, many of you will be visiting stores, both in-person and on-line, looking for holiday sales and one-of-a-kind deals. With Black Friday and Cyber Monday fast approaching, I want to encourage you to remain vigilant about protecting your

finances and personal information from criminals. If you aren't careful about where you shop online, what you click on, and who you share your personal data with, you could become a victim of identity theft or be charged for merchandise you didn't purchase.

I have provided a few safety tips below that you should keep in mind when navigating hundreds of cybermalls this shopping season:

- **PAY WITH A CREDIT CARD.** If there are problems with your order, a credit card will provide you the best liability protection.
- **CHECK OUT THE WEBPAGE SECURITY.** When you make a purchase on a website, the URL should change to begin with https:// and will show

a green lock icon. The "s" stands for secure, which means all communications between your browser and the website in question are encrypted and secure, using a security certificate.

- **DON'T OVERSHARE.** No online shopping e-tailer needs your Social Security number or your birthday to do business. If a website requires you to provide this information in order to make a purchase, shut it down.
- **WATCH OUT FOR EMAIL SCAMS.** Avoid clicking on random emails with "special offers" or alerts claiming that your accounts have been hacked. Clicking on emails from unknown senders could infect your computer with viruses and malware.
- **READ** customer comments, check for complaints, and research the compa-

ny to see if it is a fake.

- **PAY CLOSE ATTENTION** to your credit card statements and bank account information.

Unfortunately, we are all at risk of becoming a victim, including law enforcement. Don't be embarrassed if you've been taken in by a cybercriminal. Instead, report it to our fraud line at 239-258-3292, the Federal Trade Commission at www.ftc.gov, or to the Florida Attorney General's Office at www.myfloridalegal.com.

I hope these tips help prepare you for shopping safely online. Next month, I will talk about "porch pirates" and how you can batten down the hatches to protect your deliveries from being swiped.



Lehigh Community Services: Exciting Events This Season

By Carolyn Peplow



Photo: Carolyn Peplow

The holidays are quickly approaching and Lehigh Community Services, is expecting a busy and exciting season.

Lehigh Community Services in partnership with New Life Assembly of God, Christ United Methodist Church, Lehigh Acres Save-A-Lot, Moose Lodge 2266 and Lehigh Regional Medical Center is preparing for our annual Thanksgiving food distribution. Each year we help community members with non-perishable food items to prepare the holiday meal and include either a local grocery gift card or turkey for each family.

Registration for this event is required; register daily Monday – Friday, 1-4 pm

until November 13th at Lehigh Community Services, 201 Plaza Dr., Ste. 3. For information please call (239) 369-5818. The community can help in this effort with donations of shelf-stable food items used to prepare a holiday meal, gift cards or turkeys. Each year this group of partners distributes food to 400-500 families in Lehigh Acres. This year will be organized as a drive through distribution at each of the locations.

As the year progresses and with the COVID-19 effecting many residents we are on track to serve more families than ever with a variety of services; food pantry, utility assistance, Literacy classes, income tax preparation, group support programs, care and share senior food boxes and online food stamp applications, just to name a few of the services provided in Lehigh Acres.

Tax season will begin at the end of January, and appointments will be scheduled for individuals to file their taxes for FREE if the household income is less than \$66,000 per year. The VITA (Volunteer Income Tax Assistance) program will offer evening and Saturday appointments at Lehigh Community Services and a drop off option for those who can't set a standard appointment; spread the word to those you know who can use this service, it is estimated that a family can save around \$250 in tax preparation fees with this free service provided by IRS certified volunteers. If you are interested in volunteering during tax season there is a need for tax preparers, front desk greeters and translators, contact Mary Meador at (239) 433-7567.

Save the date for the annual Lehigh Community Services fundraiser; Lobster

Fest, February 27, 2021

Another awesome community resource is the United Way 211 referral service: helping individuals connect to local community resources throughout Lee County. (239) 433-3900

We would like to thank all our generous donors that support the efforts of Lehigh Community Services throughout the year. Everyone's donations, time and efforts make a difference for our non-profit, and for our community.

With warmest wishes for a joy-filled holiday season.

LCS is a 501c3 organization, operating in our 43rd year. We proudly serve as the United Way House for Lehigh Acres. 🐾

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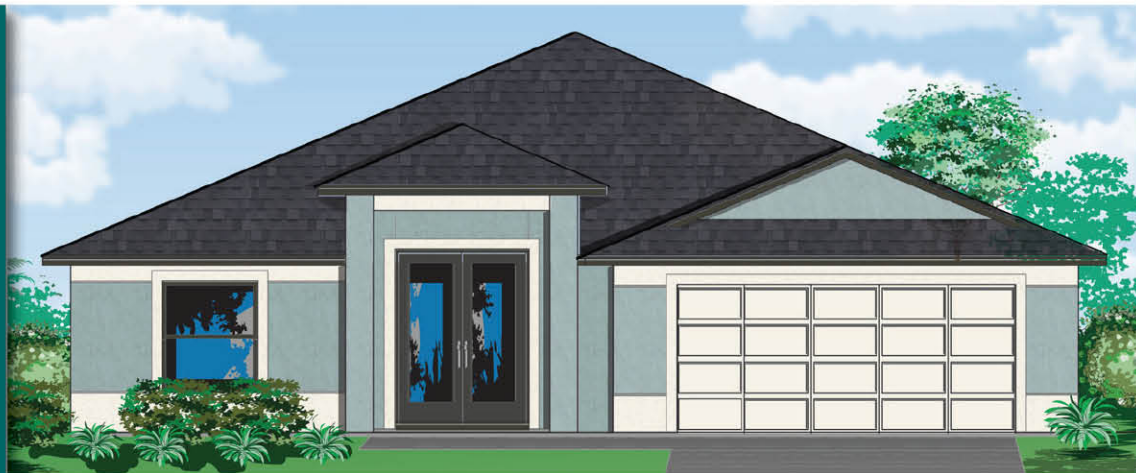
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Drowsy Driving: Deaths & Injuries

Submitted By Jody Van Cooney

How often have you noticed a drowsy driver on the road? According to NHTSA, between 2011 and 2015, total fatal crashes were 153,297 with 2.4 percent due to drowsy driving and 8, 118, 000 involved injuries with 2.0 percent due to drowsy driving.

Drowsy driver crashes can occur virtually any time—late at night, early pre-dawn hours, or mid-afternoon. Drowsiness leads to impaired attention, slow down mental

processing, poor judgment, and poor decision making.

Warning signs of drowsy driving include difficulty remembering the past few miles driven, yawning or blinking frequently, missing an exit, and hitting the rumble strip of the side of the road or center lane.

Teens, ages 13-18, need 8-10 hours of sleep every day; adults need 7-8 hours. Drowsy driving can be caused by lack of

sleep, a baby being up all night, late night shift work, staying out with friends, sleep apnea, and health issues. Drivers, age 24 and younger, are nearly twice as likely to be drowsy or fall asleep at the time they have a crash. People sleeping less than five hours increase their risk four to five times more than those who get more than five hours.

The Lee County Injury Prevention Coalition serves as a collaborative effort or partnership whose function is to facilitate

partners' work and act as a catalyst for injury prevention initiatives. Its mission is to prevent injury, disability, and death through advocacy, education, legislation, and partnerships.

Additional information about the Injury Prevention Coalition or the grant application may contact Brian Raimondo at ipcleecounty@gmail.com or 239-330-2240.



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Shield 4 Kids: Keep Our Children Safe At Bus Stops By James Branham

In 2016 a Special Highway Immediate Emergency Location Defense, nonprofit 501c3 organization known as S.H.I.E.L.D. was created. This organization is dedicated in protecting all First Responders and tow truck operators by what is known as Blocking or Advance Warning, this allows for a buffer zone to help protect our emergency personnel and for the safety of the public by warning them there is an emergency situation ahead.

We also try to educate as many people as possible on the awareness of MOSD, (move over slow down). Every day, our nation's firefighters, EMTs/paramedics, state troopers, police officers, sheriff's deputies, tow operators, and departments of transportation responders are exposed to the grave hazards inherent in emergency responses on the nation's highways and roadways.

In 2019, Shield got involved with Benches for Babes and has since then transformed this program into what is known today as Shield 4 Kids. This program was designed to put picnic benches at the bus stops for the children to sit on to give them an alternative to sitting or standing in the roadways and to make them a more visible to oncoming traffic on the roads.

This program was created when 12-year old Alana Tamplin was a victim of a hit-and-run while she was near her sister's bus stop in January and 8-year-old Layla Aiken was hit as she sat in the grass with her brothers, waiting for their school bus in March.

Shield 4 Kids has been consistently active in nurturing ways to improve this program every day.

Shield has begun phase 2 of its program to eliminate the picnic benches and evolve into a more suitable bench style that will provide the same safety features and will allow distribution to cover more areas a lot quicker than the current plan.

Shield 4 Kids phase 3 program would involve our responder safety vehicles to be present at the more dangerous bus stops for higher visibility to the traffic passing by to warn them that children are present.

The Shield 4 Kids phase 4 includes a 3 wall enclosed structure mounted on a secure platform which will provide shelter from the elements and solar powered motion detected lighting.

This entire program will work with the support of all the businesses in our communities sponsoring this pro-



Photo: A Bench painted by S.H.I.E.L.D and Sponsored By Napa. For More Information, Visit www.swfloridashield.com/shield4kids

gram. If you are a concerned citizen or as a business wish to be a part of this wonderful program for the children of our communities' we encourage you to reach out to us.

We must protect all the children of our communities, for they are our future. I am James Branham, District Director of the SW Florida Shield Foundation Inc. feel free to reach out to me at swfloridashield@yahoo.com or 239-822-0131, Director Community Relations/ Event Coordinator Karen Ambrose 239-349-5057, or Director Public Safety Susan Craske 863-233-1587.

In 2019 All of the Shield Directors were C.E.R.T. certified in the Community Emergency Response Team program. Our long term plans include a community center; education awareness, expanded public safety and working more closely with the communities for the safety of everyone. 🐾

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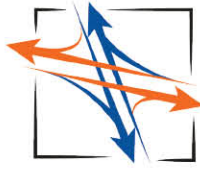
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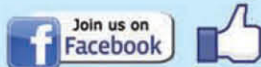
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Healthy Aging

The aging of the general population is a global phenomenon. Although recently the life expectancy in the United States dropped for the first time in many decades, the average life expectancy of a person born in 2017 is still 78.8 years which is more than 10 years longer than the life expectancy in 1950. But there is a significant difference between a person's expected quantity of life years and a person's expected quality of life during those years.

While quantity of life is easily determined through gathering of statistics, how does one determine a person's "quality" of life? According to the World Health Organization (WHO) the quality of life can be determined through calculating "healthy aging" which is defined as a person's functional ability to perform desired and necessary daily activities. Necessary activities would include things such as caring for oneself and doing normal activities to navigate successfully throughout the day. Desired activities would be those activities a person does for enjoyment and pleasure such as golfing, fishing, walking, swimming, playing cards and playing tennis as well as maintaining quality relationships with friends and family. Quality of life simply means functioning to a level so as to experience enjoyment in

By Darin W. Stokke, DC (Owner of Lifestyles Healthcare Group)

living each day. Who wants to have longevity without any quality?

Maintaining functional ability is the key to healthy aging. The problem is that statistics are showing that while longevity is remaining high, quality of life is not necessarily getting better for those over 65 and may actually be getting worse. On the good side, poverty rates for those over 65 has dropped from 30% in 1966 to 10% today meaning more access to good quality food and housing and the ability to do the things one wants to do financially. On the bad side, obesity rates have risen sharply in the past decade increasing today to 40% of the 65 – 74 year old population. With obesity come other undesirable issues such as high blood pressure, diabetes, arthritis, and heart disease. In doctor's offices today it's becoming commonplace to simply see patients to manage chronic diseases rather than treating them for acute infections and conditions as in the past. We've done an amazing job at wiping out many of the health scourges of the 19th century but we seem to have exchanged them for the chronic illnesses of today. Managing chronic illnesses accounts for a large portion of the 4.2 billion prescriptions written each year. Today, the average American now gets 13 different prescrip-

tions a year and prescription medication has also now grown to become the 4th leading cause of death in the United States. The question is, with more medications prescribed than ever before to treat the chronic effects of obesity, poor diet and unhealthy lifestyle choices, are Americans enjoying a better quality of life as a result?

The answer isn't in early detection of disease, but rather prevention of disease. The key to prevention is in maintaining health each and every day. To break it down into the 4 key areas this simply means each day to eat well, move well, live well, and think well. Eating well seems to be more difficult today and there are a plethora of books just on the subject of diet. However, it's really not as hard as the books are making it out to be. Very simply, eat more of the God made foods in their most natural state and less of the man made foods each day. Moving well requires sound structure of the body through proper posture, functional movement of the joints through full ranges of motion, and maintaining the strength of



Photo: For More Tips, Visit www.lifestyleshg.com

the supporting musculature. Living well requires getting up each day with a purpose, maintaining healthy relationships with friends and family, and doing the things you enjoy most as often as possible. And thinking well requires maintaining a positive outlook on life, forgiving others, being grateful for everything you have, and letting go of worry.

Healthy aging is a daily journey of doing the little things and developing the simple habits of healthy living through the 4 keys areas of eating well, moving well, living well and thinking well. There's no guarantees in life, but you can hedge your bets by doing the right things each day so that you can always enjoy the best quality of life during all your years of living! 🐾

East Lee Chamber Of Commerce Hosts "Politics In The Park/Oktoberfest"

By Katrina Salokar

On Thursday, October 19th the East Lee County Chamber of Commerce (formerly the Greater East Lee County Chamber of Commerce) hosted a "Politics in the Park/Oktoberfest" Celebration for the community at the Chamber Campus at the Lehigh Town Center. Over 125 people attended the event dubbed as a mixer for Chamber members and residents to interact with public of-

ficials and candidates before the November 3rd Election. COVID19 practices in place, guests were treated to a live German band with bratwursts and refreshments. Mike Welch, Chairman of the Chamber remarked, "This event was hugely successful and everyone was respectful of each other. We are planning a Holiday event also." 🐾



Photo: Politics in the Park at the Chamber



Photo: Ompa Band - Oktober Fest



Photo: Candidate Table



Photo: Candidate Table



Photo: Fire Chief Robert DiLallo, Commissioner Cecil Pendergrass, Candidate David Deetscreek, LAMPSID #3



Photo: Maralyn Waine, Our Volunteer of the Year and Commissioner Ray Sandelli



Photo: James Fiat, Maria Otero, Melissa Barry, Carolyn Peplow, and David Deetscreek



Photo: Mike Thompson, Michael Welch, James Fiat, Melissa Barry, Carolyn Peplow and Matt Caldwell

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Why Cheap Vitamins May Be Toxic and Harmful To Your Health - And Why They Cost You More

By Deanna Catalano, RPh

Less expensive vitamins may appear to save you money. In the long run, however, they may very well cost you more money- or even fail to do their job adequately.

All vitamins- as well as most other pharmaceuticals- have certain vital components which are the results of the manufacturing process. These components are:

- **ACTIVE INGREDIENT-** The specific component that creates the desired response.
- **BINDERS-** These materials hold a tablet together so the tablet does not dissolve prematurely before reaching the site absorption.
- **DISINTEGRANTS-** This component is included to assist the body in the dissolution process. If a tablet or capsule does not dissolve in time, the opportunity for absorption is lost.
- **FILLERS-** This component is necessary when a very small quantity of active ingredient is used. Without fillers, some medications would be too small for us to handle.
- **PRESERVATIVES-** This is sometimes included to extend the time that a compound remains in its desired form. Without preservatives, some compounds may break down into entirely different and possibly hazardous- compounds.
- **COATINGS-** Some products contain a particular type of coating. Two popular types of coating are:
 - A sugar coating which makes a tablet easier to swallow.
 - An enteric coating which prevents a tablet from dissolving in the stomach. This is most common on certain forms of aspirin which can be irritating on the delicate stomach lining.

These other ingredients are as important as the active ingredient you are ingesting. In Fact, if any of these ingredients are missing or sub-standard, your medication or vitamin supplement may not be absorbed by your body.

Besides the ingredients themselves, another crucial component in the manufacturing process is the compression process. A tablet that is compressed too hard may not be dissolved regardless of any disintegrants present. This is commonly referred to as a “bed-pan bullet.” The only beneficiary is your toilet bowl. Conversely, not enough compression and a tablet could dissolve prematurely. This would leave the compound vulnerable to enzymes and acids which could destroy some or all of the compound before it is absorbed, rendering it useless.

It is important to understand that most absorption occurs in your small intestine. Think of this as a “trap door,” where drug, vitamin and nutrient absorption occurs. Anything that is absorbed by your body must be in solution form. Your body does not absorb medicinals or nutrients in solid form. Therefore, it is imperative that the medication be in the right state at the right time. If not, even if some absorption does occur, it is quite possible that the minimum effective (therapeutic) concentration will not be achieved.

Minimum effective concentration refers to the lowest blood level necessary to achieve a successful therapeutic response outcome. This is one of the most important areas that the United States Food and Drug Administration looks at before it allows any drug to reach the consumer. Some other areas that are key in the drug approval process are the time it takes for a dose to reach a therapeutic level and how long that therapeutic level is sustained in your body.

Under current laws, vitamins, minerals, and other nutrients are classified as supplements. Supplements are not regulated by the government and quality control practices are left to the discretion of the manufacturer. As long as a supplement contains the listed strength of the active ingredient, it is allowed into the market. This certainly would be a life threatening practice if these same rules applied to your prescription drug. This significant difference is the difference between Food-Grade and Pharmaceutical Grade. Most vitamin supplements are Food-Grade. The Pharmaceutical-Grade manufacturing process is a very scientifically precise procedure. Quality control is the cornerstone of good manufacturing practices and you should select Pharmaceutical-Grade to ensure maximum benefits and peace of mind.

METRIC SYSTEM IS OFTEN USED AS A MARKETING PLOY

Most Americans are not too familiar with the metric system of measurement. It is quite easy to be led to believe that 3 milligrams is less than 300 micrograms. The truth is that 3 milligrams (mg) is ten times more potent than 300 micrograms (mcg). Clever labeling could mislead you to believe one brand is less expensive than another. An excellent example of this is calcium, an important supplement to prevent Osteoporosis (bone loss). This supplement is readily available in 500 and 600 milligram strengths. Most people are well advised to take 1000 to 1500 milligrams of calcium daily. On the side of these bottles in small print is informational that tells the consumer precisely how much elemental calcium is contained in each tablet. Many of these products contain only 162mg of elemental calcium. A person would have to take almost 10 tablets a day to achieve the recommended dose of 1500mg. Another crucial factor is that less than 33 percent of these forms of calcium are actually absorbed by your body. The ten tablets are now providing you with only 33 percent of your daily requirement. To achieve 100 percent, you would need to consume almost thirty tablets a day! If you purchased a bottle of 100 tablets for five dollars this would last you three days or fifty dollars a month and you still would have only purchased Food -Grade calcium. Not quite the value you thought. A chelated form of calcium would cost you about fifteen dollars. An absorption rate of 95 percent is achieved with this form of calcium- which is clearly the real “bargain.”

HOW WILL YOU KNOW?

To ensure that your getting the most from your vitamins, choose only those

that are PharmaceuticalGrade: At least 99% pure with no binders, fillers, excipients, dyes, or unknown substances. (Most vitamins are Food-Grade, and may contain toxic fillers and binders like propylene glycol, sodium benzoate, and cork by-product).

Additionally, choose a product that gives you vitamins and minerals in the most bio-available form. (For instance, calcium hydroxyapatite and calcium carbonate are both calcium; However, one is easy for your body to use, while the other will just be excreted).

Make sure that your vitamin is taken more than once a day. While one-a-days may be convenient, they shortchange your health. Choose one that gives you maximum antioxidant protection.

Finally, select your pharmacy as carefully as you would your doctor. When you deal with an independently-owned pharmacy, you are dealing with the individual who determines which products are carried in his or her store. Consult your independent pharmacist regard-


ing which products are the most effective and provide the best value for you.

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Continental Women’s Club

By Liz Paul

Join us on Thursday, November 5th when our guest speaker will be Dennis Solon, Vice President of the Florida Coalition Against Human Trafficking. He will speak about this problem on a local level and what programs are in place to help individuals restore their lives and their freedoms.

Continental Women's Club monthly meetings are held on the first Thursday of each month at 11:30 at The Hideaway Country Club, 5670 Trailwinds Drive, Fort Myers 33907. The cost to attend the luncheon is \$24. Please call 239-691-7561 for additional information. 🐾



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Fort Myers Brewing Company's Spyk'd Named Best Hard Seltzer At National Seltzer Competition

Submitted By Holly Boldrin

Fort Myers Brewing Company's locally crafted spiked seltzer beverages, Spyk'd Hard Seltzer, has earned national recognition, voted Best Hard Seltzer by attendees of Seltzerland 2020, a national hard seltzer competition held Oct. 10 at the Westchase Golf Course in Tampa.

Over 900 attendees participated in the socially distanced tasting festival, with approximately 40,000 samples served from well-known hard seltzer brands including White Claw, Truly, Bud Light Seltzer and other craft brands. In the Best Hard Seltzer category, Vizzy Hard Seltzer earned second place and BON V!V Spiked Seltzer earned third place.

Cool, refreshing and freshly made, Fort Myers Brewing's Spyk'd Hard Seltzer is brewed naturally gluten free with all-natural flavorings, fermented just like Fort Myers Brewing's other popu-

lar craft brews. The spiked beverage contains 5.0% alcohol with 90 calories, 0 carbs and 0 sugar per 12-ounce pour and comes in a variety of flavors including orange, watermelon, mojito, strawberry lime and more.

"To be recognized among the top hard seltzer brands in the industry is an incredible achievement for our team," said Rob Whyte, who co-founded Fort Myers Brewing in 2013 with his wife, Jen. "We are proud to share our craft with fellow seltzer-lovers and are honored to be named Best Hard Seltzer at the Seltzerland festival."

ABOUT FORT MYERS BREWING COMPANY

Established in 2013, Fort Myers Brewing Company was the first microbrewery to open in Lee County and contin-

ues to lead Southwest Florida's surging craft beer movement. Founded by Rob and Jen Whyte, Fort Myers Brewing carries a signature line of flagship beers in addition to seasonal brews and small batch specialties. Its ales, pilsners, stouts and IPAs are winners of multiple prestigious awards, including golds at the Best Florida Beer Competition, a silver at the 2018 World Beer Cup and a bronze at the 2019 Great American Beer Festival. Fort Myers Brewing was named "Best Large Brewery in Florida" in 2016. Its beers are poured at 1,041 locations, including 620 bars and restaurants, and are available for purchase in 421 retail outlets, including grocery, package and convenience stores. The brewery

is located at 12811 Commerce Lakes Drive, Suite 28, in Fort Myers. For more information, visit FMbrew.com or call 239-313-6576. 🐾



Photo: Fort Myers Brewing Company's Spyk'd Orange Seltzer

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Autumn Pet Safety

By Dr. Veja Tillman, DVM (www.Just4PetsFL.vet)

It's officially Fall. We love this time of year and so do our pets. We must make sure that we protect our pets from hidden dangers of this season. Below are some tips to help keep your pets safe during the autumn months.

RODENTICIDES (RAT POISONS)

As the days are getting shorter and cooler, mice and rats will begin looking for a place to call their winter home. To control unwanted visitors many homeowners will put out rat poisons. If you use these products in your home, make sure to keep them out of reach of pets. These chemicals are toxic and potentially deadly for your pets. Whether your pet eats the poison directly or your pet ingests a poisoned rodent each has the potential to kill your pet. They should be taken to your veterinarian immediately. Make sure to bring the label from the product (or a picture of the entire box) with you so your veterinarian can determine the right course of treatment for your pet.

Remember, when placing this product around your home make sure to keep it away from all your pets and quickly pick up any deceased rodents around your yard to prevent accidental ingestion and exposure to these poisons.

PLANT AND MUSHROOM POISONING

Mushrooms tend to pop up around this time of the year. While not all mushrooms are poisonous, it can be hard to tell which ones are safe. For this reason, it is best to consider all mushrooms growing in your yard or out in nature poisonous.

If your pet does munch on a mushroom, call your vet immediately. Mild toxicity can cause gastrointestinal upset, like vomiting and diarrhea. Severe toxicity can cause neurological, kidney, and liver damage, or even death depending on what type of mushroom was eaten.

Chrysanthemum flowers and the Autumn Crocus plant are extremely toxic to your pet. If your pet ingests any part of these plants it can cause a series of ailments up to and including death.

ANTIFREEZE

This product is highly toxic and should be kept far out of your pets reach. Antifreeze contains a chemical called ethylene glycol and pets are attracted to its sweet taste. However, if a pet ingests even a small amount, there can be serious, and even fatal, consequences. Signs of early poisoning include acting drunk or uncoordinated, excessive thirst, and lethargy.

If you fear your pet has ingested antifreeze, take them to your veterinarian or your local emergency hospital immediately for treatment with an antidote to prevent acute kidney failure.

If your furry kid has had contact or ingested any of the items on this list call your veterinarian for help immediately. If your pet has been exposed to something, you are not sure of and it is not on this list, contact one of the Animal Poison Centers. Pet Poison Help Line (855) 764-7661 or ASPCA Animal Poison Control (888) 426-4435

THANKSGIVING FOODS

Thanksgiving is often a time to enjoy family, friend and best of all food! Most common foods enjoyed during this time include mashed potatoes and gravy to stuffing, casseroles and who can forget the turkey. While we love to enjoy and share these foods with friends and family, it is best not to share with your pets. These foods are usually loaded with fats, onions, raisins, nutmeg, and other spices that may be harmful to your pets. Pets who eat these items are at risk of developing pancreatitis or other disorders of the stomach. These conditions can be painful and potentially fatal.

It is also best to not allow your pet to

chew on leftover bones. Bones can splinter and cause internal damage. They may also become stuck in the stomach or digestive tract or cause obstruction which may require surgery to remove it.

Avoid an emergency hospital visit during the holidays by keep your pet away from the dinner table.

ALCOHOL

Whether you are sipping a hard apple cider or enjoying your favorite mixed drink, pets should never be given alcohol. It depresses the nervous system and can also

be damaging to the kidneys. Warning signs your pet has consumed alcohol include vomiting, disorientation, and difficulty urinating. Other more serious signs include collapse and coma. Call your vet immediately if your pet has consumed alcohol.

Call your veterinarian if you notice your pet is acting lethargic or has vomiting or diarrhea. These could be signs your pet has ingested something they shouldn't have. Talk to your veterinarian, even if you are not sure you should bring your pet in for evaluation.

Stay safe and keep your pets safe. 🐾





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November 6 National Nacho Day

Nachos are extremely popular both with a meal, and as a snack. They are in popular demand for parties of all kinds. We enjoy them while watching any sporting event, at home, at the stadium or in the arena. Celebrate with a fistful of nachos or a nacho supreme.

November 9 World Freedom Day

World Freedom Day is a U.S. federal observance, marking the fall of the Berlin Wall. The Berlin Wall was known as the “Iron Curtain”. This special day also commemorates the end of communism in Eastern and Central Europe.

November 16 National Fast Food Day

Americans are always fast moving, always in a rush. As a result of our fast moving lifestyle, we need to eat quickly, and are usually unwilling or unable to wait long for our food to be prepared. As a result, fast food restaurants, came into existence. They have been a part of the American restaurant scene since the early 1950’s. Participating in National Fast Food Day is easy. You are probably already doing so, on a regular basis. All you have to do, is eat or drink at a fast food restaurant today. To be a full fledged participant on this special day, eat in fast food restaurants for breakfast, lunch and dinner.

November 17 World Peace Day

World Peace Day encourages us to be kind to others, and teach others to be peaceful. Today we strive in making the world a better place. It starts with us. Teach our children and others, in ways to promote peace, and avoid war. Without peace, the consequences is tragic.

November 20 Beautiful Day

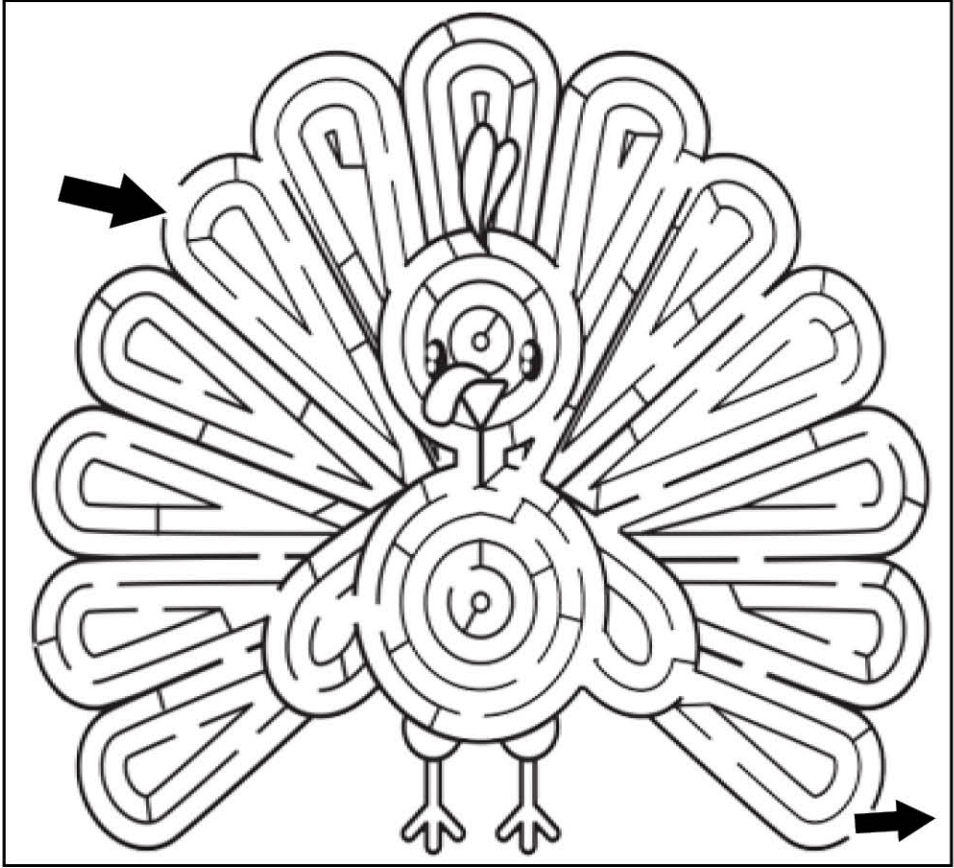
Today is truly a Beautiful Day in every way, shape and form. The world is filled with ugliness. So, as day like today is refreshing, and eye appealing. It’s filled with beautiful sights, sounds and smells.

November 23 National Espresso Day

Looking for a quick caffeine high? Well, you are in luck because today is National Espresso Day, and a cup of espresso should do the trick. Walk or drive to your nearest coffee shop or cafe, and order one!

November 28 French Toast Day

Today is your opportunity to enjoy French toast, a delicious and tasty breakfast meal. Hold it right there! French toast can be enjoyed for any meal time: breakfast, lunch or dinner. Try French toast with male syrup, sugar, cinnamon, whipped cream, or fruits. Better yet, use a combination of these.







We hope you and your family are staying healthy and happy during this unprecedented time.

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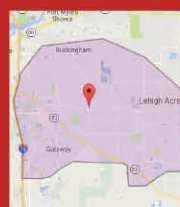
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This Home Has It All!

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