

LOCAL Oct. 3 event to benefit New Hope for Cancer

Group raising funds to make disease very survivable.

Contributor Report
The Women's Health Initiative Foundation (WHIF), with offices in Mason and Dayton, will host a fundraiser and silent auction on Oct. 3 from 7 to 10 p.m. at Rac West, 505 Main Street, Centerville Road in Dayton.

Over 100 percent of proceeds will go to the New Hope for Cancer project at the Rosenberg Institute for Cancer Treatment and Research Institute in Boca Raton, Fla., said Kelly Brown, WHIF executive director. Cost is \$50 per person.

WHIF seeks to help women live longer, healthier lives. Its mission is to prevent, treat or cure cancers in women. "So many of us have a relative or friend who has had breast cancer," said Brown. "We are very excited about supporting New Hope for Cancer because it is on the cutting edge of cancer treatment and prevention."



Eric Dorsey (far left) of Mediaso Media, Lyri Haggren of Happy Hormone Cottage, and Jeff Haggren and Eric Rosser of the Riggs Medicine Group are big supporters of breast cancer research fundraising for the Women's Health Initiative Foundation (WHIF). Dorsey, Haggren and Rosser are WHIF board members. COURTESY OF THE WOMEN'S HEALTH INITIATIVE FOUNDATION

Dr. Mark Rosenberg is medical director of the Institute for Healthy Aging and director of the Integrative Cancer Therapies Fellowship with the American Academy of Anti-Aging Medicine in Boca Raton.

WHIF funds will provide New Hope for Cancer treatment to those who cannot afford it and to develop a drug to treat advanced-stage cancer that focuses on altering the cancer environment, making it more pathologic to cancer growth as possible in order to convert aggressive, metastatic cancer into a chronic

disease that can be managed indefinitely, according to the New Hope for Cancer center. "What really excites us about the New Hope for Cancer is that Dr. Rosenberg has identified new strategies in the ways that all cancer cells grow and developed anti-

cal strategies that inhibit that growth without chemotherapy," said Brown. "We want to support his efforts and help him break through faster. We also want to support some of the patients who are already paying out of pocket to stay alive, so most insurance companies do

not yet cover Dr. Rosenberg's holistic treatment." The fundraiser will include healthy food, wine, chocolate, music demonstrations and a silent auction. Doors is informal.

Lyri Haggren, CEO of Happy Hormone Cottage, underwrites the foundation's operating expenses, which allows for all funds raised to be dedicated to New Hope for Cancer. "Involving us people and the community is so important; it has always been where my heart is," said Haggren. "We all know someone affected by cancer, so it is an easy choice to get behind. And it feels really good to be able to make a difference."

Foundation offices in Mason are at 6950 Tylerville Road, Suite 10, adjacent to the Happy Hormone Cottage office. The Dayton office is located at 5450 Far Hills Ave., Suite 201 in Kettering. To register to attend, donate, or for more information, go to www.healthinitiative.org, contact Brown at kelly@whifoundation.org or call (527) 271-4638.

Four important tips to make next year's garden a success

Recording how this year's garden did is the first step.

By Tom Shaver
Contributing Writer

BUTLER COUNTY — Have you begun planning your 2016 vegetable garden? You can hear the chattering, if not outright laughter, at the thought of doing so now while 2015 gardens are in full swing. Although December and January are when most catalog orders arrive and you have hours to plan your upcoming garden, it is NOT a time when you can walk out to the garden and critically inspect it, weighing its merits and its problems. Now is the key to improving next year's garden's overall performance. So what should you be looking for?

Look at how many hours of sunlight your garden receives each day. If part of your garden gets a lot of direct sun and part is shaded, especially in the heat of the afternoon, knowing these boundaries and understanding your chosen plants' sunlight needs can be key to a more productive garden. Some plants, such as okra, thrive in sweltering mid-summer conditions and full sun. But others, especially early season vegetables such as lettuce, will last longer with a little shade. Thus, taking some notes with afternoon shade can be an advantage. So take note of how many hours of sunlight your garden gets, which areas receive partial shade, and what times of day are they shaded.

No to the soil condition. In southeast Ohio, this year has been an excellent example of why well-drained soil is beneficial. After significant rain, do your plants' roots sit in waterlogged soil for an extended period? Outright replacement of your garden's soil is generally not practical, but you can improve the soil you have. Getting a soil analysis is an important first step. Your county's Extension office can assist you in submitting a soil sample and understanding the results. Soil testing in late summer provides the critical information you need to amend the soil before planting next year.

Along with improving the soil's nutritional base, adding organic matter is almost always helpful. It not only helps waterlogged soil drain, but in dry times it improves the soil's ability to hold water; releasing it to plants as required.

Critically look at

this year's plants. How did they begin the season, well, and where? How are they doing now as prime harvest season has arrived? For example, that early tomato you planted in late April may have been the latest out of the block, but you may prefer more tasty results for late season.

Which plants did very well and which do you feel are lacking? Pay attention to which varieties of plants do best in which garden locations.

Crop rotation is important in a garden to reduce problems with soil-borne diseases. This can be difficult to do if your garden is small and you need the same types of vegetables every year, but make a sketch of your garden now to help you plan a different rotation next year. Planting varieties which are resistant to the diseases you have seen in your garden also help control disease. Take notes on what disease problems you have this year so you can look for suitable varieties next year.

Education what you find so you won't have to rely on your memory when the seed catalogs arrive in December and January and you begin to dream about your 2016 garden.

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