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A-14 THE HERALD, Sharon, Pa., Thursday, October 18, 2007

www.sharonherald.com

BRIEFLY

'Angel Food' orders being taken in First U.M.

SHARON — Orders for "Angel Food Ministries" will be taken from 4 to 6 p.m. Friday, 10 a.m. to noon Saturday in First United Methodist Church, 237 W. Silver St., Sharon.

Distribution will be 9 to 11 a.m. Nov. 17 in the church. Participants should take a small box, laundry basket or cooler to pick up the food.

Cost is \$25 for a basic food unit and must be paid in cash, money order or food stamps. Checks will not be accepted. Info: 724-983-0200.

Distribution date was changed after publication last Thursday in The Herald.

SV Community Library announces programs

SHARON — Community Library of the Shenango Valley, 11 N. Sharpsville Ave., Sharon, will host these events:

■ "Tax Series Program 1: Adjustments to Your Income" — 6:30 to 7:30 Nov. 1 in the community room.

■ "Joe Zentis: Book Signing and Program" — 6:30 to 7:30 p.m. Nov. 15 in the community room.

■ "Mind and Body Connec-

tion Series" — 5:30 to 6:30 p.m. Mondays, Nov. 5 through Dec. 3. "Pilates: Improving the Strength of Your Core" will be the Nov. 5 topic; "Yoga for Stress Reduction," Nov. 12; "Yoga Core," Nov. 19; "Mommy and Me Yoga" for those 5 and older, Nov. 26; and "Series Review Yoga and Pilates," Dec. 3. Registration is needed.

■ "Get Creative @ Your Library" — 11 a.m. Nov. 10 and Dec. 1, for first- through fifth-graders. Registration is needed.

■ "Board Silly on a Saturday" — 1 p.m. Nov. 10 and Dec. 1, for third- through eighth-graders. Participants can bring their own games or play one of the library's.

■ Chess club — 5:30 to 7:30 p.m. Thursdays, for all ages. Participants can bring their own chess sets or play one of the library's. Info: 724-981-4360.

Mercer alum and chef gives back to school

MERCER — Mercer Area High School's home economics classrooms enjoyed a donation of \$1,000 worth of kitchen tools from a former student this month.

Aaron Paoletta, class of 2003, donated the tools, which included professional cutlery. Paoletta is a professional chef in Las Vegas and a former Mercer High School and culinary arts career center student.

ASK DR. GOTT

Dear Dr. Gott: What causes dark spots on my arms and hands? I also bruise very easily. How can I get rid of these "old age" spots?

Dear reader: As we age, our skins become thinner and more fragile, leading to easy bruising. Also, we tend to develop "age spots" — gray, brown or black, flat or slightly raised, irregular lesions. They generally occur where the skin is exposed to the sun, such as on the face and back of the hands and arms.

You probably have either or both conditions. However, to be on the safe side, you should have a complete blood count (CBC) to make certain your skin problem is nothing more than an age-related phenomenon. If so, it is generally untreatable, but some products have claimed success in diminishing the appearance of age spots, such as microdermabrasion (buffing the skin) or substances that bleach the area. In any event, these spots do not indicate a serious health problem.

Dear Dr. Gott: I have a weight problem. I am a 52-year-old female, 5 feet 4 inches and weigh 168 pounds. I exercise regularly. Up until age 45, I stayed the same weight, 135 pounds, without watching what or how much I ate. The day I turned 45, I gained 5 pounds. I gained a pound or 3 each year, even though I began watching what I ate, usually staying at or under 1,200 calories a day. Last fall, I stepped on the scale and was shocked to see I had gained another 5 pounds. I tried harder to keep the pounds from adding on, and a week later, when I weighed in again, I had gained yet another 5 pounds. That's 10 pounds in less than a month, and I wasn't eating more than I usually did. I counted every calorie, no weight loss. I went to Weight Watchers and followed it faithfully, no weight loss. I went to my family doctor, and even though he did not perform special tests, he said I have no medical problems that would cause weight gain. He also said I should just get used to it and try not to gain any more. It's



Peter M. Gott, M.D.

just an age thing with a lot of women. He gave me no suggestions on how to lose weight. My mother has always been thin and my older sister, too. They didn't gain weight just because

they got older. Why me? I don't want to look like this any longer. Any suggestions on how to get these ugly pounds to budge?

Dear reader: You need some medical testing for abnormal metabolism.

Although your weight gain may be genetic, I believe that you could shed pounds with my diet. "Dr. Gott's No Flour, No Sugar Diet" is available in most bookstores and online at www.Amazon.com. It contains meal planners, food lists, in-depth information and recipes. Due out in January 2008 is my

follow-up book, "Dr. Gott's No Flour, No Sugar Cook Book," which contains more than 200 recipes.

I am also sending you a copy of my Health Report "A Strategy for Losing Weight: An Introduction to the No Flour, No Sugar Diet" that briefly covers the basics of my diet plan. Other readers who would like a copy of the Health Report

should send a long, self-addressed, stamped envelope and \$2 to Newsletter, PO Box 167, Wickliffe, OH 44092. Be sure to mention the title.

Write to Dr. Gott in care of United Media, 200 Madison Ave., Fourth Floor, New York, NY 10016.

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HALLOWEEN EVENTS

Hillcrest Dog Park and Wellness Center

HERMITAGE — Dogs and their families can take part in the "Howl-O-ween" costume party from noon to 4 p.m. Saturday in Hillcrest Dog Park and Wellness Center, 2619 E. State St., Hermitage.

The event will benefit local animal rescue groups. Animal Appeal, Club Pet Adoption, Humane Society of Mercer County, Pet Solutions and Promises for Pets will have fundraising booths. The community will be able to meet pets available for adoption. Free activities planned include a costume parade and contest for dogs and their families as well as a pumpkin-carving contest for children.

Costumes will be judged in the categories of scariest, funni-

est, most original, ugliest and Prettiest; for dogs and their families, best person and pet couple, best group and best kid and pet. Overall, first, second and third prize will be chosen. Pet contest prizes are donated by It's a Paw Thing LLC.

Owners are to register their dogs for the costume parade and contest between noon and 1 p.m. the day of the event. Parents are to register their children for the pumpkin-carving contest by calling 724-685-1169.

The first 50 dogs to register will receive a prize. Info: 724-347-5100; or www.hillcrestflynn.com

New Beginnings Christian Church

GREENVILLE — A "Harvest Happening & Hayride" is set for 6 to 8 p.m. Oct. 31 at New Beginnings Christian Church, 73 Hamburg Road, Greenville. Free hotdogs, snacks, games, hayride and bonfire are planned. Each child should be accompanied by an adult. Info: 724-588-1276.

\$50 SPINAL DECOMPRESSION per session

JOSEPH CHIROPRACTIC

(724) 962-5025

Patient Appreciation Night

Tuesday, October 23 4 - 7 p.m.

Please join Dr. Paulson, Dr. Roberts and staff as we say Thank You to all of our patients in the Shenango Valley for allowing us to provide a combined 44 years of Total Eye Health Care!

Patient Appreciation Night will include: Special Showing of Calvin Klein Eyewear Along with selected eyewear at 30% off

Refreshments • Free Lasik Screenings

Giveaways include:

- Gift Certificate
- Calvin Klein Sunglasses
- **Grand Prize Drawing for The Lion King Prize Package including 2 tickets to the show at Pittsburgh's Benedum Center, hotel accommodations and dinner!** (All patients who have had a complete exam in the past year will automatically be entered for the grand prize drawing.)

Art of Eyecare

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