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KITCHEN BUZZ
Mummy's Mess

- 1-1/2 pounds sausage
- 4 to 5 yams, cooked and mashed (leave them a little chunky)
- 1 pound peaches, sliced
- 4 apples, sliced and cored
- 4 tablespoons butter, melted
- 1/2 cup brown sugar
- 1 to 2 teaspoons cinnamon, depending on taste

Fry sausage until browned. In a 9x13 baking dish, layer the sausage, sweet potatoes and fruit. Repeat layers until ingredients are gone. Combine butter and brown sugar in a small bowl and then pour over top of the ingredients. Sprinkle top with cinnamon. Bake at 350 degrees for 45 to 60 minutes. Enjoy!



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read us online at: www.themonroebuzz.com

A Better Way To See The World Around You

BEES WAX:

Page 1
Continued
Monroe County Medical Reserve Corps

Page 2
Literary Buzz
Cherry Piano

Page 3
Local Buzz
Gently Used Bra Drive for Free The Girls

Page 4
New Story Spotlight
A Family Tale

Page 5
Buzz Back in Time
Potter Cemetery Full of Local Stories

Page 6
Health Buzz
Cover Your Mouth and Protect Your Health

Page 7
Kitchen Buzz
Mummy's Mess

Would you be ready if a local emergency struck? That is the question the Monroe County Health Department asked in September, National Preparedness Month. Throughout the month, more than 3,000 organizations—at national, regional and local levels—supported emergency preparedness efforts and encouraged all Americans to take action.

As a Monroe County resident, you are also encouraged to take action—by joining the Monroe County Medical Reserve Corps (MRC). This collective group helps local responders protect the community during public health emergencies. MRC volunteers have the opportunity to:

- Participate in local drills and exercises, such as mass prophylaxis, vaccination clinics and other emergency scenarios
- Train with Monroe County Health Department staff and other local emergency response partners
- Promote healthy living in the community

Our local Health Department is in a state of constant preparation—planning and strategizing in advance for public health emergencies. The lessons learned after Hurricane Katrina in August 2005 were two-fold, revealing effective preparation on a national level was needed to react to a large-scale disaster, and some of the volunteers who offered to help were neither trained nor credentialed, meaning they inadvertently added to the chaos.

The MRC was registered in Monroe County in 2008 to prevent a local scenario like the Hurricane Katrina disaster. Using that experience as a learning device, the MRC asks local volunteers to enlist before they are needed. Those volunteers become part of the emergency preparedness program at the Health Department.

“We meet with other local agencies to develop and compare response plans,” Medical Reserve Corps Planner Carolyn Gardetto explains. “We practice regional responses to such public health emergencies as disease outbreaks and weather disasters. This is why our volunteers in the MRC are so vital—we need their help to effectively serve the community. Most of the time the Corps is not active, but when a need arises, they are galvanized into action.”



Such a need arose during the 2009 H1N1 pandemic, when a substantial number of volunteers was called upon to service the mass vaccination clinic. Volunteers helped to vaccinate 18,000 Monroe County residents.

The process to join the MRC is relatively simple. Interested applicants are first asked to enroll with the Michigan Volunteer Registry, an electronic database of volunteers in Michigan. Enrollment can be completed online at www.mivolunteerregistry.org.

CONTINUED ON PAGE 1

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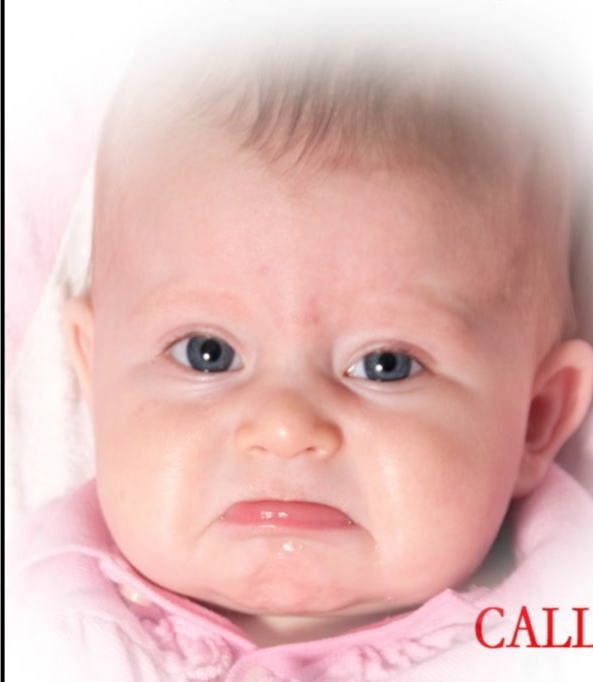
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CONTINUED FROM FRONT Monroe County Medical Reserve Corps

The second step is to complete a packet of paperwork available from the Monroe County Health Department. You are then asked to create a home emergency plan that includes a box of supplies available if you need it. You should also discuss with your family where you will meet them if disaster does strike. Determine what you will do without a phone and how you will work together to survive.

The final step is to take two online FEMA classes that explain how events progress and who is in charge during an emergency. Personnel at the Health Department can provide assistance with these classes.

Right now, more than 207,000 volunteers are registered nationwide with the Medical Reserve Corps. Over 60 people have enlisted with the Monroe County unit, and as Carolyn says, "The more, the merrier."

"We welcome everyone for membership," she says, "but we especially need medical personnel. Doctors, nurses, certified nursing assistants, paramedics, EMTs and veterinarians are in particularly high demand."

MRC volunteers decide to what degree they are involved. No specific commitment is required, and it's a great way to meet people and become involved in the community. "The goal is to protect others from disease," says Dr. Tatyana Ivanova, Community Health & Public Health Preparedness Director. "Even to lose one person is a lot."

Carolyn agrees. "We never want anything bad to happen, but we are always working to prepare if it does."

If you have questions or want to learn more about joining the Monroe County Medical Reserve Corps, please call Carolyn Gardetto at (734) 240-7862 or email MRC@monroemi.org. More information is also available at www.co.monroe.mi.us/publichealthMRC.

HEALTH BUZZ Cover Your Mouth and Protect Your Health

We all know we should do it, and yet some of us don't: cover our mouths when we cough or sneeze. Whether or not this is the polite thing to do, which it is, without a doubt it is the healthy thing. Why? Here's a message from the Centers for Disease Control and Prevention:

Serious respiratory illnesses like respiratory syncytial virus (RSV), whooping cough and severe acute respiratory syndrome (SARS) are spread by coughing, sneezing and omitting to wash your hands.

The flu virus is also passed from one person to another through fluids from mouth and nose secretions. When we cough and sneeze, those droplets enter the air and expose everyone around us. But this can be avoided by, again, covering our mouths.

When available, sneeze into a tissue or paper towel to prevent the spread of germs. If you don't have those with you, sneeze into the crook of your elbow. Then put that clothing into the wash at night so germs are immediately dispensed.

You need to cover your mouth, but you don't want to do so with your hands. This will only spread germs to other surfaces—your dirty hands will touch a door knob or elevator button, and some unlucky person will then touch that same surface and expose himself to a virus.

Just remember when you're in public, you have the responsibility for other people's health. Covering up is part of being a good citizen. As you do so, you take care of yourself, your family and those around you. Even as you're busy with your own thoughts, remember to be polite—carry a hanky or pack of tissues and cover your mouth...please.

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BUZZ BACK IN TIME Potter Cemetery Full of Local Stories

When you drive past them, cemeteries look like mere plots of land with squatty buildings and wrought iron fences. People visit them in grief, sometimes huddled in their coats or shielded by umbrellas. Regardless of weather or time of day, cemeteries are places to bury the dead, nothing more and nothing less.

Right?

But cemeteries contain stories that, without inspection and introspection, become forgotten. Perhaps this doesn't sound too devastating, but those stories are the chapters of a community's history. They tell the sagas of great-grandparents, aunts, uncles, cousins, siblings, parents, and friends.

They tell the sagas of you.

LITERARY BUZZ

See a photo of Cherry Piano on our Facebook page or at themonroebuzz.com.

Cherry Piano

Tim answered Cherry without hesitation. "Honor is on vacation."

"What does that mean?"

"Does it matter?"

"I'd like to know," Cherry said in a quiet voice.

Tim ran his hand through his hair. His tone was impatient when he spoke. "She took a vacation. We discussed the situation here at the facility, and she agreed she needed some time off. She's on a one-month sabbatical." He sat up straighter and looked squarely at Cherry. "Now I ask the questions. Stop worrying about Honor, I'll take care of her. Your only goal is to worry about yourself." He paused. "Why did you start drinking in the first place?"

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Whether you do or don't know the person whose last name springs from a bronze grave marker, you own their story because you are a part of the community. That individual might have once held a door for your ancestor or waged battle to preserve your freedom. He or she may have built a road you drive on or plowed the farmland behind your house.

The concept of community stories is a message the Friends of Potter Cemetery Association wants to impart on residents of Monroe. Potter Cemetery is itself full of narratives that, without the efforts of local residents Mark Armbruster and Sue Donovan paired with Dave Carter of Carter's Cemetery Preservation, would never have been told. But today, restoration efforts have helped identify many of those buried in the village cemetery.

Eighty-four graves are already documented in the more than one-acre cemetery. An additional 35 spots have been marked by cadaver dogs from Michigan Search & Rescue as potential gravesites. In October, ground penetrating radar will hopefully reveal more information.

CONTINUED ONLINE AT THEMONROEBUZZ.COM

Cherry bent her head and stared at her jeans. She wasn't prepared for Tim's blunt approach. "Because my husband cheated on me."

Tim all but leapt out of his chair. "No, that's not the reason. Your husband's infidelity didn't force your hand to pour alcohol and drink it. Now, tell me the real reason."

"I don't know." Cherry felt herself back away from the conversation, away even from Tim himself. She suddenly felt hot and uncomfortable.


"That's not an answer. You're going to have to dig deep, Cherry. I'm not letting you off the hook until you tell me the real reason." He leaned forward and waited until Cherry met his gaze. "Why did you start drinking last year?"

"I'm weak," Cherry murmured. Tears filled her eyes. "I'm weak, and I wanted to avoid my sorrows, so I drowned myself in alcohol. It was easier to face the ruin of my marriage from behind a fog."

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LOCAL BUZZ

Gently Used Bra Drive for Free The Girls



If you've recently cleaned out a closet or want to tackle your dresser drawers, we have a place for you to take unwanted brassieres. Caring Alternatives, Inc., and the Monroe County Chapter of Soroptimist International are collecting gently used bras for Free The Girls, a 501(c)(3) non-profit organization that provides job opportunities for survivors of sex trafficking.

What do bras have to do with job opportunities?

Everything. Those bras become starting inventory for women as they go into business for themselves and sell intimate wear. Free The Girls is not only a chance for you to liberate yourself of constricting undergarments you don't need or want, but it's also a way to permanently break the chains that enslave women to prostitution.

"This wonderful endeavor echoes what we're doing at Caring Alternatives, and that is to get women out of the confines of human trafficking and into confidence -building environments so they can respectfully take care of themselves," says President Sharon Williams.

"Our mission at Soroptimist International is 'To improve the lives of women and girls.' We feel this partnership is a good fit for us. Many women have a bra they threw in the drawer and didn't like. That bra is now waiting for a woman in another part of the world," remarks Regional Director Vivian Walczesky.

You can drop off your gently used brassieres at Caring Alternatives, Inc., located at 2092 South Custer Road, or call (734) 242-8711. You can also give these undergarments to any member of Soroptimist International, or email Vivian directly at vivianwalczesky@yahoo.com.

The drive goes until October 21, when all the donated bras will be driven to Indiana for the regional Soroptimist International meeting. Representatives from Free The Girls will attend that meeting, collect the undergarments and deliver them where they need to go.

"In certain parts of the world, a bra is simply not affordable," Vivian explains. "Food on the table is more important. What we take for granted is a luxury for other women, and this is a wonderful way for us to help them."

According to Free The Girls, bras provide a great income, safe environment, and flexible schedule with minimal effects on local markets. The organization launched in 2010 and has since provided more than 200,000 second-hand bras to women rescued from human trafficking.

More information about Free The Girls, featured on CNN, can be found at freethegirls.org.

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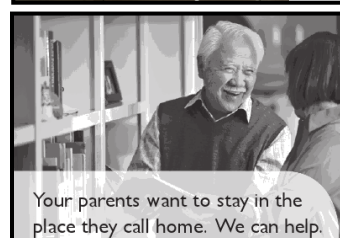
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NEW STORY SPOTLIGHT

A Family Tale

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Against the clean, comforting backdrop of her father's home, Sadie began preparing for her wedding in earnest. She only had seven months, an idea that made her heart race and butterflies pummel her stomach. She was going to be Pax's wife, safe in a loving home with Grandma Hen and Mathilda. Away from her father's nervousness and her mother's cunning.

Sadie couldn't explain it, but she sensed something was wrong between her parents. Dylan seemed on edge, as if he was waiting for the other shoe to drop. He snapped at her when she asked about the other family - his wife and two kids - who seemed to have disappeared overnight. "There are things I'm not going to discuss with you," Dylan told her with an edge to his voice. "You need to stop asking questions. I'm with you and your mother now, end of story."

She caught him pacing in the living room at night, long after the lights were out and the house was silent. His face, she saw through a strip of silver moonlight, was creased with worry. She didn't understand what was going on, but it made her uncomfortable.

"Is something wrong with Dad?" she asked Gloria on a humid summer morning.

Gloria, who had finally stopped working at the strip joint and was home every day now, looked at Sadie with faint worry. She tapped her cigarette against a glass ash tray. "What are you talking about?"

"He seems worried."

Gloria leaned back in the wooden dining chair and stared at her daughter, this time with interest. She saw an opening and, ever shrewd, took it. "He is worried. About money." She took a long pull on the cigarette. "It's wearing him down."

When Disaster Strikes, Our Community Needs YOU!

Medical and non medical volunteers are needed.



The Medical Reserve Corps (MRC) is a national network of local groups of volunteers committed to improving the health, safety and resiliency of their communities.



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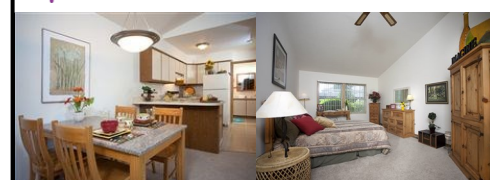
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