

LIFE NOTES

Class of 1969 to celebrate 50

The class of 1969 will have their 50th reunion in 2019 during Mum Fest weekend, Sept. 28-29. They are looking for classmates. If you know of the whereabouts of any please email John Roth at rothjohnj@aol.com, Pat Coughenour at patcoughenour@yahoo.com, or Tim Crawford at tcrawford1353@gmail.com.

Collecting Coats for Kids

Schell's Automotive is a drop-off location for Coats for Kids. Coats for Kids is an annual collection campaign of new and like-new winter coats in all sizes – infant to adult. Schell's is open Monday through Friday from 8 a.m.-5 p.m. They will be collecting through Dec. 14. Schell's is at 107 E. Tuscarawas Ave. (next to the old Burger King).

NAACP elects officers

The Barberton NAACP will have the branch election Saturday, Nov. 24, at the Barberton Library 602 W. Park Ave., from 1-3 p.m. Members who are current are eligible to vote.

Join dinner

New Beginnings Outreach Ministries Church will be having a free community Thanksgiving dinner. All are welcome Saturday, Nov. 17, 2-4 p.m. Free hats, gloves and more will be given away at 929 Wooster Road W., Barberton.

Celebrate the holidays

The Barberton class of 1966 will host a Christmas party for the classes of '64, '65, '67 and '68. The party will be at the Barberton VFW at the corner of West Tuscarawas and Sixth Street Northwest, Saturday, Dec. 15, at 7 p.m. If possible, please bring non-perishable food items which will be donated to the Barberton food bank. Get together and celebrate the holidays and lots of memories.

Network over breakfast

Join South Summit Chamber of Commerce's The Breakfast Club to network with professionals. They meet Tuesdays at 8 a.m. at Fa-Ray's.

Nonprofits highlight Chamber luncheon



HERALD PHOTO/Cierra Thompson

City of Barberton's Sonja Dittmann explains to BACM's Dorothy Somerville some of the programs offered through the city.

Cierra Thompson
Herald Staff Writer

South Summit Chamber of Commerce had a nonprofit exposition where many of the community nonprofit organizations were able to network and spread their messages.

The expo gave the nonprofit organizations from Barberton and surrounding areas the opportunity to learn more about other organizations and what they do.

The event promoted community excellence by creating awareness about vital resources available in the area. The goal of the expo was to foster a platform that makes essential services widely accessible to the public while encouraging partnerships among organizations interested in creating stronger bonds.

The platform allowed attendees to learn about the organizations services, pursue donor participation, increase volunteer

support and offer employment options to interested candidates.

The organizations offer different services but they work with the similar populations, so this helped to bring them all under one roof to collaborate. This was

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Knowledge Rx

By Mary Kay Ball
Health Librarian
Barberton Public Library

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it is not controlled. One in 10 Americans have diabetes, and another 84 million adults are at high risk of developing diabetes.

There is good news, however. Many people can avoid the long-term complications of diabetes by taking preventative measures. This may be done by making healthy food choices and getting 30 to 60 minutes of physical activity on most days of the week. The Centers for Disease Control and Prevention recommends walking as a great way to get in that exercise. Use the stairs rather than the elevator. Leave the close parking spots for those who really need them and walk to your favorite shops or restaurants. Invest in an activity tracker and get motivated to add more steps each day to your daily

Local author brings humor to Norton Branch Library



HERALD PHOTO/Karla Tipton

Local author Don Ake signs copies of his two humor books at the Norton Branch Library.

Karla Tipton
Herald Staff Writer

A way to readers' hearts is through their stomachs. At least, that's one approach used by humorist Don Ake, who dropped by the Norton Branch of the Akron Public Library Monday evening, to sign books and discuss his writing.

"I want to write what is relatable," said Ake, whose blog "Ake's Pains" (akespains.blogspot.com) provides the basis for two books with food-related titles, "Just Make Me A

Sammich" and "Will There Be Free Appetizers?"

Eating and food is something everyone can relate to. Yet the books also contain essays running the gamut of relatable topics, from choosing between a cappuccino or a meeting at work, the disappointment of a Florida vacation during a tropical storm, and the humor found in the give-and-take required to make a marriage work.

"Most of my stuff is making fun of myself, and admitting that I make mistakes, and that, in a lot

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November is National Diabetes Month

routine. Work with your health care team to reach your goals. Your family physician can help you set up a program to manage your diabetes.

Maintain a healthy weight by using a meal plan and ask for help if you feel overwhelmed. Be sure to check your blood sugar levels regularly and watch your blood pressure. Manage stress with meditation or yoga. The library has many educational DVDs to help with the basics of these activities.

The library has many resources on diabetes management, including The Mayo Clinic Diabetes Diet, which provides tips and ideas on how to manage diabetes through weight loss, diet, and exercise. "The 4-Ingredient Diabetes Cookbook" by Nancy S. Hughes makes meal preparation easy with recipes that require only four ingredients. Learn to make healthy meals quickly and easily for yourself and your family using this resource. "The Diabetes-Friendly Kitchen" by Jennifer Stack offers 125 recipes for creating healthy meals. For eBooks, check out "The Johns Hopkins

Guide to Diabetes" by Christopher D. Saudek. Learn about the causes of Type 1 and 2 diabetes, how diabetes is diagnosed and treated, and the importance of glucose measurement. Read the chapters on insulin pumps and talk with your health care provider about treatment options that may be right for you. For those recently diagnosed with the disease, The American Diabetes Association's publication, "What to Expect When You Have Diabetes" will help answer your questions regarding treatment, medication and diet.

The friendly staff at the Barberton Library will be happy to show you our resources and suggest titles that may help you on your way to a healthy lifestyle.

The Community Health Library is on the first floor of Summa Barberton Hospital and is open 10 a.m. to 3 p.m. Monday through Friday. Our phone number is 330-615-3105. Please email any questions to barb-chl@barberton-library.org. Visit us at www.barbertonlibrary.org/chl for information and resources.

Welcome home



COURTESY PHOTO/Joseph Vernacotola

Courtney Lawrence-Schmidt hugs her husband David Schmidt upon his surprise return from Operation Freedom Sentinel.

Barberton High School teacher Mrs. Courtney Lawrence-Schmidt was surprised at work by her husband, David Schmidt.

Technical Sgt. Schmidt, a member of the U.S. Air Force Emergency Management Unit, was deployed overseas in support of Operation Freedom Sentinel just a few months into the couple's marriage.

In an effort to surprise Mrs. Lawrence-Schmidt,

students in her ninth grade classes were called to the BHS lecture hall to hear from a guest speaker. After a brief introduction, Principal Henry Muren opened the door to allow in the guest speaker to enter. Unbeknownst to Mrs. Lawrence-Schmidt, or her class, the guest speaker was actually her husband David.

Students and staff reacted with surprise and cheers as the Schmidts were reunited.

Students remember the sacrifices of service members

Rich Muller
Herald Staff Writer

Barberton and Norton school students took time out of their busy classroom schedules to pay tribute to those who have served in the U.S. military.

At Barberton Elementary East, two assemblies were conducted Nov. 8, one in the morning primarily for third-graders, the other in the afternoon for fourth-graders. Kindergartners, first- and second-graders

were divided between the two sessions. The emphasis was on music with students with “You’re a Grand Old Flag” by kindergartners, “Tribute to the Armed Forces,” “I Still Believe” and “God Bless the USA.”

Principal Matthew Saunders closed with a moment of silence.

Norton High School began Nov. 7 with a breakfast for veterans and their guests then the ceremony in the performing arts center.

Returning to the ceremony was “The Ragged Old Flag” video presentation by former students James Newbrough and Rebecca Lada, edited by Wilson McCoy and Christian Wargo. Students Kayla Collier, Hanna Myers and Mya Inks spoke of honor. Students entering the armed forces were also recognized.

Musical selections tributes included the Norton High School Band and Choir plus Rick Schwenning on bagpipes.



HERALD PHOTO/Rich Muller
Elementary East third-graders wave flags while singing at their Veterans Day observance.

Chamber

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the first time the Chamber had an event like this.

“We just wanted to be the bridge between the business community and the nonprofit community,” said Crissy Kolarik of the South Summit Chamber of Commerce.

Businesses work with nonprofits because they have services they can provide to them like accounting and insurance.

“This is the time of year when they are getting ready for their holiday campaigns, so it’s nice for them to get the opportunity to find supporters,” said Kolarik.

Kolarik explained the success of the event and is hopeful to have another in the future.

The expo was open to the public.

The Nov. 8 networking event took place at Bricco Prime on Manchester Road.

Author

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of cases, I have the wrong attitude,” said Ake, in an interview with the Herald.

“When people read it, they are saying, ‘That guy is an idiot. Why would you do that? That was just stupid.’ But in the back of their mind, they’re going, ‘You know, last week, I did something very similar.’ They can laugh at me and enjoy it,” he said.

Within Ake’s humor, there is also depth. In compiling the essays for his books, he reread the humor columns he wrote in college, and compares that writing to his more recent blog posts: “My sense of humor has never changed, but I’m older and I’ve had more life experience, and I’m able to communicate those issues better.”

Ake, a Kenmore High School alumni, has an

MBA degree from the University of Akron. In his “day job,” he works as an economist/analyst for the trucking industry. He said his analytical left brain and his creative right brain, “are always talking.” As a result, many of his essays originate from things that happened at work. “I have to be careful about blogging about work,” he said. “Almost every time, I’m the central focus and I’m doing something stupid.”

Ake’s writing does have a politically “incorrect” edge at times, but Ake is unapologetic. “I’m not politically correct on purpose. It’s written from the perspective of a middle-aged guy, so I wouldn’t expect everyone to like it, but I don’t make fun of people for who they are. I don’t like that type of humor.”

Over the course of writing his blog, which he began in 2011 and receives more than 2,000 views per

month, his writing has evolved as his audience becomes more diverse.

“When I started writing it, if you’d have said, here’s what your audience is going to look like (years later), I would have said, that’s not possible. You could not write a humor blog and have an audience that looks like this, but I did. So I still try to maintain some sort of an edge and still make people laugh, which is difficult to do in this day and age, but I’m doing it.”

Ake’s books are available in both print and e-format on Amazon.com, and can also be purchased at the Learned Owl Book Shop in Hudson and Dorrie’s Booktique in Canton.

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BARBERTON
COMMUNITY FOUNDATION

Thank you!

Elwood Palmer and Jim Sawin

The Board of Directors and staff of the Barberton Community Foundation wish to thank everyone who joined them at the Annual Dinner on Thursday, November 1st.

Over 300 people attended the event, which featured the winners of this year’s Game Changer Awards, Elwood Palmer and the Lake Anna YMCA. State Representative Tavia Galonski presented Mr. Palmer and YMCA Director Jim Sawin with proclamations that described their many contributions to the community. The Keynote speaker for the evening was Derran Wimer, Executive Director of Summit Education Initiative.

The Foundation also highlighted grants awarded and community collaborations during 2018 and looked forward to opportunities to do more good 2019. BCF will be guided by a new Strategic Plan and will use the Collective Impact model to continue to build a better Barberton for community members and businesses.

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