

# The Hoosier Humanist Herald

FreeThought Fort Wayne, Inc. Newsletter

Volume 2, Issue 2

## Message from the President

The nominations are in and FTFW will soon be voting for new board members through 11:59 am on Sunday, February 24, 2019. After two years serving on the board, I am resigning my board position. It has been an exciting couple of years with challenges, surprises, fun, and a lot of laughs with a great group of board members.



It's been an honor and a privilege to serve on the FreeThought Fort Wayne board and I eagerly look forward to seeing our group grow and prosper. I'll be around enjoying our group like always and I look forward to seeing all my friends at our meetups and events.

Karen Mizner, President of FTFW

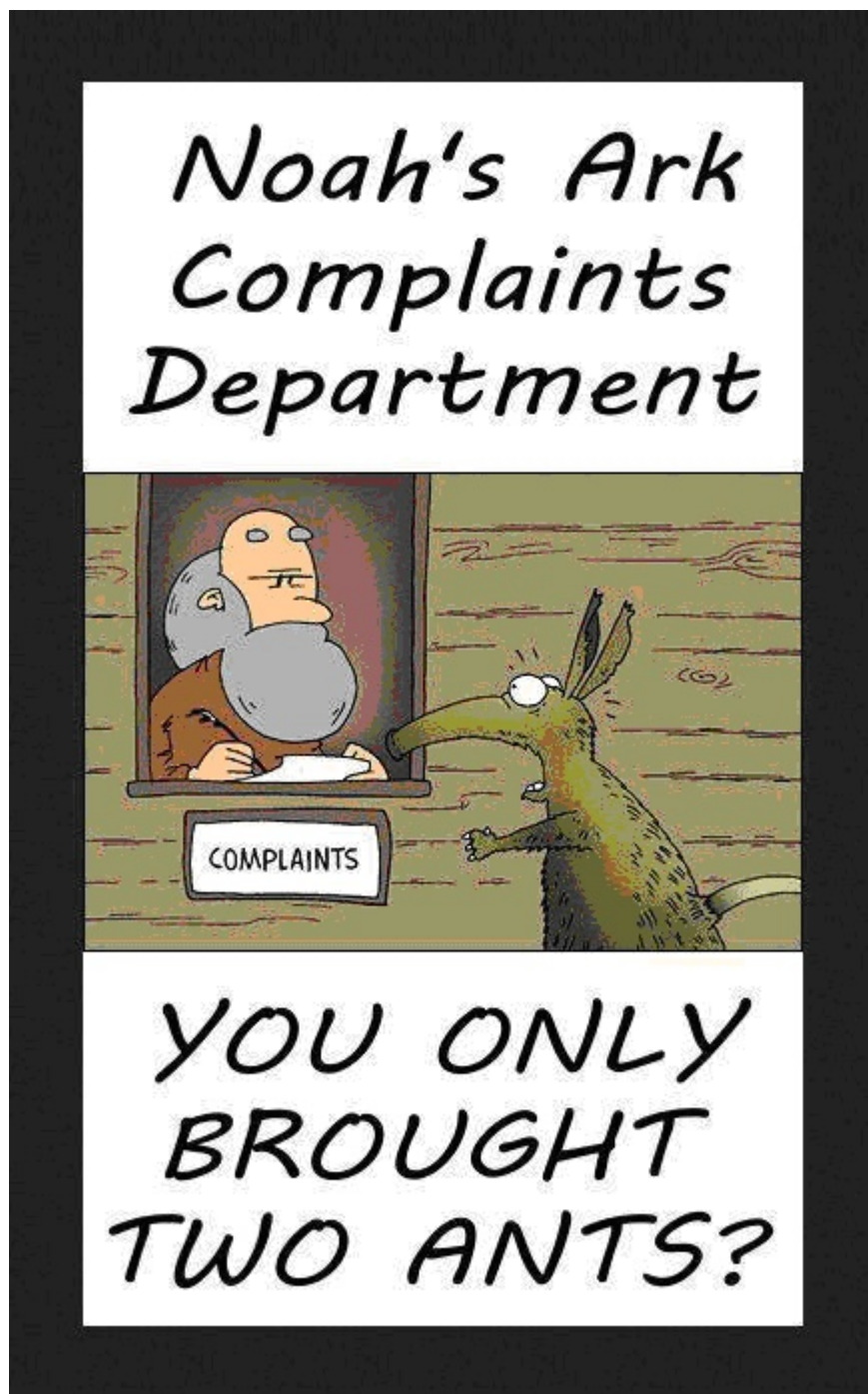
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## FTFW CafePress Shop

The [CafePress storefront](#) for getting your own piece of FTFW merchandise is now open! We have a number of shirts/hoodies and stickers/buttons/magnets/signs currently available, with more products to come! FTFW gets a small commission from each purchase, so we greatly appreciate your contribution!

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## Karen's Corner



Noah: "That's right, and you can't eat either of them!"

Karen Mizner, President of FTFW

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## Gingivitis, Periodontitis, and You



Gingivitis is an inflammation of the gums and is commonly caused by a bacterial infection in plaque buildup around the teeth at the gum line, usually preceding periodontitis. Periodontal disease can be caused by hormonal changes, illness, medications (that can lessen the flow of saliva or a buildup of gum tissue), smoking, and not brushing/flossing.

Did you know that gingivitis and periodontitis can cause other diseases in your body as well? Periodontitis has been linked to cardiovascular disease, type 2 diabetes mellitus, adverse pregnancy outcomes, and osteoporosis! New research, reported in "Science Advances" journal, even states that there is a significant link between the bacterium *Porphyromonas gingivalis*, the main cause of gum disease, and Alzheimer's disease. Scientists found *P. gingivalis* in the brains of deceased people who suffered from Alzheimer's. Those brains also had higher levels of tau protein and ubiquitin, both of which are associated with Alzheimer's and are likely contributing factors in the development of Alzheimer's. Researchers also found the bacteria in the spinal fluid of living people, which could lead to a method by which to diagnose the disease.

Gum disease affects about 1/3 of all people, so learning to prevent and treat it is very important. Gingivitis usually clears up in 10 to 14 days with treatment. So, how can you treat gingivitis? Use an antibacterial toothpaste, brush your teeth properly for two minutes twice a day, and use an antibacterial mouthwash. Also, floss daily and remember what my dentist told me a long time ago, "Just floss the ones you want to keep."

Karen Mizner, President of FTFW

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## Amazon Smile



Do you make purchases on Amazon? Did you know that FreeThought Fort Wayne is now a charitable organization listed on Amazon Smile? Simply use the link on the Amazon Smile logo above or look up the charity, "American Humanist Association," in New Haven, IN (on Amazon Smile) to have Amazon contribute 0.5% of your Amazon purchase (at no cost to you!) to FTFW. You can also find a link to contribute to [our Amazon Smile](#) on the FTFW website under the "Stores" menu.

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## Annual Membership Renewal



# **NOW is the time And we want YOU!**

**Yes, it's our annual member renewal time  
Please renew your membership dues by going to**

**<https://www.freethoughtfw.org/becoming-a-member/>**

**There are lots of membership options  
Including becoming a "Monthly Steward"**

**OR**

**Just see a FTFW Board Member at any meet up.**



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## **Letter to the Editor and Newsletter Submissions**

**Have a story to tell?  
Have something to say?  
Want to write a letter to the editor?**



**Put your thinking cap on, grab your laptop and pen an article for the "Hoosier Humanist Herald" monthly newsletter. Just 200-300 words and you can be published writer! Submissions due by the 16<sup>th</sup> of each month. Submissions may be edited for length and content.**

**Send submissions to: [fortwayneaha@gmail.com](mailto:fortwayneaha@gmail.com)**

Here's your chance! Have an idea for our group? Have a question for us? Have you experienced frustrations as a non-believer? Do people question you about what Humanism means? Just want to vent a bit? Have a funny story to share? Have a question for our Celebrant, Victoria Gipson? The Hoosier Humanist Herald committee will do its best to respond to your concerns. Submit your letter via e-mail to [fortwayneaha@gmail.com](mailto:fortwayneaha@gmail.com) with the subject line of "Letter to the Editor" or "Ask a Celebrant," then watch for a response in our next month's newsletter! Alternatively, if you wish to discuss current events or an interesting article, feel free to submit your thoughts as an article in the newsletter! Please note that submissions may be edited for clarity and space (200-300 words).

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## Upcoming Events

### *Meeting of the Minds*

**February 20, 2019 (Wednesday): 7:00-8:30 pm at the Unitarian Universalist  
Congregation of Fort Wayne**

This is a recurring event for FTFW every month on the third Wednesday, whereby folks get together for an open discussion on a particular topic of interest. Be sure to bring your suggested discussion topic ideas and we will vote as a group on which one(s) to talk about. Suggested starting topic: "Human Sexuality."

### ***Absentee Voting for Board Seat Nominations Ends***

**February 24, 2019 (Sunday)**

This is the last day that absentee votes from qualified members will be accepted for the open positions on the FTFW board of directors. Votes are due by 11:59 am.

### ***FTFW Monthly Board Meeting***

**February 28, 2019 (Thursday): 6:30-8:30 pm at the Allen County Public Library (main branch), Room B**

Current dues-paying members are welcome to join the FTFW board of directors at their monthly meeting. Details can be found on our Facebook pages as well as our website calendar. Board members will vote on the new board members.

### ***FTFW Monthly Board Planning Meeting***

**March 10, 2019 (Sunday): 1:30-3:30 pm at the Arby's at 333 E. Washington Center Rd (Fort Wayne)**

Current dues-paying members are welcome to join the FTFW board of directors at their monthly planning meeting. Details can be found on our Facebook pages as well as our website calendar. This will be the first meeting with the new board members.



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