Turning to another topic, my office receives a number of inquiries about voting procedures and regulations.

Today more than one-third of our children and adolescents are overweight or obese. This can lead to long term health consequences. Children who are overweight or obese are more likely to be overweight as adults and are therefore more at risk of associated health problems such as heart disease, type 2 diabetes, stroke and certain cancers.

Healthy lifestyles are crucial to reverse this epidemic. In 2010, I co-introduced the first designation of September as Childhood Obesity Awareness Month. I'm proud to say that this initiative continues, with President Obama issuing a proclamation recognizing September as Childhood Obesity Awareness Month every year since.

It's up to us to lead our children to healthier choices that will affect them for a lifetime. Eating more fresh fruits and vegetables, reducing the amount of "empty" calories from sugary foods and drinks and getting adequate physical exercise are all building blocks to better health.

I have links on my website, www.fudge.house.gov to helpful tips and information from a variety of resources such as the federal government, medical groups and non-profit organizations. If we

work together, I am confident that we can make a difference and reverse this epidemic within a generation.

Turning to another topic, my office receives a number of inquiries about voting procedures and regulations. I have also included on my website information on how to register to vote and answers to frequently asked questions. A federal judge has ruled that a provision inOhiolaw that eliminated the last three days of voting before the November 6th General Election for all but active duty military personnel is unconstitutional. However, Ohio Attorney General Mike DeWine has indicated the state will appeal.

Enough of the delays.

Instead of erecting barriers to voting, our state elected officials should honor the law and make it easier to exercise this most fundamental right of our democracy. I will keep you posted on this developing situation. In the meantime, please see the following schedule of voting deadlines inCuyahogaCounty.

Voter Deadlines

- 10/02/2012 - Opening of Vote by Mail (Absentee) and In-person Early Voting
- 10/09/2012 **-** Close of registration

- 11/02/2012 - Voting in person at the Cuyahoga County Board of Election ends
- 11/03/2012 noon - Deadline for applications by mail for an absentee ballot to be mailed
- 11/05/2012 - All Vote by Mail/Absentee ballots mailed anywhere in the U.S. must be postmarked on or before this date and received at the Board of Elections on or before November 16, 2012 in order to be counted.
- 11/06/2012 - All overseas Vote by Mail ballots must be signed and submitted for mailing by 12:01 a.m. EDT on or before this date and received on or before November 16, 2012 in order to be counted.

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- 11/06/2012 - 6:30 a.m. - 7:30 p.m. - Election Day - Provisional voting at the Board of Elections
- 11/06/2012 - All Vote by Mail/Absentee ballots returned in person must be received at the Board of Elections by 7:30 p.m. in order to be counted.