



Fast Facts Flyer

CFD now provides Basics Life Support advanced meds

New medications carried on all Fire frontline and reserve apparatus now allow Champaign fire personnel upgraded options to assist with community members' cardiac, severe respiratory, or diabetic emergencies.

In early July, all Champaign Fire operations personnel received continuing education and began to provide basic life support advanced medications to those in the midst of a medical emergency.

Ongoing departmental training of all personnel, as well as the purchasing and stocking of all medications on front line apparatus are key elements to make this new protocol function.

The new medications that fire personnel may now administer include nitroglycerin, albuterol, and aspirin. Department protocol already allowed for the administration of glucose and epinephrine for bee/wasp stings.

Fire personnel reported that the medications are being administered and of obvious assistance. One citizen commented that she'd called 911 while in the midst of an asthma attack and was pleasantly surprised with the experience and provisions.

Troy Daniels honored by Illinois State Crime Stoppers Association



Congratulations to Deputy Chief Troy Daniels who has been honored by the IL State Crime Stoppers Association as Coordinator of the Year for 2010.

Troy was recognized for

exemplary activity, which exhibits motivation and professionalism in the promotion of the Crime Stoppers concept in Illinois. He was instrumental in leading the charge to develop methods by which tipsters could provide anonymous information to law enforcement officials via the worldwide web and by texting. The secure application used allows the tipster and police to have two-way dialog while keeping the tipster's identity completely anonymous.

His efforts have greatly contributed to the success of the Crime Stoppers program in Champaign County.

City Staff meet with Minority Business Owners

City of Champaign staff met in July with local minority and women construction company owners to discuss ways to increase participation for minority contractors in future city projects. The informal discussion gave the business owners an opportunity to express concerns and share their ideas and needs with City staff for the development of programs and workshops to aid minority and women owned businesses in building their working relationship with the City.



City departments represented at the meeting included the City Manager's Office, Community Relations Office, Finance, Neighborhood Services, and Public Works.

Please deliver to:



New Application Fee for Entry-level Police Officer Exam

Those who complete an online employment application for entry-level police officer will now be paying a \$25 application fee. Under a proposal submitted to City Council on August 3rd, candidates would pay \$25 to take the entry-level exam. The proposed fee is expected to offset only about 50% of the exam's actual costs. While historically Champaign has not charged a fee, other Illinois law enforcement agencies require fees of up to \$50 per applicant. Council approved the measure.

The City remains focused on recruiting a diverse pool of qualified candidates to serve as police officers. "Although the exam fee will primarily offset the costs of testing, we also hope it will ensure that applicants are serious about pursuing careers as Police Officers," said Human Resources Director Chris Bezruki. **Please see Exam Costs, page 2.**



Exam Fee from page 1

Less than half of the 500-600 people submitting entry-level Police Officer applications each year actually take the written exam, and other municipalities have found that applicants are more likely to follow through with testing when they pay a small fee. Instituting this fee will minimize the expenses associated with reviewing applications and preparing examinations for applicants who ultimately don't show up to take the test.

Champaign's police officer candidates first submit an employment application, and then automatically proceed to take the written exam. A fee waiver will be available for individuals with limited income who otherwise could not afford to participate in the test.

Entry-level police officer testing is scheduled at three locations during the month of September: September 11 at SIU, Carbondale; September 18 at WIU, Macomb; and September 25 in Urbana. The deadline for applications and fee is Friday, September 3rd.

Promotions

Probationary Police Officers **Chris Jenkins** and **John McAllister** received their Class A Commission, promoting them the rank of Police Officer. The officers successfully completed all of the requirements of the 15-month probationary period on August 4, and were recommended by Chief R.T. Finney to the Board of Police and Fire Commissioners to be moved to Class A status. Officers Jenkins and McAllister began employment with the City on May 4, 2009.



Applause!

Officers **Kevin Olmstead** and **Phil McDonald** received commendations from Sgt. Dennis Baltzell for their apprehension of a shooting suspect and the recovery of a gun.

Between June 30 and July 3, 2010, Champaign police officers and detectives were in search of three suspects who were wanted in connection with the shooting of two victims. On July 3rd, officers Olmstead and McDonald, and members of the Champaign Police Community Action Team were patrolling together as a two-man unit. Officers Olmstead and McDonald initiated a traffic stop on a vehicle for improper lane change. The vehicle failed to stop and fled the area. The officers gave chase when the driver eventually bailed out of the vehicle and fled on foot, but lost site of the suspect when he jumped a couple of fences.

Olmstead and McDonald were familiar with the suspect vehicle and knew it to frequent a certain house in the neighborhood. A perimeter was established around the house by responding units. Officer Olmstead contacted the resident of the house, gained her cooperation in giving up the suspect, who was arrested without further incident.

Rather than transporting the suspect immediately to jail and releasing him to correctional staff on multiple criminal charges, officers Olmstead and McDonald took the time to conduct a thorough debrief of the suspect which led to credible information on the location of one of the shooting suspects. Following up on this information resulted in the

location of five subjects hiding in a house, one of which was one of the shooting suspects. An interview with one of these subjects led to the recovery of a handgun.

"Officer Kevin Olmstead and Officer Phil McDonald's initiative, judgment, and diligence on this day led to the safe and successful apprehension of a shooting suspect and the recovery of a gun. Officers Olmstead and McDonald should be commended for their work on this day."

We're Glad to Have You With Us!

METCAD welcomes Doug Miller to the position of Computer Services Specialist. Doug will be responsible for managing connectivity within the LAN and portions of the WAN; administration of Windows servers and workstations; management of data files, systems, multiple GIS layers used by METCAD; and providing official METCAD representation to user agencies.



Prior to his employment with the City, he was a computer system specialist at the City of Urbana, providing support and maintenance of Urbana's city LAN, including PTP T1's and Fiber optics between the City of Urbana buildings, the Urbana Park District, Urbana Free Library, Urbana School District, and County campus work on special projects. He has a bachelor's in psychology from Eastern Illinois University, Charleston, and has attended Parkland College enrolled in various computer science courses.

Field Operations Division Officers of the Month



AIKMAN



VAN ANTWERP

Congratulations to the following officers on their selection as the July 2010 Officer of the Month:



WALLS

Christopher Aikman, Heidi Van Antwerp and **Kendrick Walls**. On July 5, 2010, all three officers responded to an armed subject call in which a suspect fled from officers. Due to their collective efforts in gathering information and actively pursuing the suspect, the armed subject was arrested, weapon recovered, and citizens in the area kept safe. Their quick response, quality of communication and level of teamwork is commendable. The additional teams of officers responding to this incident were also commended for establishing containment in the area, which assisted officers in locating the subject.

Who in the world isn't on facebook?



On June 22, the City issued the notice to proceed for the Meadow Gold Demolition project to Homrich, Inc. The demolition of the building was recommended in the Public Works Facility Plan and necessary for future expansion and rehabilitation of the Public Works facility. There was also an urgent need to demolish the Meadow Gold Facility to remove a vacant structure and improve a blighted property at an entryway to the City; a section of the transite (asbestos); a section of the roof had collapsed which was not only a safety concern, but would be difficult and expensive to remove from a collapsing structure. As the Meadow Gold Facility deteriorates, it has become more difficult to secure the building against pest infestation and illegal entry. The collapsed section of roof made securing the building nearly impossible.

Before the demolition could begin, the Recycling drop-off site was relocated on July 2nd from its location along Hagan



Street to the north parking lot of Meadow Gold. The new location provides better access and circulation. The recycling site will remain in operation at this location until the City begins the multi-family recycling program in late 2010.

PROJECT UPDATES

Tony Vandeventer, Assistant City Engineer - Development

▲ June 23 - Homrich is planning to start basic asbestos abatement activities on Thursday. These activities consist of glove bagging piping and floor tile removal. These basic abatement activities, interior demolition and the removal of the upper layers of the roof (non-asbestos part of the roof) will take about 5 weeks. Once these activities are complete, Homrich plans to remove the asbestos roof deck.

▲ July 21 - Homrich is on schedule. They have removed the ballast rock from the roof, and they are currently in the process of abating asbestos inside the building. They anticipate that, with the exception of the transite in the roof, the asbestos abatement will be completed on Friday, July 23. All of the interior walls have been removed, and the masonry block is being taken to Duce Construction. Duce has a concrete crusher, and they will crush the block to use as aggregate in new concrete proposed by their concrete plant.



▲ August 4 - Homrich continues to stay on schedule. They have stripped 80% of the interior of the building. They will begin removing sections of the roof on Monday, August 9. Homrich plans to remove the roof by shearing the roof trusses with an excavator equipped with a hydraulic shearing attachment. Since the roof is lined with transite (asbestos), Homrich will be constantly wetting the removal area with mechanical misters and spraying the roof with water from a 2-inch hose. They will drop the roof one bay at a time and load the debris into special waste containment trailers. Homrich's job site superintendent estimates that removing the roof will be completed in 2 to 3 weeks.



Homrich has been very efficient with their operation, and they have done a great job of coordinating work with City staff and ABC Supply. A DLZ representative stated that he is very happy with Homrich's operation and that they are doing everything "by the book."

▲ August 18 - Homrich is slightly ahead of schedule on the Meadow Gold Demolition Project. They have removed nearly 70% of the roof, and they anticipate having the roof completely removed by Friday, August 20. They will start knocking down the exterior walls on Monday, August 23. Demolition of the above ground structure will be completed by the end of August. On September 13, Duce Construction, Homrich's subcontractor for underground work, will start removing existing slabs and foundations.





Grandmas are commenting on their teen grandkids' angst-ridden status updates. One of your grade school teachers wants you to join their mafia.

Candidates for the Planning and Zoning Commission have fan pages. Facebook CEO Mark Zuckerberg announced that the site hit a half-billion

active users. That's nearly five times as many people as watched this year's Super Bowl--the most popular television broadcast ever--and about four times as many people as voted in the 2008 US presidential election.

So, seriously, who's left?

In the United States, the answer comes pretty close to this: "nobody who (a) would like to have an account and (b) is able to create one." But while it might seem to US users like everybody is on Facebook, most of the world's internet users actually aren't. According

to the International Telecommunication Union, there are about 1.7 billion people in the world with internet access. Since everyone on Facebook has to use the internet, that means Facebook can count about 40 percent of the digitally enabled population as its users.

Facebook says it has 12 million users in India, up from just 8 million earlier this year. Facebook listed 6 million users in Brazil, the first time it had offered statistics for that country. The number of active computer users on Facebook in

Asia is just a little over 2 percent and it's just about 1 percent in Africa, two places Facebook is targeting.

Students are becoming the early adopters, followed by young adults--presumably opening up the possibilities that older and younger folks could be on the way.

So, if you're a Facebook user in Cairo, Seoul or Rio, get ready. Grandma just might be on her way. **✦**Doug Gross, CNN, www.cnn.com/2010/TECH/social.media/07/22/facebook.500million/

September Celebrations

-
- 1 Byron Evans, Library
Andrew Lamoreux, PW
Tim Spear, NSD
Bart Vezina, PW
 - 3 Jim Clark, Police
Paul Gast, Library
 - 4 John Koller, Fire
Jennifer McMinis, Library
 - 6 Judi Blaford, Library
Chad Hennigh, PW
Greg Skaggs, NSD
 - 7 Anne Hollenback, HR
Alan Meyer, Fire
Linda Randall, Finance
 - 8 Bill Bleich, Fire
 - 9 Dave Griffet, Police
 - 11 Marilyn Banks, Finance
Frances Byun, Library
Shohei Kurokawa, PW
Teresa Spence, Legal
 - 12 Allison Ferguson, Police
 - 13 Sally Hills, Library
 - 14 Dan Coats, PW
Kyle Schneider, PW
 - 15 Laurie Curatolo, Police
August Voges, METCAD
 - 16 Lauren Nurse, PW
Steven Smith, Library
 - 17 Joe Gallo, Police
Jon Jenkins, Fire
 - 18 Patrick Funkhouser, Police
Betty Spero, Library
 - 19 Joy Ann Specht, Library
 - 20 Eric Mitchell, Fire
Bridget Nash, PW
 - 21 Stephen McConkey, Fire
Tom Petrilli, Police
 - 22 Jane Weston, METCAD
 - 23 Miranda Leake, Library
Joe Lewis, NSD
 - 24 Mark Shelmadine, PW
Jeff Thomas, Police
Pat Kelly, Police
 - 25 Greg Manzana, Police
Kitty Strong, Finance
 - 26 Arnie Morrison, PW
Mark Schneider, Fire
Gary Spear, Police
Mike Talbott, Police
 - 27 Kevin Jackson, NSD Director
 - 28 Kathy Coffey, HR
Dave Richmond, PW
Chad Tennill, Police
 - 30 Nathan Sapp, METCAD

Donations add to Lincoln's father's cemetery

The resting place of the "father of the martyred president" and veterans of nearly every war the country has fought will soon have more burial space and a tribute to those who gave their lives in combat.

A donation of what's now pasture land by the longtime caretaker of the Thomas Lincoln Cemetery means there should be more graves available by the spring of next year, according to Stan McMorris, president of the cemetery association.

The cemetery, once known as Shiloh Cemetery, is located on Lincoln Highway Road a few miles northwest of the Lincoln Log Cabin State Historic Site, where Thomas Lincoln lived. A large marker notes the grave of the "father of the martyred president" and that of Lincoln's stepmother, Sarah Bush Lincoln.

The roughly 10 acres of pasture land immediately north and west of the cemetery is being donated by Gale Baker, who once lived across the road from the graveyard and whose

family ties to the cemetery date to Lincoln's time. An ancestor of Baker's took Lincoln to visit his father's grave before the president-elect left Illinois for Washington D.C. "It's been close to my heart," Baker said. "It's imperative to me."

McMorris said Baker's only condition for donating the land was that a war memorial be built at the cemetery. "We have soldiers from all the wars buried there," Baker said. "There's nothing that's really there in memory of those who gave their lives."

Susan Wozniak, paralegal in the City's Legal Department, is the granddaughter of Gale Baker. Gale Baker was able to donate the pasture land to the Lincoln Cemetery just before his passing on August 8, 2010. And the war memorial he wanted for the veterans buried should be in place by Spring.

Excerpted from article in the 8-3-10 NG.

Children of Alzheimer's sufferers want to know their risk



By Elizabeth Landau, CNN

Greg Kalkwarf was a teenager when his grandfather told him and his brother, with increasing anger and frustration, "Dean, get out there and milk the cows!"

There were indeed cows at his grandparents' farm, but Dean -- Kalkwarf's uncle -- wasn't there, and the grandchildren weren't supposed to be milking them.

"The confusion or the memory loss of Alzheimer's -- now as I look back, it's like,

that's what was going on," said Kalkwarf, 39, a marketing representative in Denver, Colorado. His grandfather died from Alzheimer's complications, and now his mother has it at 65. "It's saddening and disheartening to watch someone you love disappear like that," he said.

Kalkwarf is one of many children of the 5.3 million people living with Alzheimer's in the United States who face the terrifying possibility of inheriting a predisposition to the disease. Now that there are tests in the works for early detection of brain injury due to Alzheimer's, as well as other biological markers of the disease, the question becomes: Would you want to know?

Experts proposed new criteria for diagnosing Alzheimer's at the Alzheimer's Association International Conference on Alzheimer's Disease 2010. The experts suggest using biomarkers of the disease -- plaques in the brain and specific proteins -- to diagnose Alzheimer's. These biomarkers can be found with MRI scans, PET imaging and tests of cerebrospinal fluid. **Please see Alzheimer's, page 7.**

Each September, thousands of treatment programs around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about treatment, how it works, for whom, and why. Substance abuse treatment providers have made significant accomplishments, having transformed the lives of untold thousands of Americans. These successes often go unnoticed by the broader population.

The **Recovery Month** observance highlights the societal benefits of substance abuse treatment, lauds the contributions of treatment providers and promotes the message that recovery from substance abuse in all its forms is possible. The observance also encourages citizens to take action to help expand and improve the availability of effective substance abuse treatment for those in need.

Recovery Month also serves to educate the public on substance abuse as a national health crisis, that addiction is a treatable disease, and that recovery is possible. **Recovery Month** highlights the benefits of treatment for not only the affected individual, but for their family, friends, workplace, and society as a whole.

Drawing down your retirement savings

As you approach retirement, prudently managing your finances takes on even greater importance. After all, delaying retirement or returning to work may not be an option.

Understanding your expenses and income sources in retirement is a key first step. Start by calculating how much money you will need every month for your regular expenses such as mortgage, rent, utilities, food and other bills.

Then ask your employer about your projected monthly pension payouts and estimate your Social Security benefits using the benefits calculator at:

www.socialsecurity.gov. And don't forget your retirement accounts and other investments, which can supplement your income and cover big-ticket purchases and unexpected expenses.

Aim to keep about five years' worth of expected withdrawals in very conservative investments such as FDIC-insured bank CDs, and money market and stable value



funds; and request payouts as you need income. Many retirees also should keep some money in a diversified portfolio of stock and bond funds. The goal is to avoid being forced to sell those more aggressive investments when they may be declining in value. See "How Should I Draw Income from My Tax-Advantaged Retirement Accounts?" at: www.icmarc.org/retiree.

A financial professional can help you keep on track. Our investor services team can direct you to an ICMA-RC Retirement Plans Specialist for additional information. **NOTE:** Julie Crouse, the City's retirement plans specialist, is planning a visit for individual appointments with City employees on October 12 & 13. Check your email and/or CityWeb for the announcement and for scheduling an appointment.

Join the Voices for
RECOVERY

now
more than
ever!



september 2010
National Alcohol
& Drug Addiction
Recovery Month

US Department of
Health and Human
Services

www.samhsa.gov

3-d Movies: Are they bad for kids' eyes?

It's official: Toy Story 3 was a hit at the box office! But with plenty of pop-from-the-screen three-dimensional thrills, lots of moms are wondering, "Are 3D movies safe for my kid's eyes?"

Marty Banks, Ph.D., Professor of Optometry and Vision Science at University of California, Berkeley, says that they probably are. Banks has studied the effect of 3D-watching on young adults and found that seeing a movie on a big screen is relatively safe due to the distance between viewers and the screen. Plus, says Banks, the newer, more sophisticated 3D movies aren't as harmful as the effects of the past, where images, like swords, seemed to come toward the audience. "We're more concerned with closer 3D screens, like TVs, desktop computer displays and cell phones," says Banks. "In our study, we found that watching 3D effects up close might cause eye strain or make your vision blurry. Some people said

their eyes were tired or complained of headaches."

But Banks didn't study children, and he doesn't know of anyone else who has. So he suggests proceeding with caution if you decide to tote your little one to the theater. "I would ask my kids how they were feeling during the movie," he says. "If they said they were tired or had a headache, I'd tell them to take off the 3D glasses or take them into the lobby and do something else." But what about those kids who'll inevitably rip off the glasses -- could watching the movie without 3D specs cause problems? "I doubt that," says Banks. "The images will just look blurry or fuzzy." He adds: "I think it's appropriate to be cautious, but not fearful. People get really worried when things are new." If you want to be extra cautious, remember the movie's available in plain ol' 2D too. ✦ <http://www.ivillage.com/3-d-movies-are-they-bad-for-kids-eyes/>



8 things you didn't know about toothpaste

Faced with dozens of different products promising to make your teeth fresher, whiter and cavity-free, it's no wonder you wander aimlessly down the toothpaste aisle. To help you pick wisely, here's the scoop from the pros on what ingredients to look for, whether gel or paste formulas are right for you and just how much you need to squeeze onto your brush.

1. It's all about the fluoride.

According to the Academy of General Dentistry, brushing with fluoride toothpaste twice daily can reduce tooth decay by as much as 40 percent. Even in areas where there is water fluoridation, the added fluoride in toothpaste has been shown to be very beneficial.

2. Look for the seal of approval. While it's tempting

to save some cash with a generic brand of toothpaste, you may actually be getting an ineffective-and potentially harmful- product. You should always look for the American Dental Association's (ADA) Seal when choosing a toothpaste. Only those products have the scientific data to back up their claims and have been proven to meet the ADA criteria for safety and effectiveness.

3. Whitening toothpastes work--at least to a certain degree. Countless products promise a whiter smile, but do they really deliver? Whitening toothpastes—like all toothpastes—contain mild abrasives to help remove surface stains on your teeth. The shape of the particles used in whitening products, though, is modified to clean those stains away better, so you'll see a noticeable difference in how your teeth look. However, these products don't contain bleach, making it impossible for them to

Please see toothpaste, page 7.



Shoulder impingement syndrome

Shoulder injuries are often a result

of athletic activities that require excessive, repetitive, overhead motion. However, middle-aged people with jobs requiring repetitive overhead activity are also at risk. Among the number of pathologic conditions that may affect the shoulder, impingement syndrome is very common, and can be disabling.

Impingement syndrome is defined as a condition in which the rotator cuff tendons are "pinched" between the head of the humerus and part of the scapula (shoulder blade) known as the acromion. This occurs during overhead activity. The impingement of the rotator cuff often leads to bursitis, tendonitis, and possible tearing of the rotator cuff.

Identifying and treating impingement syndrome early on can relieve pain and dysfunction, as well as prevent worse problems. If left untreated, it may eventually lead to tearing of the rotator cuff tendons. These torn ten-

dons do not heal properly without surgical intervention.

Initial treatment includes activity modification, such as rest from overhead activity, non-steroidal anti-inflammatory drugs (NSAIDs), and a structured stretching and strengthening program. Often times, persistent symptoms may warrant a corticosteroid injection into the subacromial space to control pain and inflammation followed by physical therapy.

Finally, if symptoms fail to resolve, surgical intervention may be required. Typically performed arthroscopically through small incisions, the surgery involves removal of bone on the undersurface of the acromion.

If you are experiencing pain in your shoulder, ask yourself these questions:

1. Does your shoulder feel stiff? Are you able to move your arm in all directions?
2. Does it feel like your shoulder could "pop out" at times?

Please see Shoulder Impingement Syndrome, page 8.

Alzheimer's sufferer's from page 4

Specific results would better reflect the various stages of the disease, the scientists say.

The guidelines in place currently have not been changed since 1984 -- before that, only an autopsy could say with certainty whether a person had Alzheimer's disease.

Kalkwarf and several other individuals with a family history of Alzheimer's said they would definitely want to know if their brains already have signs of the disease.

There also are those who simply don't want to know until there's something they could do about it. Julie Sue Auslander of Montvale, New Jersey, said in an e-mail that she knows her risk is high through maternal relatives, including her mother and grandmother, but unless there's a significant way to mitigate the risk, she'd rather "continue living my life as fully as I do, knowing full well that the beast [might] outrun me."

The drugs currently available are approved for use only in people in late stages and do not slow or cure the progression of the disease. Dr. James Lah, assistant professor of neurology at Emory University School of Medicine, likens this to late-stage cancer.

"We're basically treating widely metastatic Alzheimer's disease, if you will, in the brain rather than attacking it at an early point at a point when it's very localized, or early," he said.

People like Auslander and Kalkwarf, who have family

histories, aren't certain to get Alzheimer's. But there is a genetic mutation that nearly always predicts early onset Alzheimer's, a rare version of the disease that develops in people ages 30 to 60, according to the National Institute on Aging.

The detection of Alzheimer's disease in people with no symptoms is very much a work in progress, said Dr. Allan Levey, professor and chair of neurology at Emory University Medical School. It is currently possible to see brain activity patterns in middle-aged individuals indicative of Alzheimer's disease, but that information doesn't always predict Alzheimer's, he said.

In the same way that you shouldn't wait until you have a heart attack to engage in lifestyle and medication interventions, Alzheimer's should be diagnosed much earlier, so that precautions can be taken, said Maria Carrillo, senior director of medical and scientific relations at the Alzheimer's Association. The criteria put forth at the conference are research criteria, not for clinical practice yet. The idea is that these guidelines for diagnosis will help in the development of drugs and other treatments for the disease, she said.

The National Institute on Aging and the Alzheimer's Association are soliciting opinions about the criteria online and hope that there's enough input to publish them in early 2011, Carrillo said. Then they would need to be validated in clinical trials before being used in general practice.

Although there are no proven interventions for people without Alzheimer's symptoms, but who may be at risk, neurologists said it is crucial to identify people with early signs of the disease for the purposes of research, so that treatments can be developed when the disease is less severe in the brain.

Kalkwarf's wife, a nurse, makes sure he gets plenty of fish oil and eats other foods enhanced with omega-3 fatty acids, which have been suggested to improve cognition. He is already wondering if their 9-month-old son will one day face issues from Alzheimer's.

In the meantime, Kalkwarf's mother is participating in an Alzheimer's study.

"If people are willing to help now, then it's like everybody else who's willing to donate their body to science -- that if we all can give up a little bit, hopefully it helps the next generation," he said.

Toothpaste from page 6

brighten your smile as dramatically as professional whitening treatments.

4. Less is more. All you need is a pea-size amount of toothpaste—yes the little green vegetable! Not only will that get the job done effectively (by cleaning and removing plaque, stains and food debris), you'll also extend the life of your tube.

5. How you brush is more important than what you brush with. To brush properly, you need to position the brush at a 45 degree angle so that you get some of the bristles



in between the tooth and the gums. Move the brush in small circles in those areas, and then continue on to the rest of the teeth. This process should take about one to two minutes to complete.

6. Organic toothpastes can be just as effective as regular. Natural and organic toothpastes that include fluoride in their ingredients are as effective as regular toothpastes with fluoride. You'll also be avoiding artificial preservatives, sweeteners and dyes.

7. What's inside your toothpaste might surprise you. You may not recognize

the names listed on the side of the tube, but ingredients like seaweed and detergent can be found in many fluoride toothpastes. According to the ADA, common thickening agents include seaweed colloids, mineral colloids and natural gums. And for that quintessential foaming action, most products rely on detergents such as sodium lauryl sulfate—also found in many shampoos and body washes—that are deemed 100 percent safe and effective by the ADA.

8. Pastes or gels--they all do the trick. You may have heard that one works better than the other but, according to the experts, they all clean teeth equally well. It just comes down to personal preference.

Source: Caryn Loftis-Solie, RDH, president, American Dental Hygiene Association; Clifford Whall, PhD, director, American Dental Association Seal of Acceptance Program. Yahoo! Health, health.yahoo.net/articles/oral-care

Quick Tip

Bad day? Hug someone. Your body will release oxytocin, "the love hormone," which reduces stress, eases depression and improves immune function, writes Walter Bortz in *The Roadmap to 100*. Plus, you'll lift someone else's spirits.



Shoulder Impingement Syndrome from page

3. Do you feel too weak in your shoulder to complete your daily activities?

If you answered yes to any of these questions, you may benefit from a consultation with your doctor or a shoulder specialist, who may recommend physical or occupational

therapy. In the meantime, here are **some simple exercises** for postural correction to avoid joint, muscle, and ligament adaptation.

✦ **By Andrew Ciarlone, DO,**
Michigan Center for Orthopedic Surgery.

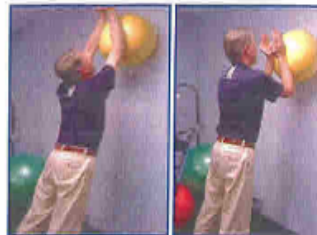
Exercises for postural correction



Postural Sitting Correction
Pretend you have a string attached to your sternum and pull this up in a 45-degree angle. Feel tall. Perform this as much as you like during the day.

Spinal Extension for Postural Reversal

Roll a ball up the wall on your forearms while feet are slightly away. Make sure to look up toward your hands the entire motion. Hold the stretch for a comfortable 5 seconds at a minimum and repeat 10 times.



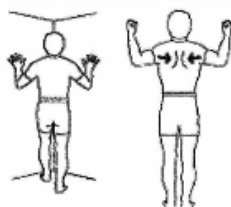
Thoracic Rotation and Extension Stretch

Lie on your back, place your knee on a ball or pillow, and reach with your opposite arm to the ceiling. Hold this stretch comfortably for 5 seconds at a minimum and do 10 repetitions. Repeat on the opposite side.



Courtesy of Elitefs.com

Pectoral Muscle Stretch and Scapular Squeeze



Stretch 5 times, and follow this by scapular squeezing for 5 times. Hold for 15 seconds.

W's and Y's

Squat, keep your back straight with chest forward, and pump elbows up and in to form a "W". Press out to create a "Y". Repeat 3 sets of 10, starting without weights.



Courtesy of Elitefs.com

By Dawn L. Pelino, Occupational therapist and certified hand specialist CHT and Arthur H. Fossen, PT, Accelerated Rehabilitation Centers, Clarkston, MI

Stephen King Movies

I N N S I N G R A V E Y A R D S H I F T E
M A X I M U M O V E R D R I V E T E Q C E
N L E T S E V E S N A M G N I N N U R A N
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W A E E R G R E E N M I L E O I A R G C L
S S P H H T E R M P H E N K R L S S S I I
N G S W F I C R P M A N G L E R O S T P S
U B A F I R E S T A R T E R L I S D H E D
E Y E S T A C N I S R E K L A W P E E L S
N R O C E H T F O N E R D L I H C O V E L
E N O Z D A E D N R E H C T A C M A E R D

- | | | | |
|----------------------|--------------------|---------------------|----------------------|
| APT PUPIL | DEAD ZONE | MAXIMUM OVERDRIVE | SHAWSHANK REDEMPTION |
| CARRIE | DOLORES CLAIBORNE | MISERY | SHINING |
| CAT'S EYE | DREAMCATCHER | NEEDFUL THINGS | SILVER BULLET |
| CHILDREN OF THE CORN | FIRESTARTER | NIGHT FLIER | SLEEPWALKERS |
| CHRISTINE | GRAVEYARD SHIFT | PET SEMATARY | STAND BY ME |
| CREEPSHOW I | GREEN MILE | QUICKSILVER HIGHWAY | THE STAND |
| CREEPSHOW II | HEARTS IN ATLANTIS | ROSE RED | THINNER |
| CUJO | LANGOLIERS | RUNNING MAN | TOMMYKNOCKERS |
| DARK HALF | MANGLER | SALEM'S LOT | TRUCKS |

Numbrix

	77	76				36	35
	78			81			28
		61				25	
	58			15			8
	53	52				2	1

How to play

The object of Numbrix is to fill the board with a sequence of consecutive numbers from 1 to 81. The numbers must follow a horizontal or vertical path (no diagonals).