

## **Water or Coke?**

Submitted by Dolly Souder from FL formerly from AZ!

I could not believe this..... Very interesting

### **WATER**

- #1. 75% of Americans are chronically dehydrated. (Likely applies to half the world population.)
- #2. In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger.
- #3. Even MILD dehydration will slow down one's metabolism.
- #4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington report.
- #5. Lack of water is the #1 trigger of daytime fatigue.

- #6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- #7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- #8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should drink every day.

### **COKE**

- #1. In many states the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.
- #2. You can put a T-bone steak in a bowl of Coke and it will be gone in two days.
- #3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the 'real thing' sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
- #4. To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
- #5. To clean corrosion from car battery terminals: Pour a

- can of Coca-Cola over the terminals to bubble away the corrosion.
- #6. To loosen a rusted bolt: Apply a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
- #7. To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before ham is finished, remove the foil, allowing the drippings to mix with the Coke for a sumptuous brown gravy.
- #8. To remove grease from clothes: Empty a can of Coke into the load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from you windshield

## QUIPS AND QUOTES

77% of Americans are frightened of death,

86% believe in heaven,

70% believe in hell and

94% believe in God!

-AARP magazine article by Bill Newman Sept/Oct 2007

“The medical profession is unconsciously irritated by lay knowledge”

-from “East of Eden” by John Steinbeck 1952

On the elder generation – We are more valuable than any of the younger generation. Why?

We have silver in our hair! We have gold in our teeth!

We have stones in our kidneys! We have lead in our feet!

And we are loaded with natural gas!

Author unknown

But when the wit began to wheez, and wine had warm'd the politician,

Cur'd yesterday of my disease, I died last night of my physician!

-Prior, “The Remedy Worse Than The Disease!”

Things turn out best for those who make the best of the way things turn out!

-John Wooden, UCLA basketball coach

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### **ROBERT A. FOSEID - Obituary**

Robert A. FOSEID Born in Minneapolis, MN on July 17, 1932, Bob was the only child of Hugo and Mildred (Olson) Foseid. He died peacefully with his loving family by his side on July 14, 2007. After graduating from Central High School in Minneapolis, Bob went on to earn a degree in Mechanical Engineering from the University of Minnesota. He served two years with the U.S. Army based at Fort Richardson in Alaska. In 1956 Bob married Connie Elofson and in 1958 joined The Boeing Company. They relocated to the Seattle area and after living in Bellevue, moved to Mercer Island in 1967 where they have lived ever since. Bob enjoyed a successful career at Boeing working in engineering and management. He retired in 1994 after 36 fulfilling years with the company. Bob truly enjoyed sailing, carpentry and working with his hands. If something was broken, he could fix it. His passion was helping others and was a faithful volunteer his whole life. In his retirement years, Bob was actively involved with Swedish Hospital, The Myositis Association, and Holy Trinity Lutheran Church. Bob was a very caring and loving husband, father, grandfather and friend. His friendships spanned from his childhood friends in Minneapolis to friends more recently made through his volunteer work. Bob truly was an inspiration to all who knew him. Despite his progressively worsening physical abilities due to Inclusion Body Myositis, he always kept a positive attitude and didn't give up doing the things that he loved to do. He was our hero and will be missed by all that knew him. Bob is survived by his wife of 50 years, Connie, daughter, Laura (Dave) Schneider of Seattle, son, Paul (Mary Jo) Foseid of Renton and grandchildren, Lauren, Rose, Nicholas and Henry. A Memorial Service will be held on Saturday, July 28th at 2:00 p.m. at Holy Trinity Lutheran Church, 8501 S.E. 40th, Mercer Island. A reception will follow. In lieu of flowers, remembrances may be made to The Myositis Association, 1233 - 20th Street N.W., Suite 402, Washington, DC 20036 or [www.myositis.org](http://www.myositis.org).

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## **EDITORIAL – Ken Johnson**

*We all read and hear that our health care system in America is broke and beyond repair. Hillary Clinton has a plan on the table and I am sure all candidates for president will have one on their platform statement soon. I don't know where we are headed but we all know that premiums costs continue to rise, drug cost have skyrocketed and the doctor/patient relationship has given way to insurance companies and their definitions of allowed procedures/ costs for each company/organization they are contracted with. We are no longer the doctor's customer – the insurance companies are! Something needs to be done soon. (I turn 65 next year and am worried about Medicare, Medicare supplements and the many other insurance company managed Medicare programs.) Our off-label drugs and the many new drugs in development will be too costly for us to get the focused therapies we need. And the IVIg dilemma relative to availability and costs is a major concern we have. We all need to get more involved in our health care to the point of becoming vocal advocates with our doctors, our insurance companies and our politicians. Look at this effort already underway at Mayo Clinic.*

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This is a synopsis of an article in the Summer 2007 Mayo Clinic's, "In Our Care", newsletter.

### **MAYO CLINIC HEALTH POLICY CENTER (MCHPC)\***

Mayo Clinic believes that America's health care system urgently needs reform to ensure the future of quality patient care. The MCHPC was created to help drive change. The center is convening national thought leaders to help develop a new vision for health care in America.

In January of this year the MCHPC convened more than 30 health care policy leaders from across the country at Harvard University to discuss how to improve the effectiveness and efficiency of health care in the U.S. This is a long term nationwide initiative to shape the future of health care by uniting many voices into one. The event was co-hosted by Harvard's Kennedy School of Government Health Care Delivery Policy Program. Mayo's former chief administrator, Robert Smoldt is quoted as follows.

"Mayo is involved in national health care because we believe that the needs of the patient come first."

"Patients are not well served by a fragmented delivery system that consumes tremendous resources and produces less than optimum care."

In May of this year, Mayo Clinic brought together about 300 leaders representing health care, health plans, public policy, patient advocacy, media and business to begin a dialogue that would lead to a mandate for change. Participants at the meeting identified key areas for reform. Subsequent forums will focus on these recommendations into action principles that will contribute to the formation of public policy. This is the fourth forum and **Mayo Clinic's next symposium in January 2008** will present the results.

Topic covered have been:

**Insurance for all Americans  
Increasing the integration of care.  
Paying for value.**



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## HOT HABENERO SALSA ARIZONA STYLE

Recipe from: Darrell Conlee, Tucson, AZ

6 medium Tomatoes, diced (or 1 large can chopped tomatoes)  
1 medium sweet Onion, chopped fine  
4 cloves Garlic, chopped fine  
2 tbs Lemon Juice  
1 tsp diced Basil  
4 Habenero (Haberaria) Peppers, chopped fine  
1 medium Green Pepper, chopped  
3 tbs fresh Cilantro, chopped

Mix together and put in refrigerator overnight to steep.  
Serve next day or store in jar in refrigerator for use later.

Or

Mix together and microwave on high for 45 minutes.  
Then jar up and seal for safekeeping.

Enter the RECIPE CONTEST – Can you top this one?

[kenandterri@msn.com](mailto:kenandterri@msn.com)



Photo of a desert sunset near Sierra Vista, AZ submitted by Geri Montanino

Enter the PHOTO CONTEST – Can you top this one?

[kenandterri@msn.com](mailto:kenandterri@msn.com)

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### **FYI – from kaj 9/1/7**

Don Salisbury mentioned a company called Leedens at our last meeting and I just read more info about the place. It is actually called Leeden Wheelchair Lift and Sport of Tempe and is run by a guy named Jeff Ramsdell. I got this info from an article in the AZ REP a few days ago written by a Luci Scoot. I hope she doesn't mind me paraphrasing the article. Leedens works on modifications to car, trucks, vans and bicycles so that amputees and parapalegics can operate them.. They have 5 employess (including Ramsdell) and have been in business for about 15 years. They work with individuals, private companies and the state of AZ. They work with local sports teams that cater to the disabled like Wheelchair Suns and Wheelchair Mercury. Ramsdell has an annual tradition of modifying bicycles for people with spina bifiada who compete in the annual Spina Biffada Bike Rally sponsored by a Chandler hospital. Jeff donates his work and also attends the rally to make sure each bike fits - some are 3 wheeled and are operated by hands instead of feet. The bikes are purchased by the hospital and modified as needed by Leeden. This is quite a company and we all heard Don report on how satisfied he was with the help he got in installing his new wheelchair lift for his van.

## **FYI – from kaj 9/15/07**

At our last meeting Chyllia Dixon had mentioned that she was moving to Twin Falls, ID to pursue her nursing career and that she would not be at our next meeting. I have subsequently received an email from her announcing a change in plans. She will be staying in Phoenix having recently received a letter of acceptance to a college here in town.

I had told her that I had done some extensive research on Twin Fall, especially the name per se, in that she couldn't tell me about the origin. In recent email exchanges I told her that I was going to put it in this newsletter so not to waste the effort. Well, Chyllia, here it is.

**Twin Falls is located 43°23'41" N latitude, 114°27'49" W longitude, in the south central area of the state.**

**The city has a population of approximately 38,000. There is a population of 68,000 in the county of the same name. It has an area of 12 square miles, all land, no water.**

**The Snake River Canyon forms the city's northern limits, separating it from Jerome County. There are three waterfalls in the immediate area. Pillar Falls is located approximately 1.5 miles upstream from the Perrine Bridge heading into town from the north while Shoshone Falls is located approximately five miles east of Twin Falls city. Shoshone falls is 212 feet high – 36 feet higher than Niagara Falls. Shoshone Falls has existed for 30,000 to 60,000 years. It is a total barrier to the upstream movement of fish. The falls was the upper limit of sturgeon, and spawning runs of salmon and steelhead could not pass the falls. Twin Falls, the city's namesake, is located upstream of Shoshone Falls and outside the city limits.**

**Twin Falls began as an agricultural center, springing up from the high desert of Southern Idaho. The town served the pioneering farmers who homesteaded the irrigated lands of the fertile Snake River Plain. Twin Falls is still at the heart of one of the world's most productive farming regions. But it's also developing into a small urban center – the very kind of place many people seek as a refuge from the faster pace and challenges of larger metropolitan areas like New York, Los Angeles, Chicago and Phoenix!!**

**The End**