



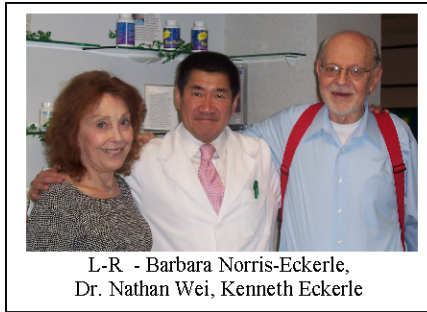
AOC Monthly Newsletter – April 2008

April prepares her green traffic light and the world thinks Go. ~Christopher Morley, *John Mistletoe*

With a masters degree in Physics from the University of Maryland, Mr. Eckerle began working in the field of atomic and molecular physics. In 1967 his interest leaned

toward spectrophotometry where he played an integral part in building the world's most accurate spectrophotometer. A spectrophotometer is a device for measuring light intensity that can measure intensity as a function of the color, or more specifically, the wavelength of light. Mr. Eckerle worked until he retired in 1993. Currently, he works as consultant. Mr. Eckerle recalls, "things have changed a lot since I first started working in this field. Applications are computerized and technology has changed how we approach new processes and ideas. I don't think I will ever stop working. I enjoy my work immensely." In his spare time, he enjoys tinkering with his computer and visiting his kids.

Barbara Norris-Eckerle has led an equally exciting life living in Brazil teaching English, speaking several languages, and living an exciting career as a speech writer for Congress for more than twenty-one years. Mrs. Eckerle notes, "there was never a dull moment!" She continues, "There is a lot of research involved in writing a speech, and we were very fortunate to have the Library of Congress available for our use. One of the most interesting things about writing a speech is that sometimes you had to write and extol topics and positions you didn't agree with but you had to write objectively



L-R - Barbara Norris-Eckerle, Dr. Nathan Wei, Kenneth Eckerle

without reflecting your opinion." Mrs. Eckerle has been retired now for more than twenty years. After retirement, she became one of the world's leading breeders of Himalayan cats. She has participated in

many cat shows all over North America and is now the president of a local club. Both Mr. and Mrs. Eckerle share their home with 19 Himalayans (most who are now in their golden years) and three dogs. Mrs. Eckerle mentions, "We are looking forward to showing one of my kittens at the cat show in Frederick this month." They add, "We love cats!"

Barbara and Kenneth Eckerle met each other sixteen years ago, combining families that include children, grandchildren, and great-grandchildren. They both travel as much as their health permits. As patients of Dr. Wei's for almost 14 years, Mrs. Eckerle says, "I had given myself up to continual pain and suffering due to my arthritis, but I am grateful to Dr. Wei—because he has never given up on me." She continues, "Both Ken and I try to be open to new therapies, to participate in clinical studies, and take the supplements that Dr. Wei recommends. The supplements such as the Joint Food are helpful... he continues to help us stay moving and enjoy life."

Joint Food is the purest preparation of glucosamine and chondroitin available. Studies show that people who take pure forms of glucosamine and chondroitin experience pain relief and improvement in joint function.

Supplements like Joint Food have been used to treat arthritis in horses and dogs for many years. In Europe, people have used glucosamine and chondroitin to treat arthritis since the 1980's. *Joint Food* is based on the German formula and is available in Europe today—only by prescription. The effectiveness of glucosamine and chondroitin products, used as a treatment for osteoarthritis, is proven. You may need to take the supplements for at least two months before you see any results.

You too...can experience improved joint function and pain relief ...using Joint Food

Purchase a two month supply for \$71.

Save \$20

You can join the auto and save even more money.

Call Sherrie at 301-624-1163 for more information.

"I've been taking the Joint Food that Dr. Wei recommended for about a year now. Before I started using Joint Food I was using a knee brace when I went to work. I really had a lot of pain in my knee. Since I've been taking the Joint Food, my knee hasn't been hurting near as much. We went on vacation last year to Alaska and I didn't need to use my knee brace. I hardly use it at all now!"...*Nathan Frushour (Smithsburg, Maryland)*

The pain in my legs and hands was unbearable at times. My joints were swollen and painful. My daughter told me about Joint Food available at AOC. I noticed an improvement immediately. My pain was gone! If I forget to take my Joint Food I can tell right away. Joint Food is a life saver for me!"...*Beatrice Carpenter (Hagerstown, Maryland)*



1 18 ounce jar of JIF peanut butter
 1 stick butter, not margarine
 1 teaspoon vanilla extract
 ¾ - 1 pound of confectioner's sugar
 Coating: 3 pounds of milk chocolate coating pieces,
 sold at candy supply stores

Melt butter and peanut butter together on stove. Add vanilla. Slowly add the confectioner's sugar until mixture is able to hold together when rolled into a 1 inch ball. Put on a tray with waxed paper and set aside. Depending on how big your peanut butter balls are, you will have 7 - 8 dozen.

Melt your coating in a double boiler. It is very important to follow melting instructions properly. Put water in bottom pan, but leave air and space between the water and the top pan. Remove the top pan of coating and heat water to just about a boil but not a rolling boil. Stir the coating occasionally until melted. Now you can take your peanut butter balls using a candy dipper (I prefer using a toothpick) and start dipping them in the melted chocolate. After you dip each one, place it on a clean sheet of waxed paper for the chocolate to harden. If you dip the centers with a toothpick, you will need to pinch the hole shut after the coating has hardened.

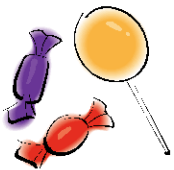
Tips from www.bottomlineyearbook.com

Peanuts Block Heart Attacks??

Peanuts work as well as olive oil to protect against heart disease. Research has shown that people who consume more peanuts achieved an 11% drop in total cholesterol...and a 14% to 15% drop in "bad" cholesterol. These results are better than those achieved with classic "low-fat" diets which can also decrease your good cholesterol. As always, be sure to consult with your physician first.



**Weight Loss Secret:
 Instant Way To Get Rid of Sugar Cravings**



If your sweet tooth keeps getting in the way of your diet goals, you're not alone. We're a nation of sugar eaters, with the average American consuming 20 teaspoons of sugar a day! Well, here's good news. You can say "no" to those sugary snacks, and you don't need will power to do it. Next time

you get a hankering for some double chocolate fudge cake, simply do the following: Mix one teaspoon of baking soda in a glass of warm water. Rinse your mouth with it for a few seconds and then spit it out. The cravings should disappear immediately.

The Shrewd Way To Protect Your Financial Privacy...

Accountants' documents may not be protected by the IRS. Accountants do not have the same counterpart to attorney-client privilege, which protects communication with lawyers. (There's only a limited accountant-client privilege.) But accountants' documents are fully protected when the work is the result of being hired by an attorney to assist in legal advice. Under those circumstances, your records can be automatically sheltered from the prying eyes of the IRS.



Recycling plastics—what the numbers mean

On most plastic jars, containers and other packaging of products you buy, you'll find what's generally accepted as the recycling logo with a number in the middle and letters underneath stamped into the plastic.

The recycling logo can be a little misleading—just about anything can be recycled, but sometimes not without major effort. It's a little bit like extracting oil from under the ocean bed compared to extracting oil from tar sands; none of it is really good, but some plastics are far, far worse than others.

The Society of the Plastics Industry (SPI) implemented the coding system in 1988 to allow recyclers to be able to tell the different types of plastics apart when sorting. Basically the number in the triangle indicates the grade of plastic then the resin ID code. It's now a system that's used in many different countries.

Here's what to look for and what it all means:



PET (Polyethylene Terephthalate) - The easiest of plastics to recycle. Often used for soda bottles, water bottles and many common food packages. It is recycled into bottles and polyester fibers.



HDPE (High-density Polyethylene) – This is also readily recyclable. It's most often used for packaging detergents, bleach, milk containers, hair care products and motor oil. It is recycled into bottles or bags.



(PVC – Polyvinyl Chloride) - This stuff is everywhere—pipes, toys, furniture, packaging, you name it. PVC is difficult to recycle and *is a major environmental and health threat.*



(LDPE – Low-density Polyethylene) – This is used for many different kinds of wrapping, grocery bags, and sandwich bags and it can be recycled into more of the same.



(PP – Polypropylene) - Used for clothing, bottles and tubs; can be recycled into fibers.



(PS – Polystyrene) - Commonly used for foam cups, food trays and packing peanuts. Polystyrene is an environmental problem because it's bulky, yet very lightweight, and doesn't recycle efficiently



(Other) – This could be a mixture of any and all of the above. Avoid it if you can; recyclers don't want it.

So you there you have it—the recycling logo when stamped into plastic isn't a guarantee that what it is stamped into is easily recyclable and in some cases is not recyclable at all. Look for products where the packaging is stamped 1 or 2 for the surest recycling ease.

Did You Know...

- If you peel a banana from the bottom, you won't have to pick the little "stringy things" off of it. And, take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.
- Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold!
- Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.
- Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.
- To really make scrambled eggs or omelets rich, add a couple of spoonfuls of sour cream, cream cheese, or heavy cream and then beat.
- For a cool brownie treat, make brownies as directed. Melt *Andes* mints in a double boiler and pour over warm brownies. Let set for a wonderful minty frosting.
- Add garlic immediately to a recipe if you want a light taste of garlic, and at the end of the recipe if you want a stronger taste of garlic.
- Leftover snickers bars from Halloween make a delicious dessert. Simply chop them up with the food chopper. Peel, core and slice a few apples. Place them in a baking dish and sprinkle the chopped candy bars over the apples. Bake at 350 for 15 minutes!!! Serve alone or with vanilla ice cream.

1. **Reheat Pizza** - Heat up leftover pizza in a nonstick skillet on top of the stove, set heat to med-low and heat until warm. This keeps the crust crispy. I saw this on the cooking channel and it really works.

2. **Easy Deviled Eggs** - Put cooked egg yolks in a zip lock bag. Seal, mash until they are all broken. Add remainder of ingredients, reseal, keep mashing it up until mixed thoroughly. Cut the tip of the baggie and squeeze mixture into egg. Just throw the bag away when done for easy clean up.

3. **Expanding Frosting** - When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes to double its size. Then you can frost more cake/cupcakes with the same amount. You will also eat less sugar and calories per serving.

4. **Reheating refrigerated bread** - To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.

5. **Newspaper weeds away** - Plant your seedlings. Wet newspapers, put layers around the plants overlapping as you go, cover with mulch and forget about weeds. Weeds will get through some gardening plastic but they will not get through wet newspapers.

6. **Broken Glass** - Use a wet cotton ball or Q-tip to pick up the small shards of glass you can't see easily.

7. **No More Mosquitoes** - Place a dryer sheet in your pocket. It will keep the mosquitoes away.

8. **Squirrel Away!** - To keep squirrels from eating your plants, sprinkle your plants with cayenne pepper. The cayenne pepper doesn't hurt the plant and the squirrels won't come near it.

9. **Flexible vacuum** - To get something out of a heat register or out from under the fridge, add an empty paper towel roll or empty gift wrap roll to your vacuum. It can be bent or flattened to get in narrow openings.

10. **Reducing Static Cling** - Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. The same thing works with slacks that cling when wearing panty hose. Place pin in seam of slacks and static is gone.

11. **Measuring Cups** - Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes right out.

12. **Foggy Windshield?** - Buy a chalkboard eraser and keep it in the glove box of your car. When the windows fog, rub with the eraser! It works better than a cloth!

13. **Reopening envelope** - If you seal an envelope and then realize you forgot to include something inside, place your sealed envelope in the freezer for an hour or two. It unseals easily.

14. **Conditioner** - Use your hair conditioner to shave your legs. It's cheaper than shaving cream and leaves your legs really smooth.

16. **Get Rid of Ants** - Put small piles of cornmeal where you see ants. They eat it, take it "home," and can't digest it so they die. It may take a week or longer but it works and you don't have the worry about pets or small children being harmed!

17. **Clothes Dryers** - The heating unit went out on my dryer! The repair man pulled out the lint filter. It was clean. He took the filter over to the sink and ran hot water over it. The lint filter is made of a mesh material. Well, the hot water just sat on top of the mesh! It didn't go through it at all! He told us that dryer sheets cause a film over that mesh and that's what burns out the heating unit. You can't SEE the film, but it's there. What is the culprit? Dryer sheets... the waxy coating you feel when you take them out of the box. This waxy film builds up on your clothes and on your lint screen and can also cause fires. Solution: Take the filter out and wash it with hot soapy water and an old toothbrush every six months. This can double the life of your dryer.

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A collection of more than 300 mouth-watering recipes will be combined into one book. Recipes were submitted by AOC patients, staff, and business colleagues.

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Wei's World

As you can imagine, I work pretty hard. When I'm done in the office, I go home and study. The work doesn't end because I want the very best and the very latest developments for my patients. That includes not only learning what's new in the field of arthritis but also what's new in the world of good business. I also try to do my best to participate in family endeavors. I'm usually home to eat dinner and I attend as many of the family activities as I can. But still... I sometimes miss out. Which means I try to make it up to them.

I'm a firm believer in personal goal setting. I've done it now for almost twenty years. One of my long-term goals was to someday take my family on a chartered sailboat in the Caribbean... and to do it before the age of 60. This past December, I realized my dream. We left from St. Thomas and sailed the British Virgin Islands. We had a captain, a first mate, and a cook aboard. What fun!... although I have to tell you, there isn't a lot of room on a sailboat and the bathrooms (called "heads") take some getting used to. [Picture a bathroom half the size of most airplane bathrooms!] But the trip was really neat. The boat stopped at the islands of Tortola, Virgin Gorda, Jost van Dyke, Norman Island, and Peter Island. These are places with gorgeous beaches that are really off the beaten path. We were able to snorkel, tube (like water skiing but with an inner tube), swim, kayak, and just hang out. We had the kids as a captive audience with no TV, computers, or cell phones, so they had to actually converse with us... wow what an experience! It was the trip of a lifetime... one that I'll never forget!



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