



**Arthritis and Osteoporosis Center of Maryland Newsletter – January 2010**

**Life is not measured by the number of breathes we take, but by the number of moments that take our breath away – Unknown**

**This Samba-Dancing Poet Talks about his Gift for Rhyming**

Ed Shaffer was born in Hyndman, Pennsylvania and is the only child of Edward and Gertrude. He lived there for more than 21 years until he was drafted into the army. With experience as a photo engraver, he was sent to intelligence school to specialize as a photo interpreter in support of the Korean War.

After serving in the army, he continued photo engraving in Greensburg, Pennsylvania before moving to Hagerstown, Maryland to repair large calculators. He recalls, "this was the age when calculators weighed more than 50 pounds and cost around \$600.00. It wasn't long after that calculators became portable and could be bought for as little as two dollars." He continues, "after repairing calculators, I was courted on several occasions to work for Prudential, so I thought I would give it a try. In the end, I sold insurance for the next 17 years, until I elected to retire early at the age of 58."

High school sweethearts, Mr. Shaffer and his wife, Doris, were married for 40 years, 2 weeks, and 2 days before Mrs. Shaffer passed away from colon cancer. Mr. Shaffer says, "in all the years we were married we never had an argument and we were compatible in every way."

The Shaffers are a family of females... they have two daughters, two grand-daughters, and one great-grand-daughter.

**Afraid of the Dark**

By Ed Shaffer

When I was little and went to bed  
Visions of monsters filled my head  
I don't know what would cause it  
But there was a monster in my closet  
I was afraid to look under the bed  
I thought I'd find somebody dead  
I tried fro thoughts more appealing  
While witches and goblins danced on my ceiling  
Shadows creeping across my wall  
Made me give my parents a call  
They would sooth me and soon be gone  
Then the ghosts and banshees would carry on  
With one eye open and one eye closed  
You can't imagine the things I supposed  
It might be better if I covered my head  
But I kept waiting for them to shake the bed  
What's that noise? I heard a thump  
Could be a monster preparing to jump  
I've now grown older and things seem ok  
But I still prefer the bright light of day  
However, when evening comes I start to worry  
I must turn the lights on in a hurry  
I can't go to sleep without taking a look  
Under the bed to check for a spook  
Of course these days I'm happy as a lark  
But could it be I'm still afraid of the dark?

During their life together, Mr. and Mrs. Shaffer traveled to many places with Hawaii and the Caribbean as two of their favorites.



Dr. Wei and Mr. Shaffer

The Shaffers enjoyed ballroom dancing for more than 40 years. For \$6 a lesson, they learned the art and practiced faithfully in the evening once dishes were washed. Mr. Shaffer says, "my favorite type of dances are the Latin dances... like the samba and the cha-cha. We never competed, but we were fairly proficient and really enjoyed it."

In addition to dancing, Mr. Shaffer's interests include photography. He enjoys taking wildlife photos from his deck.

Mr. Shaffer has been coming to AOC for many years for treatment of osteoarthritis which has been getting increasingly more difficult to manage. At each visit, he brings poems he has written and shares them with our front office staff. He says, "rhyming has always come easy to me. I would take certain

situations and make fun of them... like going to the dentist. I guess I have a weird sense of humor, and I like to add my own creative spin on life's situations.

In total, I have written more than 180 poems. One of the poems I enjoy is, *Afraid of the Dark*... I hope you enjoy it!"

# Top Ten Digital Photography Tips

by Derrick Story, author of Digital Photography Pocket Guide, 3rd Edition

You may have heard these statements before: digital cameras do all the work. You just push the button and great pictures magically appear. The better the camera, the better the photos...

The truth is that you can take great photos with a simple consumer point-and-shoot camera, or take lousy shots with the most expensive brands. It's the photographer who takes the beautiful images, and with a little knowledge, an adjustment here and there, you can create great photos out of the smallest digicam. Here are ten tips that will enable you shoot like a pro:

## 1. Warm Up Those Tones

Have you ever noticed that your shots sometimes have a cool, clammy feel to them? The default white balance setting for digital cameras is auto, which is fine for most snapshots, but tends to be a bit on the "cool" side. When shooting outdoor portraits and sunny landscapes, try changing your white balance setting from auto to cloudy. This adjustment is like putting a mild warming filter on your camera. It increases the reds and yellows resulting in richer, warmer pictures.

## 2: Polarizer

If you really want to add some punch to your images, use a polarizing filter. This reduces glare and unwanted reflections. The result, produces richer, more saturated colors. If your digital camera doesn't accommodate filters, use this trick. Place a pair of quality sunglasses as close to the camera lens as possible, then check the position in the LCD viewfinder to make sure you don't have the rims in the shot. For the best effect, position yourself so the sun is over either your right or left shoulder. The polarizing effect is strongest when the light source is at a 90-degree angle from the subject.

## 3. Outdoor Portraits That Shine

One of the great hidden features on digital cameras is the fill flash or flash on mode. By taking control of the flash so it goes on when *you* want it to, not when the camera deems it appropriate, you've just taken an important step toward capturing great outdoor portraits.

In flash on mode, the camera exposes for the background first, then adds just enough flash to illuminate your portrait subject. The result is a professional looking picture where everything in the composition looks good. Wedding photographers have been using this technique for years.

After you get the hang of using the flash outdoors, try a variation on this theme by positioning the subject so the sun illuminates the hair from the side or the back. Another good technique is to put the model in the shade under a tree, then use the flash to illuminate the subject.

## 4. Macro Mode Madness

Remember when you get very close to an object, you can see all the detail that you may never see from far away? If you activate the close up mode on your digital camera you'll begin to see your object in finer detail. Look for the close up or macro mode icon, which

is usually a flower symbol, turn it on, and get as close to an object as your camera will allow. Hold the shutter button down halfway to allow the camera to focus. When the confirmation light gives you the go ahead, press the shutter down the rest of the way to record the image.

## 5. Horizon Line Mayhem

Most of us have a hard time holding the camera level when using the LCD monitors on their digicams. The result can be cockeyed sunsets, lopsided landscapes, and tilted towers. It's important to capture your images as level as possible. If you're having difficulty framing the scene to your liking, then take your best shot at a straight picture, reposition the camera slightly, take another picture, and then maybe one more with another adjustment. Chances are very good that one of the images will "feel right" when you review them on the computer. Simply discard the others once you find the perfectly aligned image.

## 6: Massive Media Card

When you're figuring out the budget for your next digital camera, make sure you factor in the purchase of an additional memory card. That way you'll never miss another shot because your memory card is full. If you have a 3 megapixel camera, get at least a 256MB card, 512MBs for 4 megapixel models, and 1GB for 6 megapixels and up.

## 7: High Rez All the Way

One of the most important reasons for a massive memory card is to enable you to shoot at your camera's highest resolution. Why not squeeze more images on your memory card by shooting a lower resolution and low quality compression settings? If you take a beautiful picture at the low 640 x 480 resolution, that means you can only make a print about the size of a credit card. On the other hand, if you recorded the image at 2272 x 1704 (4 megapixels) or larger, then you can make a lovely 8- x 10-inch photo-quality print suitable for framing. If you are not able to get as close to the action as you like, having those extra pixels enables you to crop your image and still have enough resolution to make a decent sized print.

## 8: Tolerable Tripod

For certain types of shots a tripod can be very useful. Unfortunately, they are bulky and sometimes frustrating. For digital shooters, the UltraPod II is available. This compact and versatile device fits in your back pocket and enables you to steady your camera in a variety of situations.

## 9: Self Timer Fun

Another under-used feature found on almost every digital camera is the self timer. This function delays the firing of the shutter for up to 10 seconds. Attach your tripod, line up the shot, activate the self timer, and get in the picture. Make sure the focusing sensor is aimed at a person in the group and not the distant background, or you'll get very sharp trees and fuzzy family members.

## 10. Final Thoughts

Most digital cameras have a tremendous amount of functionality built into them. By applying a little ingenuity and creativity, you can take shots that will make viewers ask, "So what kind of camera do you have?" You can tell them the answer, but you'll know it's not the camera responsible for those great pictures. It's the photographer.

## "Route 66" Chili

- 3 pounds trimmed boneless pork shoulder, cut into 1-inch pieces
- All purpose flour
- 1/2 cup olive oil
- 3/4 cup chopped onion
- 4 poblano chilies, chopped
- 1/4 cup chopped garlic
- 1 28-ounce can diced tomatoes in juice
- 2 19-ounce cans enchilada sauce
- 1 12-ounce bottle amber ale
- 1 7-ounce can diced green chilies
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- Sour cream
- Sliced green onions

### Preparation

Dredge pork in flour to coat; shake off excess. Heat 1/4 cup olive oil in heavy large pot over medium-high heat. Working in batches, add pork and brown on all sides, about 8 minutes. Using slotted spoon, transfer pork to large bowl.

Add remaining 1/4 cup olive oil to same pot. Add onion and sauté until translucent, about 4 minutes. Add poblano chilies and garlic and sauté 2 minutes. Mix in pork, diced tomatoes with their juice, enchilada sauce, ale, diced green chilies, cumin and chili powder. Simmer until meat is tender and chili thickens slightly, stirring occasionally, about 1 hour. Serve chili with sour cream and sliced green onions. Makes 8 servings

# Global Warming

Global warming, or climate change, is a subject that shows no sign of cooling down. Here's the lowdown on why it's happening, what's causing it, and how it might change the planet.

- Average temperatures have climbed 1.4 degrees Fahrenheit (0.8 degree Celsius) around the world since 1880, much of this in recent decades, according to NASA's Goddard Institute for Space Studies.
- The rate of warming is increasing. The 20th century's last two decades were the hottest in 400 years and possibly the warmest for several millennia, according to a number of climate studies. And the United Nations' Intergovernmental Panel on Climate Change (IPCC) reports that 11 of the past 12 years are among the dozen warmest since 1850.
- The Arctic is feeling the effects the most. Average temperatures in Alaska, western Canada, and eastern Russia have risen at twice the global average, according to the multi-national Arctic Climate Impact Assessment report compiled between 2000 and 2004.
- Arctic ice is rapidly disappearing, and the region may have its first completely ice-free summer by

2040 or earlier. Polar bears and indigenous cultures are already suffering from the sea-ice loss.

- Glaciers and mountain snows are rapidly melting—for example, Montana's Glacier National Park now has only 27 glaciers, versus 150 in 1910. In the Northern Hemisphere, thaws also come a week earlier in spring and freezes begin a week later.
- Coral reefs, which are highly sensitive to small changes in water temperature, suffered the worst bleaching—or die-off in response to stress—ever recorded in 1998, with some areas seeing bleach rates of 70 percent. Experts expect these sorts of events to increase in frequency and intensity in the next 50 years as sea temperatures rise.
- An upsurge in the amount of extreme weather events, such as wildfires, heat waves, and strong tropical storms, is also attributed in part to climate change by some experts.



## If The Shoe Fits...

Shoes mean so many different things to many people. For some, the primary consideration is style. For some, it's function. And for others it may be comfort.

Feet have been measured for years by something called a Brannock Device. The Brannock Device is used to measure three basic dimensions of the foot; (1) heel to the ball (HB) of the foot, (2) heel to the tip of the toes (HT) and (3) width. The most important measurement is the heel to the ball (HB) of the foot. The HB measurement most closely resembles how the shoe is designed to function.

The science of shoe fitting is called Pedorthics. It dates back to when King Edward II of England decreed that barley corns would dictate shoe sizes.

General steps for fitting shoes -

1. Shop for shoes at the end of the day - your feet will be slightly swollen so that the fit will allow for swelling in the future.
2. Use the one finger test - once fitted, you should be able to fit one finger between the shoe and the foot at the back of the heel and at the top of the arch.
3. Don't forget to bring the socks or hose you normally wear when shoe shopping.
4. If the shoe is right in the length but just a shade loose in the width, use a tongue pad to tighten up the shoe.

Steps for specialty fitting - hard to fit feet that require special care -

1. Seek out a trained pedorthist to help you.
2. Always insist on measurement with a Brannock Device.
3. Fit the foot, not the problem. For instance, when fitting feet with bunions, fit the shoe to the foot. Then modify the shoe to accommodate the bunion. This can be accomplished by spot stretching the shoe or adding a dart of material to 'pocket' the bunion.
4. Look for shoes with a rigid shank. The shank of the shoe carries mechanical force out to the ball of the foot and significantly improve foot function.
5. Avoid synthetic material. Buy leather when possible.

Arthritis and Osteoporosis Center of Maryland  
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Frederick, MD 21702  
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### **What has research done for you lately?**

As you know, people with arthritis are often confronted with pain every day and it limits their ability to lead a full and active life. But it doesn't have to be that way for you... and it doesn't have to cost you anything either. Here's why:

- Study-related healthcare at no cost!
- Study-related treatment and medication at no cost!
- An opportunity to get relief from symptoms and improvement in your arthritis (without spending a lot for physician visits!)
- Possible compensation for your participation!
- First crack at arthritis medicines that may not be available anywhere else in Maryland!

Call our research department at 888 71-STUDY or 301-624-1164 to find out if you qualify for one of our studies.

## ***Wei's World***

I like to cook. Maybe not as much as I like to fish or nap or exercise. But I still like to cook. My mentor at the National Institutes of Health, Dr. Paul Plotz, once asked me if I liked to cook. I asked him why he wanted to know. He said, most of the researchers he had trained who turned out to be good in the lab, were good cooks.

Well, I actually wasn't a very good lab researcher, but I was good at taking care of patients. So Dr. Plotz said, "I still think you'd probably make a good cook ..."

My cooking began with my mom. She told me that if I was going to be on my own for any length of time, I needed to know how to cook. So she showed me how to do a number of different dishes that were quick, inexpensive, and nutritious.

Let me tell you how valuable that skill was throughout medical school, internship, and residency. Unlike doctors in training who had pizza boxes stacked to the ceiling in their apartments, my apartment at least had some semblance of normality.

And you might want to remember... this was before microwaves became popular so my friends who didn't know how to cook were impressed. And I discovered a very important fact. Women like guys who know how to cook. So, knowing how to cook helped my social life too!

Nowadays, I still like to cook and try new recipes. Mr. Raymond Wigington is one of several patients who like to bring me their favorite recipes. I usually go home and try them right away. And I have other patients- too numerous to mention but thank you to all- who bring me fresh garden produce and other ingredients to aid in my culinary efforts, have also helped me out a lot.

Because I like to experiment, the results can be both good and bad. For instance, I'll often try to duplicate a dish I've had in a restaurant. And sometimes I'm missing a key ingredient or step in the process and it turns out awful. But there are other times, I get it just right, and it's great!

My wife says I strike out a lot but I also occasionally hit a home run. Sort of like anything in life, I guess.