

Arthritis Treatment Center Newsletter – July 2010

Every day do something that will inch you closer to a better tomorrow. Doug Firebaugh

Discover How This Race Car Driver Finishes First All the Time!



Donna Rae Miller reverses rolls and gives Dr. Wei his physical exam...

Donna Rae Miller was born and raised in Cumberland, Maryland, once known as the "Queen City", on September 18, 1939. She is 7 years younger than her sister, Wanda Lee.

original form." She adds, "I raced for about five years until car racing regulations made cars faster and more dangerous to drive." Her only daughter, Cheryl, also raced stock cars and matched her mother's track record of no losses in her class. Mrs. Miller says, "She was a great driver and a lot better than I was."

Feeling comfortable behind the wheel of the car, Mrs. Miller was a school bus driver for eleven years. She would drive a station wagon into the mountains where buses couldn't go and bring the kids down to the buses, which would then take them to school.

Her father worked as a welder with the Kelly Springfield Tire Company, and her mother worked with the Celanese Company which manufactured the first spun acetate yarn in the United States.

Mrs. Miller met her husband, Ivan (Fuzzy) Miller, fifty-four years ago in Artemas, Pennsylvania. She recalls, "I would often visit my aunt and uncle in the summer and hang out at the service station they owned in town. Fuzzy would stop in for gas and he happened to catch my eye."



"Baby Doll and Pit Crew - 1964

Mrs. Miller was also part of quartet, singing soprano. She represented her church, performing at local church revivals. She adds, "I also led the church choir until I injured my

In 1964, Donna Rae Miller was a 23 year old "Powder Puff" race car driver. She raced her car, "Baby Doll", a 1934 Chevy Hot Rod that reached top speeds between 65-70 mph in local races. At that time, cars would race on airplane fuel at 30 cents a gallon. Top prizes to be won ranged from \$25-\$50! She recalls,



Donna Rae Miller Racing Trophies

"My aim was to win! All I was thinking about was passing everybody else." She continues, "I am proud to say that I have never lost a race in my class." Mrs. Miller explains, "A *stock car*, is an automobile that has not been modified from its

back and could no longer tolerate standing or sitting for long periods of time."

Now that Mrs. Miller no longer races, she enjoys watching Nascar races, and being an advocate for rescuing abandoned pets. "Animals have always been a part of my life, and my heart goes out to those who are left abandoned and left to survive on their own." Their latest rescue, DeeZee, a Jack Russell/chihuahua mix, has been loving life in her new home for the past six years.

"In 2006, I was diagnosed with rheumatoid arthritis. It began in my fingers and slowly spread.

Today, she travels more than 72 miles one way to see Dr. Wei. She says, "I've put my faith in Dr. Wei and God that I will be all right. I'm thankful that I'm in remission."

Science Fun Facts

- Did you know that there are 206 bones in the adult human body and there are 300 in children (as they grow some of the bones fuse together).
- Fleas can jump 130 times higher than their own height. In human terms this is equal to a 6ft. person jumping 780 ft. into the air.
- The most dangerous animal in the world is the common housefly. Because of their habits of visiting animal waste, they transmit more diseases than any other animal.
- If you stretch a standard Slinky out flat it measures 87 feet long.
- The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.
- Super Glue was invented by accident. The researcher was trying to make optical coating materials, and would test their properties by putting them between two prisms and shining light through them. When he tried the cyano-acrylate, he couldn't get the prisms apart.
- No matter its size or thickness, no piece of paper can be folded in half more than 7 times.
- There are no poisonous snakes in Maine.
- The average ocean floor is 12,000 feet.
- The temperature can be determined by counting the number of cricket chirps in fourteen seconds and adding 40.
- House flies have a lifespan of two weeks.
- The human eye blinks an average of 4,200,000 times a year.
- Starfish don't have brains.
- The average person falls asleep in seven minutes.
- Shrimp's hearts are in their heads.
- Every time you lick a stamp, you're consuming 1/10 of a calorie.

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## Lemon-Blueberry Muffins

Recipe Courtesy of Cathy Lowe

### Ingredients

- 1 stick of butter
- 1 cup sugar
- 2 tablespoons lemon juice
- 2 eggs
- 1/2 cup milk
- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 teaspoons lemon zest
- 1 teaspoon vanilla
- 2 cups blueberries, frozen or fresh



### Topping:

- 1/4 cup brown sugar
- 2 tablespoons butter

### Directions

Preheat oven to 350 degrees. Grease muffin tins. In a bowl, cream together butter and sugar. Stir in eggs and milk. Add 2 cups flour, 2 teaspoons baking powder, 1/2 teaspoon salt, 1 teaspoon vanilla, and 2 teaspoons lemon zest. Carefully stir in 2 cups blueberries. Divide batter among muffin tins. In a bowl, combine brown sugar, zest and butter and sprinkle on top of muffins. Bake for 20-25 minutes. Yields 12 muffins.

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Summer Care Tips for You and Your Pets

National Humane Society

Summer is a time for both you and your pet to enjoy the sunshine and outdoors, but along with the fun, the season also offers up situations that can endanger your pet. By taking precautions, you can decrease the chance that disaster will happen. The HSUS offers these tips for pet owners to keep their furry friends safe this summer.

Never Leave Your Pet in the Car

In nice weather you may be tempted to take your pet with you in the car while you travel or do errands. But during warm weather, the inside of your car can reach 120 degrees in a matter of minutes, even if you're parked in the shade. This can mean real trouble for your companion animals left in the car.

Dogs and cats can't perspire and can only dispel heat by panting and through the pads of their feet. Pets who are left in hot cars even briefly can suffer from heat exhaustion, heat stroke, brain damage, and can even die.

Don't Put Your Pet In the Back of a Truck

It is very dangerous, and in some states illegal, to drive with a dog in the back of a pick-up truck. Not only can flying debris cause serious injury, but a dog may be unintentionally thrown into traffic if the driver suddenly hits the brakes, swerves, or is hit by another car. Dogs should ride either in the cab or in a secured crate in the bed of the truck.

Watch Out For Fertilizers and Deadly Plants

Summer is often a time when people fertilize their lawns and work in their gardens. But beware: Plant food, fertilizer, and insecticides can be fatal if your pet ingests them. In addition, more than 700 plants can produce physiologically active or toxic substances in sufficient amounts to cause harmful effects in animals.

Stay Bite-Free

With people and dogs spending more time outside, dog bites are likely to increase in the summer months. Spaying or neutering your dog reduces the likelihood that he will bite and provides many other health benefits.

Pet Care 101

Make sure your pet is always wearing a collar and identification tag. If you are separated from your pet, an ID tag may very well be his or her ticket home. Check with your veterinarian to see if your pets should be taking heartworm prevention medication. Heartworm disease, which is transmitted by mosquitoes, can be fatal in both dogs and cats. Another summertime threat is fleas

and ticks. Use only flea and tick treatments recommended by your veterinarian. Some over-the-counter flea and tick products can be toxic, even when used according to instructions.

Water Wisdom

Pets and pools can equal disaster. Prevent free access to pools and always supervise a pet in a pool. Provide plenty of water and shade for your pets while they're enjoying the great outdoors so they can stay cool.

Gypsy Moths...

TreeHelp.Com

Like the tale of the sorcerer's apprentice, the gypsy moth is an example of an experiment gone horribly wrong. The moth was brought to the United States in 1869 in a failed attempt to start a silkworm industry. Escaping soon after, the gypsy moth has become, over the past century, a major pest in the northeastern United States and southeastern Canada.

The gypsy moth caterpillar is not a fussy eater. It has a preference for the leaves of deciduous hardwood trees. As it grows it will also attack evergreens like pines and spruces. During heavy infestations, competition for food will drive the caterpillar to attack almost any tree or shrub.

Depending on the degree of infestation, tree damage ranges from light to almost complete defoliation. Most deciduous trees can survive a moderate degree of defoliation. Many can even survive one complete defoliation by the gypsy moth caterpillar. However, continuing attacks can fatally weaken a tree or leave it vulnerable to other insects or disease.

Egg masses appear as 1.5 inch (4 cm) tan or buff-colored hairs on tree trunks, outdoor furniture or the sides of buildings.

Gypsy moth caterpillars change appearance as they grow. Young caterpillars are black or brown and about ¼ inch (.6 cm) in length. As they grow, bumps develop along their backs along with coarse, black hairs. Each of the 11 sections of a developed caterpillar will have two colored spots, the first five pairs, blue, and the last six, red. Mature caterpillars can be as long as 2 ½ inches (6.35 cm).

Gypsy moths are seen only in mid-summer. Males are grayish brown and can fly; females are larger, whitish with black marks and cannot fly.

Egg masses, when discovered, should be burned or soaked in water or kerosene.

Wrapping your trees with *TreeHelp Bug Band* prevents the caterpillars from reaching the foliage from the ground.

Once the moths have emerged, use a Gypsy Moth Trap to attract and kill male moths.

Firework History

By Anne Marie Helmenstine, Ph.D.

Many people associate fireworks with Independence Day, but their original use was in New Year's celebrations. Do



you know how fireworks were invented? Legend tells of a Chinese cook who accidentally spilled saltpeter into a cooking fire, producing an interesting flame. Saltpeter, an ingredient in gunpowder, was used as a flavoring salt sometimes. The other gunpowder ingredients, charcoal and sulfur, also were common in early fires. Though the mixture burned with a pretty flame in a fire, it exploded if it was enclosed in a bamboo tube.

This serendipitous invention of gunpowder appears to have occurred about 2000 years ago, with exploding firecrackers produced later during the Song dynasty (960-1279) by a Chinese monk named Li Tian, who lived near the city of Liu Yang in Hunan Province. These firecrackers were bamboo shoots filled with gunpowder. They were exploded at the commencement of the New Year to scare away evil spirits. Much of the modern focus of fireworks is on light and color, but loud noise (known as "gung pow" or "bian pao") was desirable in a religious firework, since that was what frightened the spirits. By the 15th century, fireworks were a traditional part of other celebrations, such as military victories and weddings. The Chinese story is well-known, though it's possible fireworks really were invented in India or Arabia.

From Firecrackers to Rockets

In addition to exploding gunpowder for firecrackers, the Chinese used gunpowder combustion for propulsion. Hand-carved wooden rockets, shaped like dragons, shot rocket-powered arrows at the Mongol invaders in 1279. Explorers took knowledge of gunpowder, fireworks, and rockets back with them when they returned home.

Beyond Gunpowder

Many fireworks are made in much the same way today as they were hundreds of years ago. However, some modifications have been made. Modern fireworks may include designer colors, like salmon, pink, and aqua, that weren't available in the past. In 2004, Disneyland started launching fireworks using compressed air rather than gunpowder. Electronic timers were used to explode the shells. That was the first time the launch system was used commercially, allowing for increased accuracy in timing (so shows could be put to music) and reducing smoke and fumes from big displays.

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Arthritis Treatment Center Summer Schedule

July 23rd - Dr. Wei will be out of the office.

August 6th – August 13th - Dr. Wei will be out of the office. The office will remain open from 8am to 12 noon for account services, osteoporosis scans, IDD, and product purchases. Lab appointments will be scheduled on Mon., Tues., and Wed. only.

Friendly Request...

Please bring in your updated medication list so that our nursing staff can update your chart at your scheduled appointment.

Wei's World

This month's Wei's World is about my oldest son, Jeffrey. He graduated from New York University's Tisch School for the Performing Arts with a major in musical theater. His graduation ceremony took place at Madison Square Garden. It was a very entertaining event.

That Jeffrey chose to travel this route is not a surprise. Since he was about age two, he has always wanted to be on Broadway.

He currently auditions during the day and he also got a night job as waiter at an upscale sushi restaurant in Manhattan. Which is fortunate, since he loves sushi and is a natural performer... so he's found waiting tables to be to his liking.

He's learning how to deal with the public... which is important no matter what you choose to do.

Jeffrey is also going to be supporting himself. My wife and I have made it clear to all our children... we'll help pay for them to go through college but once they graduate, they're on their own and they can't move back home.

What's interesting is, he has never had any interest in medicine and we have never pushed him towards it either.

I think that it's important for a person to follow their dream, their passion, and become the best they can be.

The life of a performer, though, is a bittersweet one because a lot of it is going to audition after audition, call back after call back, waiting for your chance to shine. There's a lot of disappointment and frustration. An ability to roll with the punches and keep at it is so important. There's an old Japanese proverb, which when loosely translated means, "Fall down seven times... get up eight." That pretty much sums up what he has to do.

Jeffrey has been blessed with a ton of talent. He was born to perform on the stage. And now he needs the lucky break.

He'll get it. Talent like his doesn't come along very often. Even though he can get discouraged, I tell him to hang in there because he will become a superstar.

Remember... you heard it from me first!