

Arthritis Treatment Center Newsletter – February 2010

What lies behind us, and what lies before us are tiny matters compared to what lies within us. – by Ralph Waldo Emerson

Discover how this happy baker shares his joy for life with the community... Monday through Friday.

If you're ever at the corner of South Market Street and Clark Place any Monday through Friday, you'll see Orville K. Johnson, 80, waving at traffic. He's been doing this for more than 20 years. It all started when he would walk his dog. When the school buses would pass by, he would command his dog to perform tricks. The children loved it! Although his dog has since passed away, he continues to go out and wave at folks. He says, "Laughter is good for me and for those passing by." Because of his unusual hobby, he's been featured on television segments and in newspaper articles. His smile and enthusiasm are a contagious and welcoming sight as you enter downtown Frederick.

Mr. Johnson was born on October 13, 1929 and was raised in downtown Frederick, Maryland. Today, he lives only a block away from where he grew up, which at one time used to be an apple orchard. As a young adult, he worked as a dishwasher at both the Robert E. Lee Hotel, which has been converted into several local specialty shoppes as well as the prestigious Francis Scott Key Hotel, which is now an elite downtown apartment and condominium complex.

He entered the Army in 1947 and worked in the nutrition department for the 24th Infantry regiment. He prepared and carried meals out to the soldiers along the front lines during the Korean War. Following his deployment to the Korean War, he re-enlisted for three more years and he was stationed in Germany.

Following his retirement from the Army in 1948, he worked at NIH as cook/baker for 22 years. He says, "I love baking because it's so much more scientific." He continues, "You can always add salt and pepper to the chicken after it's cooked, but if you miss a key ingredient in your cake... your cake isn't going to turnout."

With his passion for the food industry, he wanted to explore the managerial side and took some college courses. After retiring from the government, he opened his own catering service called *Ok Johnsons Catering Service*. Operating out of the local YMCA's kitchen, he catered for some of Frederick's most notable clientele.



Orville Johnson waving at cars as they pass by.

He has nurtured his love of cooking by watching Julia Child. He states, "No one can cook like Julia." Although his favorite dishes to prepare are Italian... he considers Julia the "jack of all trades". High on Mr. Johnson's request list are his canapés and steamship round.

Mr. Johnson met his wife, Jeanne, from York, Pennsylvania, at a dance through some good friends. He has two sons and five grandchildren. Mr. and Mrs. Johnson will be celebrating their 54th wedding anniversary in March.

We asked Mr. Johnson what some of the most noticeable changes were in Frederick during the last 80 years. He replied, "I've seen a lot of changes in Frederick growing up as a black man. There was a time when I couldn't walk into a local five and dime because my skin was a darker color. I never thought I would see a time where both black and white people, walked down the street holding hands, and enjoying the sights and



Orville Johnson and Dr. Wei

sounds of Frederick, Maryland. These times have changed for the best."

Mr. Johnson loves to talk, and, meet people! If you happen to see him (and you will) any weekday between 7:30 – 8:30 a.m., be sure to smile and wave. It will make your day!

Lemon Lovers' White Chocolate Cake

The perfect valentine dessert - Ann Byrn, The Cake Doctor

Solid vegetable shortening for greasing the pans
Flour for dusting the pans

6 oz. white chocolate, coarsely chopped
1 package (18.25 oz.) plain white cake mix
2/3 C. water
1/3 C. vegetable oil
3 large eggs
2 large egg whites
2 T. fresh lemon juice

1 t. grated lemon zest
Lemony White Chocolate Cream Cheese Frosting (see below)

1/2 C. store-bought lemon curd (half of a 10 oz. jar)

Preheat the oven to 350°F. Generously grease two 9-inch round cake pans with solid vegetable shortening, then dust with flour. Shake out the excess flour. Set aside.

Melt the white chocolate in a small glass bowl in the microwave oven for 1 minute. Remove the bowl from the oven and stir with a small rubber spatula until it is smooth.

Place the cake mix, water, oil, whole eggs, egg whites, lemon juice and lemon zest in a large mixing bowl. Pour in the slightly cooled white chocolate. Blend with an electric mixer on low speed for 1 minute.

Stop the machine and scrape down the sides of the bowl with a rubber spatula. Increase the mixer speed to medium and beat 2 minutes more. The batter should look well combined.

Divide the batter evenly between the prepared pans, smoothing it out with the rubber spatula.

Bake the cakes until they are golden brown and spring back when lightly pressed with your finger, 28 to 32 minutes. Cool for 10 minutes.

Invert each cake on to a rack, then invert again onto another rack so that the cakes are right side up. Allow to cool completely, 30 minutes more.

Lemon Lovers' White Chocolate Cream Cheese Frosting

6 oz. white chocolate, coarsely chopped
1 package (8 oz.) cream cheese, room temperature
4 T. butter, room temperature
1 T. fresh lemon juice
1 t. grated lemon zest
3 C. confectioner's sugar, sifted

Place the white chocolate in a small glass bowl in the microwave oven on high power for 1 minute. Remove the bowl from the oven and stir with a wooden spoon or a rubber spatula until it is smooth. Set the chocolate aside to cool.

Place the cream cheese and butter in a large mixing bowl. Beat with an electric mixer on low speed until well-combined, 30 seconds. Add the lemon juice, lemon zest and melted white chocolate, and blend on low speed until just combined. Add the confectioners'

sugar and blend on low speed until the sugar is incorporated, 30 seconds.

Increase the mixer speed to medium and beat until the frosting is fluffy, for about 1 minute more.

Place one cake layer, right side up, on a serving platter. Spread the top with the lemon curd. Place the second layer, right side up, on top of the first layer and frost the top and sides of the cake with frosting. Place this cake, uncovered or in a cake saver, in the refrigerator until the frosting sets, 20 minutes.

Did you know....

1. If you are right handed, you will tend to chew your food on your right side. If you are left handed, you will tend to chew your food on your left side.
2. Chewing gum while peeling onions will keep you from crying. The reason? Chewing keeps you breathing through your mouth, which is rumoured to keep the fumes away from your eyes.
3. Your tongue is germ free only if it is pink. If it is white, there is a thin film of bacteria on it.
4. The pupil of the eye expands as much as 45 percent when a person looks at something pleasing.
5. The average person who stops smoking requires one hour less sleep a night.
6. Laughing lowers levels of stress hormones and strengthens the immune system. Six-year-olds laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.
7. Bats always turn left when exiting a cave.
8. The reason honey is so easy to digest is that it's already been digested by a bee.
9. The color blue has a calming effect. It causes the brain to release calming hormones.
10. Every time you sneeze some of your brain cells die.
11. Your left lung is smaller than your right lung to make room for your heart.
12. When you blush, the lining of your stomach also turns red.
13. When hippos are upset, their sweat turns red.
14. It cost 7 million dollars to build the Titanic and 200 million to make a film about it.
15. The attachment of the human skin to muscles is what causes dimples.
16. There are 1,792 steps to the top of the Eiffel Tower.
17. The sound you hear when you crack your knuckles is actually the sound of nitrogen gas bubbles bursting.
18. Human hair and fingernails continue to grow after death.
19. It takes about 20 seconds for a red blood cell to circle the whole body.
20. Most soccer players run seven miles in a game.
21. Every day 200 million couples make love, 400,000 babies are born, and 140,000 people die.
22. In most watch advertisements the time displayed on the watch is 10:10 because then the arms frame the brand of the watch (and make it look like it is smiling).
23. German Shepherds bite humans more than any other breed of dog.

Top Tips for Finding Love Online

Don't think online dating is for you? Think again! Some of the nation's leading experts reveal their top tips for finding love online. Try a few and see where your romantic life leads... *By Julie Taylor*

Stick to a one-hour rule

"Spend an hour a day max looking for dates online. It might be tempting to stare at the screen for hours at a stretch, but anything in excess is usually a bad thing. It's like exercise. We all know those gung-ho people who start exercise regimens and overdo it that first week. Most of them get hurt, give up and never go back to it. The same happens in online dating. But if you pace yourself, you'll lessen your odds of burnout—and increase your odds of success." —Bev Bacon, author of *Meet Me—Don't Delete Me! Internet Dating: I've Made All the Mistakes So You Don't Have To!*

Share stories in your profile

"When writing your profile keep this rule in mind: Show, don't tell. Instead of saying you're funny or down-to-earth, show you're funny or down-to-earth by sharing a story about a time you were one of those things. This will help fill your profile with lines that are so unique they could only be written by you, and that will help you stand out from the crowd." —Evan Marc Katz, founder of E-Cyrano.com and author of *I Can't Believe I'm Buying This Book: A Commonsense Guide to Successful Internet Dating*

Add sex appeal to your subject line

"When you send out your initial email to someone, give the subject line some sex appeal. Instead of sticking with a boring 'Hello,' reference something specific in their profile—such as, 'Sunday NY Times Poolside' or 'Barcelona or Bust.' By writing a fun and specific subject line, you will make connections faster." —Liz H. Kelly, author of *SMART Man Hunting*

It's your year for dating...

Keep your facts straight

Stay organized! It's common to find yourself in the situation of having too many online suitors. You can use technology to keep them straight—cut and paste everything from profiles and pictures to email and responses into spreadsheets or word processing programs, then create a file for each person you've contacted. This is especially useful at the beginning of your communications, when you're still trying to remember which username goes with which real name. And make sure you review your date's profile before emailing, phoning or meeting face-to-face." —Alyssa Wodtke, co-author of *Truth, Lies, and Online Dating: Secrets to Finding Romance on the Internet*

Don't share all your online horror stories

"Too often, singles get caught in that downward spiral of having a couple of bad dates in a row and then bringing that bad attitude onto the next date with them. When I was online dating, I met plenty of guys who would say, 'Whew, you won't believe some of the horrible online dates I've had lately' and then go into excruciating detail. It was like once they met someone they clicked with, they immediately felt the need to share all those bad experiences. No thanks!" —Cherie Burbach, author of *At The Coffee Shop: If You Thought E-Dating Was For Freaks And Weirdos, Read This Book!*

Know your target audience

"Keep in mind that you're not just writing a profile that captures who you are; you are writing a profile to appeal to a potential love match. If you're a straight woman, don't compose a profile that would appeal to your girlfriends. Shopping and crafts are not male magnets. Avoid sounding too domestic and gushingly romantic, and edit out any hint of negativity! That tells a guy you distrust all men—and most will steer clear. The same principal applies to straight guys. Don't come across sounding macho or distrusting. Sounding too sexy also turns women off. Similarly, if you're gay, don't describe yourself to appeal to new friends—describe what will entice and attract potential partners." —Judson Culbreth, author of *The Boomer's Guide To Online Dating*

Get personal in your initial email

"Take the time to find something in a person's profile that's meaningful and significant, then comment on it. If you're going after someone who's getting a hundred emails a day, things can get competitive, so it's important to set yourself apart. Saying 'I can't believe you actually got to the base camp of Mt. Everest' will show that you have taken the time to craft a personalized response and aren't just cutting and pasting some generic greeting. It's better to send out ten carefully constructed emails than a hundred winks!" —Julie Ferman, online dating coach for CupidsCoach.com

Read What's Happening?

2010 – The Arthritis and Osteoporosis Center of Maryland will become... The **Arthritis Treatment Center**. We look forward to unveiling a new and more interactive website in early spring. We also look forward to enhancing your experience at each of your follow-up visits. Keep us on our toes and let us know how we're doing!

Effective January 1, 2010 accounts will be assessed a \$10 fee each month for accounts that are not paid at the time of service.

Now through February 2010 – The Arthritis Treatment Center will be collaborating with Wide Open MRI and other neighboring offices to support a canned food campaign. All proceeds will benefit the Frederick area food banks. Please bring in a canned food item and support our community.

March 15th – March 19th – Dr. Wei will be out of the office. The office will remain open Mon-Tues-Wed-Fri from 8am to 12 noon for account services, lab visits, osteoporosis scans, IDD, and product purchases. No lab visits on Thursday.

May 13, 2010 – The Arthritis Research Institute (ARI) will host its 5th annual Arthritis Symposium at Ceresville Mansion. Please mark this date! We have seven amazing speakers who will address today's questions about arthritis. Details will follow.

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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

One of our nurses, Carla, just got a new sportscar, a BMW. It's her baby.

And that reminds me. I've never told any of you this but I am a collector of exotic sports cars. I have four of them. All were extremely expensive, not just to acquire, but to maintain as well.

The one I got first is a gorgeous machine... when it is running... but it is extremely temperamental.

The second one has a throaty roar and fairly skips down the highway. It too is very temperamental though and has to go into the shop frequently.

The third is probably the workhorse. Very dependable, not real flashy, but is a real pleasure to drive. And has all the latest gadgetry.

The fourth is my newest. An exotic foreign import. The engine is very different from the other three and

works hard to maintain speed but has great drivability.

These sports sedans require a lot of upkeep. They are constantly in need of tuning up and all require super high test fuel.

The oldest model (the one I first acquired), I keep in a special garage in Boston.

The next two are on loan to people in New York and Maine.

Only my most recent acquisition is still here in Maryland.

I estimate that each one of these beauties has cost me in excess of \$150,000 to date. Yeah... Pretty expensive hobby. But I am a doctor you know.

So... there you have it. You now know about my unique hobby. And by the way I also have named my cars. They are Becky, Jeffrey, Benji, and Emily.