



AOC Newsletter – October 2009

Happiness is an inside job. William Arthur Ward

AOC family member prepares for a move across country and reveals some of her life as a military wife and mother.

Megan Donahue has been with AOC for a little more than three years as operations manager for clinical research. This past April, she and her husband, Dan, welcomed Walker Donahue to the family. Sadly, at the start of 2010, Megan and her family will relocate to San Diego, California courtesy of the U.S. Marine Corps.

Megan recalls, "I lived in North Augusta, SC until I was two years old, which is when we moved to Wilmington, DE because my dad was transferred by his company. I spent the rest of my childhood in Delaware. I grew up playing travel soccer, field hockey, and swimming. My parents still live there, so it's nice to be just a few hours drive away from them. I have one older brother, Trevor, who lives in Greensboro, NC."

She continues, "I met Dan my sophomore year of college at East Carolina University. He was stationed at Camp Lejeune, and my brother's best friend, Nick, was stationed there with him. Nick and I would hang out once a month or so, and I met Dan one weekend while I was hanging out with Nick. I was a little hesitant at first to date a Marine since they didn't have the best reputation around ECU, but I eventually gave in and went out with him... looks like it turned out to be a good move on my part!"

Megan also says, "I love being a military wife! Having to adapt to the military lifestyle and the military language was quite an adjustment at first, but now it's hard to imagine not being a military wife. I've had to learn to "hurry up and wait" sometimes, which can be annoying, but now it's just another part of life. Deployments are hard, but they give you an opportunity to learn a lot about yourself – they also teach you that you really can handle just about anything that comes your way while you're on your own. I have made some incredible friends who are also military wives... I think the intensity of the lifestyle

really helps to bond friendships because it's something that you just can't fully understand until you experience it firsthand.

The longer you stay in, the more likely you are to run into old friends when you move even if they're spread all over the country. Other things about being a military wife... Dress Blues!!! How can you not love a man in that uniform?!?! =)"

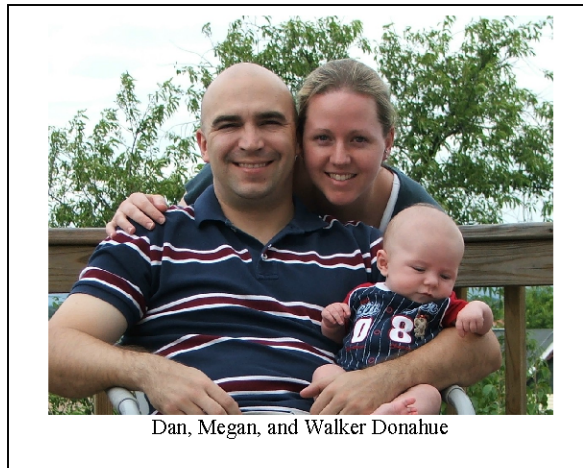
Megan also mentions, "Marine Corps bases are on the coasts, so we're always near the beach! The big bases have all kinds of things to do... movies, bowling, horseback riding, swimming, camping, etc., and everything is on base and less expensive than in town. On the down side... deployments, and the training that leads up to them, take your spouse away for a long time. It's

hard while they're gone, but we're willing to sacrifice our time together so a greater number of people don't have to. And, moving away from your family and friends... this is getting harder for us now that we have Walker... we're moving him so far away from his grandparents!"

With a smile on her face, Megan says, "We are having so much fun with Walker, and he loves to play. He likes books, music, and animals, so it's fun for us to read to him and show him new things. He really lights up when we sing to him, or when he gets to see animals up close. Walker is very social and loves to talk to people! We are looking forward to taking him to the Baltimore Aquarium and to the San Diego Zoo and Sea World after we move."

As the Donahues look forward to their trek across country in January, they are hoping to see the Grand Canyon. They also look forward to seeing the sights in California while they are stationed there. Megan adds, "a few years ago we went to Hawaii, so we would love to go back and visit some of the other islands... especially since we'll be a little closer."

Looking forward, to the next ten years our life... "We hope to have another child, and Dan will probably be retired from the Marine Corps. We think we want to go back to North Carolina when he retires, so we'll be in the sunny south. I have no idea what I'll be doing... I wouldn't mind staying in clinical research, but I'm not sure what I would like to do."



Dan, Megan, and Walker Donahue

Did you know...

- Our eyes are always the same size from birth, but our nose and ears never stop growing.
- The United States government keeps its supply of silver at the U.S. Military Academy at West Point, NY
- Tennessee is bordered by more states than any other. The eight states adjacent to Tennessee are Kentucky, Missouri, Arkansas, Mississippi, Alabama, Georgia, North Carolina and Virginia.
- The only "real" food that U.S. astronauts are allowed to take into space are pecan nuts.
- No word in the English language rhymes with month.
- The letter W is the only letter in the alphabet that doesn't have 1 syllable... it has three.
- Leonardo Da Vinci invented the scissors.
- It takes about a half a gallon of water to cook macaroni and about a gallon to clean the pot.
- Almonds are members of the peach family.
- Babies are born without knee caps. They don't appear until the child reaches 2-6 years of age.
- The highest point in Pennsylvania is lower than the lowest point in Colorado.
- If you have three quarters, four dimes, and four pennies, you have \$1.19. You also have the largest amount of money in coins without being able to make change for a dollar.
- Only two states' names begin with double consonants: Florida and Rhode Island.

Homemade Granola Bars

Homemade granola bars are great for a couple of reasons, they're healthy and they're easy to grab when you're on the go. If you have kids that are consistently running late for the school bus, they are a great thing for them to eat while walking to the bus stop.

You can make your own granola bars at home for less than it may cost to buy from a store and they are healthier and contain fewer preservatives. Also, you can add dried fruits, peanut butter, or chocolate chips to make them more appealing to your taste.

Start off with the basic granola mix:

- 3 cups of dry oatmeal
- ½ cup butter or margarine
- ½ cup honey or maple syrup
- ¼ teaspoon salt
- ½ cup nuts, dried fruit, etc.

Melt the margarine in a 3-quart saucepan over medium heat. Add the honey and salt. Finally add the oatmeal and whatever you decide to throw in. Turn the mixture onto an ungreased cookie sheet. Spread it out evenly and bake at 375 degrees for 10 minutes. Allow it to cool.

To make this into bars, you'll need the following:

- 3 cups of your oatmeal mixture
- 3 tablespoons margarine or butter
- ½ cup peanut butter

- 2 medium eggs
- 1-teaspoon vanilla

In a 2-quart saucepan, melt the margarine and peanut butter together. You want to use a lower heat here, and stir frequently to melt evenly. Crack both eggs into a bowl, mix and set aside. When the margarine, peanut butter mixture is melted, whisk in your eggs quickly to avoid scrambled eggs. The mixture will thicken and turn into a dough. Beat in the vanilla and stir in your homemade granola mixture. You can add additional ingredients here also if you'd like.

Turn the mixture into an oiled 8-inch square pan and chill the bars in until hard. Cut them into 16 squares.

Flu Season Prevention

In spring of 2009, the influenza virus, H1N1, first caused illness in Mexico and then in the United States. It was not long after those initial outbreaks that it was reported in Illinois and around the country. The virus was so prolific in its spread that by June the World Health Organization signaled a global pandemic was underway. At the time, more than 70 counties had diagnosed cases. That total has now more than doubled.

While it is not possible to accurately predict what may occur during the upcoming flu season, many scientists believe a second, more aggressive wave of H1N1 flu will strike the U.S. this fall.

The most important way to protect yourself from seasonal flu and H1N1 flu is to follow some simple, common sense steps.

Signs and symptoms

- These may include fever (usually 100°F or greater) or chills, and cough or sore throat. They may also include runny nose, body aches, headache, tiredness, diarrhea or vomiting.
- The virus is thought to spread from person to person in respiratory droplets of coughs and sneezes.

Preventative Measures

- If you work and experience these symptoms you should stay home until at least 24 hours after you are fever free.
- If you have a family member who is ill, you should monitor your own health daily so as to not infect other co-workers.
- If you become ill at work, you should separate yourself from other co-workers, go home, or wear a surgical mask.
- If you are sick and have an appointment scheduled at AOC or at another office, you should reschedule your appointment.
- If you are taking an immunosuppressive medication, you are advised to temporarily discontinue it.
- You are encouraged to get vaccinated.
- Cover your coughs and sneezes with a tissue or in the absence of a tissue, one's sleeve.

- Frequent hand washing with soap and water is essential. Use an alcohol-based hand cleaner.
- Disinfect commonly touched surfaces such as door handles, light switches, phones, tv remotes, and your computer keyboard and mouse.
- If you are experiencing respiratory symptoms (coughing/sneezing) you may be asked to wear a surgical mask while in the office.

Computer Buying 101

Many people are intimidated when buying a computer, mostly because they don't understand everything that's being shown to them during the process. They're afraid they will buy more/less than they need. This guide is designed to help you setup a new computer that will meet your needs. The first part of the process is determining what your computing needs really are. Things to think about are: who will use the computer and what will they use it for. We'll break this down into popular uses you may want when considering a computer to accommodate your needs.

Digital Video/Digital Photography – This user has a camcorder or will be getting one in the near future and wants to be able to edit and burn home movies that will play in their DVD Player. Besides having a DVD recorder built into the computer, the most important things are CPU, RAM, and Hard Drive Storage.

CPU – Digital Video/Digital Photography is a very processor-intensive hobby and you should purchase a computer with the fastest processor in your budget. This ensures that you will have fewer system lock ups and will also extend the useful lifespan of your computer.

Ram - Ram is also used in excess during video editing. We recommend at least 1 GB of Ram when purchasing a computer for video editing. This will ensure a smooth work flow in all aspects of your computer, not just video.

Hard Drive – Storage is going to determine how much you can keep on your computer before you have to burn information to a DVD. You always want to have much more than you need in the event you have a few tapes to transfer and you don't have time to edit them at the moment.

Gaming – This user comes in a few varieties, ranging from the Hardcore to the Casual. The Hardcore gamer will want the best, though he/she could get by and have a very satisfying experience with a lesser computer. The most important things here are Processor, RAM, and Video Card.

The minimum amount of RAM recommended for most games is 512 MB though 1 GB would make big difference in games that feature 3D graphics.

CPU – Like the digital video customer, this customer has a very processor-intensive hobby and should have a fast processor. However, it's not as important for this customer because a lot of the computing is done on the video card.

Video Card – This is the most important thing for a gaming pc. It will go a long way in compensating for other components that may not be as fast as you would like. This is where you want to invest a good portion of your budget to

get the most bang for your buck. It should have at least 256mb of RAM and be DirectX 9 compliant. If the term DirectX compliant doesn't mean anything to you just ask the sales person in the store and they will help you out.

General Use – These users will spend time on the Internet, using a Word Processor or Spreadsheet, checking and writing email, and playing the occasional game of Solitaire. The good news for these users is that there really isn't a computer for sale right now that won't meet their needs. It really doesn't take much of a computer to run a word processor. Does this mean you should buy the cheapest computer possible? In most cases that is not a good idea, simply because the more powerful computer you buy, the more options you will have down the road. In many cases you get what you pay for in terms of quality and customer service. Some baseline things to look for in a computer are a 2.8Ghz processor and 512mb of RAM.

What else do I need with my computer?

There are a couple of things you probably also want to add to your computer purchase.

1. Surge Protector/Battery Backup – A battery backup is not much more expensive than a plain surge protector and it provides protection from black outs and brown outs that would do serious damage to a computer.
2. Cables and Ink – If you're choosing a printer with your computer purchase, you may need a USB cable if your existing printer is older than 5 years old. You will also want to buy ink just because some manufacturers only provide a half full cartridge with a new printer.

Where to buy? – There are many places to buy a new computer, from Best Buy to Dell. InvisiMax now offers similar services, and can custom build your computer to your needs/use.

Considering Yoga? Here are some facts!

1. Yoga has been practiced in the United States since the late 19th century. Yoga is thousands of years old. Stone carvings in the Indus Valley depicting yoga positions date back 5,000-plus years.
2. 6.9 percent of U.S. adults are believed to practice yoga.
3. Yoga has been proven to reduce stress and anxiety; accordingly, it is often recommended to relieve the pain and anxiety of chronic conditions.



4. Breathing is as important in yoga as the stretching.
5. You can work on some of the techniques throughout the day—seated at your desk, in your car—even at the computer.
6. Since yoga involves weight-bearing postures, the practice is especially beneficial to your musculoskeletal system and may help prevent osteoporosis.
7. Yoga is not a religion, but many of its elements are incorporated into various religious traditions. Practicing yoga won't interfere with your religious practice—and it might enhance it.

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Morning Stiffness and Fatigue?

Is your Rheumatoid Arthritis
getting the best of you?

AOC is looking for volunteers for a 28-week
research study of an oral investigational drug for
subjects with Rheumatoid Arthritis.

- Are you age 18 and over?
- Have you been diagnosed with
Rheumatoid Arthritis?
- Are you currently taking a disease
modifying drug that is not managing your
rheumatoid arthritis adequately?

If so, you may qualify for this Study. Eligible
candidates will receive at no cost:

- Study-related drug
- Study-related exams and physician visits,
and
- Laboratory tests
- Compensation will be provided for
participation and travel

For more information on this study, please call the
RESEARCH DEPARTMENT at: [301-624-1164](tel:301-624-1164)

Wei's World

My wife and I have four children. One graduated from a college a couple of years ago and is working in Boston. The second is entering his senior year at the Tisch School for the Performing Arts at New York University. (He sees Broadway in his future.) Our third has entered his freshman year at Bowdoin College in Brunswick, Maine. He's sure he won't make any friends, but he will. And our baby, our 13 year old, is going to be in 8th grade. (Why is it kids are going back to school before Labor Day?)

The summer has gone by quickly. And I guess I start thinking a lot about what the future holds. With all the problems my dad has had, I realize "I'm on deck," as my wife put it. Not to sound too maudlin, but after you turn 60, you come to the realization that you're at least halfway there. Maybe before you could tell yourself... "well I'm still on the uphill..." But you can't kid yourself anymore, it's downhill from now on, baby. And as each kid leaves the house, I've been thinking, and so has my wife, that maybe we should spend more time on ourselves. Not to be

selfish, but if you're a parent, you know what I'm talking about.

You work and you scrape to get your kids through childhood and adolescence... and then they're gone.

So I'm not sure what point I'm trying to make. Maybe, it's that I've become more reflective about life. I've always been driven to succeed, to be goal-oriented. And there's nothing wrong with that. That's how you achieve things. But, it also helps to reflect and slow down. And enjoy what you have accomplished and maybe even take pride in it.

And also, to be grateful.

I was raised a Methodist. While I never go to church anymore, I do still pray... everyday. And the bulk of my prayer is a heartfelt "thank you."

So I guess that's the crux of this month's newsletter. We all have our problems. But we all also have lots to be grateful for. Everyday, if you can give thanks for what you have, that's a good prayer.