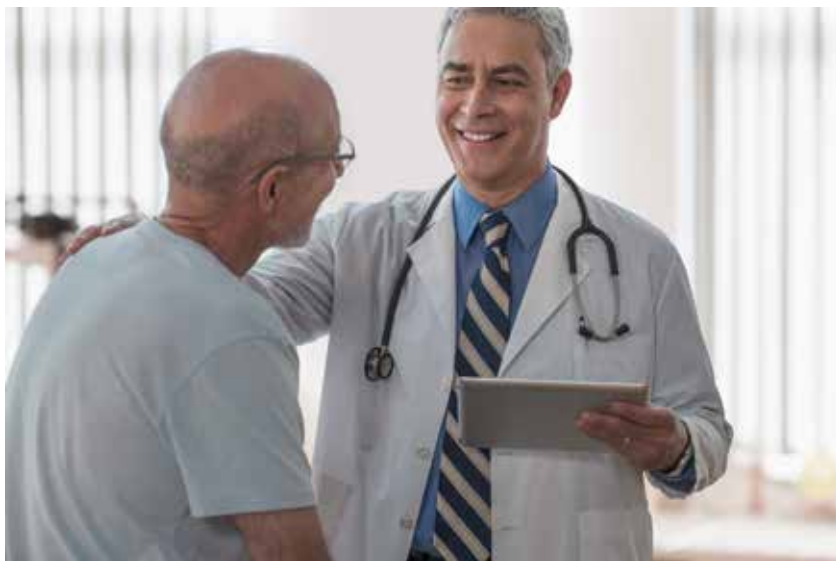




June 11 2018

It's Never Too Late to Stay Protected from the Sun



(Family Features) It's a common myth that most sun damage happens before the age of 18, but does this mean sun damage becomes less of a threat as we get older? Although many think most sun damage happens at a young age, the majority of sun exposure actually occurs after the age of 40. However, it's never too late to make a difference in your skin health.

In fact, between 40-50 percent of Americans who live to age 65 will have skin cancer at least once in their lives. Non-melanoma skin cancer, including basal cell carcinoma, is the most common form of skin cancer, and most often occurs in people over the age of 50. This rang true for John Gohmann, who was diagnosed with advanced basal cell carcinoma at age 64, and has been an outdoorsman for as long as he can remember.

"Being outside my whole life, playing a lot of golf and working on the railroad, I never used sunscreen and didn't think about getting skin cancer," John said. "I was shocked to learn not wearing sunscreen was so dangerous and that I could still be causing myself damage, even in my later years."

After ignoring a small lesion on his nose for years, John could no longer ignore the pain and finally went to see a dermatologist. The cancer had spread into the bone of his nose, upper lip and gums, and his doctor said he was not eligible for surgery or radiation because of the location and depth of the cancer. John learned for his particular case he was eligible for an oral pill, Erivedge (vismodegib), which is a prescription medicine used to treat adults with basal cell carcinoma that has spread to other parts of the body and cannot



be treated with surgery or radiation. John is still taking the medicine today. Like all medications, Erivedge is associated with serious side effects and has the potential

- CONTINUED ON Page 11

Dear Doug



Broader Horizons

Q: We've always planned on taking our grandson on a trip so that he can explore the world and we can spend some time with him. Now that he's 13, we think it's time.

We brought the subject up to him and offered to take him to Europe this summer. His parents are enthusiastic, but he doesn't seem interested at all. According to his parents, he'd prefer to stay home with his friends.

How can we convince him that this is a great opportunity?

A: Teenagers sometimes need prodding because of their lack of life experience. As the years pass, we realize more and more that many opportunities pass us by in the blink of an eye.

It may take time to convince him about how lucky he is to receive this opportunity. Teenagers often want to stay in their own bubbles because they feel safe and comfortable. Learning to leave our comfort zone is an invaluable lesson.

Tell your grandson about the wonderful experiences you've had in your life and how you've learned more about yourself by traveling and observing other cultures. Share travel photos, books and anecdotes.

If all else fails, you can always incentivize the trip. Consider offering to buy him a camera to collect memories on the trip. Customize your itinerary to his interests, and find things that he will remember for years to come. – Doug

Father's Day Without The Stress

Q: For our family, holidays have always been stressful. Emotions run high, and none of us enjoy our time together like we should. More casual get-togethers have always been more enjoyable.

Father's Day is coming up, but in the past year my husband's health has been on the decline. We're lucky to have our children driving up to celebrate with the two of us. On the other hand, we don't want the stress to have a negative impact on my husband.

We want to make this holiday really count. How can we ensure we have the best day?

A: Many holidays necessitate a careful balance of our expectations and potential flexibility. If your highly structured plans don't allow for any wiggle room, you're more likely to find problems. Making a plan that fits one person is easy, and adjusting that plan to fit the entire group is more complicated.

For this holiday, your goal is simple: You want to enjoy a pleasant afternoon together without all the stress. Making concrete plans eliminates potential complications, but you also should build in some flexibility.

Find a low-key activity that you can enjoy. You could try seeing a local museum or doing something outdoors like a picnic or an easy hike. Staying local will help eliminate any frustrations with farther travel. If you want to eat out, plan ahead and make a reservation.

Whatever you decide to do, keep your eye on the prize. Your sole purpose is to celebrate and enjoy one another's company.

To have an enjoyable holiday, choose to be patient and pleasant with one another. If you often end up entangled in emotional arguments, remember that you can always table the conversation for another time.

Happy Father's Day! – Emma, Doug's granddaughter.

Quotable

The least productive people are usually the ones who are most in favor of holding meetings.
Thomas Sowell

The best way to find out what we really need is to get rid of what we don't.
Marie Kondo

Social Security and You



Top Five Social Security Myths

It's time for me to dust off and update a column I write every five years or so about Social Security myths.

Myth Number 1: There are secret or hidden rules to Social Security.

Almost every day I get emails from readers who tell me about suspicious mailings they get, usually from financial planning outfits inviting them to a seminar with come-ons like this: "Learn the hidden truths about Social Security" or "The Social Security secrets the government won't tell you!" I always want to tell the folks behind these misleading mailers that they should level with their intended audience. There are no hidden rules. There are no secrets about Social Security the government is trying to hide from you. To be sure, there are many Social Security rules and regulations that people may not be familiar with. But they certainly aren't secret. The Social Security Administration maintains an award-winning website that tells you anything you need to know about your eligibility for Social Security benefits. They also produce more than 100 pamphlets and fact sheets explaining the program's rules. And the agency maintains more than 1,000 field offices around the country to help people file for benefits. The most common "secret" hyped by financial planners involves a strategy discussed hundreds of times in this column, usually called "file and restrict," which allows one member of a couple to file for spousal benefits on a husband's or wife's record while allowing his or her benefits to grow until age 70. That rule, which certainly is not a secret, and that is being eliminated anyway in a couple years, applies to a very limited number of people. The vast majority of senior citizens have very simple and straightforward Social Security eligibility issues that involve no mysteries, no secrets and no hidden rules.

Myth Number 2: Lower earnings near retirement will reduce your Social Security check.

Many potential retirees lose sleep if they have some years of lower earnings just before they retire. They think this will adversely impact the amount of their Social Security check. It will not. This myth is an offshoot of another commonly held misconception about Social Security: that retirement benefits are based on the last five or 10 years of earnings. They are not. The Social Security retirement formula uses a 35-year base of earnings, all of which have been indexed for inflation. So a few years of reduced earnings just before retirement will have minimal, if any, impact on a Social Security retirement benefit.

Myth Number 3: A wife is always due half of her husband's check. A wife gets a benefit rate equal to one-half of her husband's full retirement benefit only if she waits until age 66 to claim those benefits. But most wives take their benefits at age 62. In that case, they get an amount equal to about one-third of the husband's retirement benefit. If they start benefits between 62 and 66, the benefit rate is somewhere between one-third and one-half. When discussing this issue, we generally are talking about women who were stay-at-home moms for most of their lives, meaning they have little or no Social Security of their own. If a woman has worked much of her life, she will get her own Social Security retirement benefit and usually won't be due anything on her husband's record.

Myth Number 4: If you are due two benefits, you get them both.

Anyone who is married or has ever been married is potentially due two Social Security benefits. But as a general rule, if you are due two Social Security benefits, you don't get them both. You get only the one that pays the higher rate. There is a twist to this rule however. It can best be explained with an example. (And to keep my math simple, I'll just assume everyone waited until age 66 to file for Social Security.) Husband Hal is getting \$2,000 in retirement benefits. Wife Wilma didn't work very much outside the home. So she just gets a small \$600 Social Security check. But as Hal's wife, she is due \$1,000 in spousal benefits. She doesn't get a \$600 retirement check AND a \$1,000 spousal benefit. She gets the higher benefit, or \$1,000. But there is a rule that says if Wilma is due anything on her own record, she must be paid it. So Wilma will get \$600 on her record and another \$400 off of Hal's account to take her up to the \$1,000 level. In other words, at least on paper, Wilma is getting benefits from two Social Security accounts. But in reality, she is just getting one check for \$1,000.

Myth Number 5: You have to be married for 10 years to claim spousal benefits.

Based on my emails, I'd bet that 90 percent of my readers think that a couple must be married for 10 years in order for the lower earning spouse to claim benefits on the higher income spouse's Social Security record. But that's not true. The 10-year duration-of-marriage rule applies only to a divorced spouse trying to claim benefits on an ex's Social Security account. If you are currently married, the law usually says the marriage must have been in effect for only nine months to claim spousal benefits.

If you have a Social Security question, Tom Margenau has the answer. Contact him at thomas.margenau@comcast.net.



Stand Downs For 2018

Stand Down season has begun, and whether you're on the side of needing services or providing help to homeless veterans, the information is out there and waiting for you.

Stand Downs are events that take place over one to three days, depending on the location. On a typical day, homeless veterans can get services for benefits eligibility screening, personal care items, employment help, legal assistance, haircuts, case management, housing and mental health services. In addition, many locations have food, clothing, shelter, health and dental screenings right on the spot, with multiple agencies and sources of assistance coming together. You might find college resources, a career fair and more, depending on the location. If you have your DD-214 or a Department of Veterans Affairs medical card, bring it.

Stand Downs have been going on since 1988, and there now are locations all across the country.

To see the VA list of Stand Downs, go online to www.va.gov/homeless/events.asp and scroll down. You'll find dates, location, and names and phone numbers, as well as email addresses. The season runs until December in some areas. Make contact as early as you can, whether you need services or can volunteer. Many locations have transportation to the event, if you call ahead. If you don't see a listing for your area, contact the nearest VA Medical Center. Perhaps your event isn't posted yet, or maybe they need to gauge interest. You also can search online by listing your state for "veterans Stand Down schedule

2018."

The National Coalition for Homeless Veterans has its own Stand Down page at www.nchv.org. There's also a list of contacts for immediate help, such as the crisis line [1-800-273-TALK (veterans press 1)] and community-based organizations near you. If you know veterans who need this information, please clip and copy, then pass it around, especially to homeless shelters.



Here's How to Stay Cool This Summer

Summer isn't officially here, but there is at least one location in the country where the temperature today reached 100 degrees F. Much of the Sunbelt already is seeing highs in the 90s. All of those numbers are going to rise in the coming weeks. It's the time of year for seniors to beware the heat. Here are some tips:

- * If you have window air conditioners that someone installs for you each year, schedule it earlier rather than later. Once the interior walls in your house get warm, it's hard to bring those temperatures down.

- * Consider sun-blocking drapes for windows on the south and west side of the house. Keep them closed during the heat of the day.

- * Join afternoon activities at the library and senior center. That way you'll be in air conditioning when the heat is at its worst. If you can get to the mall, go there. Sit in the food court and read a book, or walk some laps for exercise.

- * Plan your errands for early or late in the day.

- * Call your doctor's office and ask about your water intake. Be sure to tell them all of your medications;

some drugs can make it too easy to become dehydrated, especially if you take diuretics. Remember that sugary drinks don't count as liquid intake.

- * Keep an eye on your neighbors if they're out in the yard. If you go out, use a wide-brim woven hat. Check the weather and keep an eye on the heat index. Wear loose cotton clothing.

Remember: We seniors don't always know when we're getting overheated. Heat exhaustion or heatstroke can creep up on us because our circulatory system doesn't work like it used to. Know the symptoms of heat exhaustion: weakness, headaches, dizziness and muscle cramps. The more serious heatstroke can follow only 10-15 minutes later.



- * On June 27, 1829, English scientist James Smithson dies, leaving behind a will with a peculiar footnote. Smithson decreed that the whole of his fortune would go to the United States, to found an establishment for the increase and diffusion of knowledge. Today, the Smithsonian Institution is composed of 19 museums.

- * On June 26, 1945, delegates from 50 nations sign the United Nations Charter, establishing the world body as a means of saving "succeeding generations from the scourge of war." Four years later, the cornerstone was laid for United Nations headquarters, in New York City.

- * On June 28, 1953, workers at a Chevrolet plant in Flint, Michigan, hand assemble the first Corvette. The car carried a price tag of \$3,490

and could go from zero to 60 mph in under 12 seconds.

* On June 25, 1969, the U.S. Navy turns 64 river patrol gunboats valued at \$18.2 million over to the South Vietnamese Navy so that they could assume more responsibility for the war, raising the number of boats in its navy to more than 600.

* On June 30, 1975, less than a week after her divorce from Sonny Bono, Cher tied the knot with rock star Gregg Allman, only to file for divorce from him just nine days later. She then reconsidered and remained married to Allman until 1979.

* On July 1, 1997, Hong Kong reverts back to Chinese rule, ending Britain's 99 years of rule over Hong Kong. In exchange, China pledged to preserve Hong Kong's capitalist system.



Keeping Small Pets Safe From Coyotes

DEAR PAW'S CORNER: Yesterday we had a very scary incident in our backyard. I let our Llasa Apso, "Cherie," run free, knowing that she wouldn't wander into the woods as long as I was on the back porch, watching her. I was reading the newspaper when Cherie started barking. Looking up, I saw two coyotes at the edge of the woods, slowly approaching her.

I ran toward them, waving my arms and yelling like a crazy person. The coyotes took one look at me and disappeared into the woods. I picked up Cherie and brought her inside.

She wasn't hurt, but the situation could have quickly turned tragic if I hadn't looked up in time. For now, I'm keeping her indoors and only letting her out on a leash to relieve herself. Is there anything else I can do? – Bob in Leominster, Massachusetts

DEAR BOB: Keeping Cherie on a leash for the short term is a good idea, and I'm very glad you were supervising her backyard exploration. Contact the local animal control agency to report the coyotes' behavior.

Long term, you may want to put up fencing – at least 6 feet high and 1 foot below ground – to deter the coyotes, as well as motion-activated lights.

Make sure to keep trash securely covered and, if possible, indoors. Don't feed pets outside, because coyotes may investigate the food smell. Clear brush from your property and keep hedges trimmed.

On the plus side, you may never see more than two full-grown coyotes in your area – they are very territorial. If they become problematic, though, your municipality may need to step in and remove or eliminate the coyotes.

Send your questions, tips or comments to ask@pawscorner.com.



* It was French author, philosopher and journalist Albert Camus who made the following sage observation: "Nobody realizes that some people expend tremendous energy merely to be normal."

* Famously flamboyant country singer and songwriter Dolly Parton once entered a Dolly Parton look-

alike contest – and she lost.

* If you're a sailor you're probably familiar with the hazards of being out on the water: high seas, storms, hidden reefs. You probably wouldn't count whales among the dangers, but you'd be wrong. In 2010, on a day sail out of Table Bay Harbor in South Africa, a couple on a 30-foot sailboat were whale-watching when one got too close for comfort. A 40-ton whale they had been viewing breached right next to the boat and landed on the deck, breaking off the mast and then thrashing around before sliding back into the water. The whale lost some skin and blubber, but was otherwise unharmed; the couple were lucky to still have a seaworthy craft and made it safely back to the harbor.

* Married women aren't likely to be surprised by the following tidbit of information: Studies show that women with husbands typically do 30 percent more housework than single women do.

* If you're heading to the state of Washington with mischief on your mind, you'll need to keep in mind this state law: "A motorist with criminal intentions [must] stop at the city limits and telephone the chief of police as he [or she] is entering the town." I bet that one has been really effective in stopping crime.

* It's been reported that singer Sting doesn't use deodorant. In fact, after interviewing him for a concert once, the journalists nicknamed him "Stink."

Thought for the Day: "It's far better to be unhappy alone than unhappy with someone." – Marilyn Monroe



THE BOLD AND THE BEAUTIFUL



Steffy went into premature labor but fortunately delivered a seemingly healthy baby girl. Ridge was overwhelmed

when he met his granddaughter for the first time. Brooke tried to remain strong for Hope. Liam was furious when he learned that Bill was responsible for Steffy falling and going into early labor. Quinn urged Wyatt not to blame himself for his father's misdeeds. Liam and Hope had a heart-to-heart discussion about their current circumstances and what their future might hold. Ridge comforted a devastated Brooke. Still unsure of Liam's decision about staying with her and the baby, Steffy went home from the hospital. Wait to See: The Avants welcome their nephew Xander to town.

DAYS OF OUR LIVES

Theresa dropped a bombshell on Brady and Eve. Despite the risk, Will had Marlana inject him with Rolf's serum. Xander stumbled onto an explosive secret. Per Stefan's orders, Kayla spied on Kate and witnessed a curious exchange. Ben took an injured Ciara to a place that held bad memories for him. Hope panicked when she realized that her daughter was missing. Valerie and Lani bonded over Lani's unborn baby. Claire and Tripp felt guilty for hurting Ciara. Theresa had a

steamy proposition for Brady. Ciara freaked out when she found herself trapped in a cabin with Ben. Eve was determined to find a way to thwart her sister. Wait to See: Theresa tries to seduce Brady. Ben makes every effort to earn Ciara's trust.

GENERAL HOSPITAL

Maxie was moved to tears. Finn's timing was impeccable. Drew made some important arrangements. Oscar finally stepped up. Mike got the attention he needed. Sam asked for help. Valentin kept his word. Jason had his doubts. Kim heard a different side of the story. Lulu struggled against a difference of opinion. Finn was supportive. Anna came clean. Sonny cautioned Carly. Julian finally apologized. Alexis was stunned. Ava relayed what she saw. Josslyn was on the defense. Griffin was interrupted. Lulu made a promise. Franco took matters into his own hands. Alexis confronted Monica. Jason was put on the spot. Wait to See: Kiki faces her demons.

THE YOUNG AND THE RESTLESS

Lily caught Shauna sleeping in her son's bed and immediately assumed the worst. Feeling defeated at every turn, Jack decided to keep looking for clues to his father's identity. He grew hopeful when Dina was able to remember some details about the man, but then felt defeated when she couldn't remember his name. Neil learned that Hilary wanted to buy Chelsea's old penthouse. Unhappy to see Abby and Arturo together, Nikki decided to tell Abby about their romantic history. Nikki was further incensed when she found out that Nick and Sharon were preparing to leave town for San Diego. Sharon informed Nikki that her son wanted to get away from Victor. Wait to See: Devon and Hilary celebrate their reunion.



Q: One of my favorite shows is "DC's Legends of Tomorrow." Please tell me it will be back for another season! – Thomas F., via email



A: It shall be back for a fourth season, which will premiere this fall on Monday nights at 8/7c on the CW. I spoke with series star Adam Tsekhman (who plays Gary Green) about it, and he's excited to get back to the set in July.

"They've created a lovely sort of egalitarian system on the set," he told me. "All the actors kind of sit together; there are no egos. Everyone's really sweet. I'm so lucky to be a part of it. And the role is so much fun. I get to work on my comedy chops and play in these fabulous environments. It's time traveling, and every moment could mean the end for every character. And then, while that's about to happen, someone (Gary) makes the jokes. So, it's really fun, goofy and amazing."

Later this year, fans will get to see Adam explore his darker side when he co-stars in the feature film "Dragged Across Concrete." "It's about these two cops, Vince Vaughn and Mel Gibson, who get sucked

down into the dark criminal world to save their reputations. And I am one of those dark characters – Behzad, a used-car salesman. It's very dark. Very nefarious."

Q: I remember you had written about a series reboot of the cult-classic film "Heathers," but I haven't seen anything about it lately. Do you know what's going on? Ñ Gina R. in Indiana

A: Paramount has canceled the reboot before an episode even had the chance to air on TV Land. It was originally slated to premiere in March, but that was pushed back due to the Parkland High School shootings. Then it was going to premiere in July, but the Santa Fe High School shootings happened, so Paramount scrapped it altogether. The producers are actively searching for a new home for the series.

Spoiler alert: "The Hollywood Reporter" sources say that season two was to be set in the 1700s and revolve around Marie Antoinette – with many of the key cast members returning in new roles. With season one perhaps being too triggering in our current "gun climate," maybe they should just start with season two, which has a historical bent. It might make season one easier for some people to handle in the long run.

Q: What can you tell me about these "Legally Blonde 3" rumors I've been hearing? – Linda F., via email

A: I can tell you that it is definitely happening, with Reese Witherspoon and almost all of the original creative team on board! It's been 15 years since "Legally Blonde 2: Red, White & Blonde" premiered, so I can't wait to see what Elle and the crew have been up to in the interim.

HOLLYWOOD by Tony Rizzo

HOLLYWOOD – Ryan Reynolds didn't fare well with "Life" (2017), co-starring Jake Gyllenhaal, but had better luck with "The Hitman's Bodyguard" (2017), with Samuel L. Jackson, Oscar-winner Gary Oldman and Selma Hayek (\$30 million cost/\$176 million gross). He has struck gold by co-writing, producing and starring as "Deadpool" (2017), which grossed \$731 million, and its sequel, "Deadpool 2," which is approaching the \$500 million mark.



Next up is his production of "The Little Stranger," with Domhnall Gleason and Will Poulter, for an Aug. 31 release. That's followed by the Netflix film "Six Underground," with director Michael Bay and written by his "Deadpool" co-writers Paul Wernick and Rhett Reese. With a \$150 million budget, it's set for a 2019 release.

"Monster" Oscar-winner (2004) Charlize Theron – who produced and starred in "Gringo," which grossed \$9.8 million earlier this year, and "Tully" (which she also produced), released in May, with a \$9.3 million gross – will try producing again when she portrays Megyn Kelly in a film about the women of Fox News and Roger Ailes.

Richard Gere, whose last film was "The Dinner" (2017) with Laura Linney, is awaiting the release of "Three Christs," with Julianna Margulies, Peter Dinklage and Bradley Whitfield, which began filming in August 2016. He's now turning to television, which he's rarely done, to star in the eight-part BBC Two mini-series "MotherFatherSon," written by "American Crime Story's" Tom Rob Smith, shooting this summer in London and Spain.

We'll be seeing lots of Sylvester Stallone. He has two films with Dave Bautista and Curtis "50 Cent" Jackson: "Escape Plan 2: Hades" (due June 29) and its sequel, "Plan 3: Devils Station" (already completed), as well as "Creed II," with Michael B. Jordan (out Nov. 21); "Backtrace," with Matthew Modine; and "The Expendables 4" (no cast announced yet). Stallone again has written and is producing "Creed II," and you can be sure this time around he'll muscle his way into enough big scenes to win the Oscar he was denied the last time out. Rocky's back, can Rambo V be far behind?



In the United States, Flag Day is celebrated on June 14. It commemorates the adoption of the flag of the United States, which happened on June 14, 1777, by resolution of the Second Continental Congress.

Wellnews

Burning Money

More people are using e-cigarettes, but maybe for the wrong reason. It's presumed – and advertised – that e-cigarettes can help ease smokers out of their tobacco habits. But a study involving 6,000 smokers who were given free smoking cessation aids like e-cigs or nicotine patches in a work wellness program did not quit smoking in appreciable numbers: only 1.3 percent of participants stayed smoke-free for six months. However, when smokers were also offered a \$600 reward if they quit, the rate of success was higher.



Body of Knowledge

Normal respiration for an adult at rest is 12 to 20 breaths per minute or 17,280 to 28,800 breaths in a day.

Get Me That, Stat!

A smoker who consumes a pack a day for 20 years will smoke 146,100 cigarettes or 7,305 packs in that time period, according to the American Cancer Society cigarette calculator. On average, the lifespan of the average smoker is a decade shorter than that of a non-smoker.

Life in Big Macs

One hour of walking briskly while carrying something weighing less than 25 pounds burns 306 calories (based on a 150-pound person) or the equivalent of 0.4 Big Macs. FYI, it takes approximately 50 Big Macs to equal 25 pounds. If you ate all 50 Big Macs, you'd have to walk briskly for more than 100 hours or more than 4 days and nights to burn them all off.

Stories for the Waiting Room

If you're curious about the health of the place you live, check out the new City Health Dashboard online. Developed by New York University and the Robert Wood Foundation, it collates dozens of health-related statistics, from housing costs to premature birth rates, for 500 cities in the United States.

Doc Talk

Frenulum: A fold of skin or mucous membrane that limits movement of a body part. For example, the midline fold under the tongue that attaches it to the floor of the mouth is called the frenulum linguae.

Phobia of the Week

Rhypophobia: Fear of defecation

Never Say Diet

The Major League Eating record for hard-boiled eggs (short form) is 20 in 84 seconds, held by Adrian Morgan. No yolks, please.

Observation

"I told my psychiatrist that everyone hates me. He said I was being ridiculous - everyone hasn't met me yet."

– Comedian Rodney Dangerfield (1921-2004)

Medical History

This week in 1903, Pepsi-Cola Co. registered the Pepsi-Cola trademark with the U.S. Patent Office. Pharmacies at the time were favorite gathering places. To increase business at his store's soda fountain, pharmacist Caleb D. Bradham created a soft drink. In the summer of 1898, he mixed carbonated water, sugar, vanilla, oils, pepsin and kola nut extract. Customers at in his pharmacy in North Carolina liked the beverage and called it Brad's Drink. As its popularity grew, Bradham changed the name to Pepsi-Cola. The name emphasized the pepsin and kola nut extract with their supposed health benefits. Pepsin, an enzyme, was thought to aid in digestion, and caffeine, an alkaloid found in kola nuts, was believed to bestow beneficial energy.

Last Words

"Farewell, my children, forever. I go to your Father. Monsieur, I beg your pardon."

–French queen Marie Antoinette (1755-1793), who was executed by guillotine during the French Revolution.

The final words were spoken to the executioner after stepping on his foot.



The Case Against Hydrogen Peroxide

DEAR DR. ROACH: My dental hygienist recommends rinsing your mouth with hydrogen peroxide to kill germs after flossing. Lately I have heard the using too much hydrogen peroxide can be harmful. What are your thoughts? – T.W.

ANSWER: Hydrogen peroxide is a powerful antiseptic that has some usefulness for household objects; however, I don't recommend it as an oral rinse. It is too toxic to tissues. In a 1993 study, even hydrogen peroxide solutions diluted to half and quarter strengths caused damage to mucous membranes and caused "overwhelmingly negative subjective reactions." Thus they were not recommended for oral care. A regular mouthwash is a much better choice, and your dentist can prescribe a medicated mouthwash if needed. Incidentally, I don't recommend hydrogen peroxide for cleaning cuts and abrasions, either. It isn't effective at inhibiting bacterial growth. I recommend careful cleaning with mild soap and water or saline and an antibiotic ointment like Bacitracin.

DEAR DR. ROACH: I have heard of yeast infections, but I don't know what causes them. How do they affect the body, and what can be done to get rid of them? – C.R.

ANSWER: Certain yeasts, but especially the *Candida* species, are found on our skin, mucus membranes and GI tract. They normally live in balance with the 100 trillion or so bacteria we carry around. However,

yeast can cause disease that ranges from fairly mild, like thrush of the mouth or vagina, to life-threatening, like a blood-borne, widely disseminated invasive infection. *Candida* infection of mucus membranes is usually caused by changes in our bacteria, especially after the use of antibiotics. The antibiotics kill the bacteria they are supposed to (hopefully), but they also may kill the healthy bacteria that assist us in digestion (leading to diarrhea or worse), and this allows the other bacteria and yeast to grow. Some people with genetic faults in their immune system are predisposed to chronic *Candida* infections. These are uncommon but can be severe, and may require treatment by specialists, such as infectious disease doctors and immunologists. The life-threatening yeast infections generally happen in people with severe illness and with poor immune system function.

DEAR DR. ROACH: I have been diagnosed with Fuchs' corneal dystrophy by an ophthalmologist, whom I saw for an eye exam recently. Would you please tell me more about this disease? Is there any treatment? What can I expect in the future? It is getting harder to read and do close work. – N.O.

ANSWER: Fuchs' dystrophy is a condition of older eyes, which happens when the cells in the innermost lining of the cornea (the translucent, colorless front part of the eye) degenerate, causing, initially, deposits in the cornea and later swelling of the cornea. The disease has a complex genetic pattern of inheritance, and tends to progress slowly. Treatments include soft contact lenses to "bandage" the cornea, and eyedrops. Transplant surgery of the affected lining of the cornea (called Descemet's membrane), or the whole cornea, is the definitive treatment.



Here's How Hardwood Floors

Dear James: I installed some hardwood flooring several years ago in the foyer and now it has gaps between the pieces. I want to install it in the kitchen now. What should I do this time to avoid gaps? – Larry M.

Dear Larry: Hardwood flooring can be very beautiful and totally transform the decor of a room, but it can also look bad if installed improperly. Gaps between the individual pieces, as you experienced in your foyer, are the most common problem with hardwood floors. Particularly when lighter colored hardwood is used, the gaps are much more apparent.

There typically two reasons you likely had the hardwood flooring problems in your foyer. They are both caused by not letting the hardwood rest in the room for a week or so before installing it on the floor. It generally takes a week for the moisture content of the hardwood to stabilize to that of the room.

If the hardwood was delivered from a dry warehouse and you installed it immediately, it will gradually swell as it absorbs moisture from the air in your home. People often do home improvement projects during spring and summer when the air inside homes has the highest humidity level.

The edges of hardwood flooring look square, but they are actually tapered slightly for a tight edge fit on the surface. It probably swelled initially and crushed the tapered

edges. If it shrinks at all during the drier winter weather, the gaps will be apparent.

The other possible moisture-related possibility is the hardwood was overly moist when it was delivered to your home. After it was installed, it gradually lost moisture and shrunk resulting in the gaps between the pieces. Even after the hardwood top surface is finished with urethane, the other surfaces of the wood will continue to gain and lose moisture.

With proper installation techniques, you can avoid this problem when you install the hardwood flooring in your kitchen. Give the hardwood pieces time to allow their moisture content to stabilize. Stack it loosely so air can flow around all the pieces.

If you are making other improvements to your kitchen, such as new cabinets, painting, etc., wait several weeks to have your hardwood delivered. All these other improvements may release additional moisture into the air in the kitchen for a while. If the hardwood was delivered immediately, it would stabilize to the incorrect moisture level.

The type of subflooring is important when installing hardwood. It must be a stable subfloor so the hardwood does not have to provide the rigidity and support. If the hardwood is located over a furnace or water heater in the basement, insulate below it. Warmer areas will create isolated drier areas in the wood and impact its stability.

The following organization has excellent hardwood flooring installation guides which you can request: National Wood Flooring Association, (800) 422-4556; and Oak Flooring Institute, (901) 526-5016, www.nwfa.org.

Once your hardwood floor is installed and finished with several

coats of glossy floor urethane (more durable than standard urethane), never wash it with lots of water or other cleaners. Just vacuum it regularly to pick up grit. If you have to wash a spot, wipe it with a slightly damp washcloth and then immediately dry it with a towel. Don't use wax on it because it will make it more difficult to ever refinish.

Send your questions to Here's How, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit www.dulley.com.



A Greener View Ornamental Pear Tree

Q: I had a question about my ornamental pear tree that I purchased and planted last summer. The tree is about 6 feet tall, and the trunk has a 3/4-inch diameter. It seemed to do well all summer. However, this spring (mid-March), the tree got buds and they never opened. Now the tree is starting to grow leaves on the trunk at ground level. Any ideas on whether the tree is about to die or what may have happened? I should tell you that after the buds appeared we had a couple of frosts. Could the frosts have sent the tree back to being dormant, and might it come back next year?

A: The buds did not go dormant for a second time. The frosts may have killed the buds, or even the trunk. Flower and leaf buds on trees that go dormant for the winter are set in the fall. They can be killed by freezing temperatures any time during the winter.

The tree is trying to save itself by sending out some new growth from the roots. If it is still under warranty, you should get a new one. If not, then keep a large new stem and cut off all the other ones, including the dead trunk. It will take a while, but the tree may survive.

Q: I have a question about my redbud bush. Each year it seems to have fewer blossoms; this year it has just one lonely one. The landscapers have cut it to the ground twice, and both times it came back. I think I have complained enough that that won't happen again. It does get sun all day.

Where do the blossoms appear? The ones I see along the road seem to be on the new growth. I would love to have blossoms next year. Is there anything that I can do to promote blossoming?

A: Redbuds bloom on branches more than 2 years old. They can bloom on branches as big as 8 inches in diameter. They will set a cluster of new buds at the joint of where a leaf is now. They are not particularly well-suited for many areas of the Midwest and northern states, and they don't bloom well in many of the areas in which they will survive. You can fertilize the tree with a rose fertilizer according to the package directions. Then be patient, as it may take a couple of years to get the older wood.

Q: Is there a preventive spray to ward off borers before they get started on my plants? I remember I used a dormant oil in late fall or early spring before bud growth. Can I use it as a preventive? Also, if I see plants becoming infected, what systemic insecticide should I purchase?

A: Boring insects typically overwinter inside plants, so dormant oil will not work on them. Dormant oil is good for insects that overwinter on plants, like scale insects.

Keep the plants healthy and full of water to prevent borers. Watering susceptible plants during drought

conditions is probably the best thing that can be done.

There are many insecticides for plant borers. Acephate and imidacloprid are the two most common active ingredients. Depending on the plant and the pest, the insecticide may be sprayed on, poured around the base or injected into the tree. Timing is critical, and you must follow the label directions. The best thing is to check at a garden center for the appropriate one when you need it.

Email questions to Jeff Rugg at info@greenerview.com.

- CONTINUED FROM Page 1
to harm an unborn baby. Always consult with your doctor on possible side effects.

"For the first time in my life, I recognize the dangers of skin cancer and the sun," John said. "I now have a routine to protect myself from harmful sun exposure, especially when I'm on the golf course, including wearing sun screen and protective clothing, and think it's important for everyone to schedule an annual appointment with their physician."

It's never too late to protect yourself from the sun. Dr. Keith LeBlanc Jr. of The Skin Surgery Centre recommends these preventative tips:

1) Have a Routine to Stay Protected: It's important to stay protected from the sun year-round, even when it's cloudy. Wearing sunglasses that block ultraviolet rays and applying sunscreen with a sun-protection factor (SPF) of 30 or higher can help limit exposure. Wear a hat to cover your head and clothes that cover your arms and legs, if possible. Seek shade when the sun is strongest between 10 a.m. and 2 p.m.

2) Know What to Look For: Basal cell carcinomas often appear on the face, ears, neck, scalp, shoulders and back. Most commonly, they appear as open sores that don't heal, reddish patches or irritated areas, shiny or pink bumps and scar-like areas.⁶ It's important to perform skin self-exams monthly and to see your doctor every year for a professional exam.⁷

3) Understand Treatment Options: If diagnosed with basal cell carcinoma, consult with your doctor to discuss treatment options that might be right for you. If caught early, surgically removing the affected area or applying a medicated cream may be all the treatment a patient needs. However, once the cancer spreads to other areas of the body, treatment becomes more complex and may involve the use of targeted therapies, radiation, chemotherapy and other treatments.⁸

For more information on skin cancer, visit gene.com/skin-health.

Important Safety Information and Indication

Erivedge is a prescription medicine used to treat adults with a type of skin cancer, called basal cell carcinoma, that has spread to other parts of the body or that has come back after surgery or that a healthcare provider decides cannot be treated with surgery or radiation.

It is not known if Erivedge is safe and effective in children.

Erivedge can cause a patient's baby to die before it is born (be stillborn) or cause a baby to have severe birth defects.



* "Restore the shine on dull buttons by painting them with a coat of clear nail polish. I've renewed the buttons on my cardigan several times this way. I think it also strengthens the threads holding the buttons on." – R.H. in Maine

* "Turn a regular bra into a racerback strap with a simple paperclip. Just tuck both arm straps into the paperclip and adjust the point on your back where they come together. This has saved me when I had a nice tank top under a light jacket but then wanted to remove the jacket without my straps showing." – A.J. in California

* A paintbrush makes it really easy to clean out the crevices in your car. You can tape it to a ruler to get a longer reach and use it between the chairs and the center console, where there are a lot of crumbs but it's hard to reach.

* "I found an all-plastic mattress cover, meant to be a protection against spills or wetting the bed. I use it instead to protect my outside picnic table when the kids are doing messy crafts, like painting or working with glue or dyes. Because it's a fitted sheet, it grips the table in any amount of wind, so it never flies up. I can hose it off to clean up, and when it's dry I just store it until next time." – M.W. in Minnesota

* Thrift store pillowcases make an excellent dust cover for stored purses and bags. They can be trimmed to size, if necessary, and tied closed with a bit of string.

Kovels: Antique And Collecting Cabinet of Curiosities

"Cabinet of curiosities" was the name of an important room in the 1600s and, years later, a "cabinet of curiosities" meant just a cabinet. The room often had displays of skeletons, minerals, horns and plants, and some man-made fantasies like a mermaid or piece of the "True Cross." Collections of medals, silverware, stamps, minerals and other unusual things were popular in later cabinets. The early elaborate rooms with unusual displays were a sign of social importance. The simpler cabinet suggested the owner was a scientist or researcher with less status. A recent James Julia auction sold a Victorian bird's eye maple specimen cabinet with carved trim, columns, cases, drawers of various sizes, locks, keys and a mirror. It had been refinished, so the 63-inch high cabinet sold for \$1,936. The cabinets sell quickly, no doubt to be used by a 21st-century collector.

Q: I have a Pairpoint pickle castor, but I don't have the glass insert for it. Will this drastically reduce the price? Should I try to find a suitable piece of glassware and marry the piece or sell it as it is?

A: Pickle castors were popular in about 1890. A silver or other metal frame held a glass jar, which usually had a silver or silver-plated top. The holder had a handle and a hook that held a pair of tongs. Replacement frames and glass jars have been made. You may be able to find a replacement glass jar online, or at antiques shows and shops. A replacement glass insert won't add enough to the price to cover the cost of the glass and your time. Original pickle castors with colored glass insets sell from \$100-\$250.

Q: I have an Edison GEM lightbulb

This strange cabinet was made in the 19th century to display many small, unusual items, known then as curiosities. It auctioned for \$1,936.



from about 1905 with the sticker still on it. Can you tell me its approximate value and who would be interested in this?

A: The letters GEM stand for General Electric Metallized. The GEM filament was invented by Willis Rodney Whitney, the director of the General Electric research lab in Schenectady, New York. GEM lightbulbs were made from 1905 to 1918, when production stopped to conserve fuel during World War I. There are collectors who want any unusual lightbulbs. Look for sources online that sell vintage lightbulbs. Most also will buy them. GEM bulbs sell online for \$10 to \$15.

CURRENT PRICES

Yo-yo, tin lithograph, space shuttle, astronaut in rocket, red, yellow, blue and white, Japan, 1950s, \$15.

Corncob holders, skewers, sterling silver, corn cob shape handles with spear-shaped spikes, signed, Webster, 1960s, 3 inches, set of 8, \$135.

Fishing rod, wooden halibut rod with copper reel, Mathews Conveyer Co., c. 1910, 39 inches, \$365.

Poison ring, silver and gold gilt, garnet cabochon center, oval locket with clasp, rope twist and scroll design, c. 1800, size 10, \$1,040.

TIP: Clean your jewelry with jewelry cleaner or detergent suds and warm water. Brush the back to remove soap residue or other dirt from the back of the stones.

For more collecting news, tips and resources, visit www.Kovels.com



Grilled Pork Chops With Mango Sauce

A smoky, but still sweet, mango sauce adds brilliant, sunny color and a kick of flavor to these simply grilled pork chops.

1 tablespoon vegetable oil
1 small (4- to 6-ounce) onion, finely chopped
1 chipotle chile in adobo, seeded, finely chopped
1/4 teaspoon dried oregano
2 large ripe mangoes, peeled and chopped
2 tablespoons water
1 tablespoon packed brown sugar
4 (6 ounces each) bone-in pork loin or rib chops, 3/4-inch thick
Salt
Pepper
1 green onion, thinly sliced, for garnish
1/4 cup fresh cilantro leaves, for garnish

1. Prepare outdoor grill for covered direct grilling on medium.

2. Prepare mango sauce: In 12-inch skillet, heat oil on medium-high. Add onion and cook 2 to 3 minutes or until browned, stirring occasionally. Add chipotle and oregano; cook 1 minute, stirring. Add mangoes, water, and sugar; cook 10 minutes or until mangoes are soft, stirring occasionally.

3. Meanwhile, sprinkle pork with 1/4 teaspoon salt and 1/2 teaspoon freshly ground black pepper to season both sides. Grill, covered, 8 to 9 minutes or until browned outside and still slightly pink inside, turning

over once.

4. Transfer pork chops to cutting board; let rest 5 minutes.

5. Spoon mango sauce over pork. Garnish with green onion and cilantro. Serves 4.

* Each serving: About 385 calories, 15g total fat (4g saturated), 80mg cholesterol, 4g dietary fiber, 27g protein.

Raspberry-Lemonade Granita

Here's a cool way to celebrate the start of raspberry season.

2 to 3 lemons

3/4 cup sugar

3 cups water

1 pint raspberries

1. From lemons, grate 1 teaspoon peel and squeeze 1/4 cup juice.

2. In 1-quart saucepan, heat sugar, lemon peel and 1 1/2 cups water to boiling over high heat, stirring to dissolve sugar. Remove saucepan from heat; stir in raspberries. Cool sugar syrup to room temperature.

3. In food processor with knife blade attached, blend mixture until pureed. With back of spoon, press puree through sieve into bowl; discard seeds. Stir in lemon juice and remaining 1 1/2 cups water. Pour into 13-by-9-inch metal baking pan.

4. Cover and freeze mixture about 1 1/2 hours or until frozen around the edges. With fork, scrape ice, mixing it from the edge to the center. Repeat process about every 30 minutes or until mixture turns into ice shards, about 1 1/2 hours.

5. Serve granita right away, spooning shards into chilled dessert dishes or wine goblets. Or, cover and freeze up to 1 month. To serve, let stand about 5 minutes at room temperature to soften slightly. Makes about 8 cups, or 16 servings.

* Each serving: About 45 calories, 0g protein, 11g carbohydrate, 0mg cholesterol, 0mg sodium, 1g fiber.

Everyday Cheapskate

When All Else Fails, Cover It With Chocolate



As the story goes, the local inventor invited the town pastry makers to observe his latest invention, an automated pastry-making machine. To his dismay, the bakers deemed it unfit because it could not consistently turn out perfect pastries. Not one to give up easily, the inventor took one of the chefs aside and asked, "What do YOU do when you make a mistake?" "I cover it with chocolate," he replied. With that, the inventor went back to his workshop, made a few strategic changes to his machine and invited the testers to return. To his joy, the pastry makers were so impressed they all commissioned a machine for their bakery. Little did they know he had programmed the machine so that when something went wrong, a signal was sent to simply cover the pastry with chocolate.

The moral of our little story: It's only a mistake if you can't come up with a clever way to cover the mistake.

DRIED OUT STUFFING. If your Thanksgiving stuffing turns out dry as dust, don't toss it out. Drizzle chicken broth over it; cover with foil; and allow it to sit for several minutes. It will become soft and moist, and no one will be the wiser.

RUNNY MASHED POTATOES. When making homemade mashed potatoes, if you misjudge and add too much liquid, you can thicken by adding a small amount of uncooked instant potato flakes. If the mashed potatoes still seem too thin, wait a few minutes before adding more because the thickening occurs upon standing.

SALTY GRAVY. Don't fret! If it's only a slightly salty problem, add a pinch of brown sugar or 1/3 teaspoon white vinegar to counter the saltiness. For a more serious situation, drop a peeled raw potato into the gravy and allow it to sit for a few minutes, stirring gently. The potato will absorb much of the salt, leaving the gravy much improved.

SOFT FUDGE. If your homemade fudge refuses to set, put it back in the cooking pan over low heat, stirring constantly. Add just enough of the liquid you used in the recipe to bring it back to a simmer. As long as you can see large bubbles, keep simmering. When the bubbles reduce in size until they are almost nonexistent, the fudge will be ready to set.

MUSHY PASTA. Save overcooked pasta by heating a pan with olive oil and sauteing it until it is slightly hardened, simulating the al dente, or slightly firm, texture. Sprinkle Parmesan on the top for extra flavor that will mask any mush.

OVERCOOKED CHICKEN. Serve over cooked chicken by cutting it into slices and then mixing olive oil, basil, thyme and tarragon with some salt and pepper. Dress the chicken and salad greens with the sauce, and serve as chicken salad.

OVERRIPE FRUIT. Peel, cut and place the well-ripened fruit in a bowl. Add a touch of vanilla extract or lemon juice. Sprinkle it with sugar and a little cinnamon. Mix and serve.

BURNED CAKE. Fix a burned cake by carefully removing the burned top, sides or bottom and thickly frosting the top and side sections before serving.

STUCK CAKE. If the cake gets stuck to the pan or turns out lopsided or too crumbly, make trifle. Place a layer of crumbled and broken pieces of cake into a glass bowl. Cover with a layer of stewed fruit, canned pie filling or fresh fruit like strawberries or peaches that you've mixed with a bit of sugar to release the juice. Pour custard sauce or vanilla pudding over the fruit. Garnish with nuts and jam. Top with whipped cream and you'll have a difficult time remembering this was not your original plan!

GRIM and BEAR IT by Wagner

Just Like Cats & Dogs

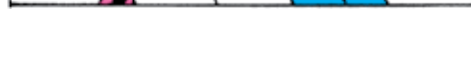
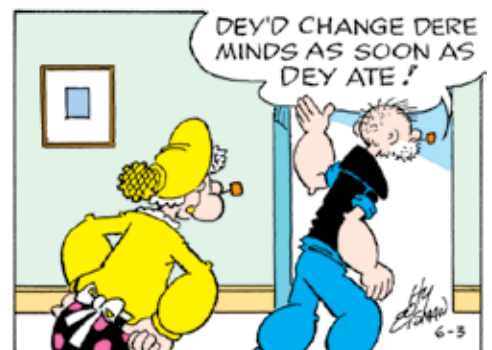
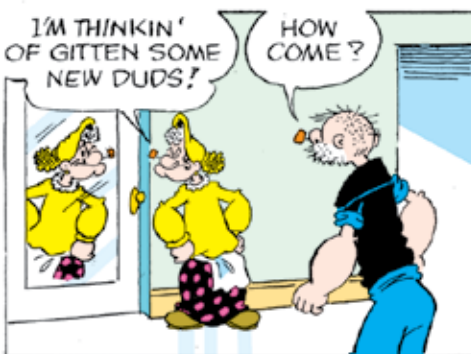
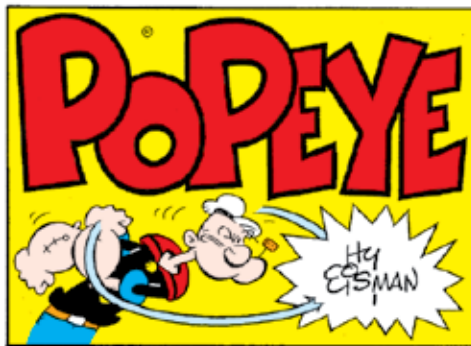
by Dave T. Phipps



"And where did you hear about this donut diet?"

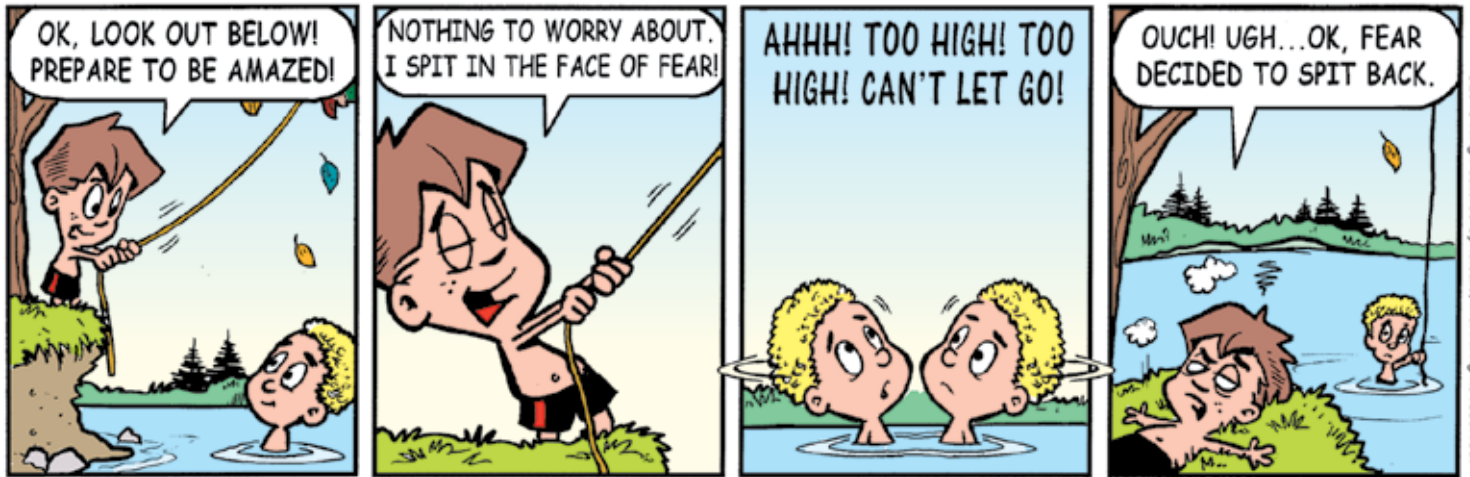


A SPORTS BAR IS NOT MY IDEA OF A ROMANTIC DINNER, ESPECIALLY WHEN IT'S ONLY DURING COMMERCIAL BREAKS.



Amber Waves

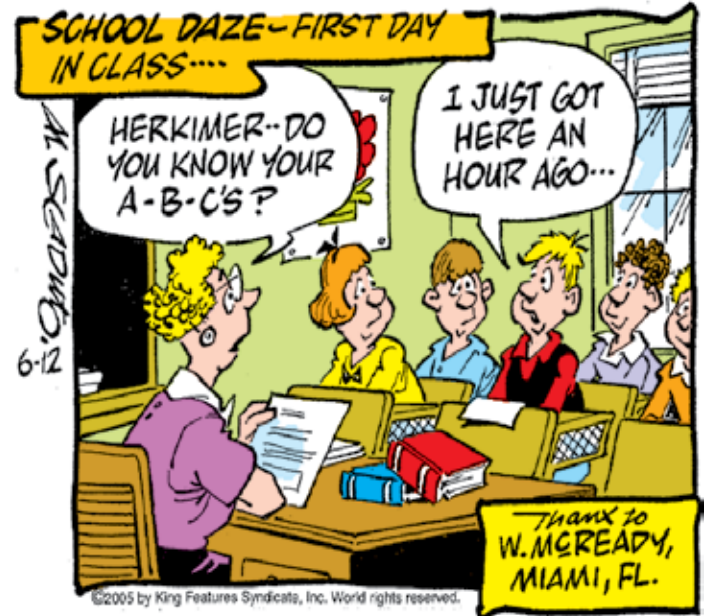
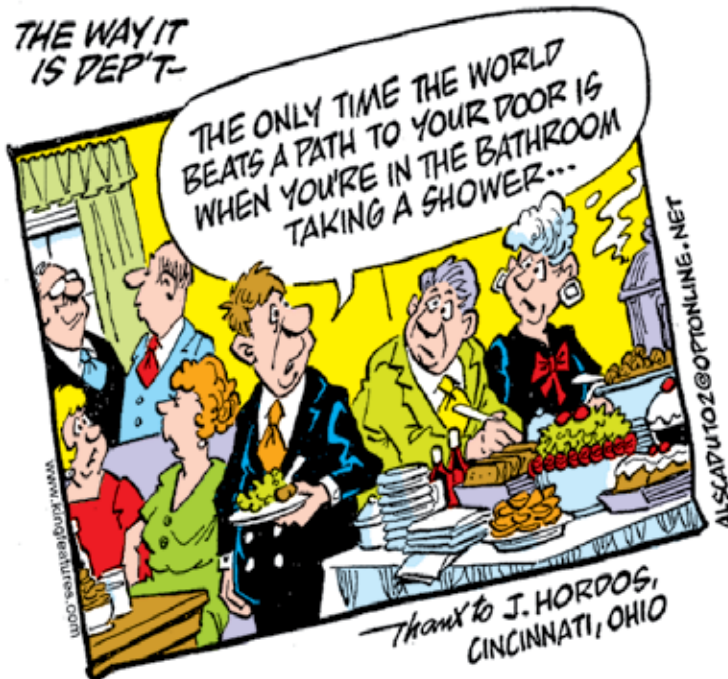
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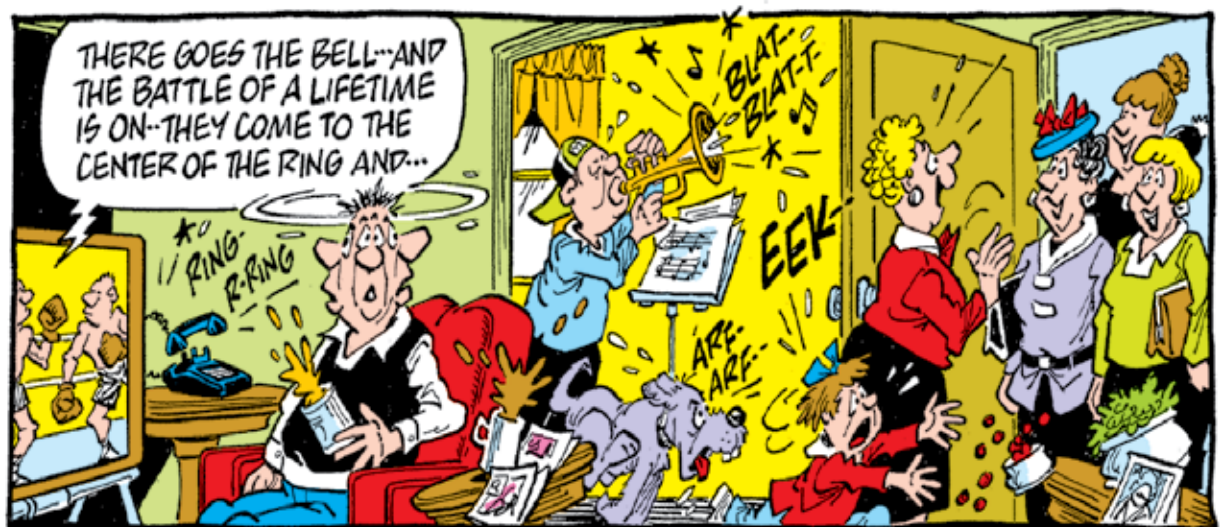
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THEY'LL DO IT EVERY TIME

BY AL SCADUTO



EVER HAPPEN TO YOU? UP TO THIS MOMENT YOUR DOMICILE HAD BEEN AS QUIET AS A GRAVEYARD..



Top Ten Box Office Movies

1. Solo: A Star Wars Story (PG-13)
Alden Ehrenreich, Woody Harrelson
2. Deadpool 2 (R) Josh Brolin, Ryan Reynolds
3. Adrift (PG-13) Shailene Woodley, Sam Claflin
4. Avengers: Infinity War (PG-13) Robert Downey Jr., Chris Hemsworth
5. Book Club (PG-13) Diane Keaton, Jane Fonda
6. Upgrade (R) Logan Marshall-Green, Richard Anastasios
7. Life of the Party (PG-13) Melissa McCarthy, Gillian Jacobs
8. Breaking In (PG-13) Gabrielle Union, Billy Burke
9. Action Point (R) Johnny Knoxville, Brigitte Lundy-Paine
10. Overboard (PG-13) Anna Faris, Eugenio Derbez

Top 10 Movies On Demand

1. Game Night (R) Jason Bateman
2. Black Panther (PG-13) Chadwick Boseman
3. Red Sparrow (R) Jennifer Lawrence
4. The 15:17 to Paris (PG-13) Alek Skarlatos
5. Fifty Shades Freed (R) Dakota Johnson
6. Peter Rabbit (PG) James Corden
7. 12 Strong (R) Chris Hemsworth
8. The Greatest Showman (PG) Hugh Jackman
9. Jumanji: Welcome to the Jungle (PG-13) Dwayne Johnson
10. Den of Thieves (R) Gerard Butler

Top 10 DVD, Blu-ray Sales

1. Black Panther (PG-13) Disney
2. Red Sparrow (R) FOX
3. Game Night (R) Warner Bros.
4. The Greatest Showman (PG) FOX
5. Fifty Shades Freed (R) Universal
6. The 15:17 to Paris (PG-13) Warner Bros.
7. Peter Rabbit (PG) Sony
8. Star Wars: The Last Jedi (PG-13) Disney
9. Jurassic Park Collection (PG-13) Universal
10. Deadpool (R) Sony

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