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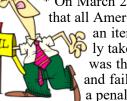
Moments in time THE HISTORY CHANNEL

On March 24, 1882, German scientist Robert Koch discovered the bacterium responsible for tuberculosis. Regarded today as the "father of modern bacteriology," Koch was awarded the Nobel Prize in Physiology and Medicine in 1905.

* On March 21, 1928, President Calvin Coolidge 🖌 presented Charles Lindbergh with the Congressional Medal of Honor for "displaying heroic courage and skill as a navigator, at the risk of his

life, by his nonstop flight in his airplane, the Spirit of St. Louis, from New York City to Paris, France, 20-21 May 1927, by which Capt. Lindbergh not only achieved the greatest individ-

ual triumph of any American citizen but demonstrated that travel across the ocean by aircraft was possible."



* On March 20, 1922, Hubert Work gave an order that all American homes need to be equipped with an item that the majority of us undoubted-It take for granted today: a mailbox. Work was the country's U.S. Postmaster General, and failure to comply with the order carried a penalty of giving up one's mail delivery.



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introduced the wiki, or "user-editable website." Today, Wikipedia is the world's most well-known and widely used wiki.

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MY IDEA OF HOUSEWORK IS TO SWEEP THE ROOM WITH A GLANCE

PAR FOR THE COURSE

MEDICARE HEALTH INSURANCE

JANE L SMITH

1EG4-TE5-MK72 HOSPITAL (PAP MEDICAL

s inside.

An 80-year old man's doctor is amazed at what good shape the guy is in and asks, "What do you do for exercise?"

"I golf," says the old guy, "that's why I'm in shape. I'm on the fairways before sunrise and all is well."

"Well," says the doctor, "How old was your Dad when he died?" "Who said my Dad's dead?"

The doctor is amazed. "You mean you're 80 years old and your Dad's still alive. How old is he?"

"He's 100 years old," says the old golfer. "In fact he golfed with me this morning, that's why he's still alive ... he's a golfer too."

"Well," the doctor says, "that's great, " but I'm sure there's more to it. How old was your grandfather when he died?"

"Who said my grandpa's dead?"

MEDICARE ADVANTAGE

ARIZONA

Stunned, the doctor asks, "Your grandfather's still living! Incredible, how old is he?"

"He's 118 years old," says the old golfer. The doctor is getting frustrated at this point, "So, I guess he went golfing with you this morning too?"

"No. Grandpa couldn't go this morning because he's getting married today."

"Getting married!!" yelled the doctor. "Why would a 118 yearold guy want to get married?"



"Who said he had a choice?"







Recreational Tianeptine Has Potential for Abuse

DEAR DR. ROACH: I've been hearing about tianeptine being sold at gas stations. Is it dangerous? -- S.F.

ANSWER: Like so many substances, tianeptine can be a useful drug when prescribed and taken correctly (it's used in several countries for depression), but it is indeed dangerous when used recreationally. Its use has been banned in several (unfortunately not all) states across the U.S. It is sold (yes, especially at gas stations) as a dietary supplement. Because it acts on the same receptor as morphine, when used at high doses far beyond the medically approved dose, it has potential for abuse and even overdose, with a handful of deaths ascribed to its use. I recommend in the strongest possible terms against its recreational use and hope it is completely banned soon.

DEAR DR. ROACH: I have severe pain in my right shoulder. I have seen two orthopedists and received X-rays, MRI scans and a cortisone injection, which didn't work. Both surgeons recommended a shoulder replacement. I am taking three adult aspirins each morning (I am allergic to NSAIDs), which makes the pain go away. Is this safe? I am 83 and otherwise healthy. -- J.B.

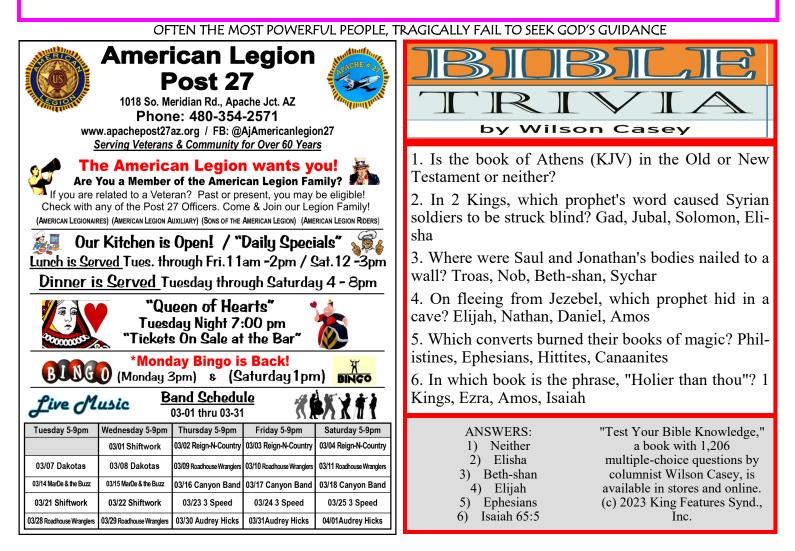
ANSWER: Aspirin is a type of non-steroidal anti-inflammatory drug and has the toxicities common to all the drugs in that group, including an increased risk for bleeding and potential damage to the stomach and kidneys. But it has additional toxicities beyond NSAIDs like ibuprofen, especially at higher levels. I am very cautious about prescribing aspirin and generally prefer other anti-inflammatory medicines.

However, people have long taken aspirin -- sometimes at much higher doses -- usually without problems. The fact that you are taking it only once a day reduces the toxicity, but I have to say I am surprised the benefit is lasting all day.

The risk of toxicity is higher at older ages. At 83, you are at a significantly higher risk (seven times the risk) than younger people. Most of the data on exactly what your risk is comes from people taking low-dose aspirin (81 mg, not the 975 mg you are taking), so I can't give you an evidence-based answer. But, for men in their 80s taking low-dose aspirin, about 1.5% will have a serious bleeding event per year. Your risk will be significantly higher due to the much-larger dose you are taking. However, one has to consider both the benefits of the aspirin treatment (the pain being gone is the best possible outcome) and the toxicity of other possible treatments, such as surgery (which is very significant).

There are many classes of NSAIDs, with very different chemical properties, and it is likely there is another type of NSAID you could safely take, with a lower risk than the dose of aspirin you are currently on. On the other hand, you can't get any better effectiveness, at least in terms of pain, and the absolute risk is still fairly small, so I'm not sure I recommend you change. I am always very cautious about recommending surgery to someone in their 80s when there is an effective medication available to treat the issue.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. (c) 2023 North America Synd., Inc. All Rights Reserved









7968

www.vfwpost7968.org

WANTED!

SOMETIMES LIFE FEELS LIKE A TEST I DIDN'T STUDY FOR



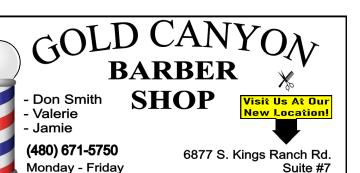
MY LIFE IS A BLONDE MOMENT

VFW Post 7968 March Events - WE ARE NOW A NON SMOKING POST -

Thur. Mar. 2nd Club & Planning Mtg. 5:30 & 6pm Fri. Mar. 10th Aux Feather Party 5pm Mon. Mar. 13th Post Nominations & Aux Meeting 7pm 🝰 Wed. Mar 15th Aux Meatloaf Dinner 5-7pm Friday Mar. 17th St. Patrick's Day Corned Beef & Cabbage 5pm Wed. Mar. 22nd Volunteer Appreciation Dinner 4:30 Wed. Mar. 29 Natl. Vietnam War Day Flag @ 12pm Fri. Feb. 17th Aux Feather Party

Sun. Members Hold'Um 12pm / Aux Bingo 4pm. Mexican Mondays 11:am - 1:30pm Tues - Post Bingo 2pm / Fri - Post or Aux Bingo 3pm Tuesday - Broasted Chicken & Burgers 4:30-7:00pm Tuesday - Friday Lunch Specials 11-1:30pm Thursday - Wings & Things! 5-7:00pm / Karaoke 5pm Fri. - Ribs, Shrimp or Cod Dinner 5-7:00pm Entertainment 5-9pm Sat. - Ribeye Steak, Shrimp or Chicken Tenders 5-7:00pm Sat. Queen of Hearts 5-7:30pm / Sat. Entertainment 5-9pm

	Items to send to our Troop			-			
March Band Schedule							
	Tuesday	Wednesday	Thursday	Friday	Saturday		
			03/02 Karaoke w/Todd	03/03 Rick Diamond	03/04 Rick Diamond Band		
	03/07 Jerry Barr		03/09 Karaoke w/Todd	03/10 Bob Cats	03/11 Rusty Wagon		
	03/14 Gordie & Debbie	03/15 Jim Leslie	03/16 Karaoke w/Todd	03/17 Roadhouse Wranglers	03/18 Roadhouse Wranglers		
	03/21 Sherri Bustin Loose		03/23 Karaoke w/Todd	03/24 Rush Street	03/25 Triple Play		
	03/28 David Grimes		03/30 Karaoke w/Todd	03/31 Mardee & the Buzz			
250 S. Phelps Drive, Apache Junction 85120 More Info. Call: 480-671-6239							



Gold Canyon, AZ 85118 NEVER PUT A QUESTION MARK WHERE GOD PUT A PERIOD

KUST

by Freddy Groves

8:00 am - 4:00 pm

Reports From the VA OFFICE OF INSPECTOR GENERAL

Who would have thought it ... stealing diabetic test strips for profit? Apparently there's money to be made from those medical supplies. And one Michigan woman, in charge of procurement at a Department of Veterans Affairs pharmacy, made a lot of it, stealing in excess of 7,500 boxes of the strips over the years.

She wasn't alone in the scheme. She'd sell them to a co-thief who'd make her own sales down the line to a third party in Pennsylvania.

The first in line in the theft chain has already confessed and faces 20 years in the slammer, not to mention a very hefty fine. The second in line also confessed. The two of them, however, are pointing fingers at Number Three, who they say is the actual mastermind of the thefts.

Diabetic test strips? Who knew?

Then there is the New Jersey former Marine who claimed PTSD from having to handle human remains after natural disasters in two foreign countries. Before his scheme fell apart, he'd netted in excess of \$118,000 in disability benefits. His big mistake, besides telling lies, was that he sent threatening messages to a member of the Office of Inspector General staff, plus anyone else who would be working on the case. He'll be sentenced this summer, but he's looking at 10 years in prison and heavy fines just for the lying part, and five years for the threats as well as big fines.

In Oklahoma, a man phoned a VA facility threatening to kill people ... and then he showed up. His beef, apparently, was not getting a quicker appointment date to be seen at the clinic. He wanted his meds, and he gave them 30 minutes to prescribe them or he'd be there to murder people. Not only did he have a loaded .357 firearm (and a handful of zip ties), but he took the items into a federal facility. He later claimed not to remember making the call.

To read more reports from the OIG, go to www.va.gov/oig and scroll down.

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