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Moments in time THE HISTORY CHANNEL

* On Dec. 2, 1972, the Temptations earned the last of their four chart-topping hits when "Papa Was a Rollin' Stone" made it to No. 1 on the Billboard Hot 100. The group was inducted into the Rock & Roll Hall of Fame in 1989.



* On Dec. 3, 1984, an explosion at a Union Carbide pesticide plant in Bhopal, India, marked the worst industrial accident in history. At least 5,000 people died immediately, according to official estimates, while approximately 20,000 died over time and another half-million were injured when toxic gas enveloped the city.

* On Dec. 4, 1917, psychiatrist W.H.R. Rivers presented a



report titled "The Repression of War Experience" to the Royal School of Medicine. The report was based on his work at the Craiglockhart War Hospital for Neurasthenic Officers, near Edinburgh, which was one of the most famous hospitals used to treat soldiers suffering psychological trauma after serving on the battlefield.

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YOU WILL NEVER GLORY IN GOD UNTIL GOD HAS STOPPED YOU FROM GLORIFYING YOURSELF

* On Dec. 5, 1776, five students at Williamsburg, Virginia's College of William & Mary gathered at Raleigh's Tavern to found a new fraternity they called Phi Beta Kappa, which was intended to follow strictly American principles rather than those espoused by England or Germany and in which members engaged in the kind of fervent political debate characteristic of the school's student life.

* On Dec. 6, 1961, Syracuse running back Ernie Davis became the first African American player to win the Heisman Trophy, beating out Ohio State fullback Bob Ferguson. Earlier that day Davis had met John F. Kennedy at the Waldorf Astoria Hotel in New York, remarking that he'd "never thought I'd ever be shaking the hand of the president of the United States."

* On Dec. 7, 2001, the blockbuster remake of the 1960 film "Ocean's Eleven" opened in theaters. Directed by Steven

Soderbergh, it spawned the profitable sequels "Ocean's Twelve" in 2004 and "Ocean's Thirteen" in 2007.

* On Dec. 8, 1942, Jeannette Rankin, a committed pacifist and the first woman elected to Congress, cast the sole congressional vote against America's declaration of war on Japan.

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FOOD TRUCKS- VENDORS - LIVE MUSIC - CAR SHOW - RAFFLES - BARKING LOT DOG RESCUE









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Differences: I. Arm is longer. 2. Fencepost is moved. 3. Hole in



DOCTOR RECOMMENDS BISPHOSPHONATES DUE TO HIGH FRAX SCORE

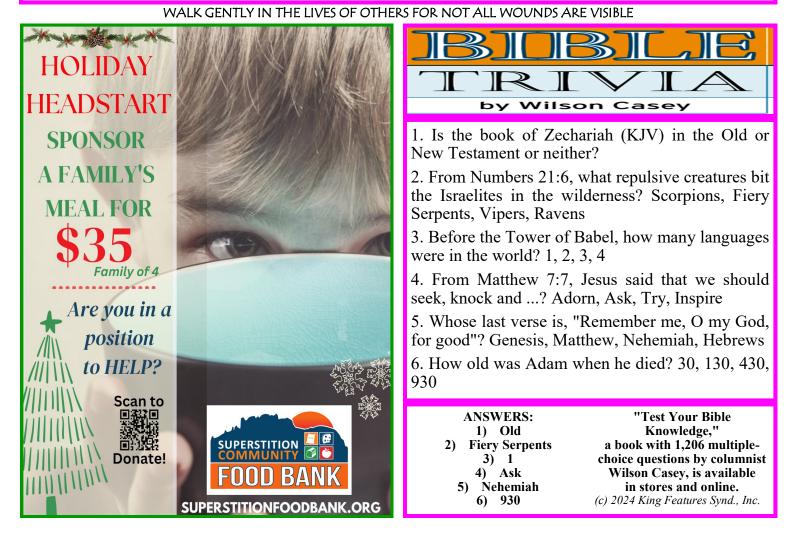


DEAR DR. ROACH: I'm an active, 5-foot-2-inch, 125-pound, 72-year-old Caucasian woman without a history of known osteoporotic risk factors, other than demographic ones. I exercise daily, eat calcium through food, take 2,000 units of vitamin D, and follow a Mediterranean-style diet. My last dual-energy X-ray absorptiometry (DXA) scan showed a T-score in my spine of -3.3 and a T-score in my hip of -2.7. My Z-scores were 0, and my FRAX score showed a 15.4% overall risk of fracture, with a 4.4% risk of a hip fracture in the next 10 years. Overall, my bone densi-

ty went down 6.5% for my spine and 5% for my hip, compared to three years earlier. My primary care physician has recommended starting bisphosphonates. My preference would be to postpone medication for at least a year, while I work with a dietician and a physical therapist to refine my exercise program and try to build bone more effectively. But I also don't want to take foolish chances with a spine or hip fracture. At my request, I received a referral to a specialist, but I cannot see her for four months. How accurate are the results of a DXA scan? I have scoliosis from my childhood: could it affect the accuracy of the test results? Would any other imaging, blood or urine tests be appropriate to provide additional information or indicate if there are other causes of bone loss, besides age and gender? -- A.M.

ANSWER: The most important number here is the FRAX score, which combines your clinical risk (age, gender, height and weight, ethnicity, steroid use, smoking, previous fractures, alcohol use, etc.) and your bone density results from your DXA scan to provide an estimate of the overall fracture risk. It also provides an estimate of the most dangerous type of fractures: hip fractures. It's freely available at frax.shef.ac.uk/FRAX/tool.aspx. Your results are above the recommended threshold for medication, which is either a total-fracture risk of 20% or a hip-fracture risk of 3%. Among the different options, most experts would choose a bisphosphonate drug like alendronate, based on decades of experience and strong data. However, a very low T-score (worse than -3) makes some experts choose a different type of agent -- a PTH analogue like teriparatide. Your scores have dropped a lot quickly, so I definitely recommend treatment. I do understand why you are hesitant. These drugs can cause more harm than good when they are not used correctly, and many of my patients are concerned after reading others' experiences. But when used properly, generally for three to five years, they are very good at preventing fractures. Scoliosis can affect the accuracy of DXA tests, but the tests usually underestimate the severity of osteoporosis in people with scoliosis. Furthermore, the fact that both your hip and spine have osteoporosis makes the diagnosis pretty certain. A Z-score of 0 means your bone density is at a level that is expected for your age and sex. This means that a secondary cause is unlikely; however, the T-score still indicates osteoporosis. Four months may seem like a long time, but it's entirely reasonable to wait on deciding the optimal medication until you see the expert. She is likely to do additional testing and give you more personalized information. Finally, if you can improve your diet and exercise from the standpoint of osteoporosis, this will help you whether you decide to take medication or not. Getting enough protein and calcium from your diet will help, as will avoiding excess alcohol.

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) 2024 North America Synd., Inc. All Rights Reserved



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by Gary Kopervas

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MY GIRLFRIEND SAID I NEEDED TO BE MORE AFFECTIONATE, SO I GOT TWO GIRLFRIENDS

Out on a Limb

FIRST, WE TAKE WHAT WE

CALL "CRANBERRIES", ADD NATER, AND THEN SMUSH IT

CryptoQuip answer

What do you call somebody who stops using an illnesstreating substance? A medicine dropper.

WE ARE NOT SO TO LIVE AS IF WE HAD NOTHING BUT A BODY - J.C. RYLE

2

4

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l	Answers													Answer									
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Answer									
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9	8	4	5	2					
5	1	7	3	8					



RIIIGHT.

OKAAAAY.

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		t 7968 Noven Re Now A NON SMOK							
VFW Post	Thur. Nov 7th. House & Planning Meeting 5:30 & 6pm Sun. Nov.10 USMC Birthday, Cake at Bingo Mon. Nov.11th Veterans Day, Flag & BBQ 12pm Wed. Nov.13th 7968 Members Early Bird Dinner 5pm Fri. Nov.15th Feather Party 5pm Mon. Nov. 18th Post & Auxiliary Meetings 7pm Wed. Nov.20th 7968 Volunteering @ Food Bank 5-7pm Thurs. Nov. 28th Thanksgiving Dinner 1pm								
XWW.vfwpost7968.org Sun. Members Hold'Um 12pm / Aux Bingo 4pm. Mexican Mondays 11:am - 1:30pm WWW.vfwpost7968.org Mexican Mondays 11:am - 1:30pm (Tues) - Post Bingo 2pm / (Fri) - Post or Aux Bingo 2pm (Tues) - (Friday) Lunch Specials 11-1:30pm (Tues) Burgers & Broasted Chicken 5-7pm Thursday-/ Karaoke w/Todd 5pm WANTED! Fri Special, Cod Dinner / Shrimp Basket 5-7:00pm Band @ 5pm Sat Ribeye Steak, Shrimp Dinner or Chicken Tenders 5-7pm Sat Queen of Hearts 5-7:30pm / Sat. Entertainment 5-8pm November Band Schedule Live Music Starts @5pm									
Tuesday	Thursday	Friday	Saturday						
		11/01 Canyon State Band	11/02 Bob Cats						
11/05 David Grimes	11/07 Karaoke w/Todd	11/08 Rusty Wagon Band	11/09 Rusty Wagon Band						
11/12 Rush Street	11/14 Karaoke w/Todd	11/15 Triple Play	11/16 The Oldies Band						
11/19 Bustin Loose	11/21 Karaoke w/Todd	11/22 Roadhouse Wranglers	11/23 Roadhouse Wranglers						

11/29 Hooters Blues

250 S. Phelps Drive, Apache Junction 85120 More Info. Call: 480-671-6239

11/30 Triple Play



by Freddy Groves

LEAD PAINT IN VETERAN HOUSING

It's one thing to send phony bills to the Department of Veterans Affairs or claim to be a small business -- and quite another to put veterans and their families in danger.

An abatement/mitigation company was nailed for saying it had done the work to clear the lead paint in housing units rented to veterans when it had not.

Being in an environment with lead-based paint can be extremely dangerous to everyone, especially to children. Whether it's from the dust or chipped paint, the damage can be permanent.

The homes in question, 42 in all, are set up as affordable units for veterans and their families. The work the company had agreed to do involved using special paint to cover lead-based paint.

This is serious stuff: The company was not certified, their employees were not certified, and they didn't apply the special paint correctly. Additionally, the company knew in advance that they wouldn't actually do the work properly.

The company, after their guilty plea, could face a fine of \$500,000 plus restitution.

The story gets worse and worse. At that same location, a real estate agent didn't disclose to veterans that there was lead-based paint in the rental housing units.

The arrogance in this case is astounding. The agent claimed that the disclosure laws didn't apply because the property was built after 1978 -- while knowing that the properties were built in 1895 and 1905.

The problem with lead-based paints in the units came to a head when a toddler, after eating flaking paint chips, was tested and found to have very high blood lead levels and had to be treated.

In this case, the real estate agent faces up to 15 years in prison and a \$250,000 fine.

If you live in a home built before 1978 and suspect you might have lead-based paint, get it tested. Avoid the at-home lead tests you can buy. Instead, have it done with X-ray fluorescence (XRF) or paint chip testing.

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