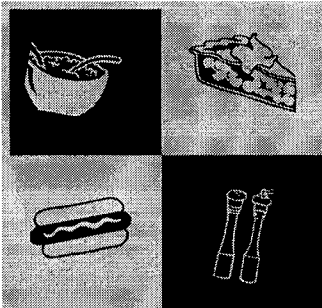


# TODAY'S NEWS



## CDC Tells How to Protect Yourself in the Summer Heat

Summertime and the livin' is usually hot so if you work outdoors, remember to take the typical precautions against overheating.

Though heat-related deaths and illnesses are preventable, there were 2,600 heat-related work injuries in one recent year, according to the Bureau of Labor Statistics.

Muggy or humid conditions add to discomfort. Excessively hot and dry conditions can create a more dangerous situation.

The CDC recommends:

\* Drink plenty of fluids regardless of your activity level. During heavy work in a hot environment or strenuous activity of any kind, drink two to four glasses of cool fluids each hour. Don't drink alcohol, beverages with a high sugar content or very cold

drinks.

\* Replace salt and minerals lost through sweating by drinking a sports beverage. Discuss beverages with your doctor if you are on a low-salt diet.

\* Wear appropriate clothing. At home, wear as little as possible. When going out, choose light-colored, loose-fitting clothing. Wear a wide-brimmed hat and sunglasses with UVA and UVB protection.

\* Use sunscreen. Sunburn affects the body's ability to cool itself. It causes a loss of body fluids, skin damage and pain. Apply a product rated SPF 15 or higher 30 minutes before going out.

\* Pace yourself. When working or playing sports in a hot environment, begin slowly and pick up the pace gradually.

have, but on what we are.

**Origin of Name:** Originally, July was the fifth month on the early Roman calendar and was named Quintillis meaning "fifth". Mark Anthony, a politician



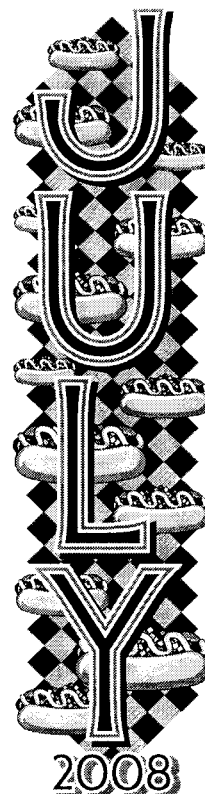
If your heart begins to pound and you begin gasping for breath, STOP all activity. Move to a cool area or at least into shade to rest, especially if you feel lightheaded or weak.

\* Watch each other. When working in the heat, monitor the condition of co-workers and have them do the same for you. Be wary of confusion.

\* Stay cool indoors. If you don't have air conditioning, go to a place that does. Even a few hours in air conditioning can help you stay cooler when you go back into the heat.

\* Don't depend on a fan to cool yourself. When the temperature is in the high 90s, fans will not prevent heat-related illness. Cool showers could help you cool off.

and general, complimented Julius Caesar by naming this month for him, as Caesar's birthday fell on the 14th. Julius Caesar added the 31st day to July in 46 B.C.



### Special points of interest:

- July is Family Reunion Month, National Grilling Month and National Recreation and Parks Month
- July 15—MLB All-Star Game, 79th Annual
- July 18-27—Cheyenne Frontier Days. World's largest outdoor rodeo since 1897
- July 27—Parents' Day

### July Facts

**Flower:** Water Lily

**Colors:** Green and Russet

**Birthstone:** Ruby

**Thought of the Month:** Happiness is inward and not outward; and so it does not depend on what we

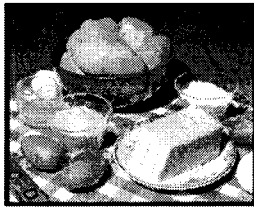
## Food of the month

# Cold potatoes, like those in potato salad, have an unusual benefit

Would you believe that potatoes, cold potatoes are a good diet food? New research indicates that cold potatoes can be helpful for weight loss because they contain "resistant starch," according to Leslie Bonci, author of *A Guide to Better Digestion* from the American Dietetic Association.

Many carbohydrates, such as sugar and most starches found in hot potatoes, are rapidly digested and absorbed through the small intestine. Resistant starch, on the other hand, travels to the large intestine and acts as a dietary fiber. It works like the starches found in whole grains, fruits and vegetables.

There are three separate types of



resistant starch: those found in legumes and grains, those found in foods that are cooked and cooled such as potatoes and pasta, and starches that have been chemically modified to resist digestion.

Nutritionists find that most people do a poor job in eating foods with fiber. Cold potatoes can add good fiber to their diet.

The following recipe is great for an Independence Day picnic in that it contains a little red, a little white, and a little blue...with the kick of a firecracker added for good measure.

Besides containing resistant starch in its cold potatoes, it has additional fiber in the horseradish.

## July Fourth Potato Salad

2 cups boiled red potatoes with skin left on

2 cups of boiled small white potatoes with skin left on

2 hardboiled eggs cut in small pieces

1 tablespoon celery seed

1/2 cup blue cheese crumbles

3 tablespoons light mayonnaise

1/2 cup natural yogurt

1 tablespoon sugar

5 tablespoons horseradish

6 tablespoons chipotle mustard

1 tablespoon of white vinegar

1 teaspoon fresh ground pepper

1/2 teaspoon of salt

1/2 cup chives or bacon bits for garnish.

Mix together and enjoy.

## Probiotics Found in Yogurt and Other Foods Promote Digestive Tract Health, Fight Allergies

It's hard to avoid the TV commercials about Activia with its *Bifidus regularis* and other probiotics. They are good bacteria that could improve your digestive tract.

Other companies are jumping on the bandwagon with their own probiotic yogurt, fortified beverages and other products.

Probiotics work because they last a long time in the intestines, says Dr. Gary Huffnagle, a professor of internal medicine at the University of Michigan and co-author of *The Probiotics Revolution*.

The bacteria help regulate and

restore the rhythmic motion of the intestines that push digested food through. It doesn't matter if you are constipated or the opposite, Huffnagle says in a recent *Time* interview. These bacteria can help to make you more regular.

His research also suggests that the bacteria can battle a number of allergies, not just food allergies. Anything you breathe is also swallowed. These beneficial bacteria can help control several allergies, not just food allergies, but more study is needed.

The U.S. Food and Drug Administration is taking a neutral stance

on probiotic products. But it is cautioning food makers not to pitch their products as a cure for any sort of specific disease.

The USDA says some people should avoid probiotics completely. People with weakened immune systems, people who are very ill and people in the hospital should stay away from them.

Plain yogurt is the best source, but chocolate and sauerkraut are also good. One company is coming out with a probiotic chocolate bar.

## Health In the News

### Generic Fosamax Approved

The U.S. Food and Drug Administration has approved the first generic versions of Fosamax, the popular osteoporosis drug made by Merck & Co. Teva Pharmaceuticals and Barr Laboratories should have generics in most pharmacies soon. In the United States, 10 million people have osteoporosis and 34 million have low bone mass.

### Vytorin, Zetia Use Questioned

A controversial Dutch study of the cholesterol-lowering drug Vytorin indicates that it works no better than a generic statin. Doctors at Yale University recommend that their patients go back to less-expensive statins, especially if they were not fully treated by them before.

Both Zetia and Vytorin (a

combination of Zetia and Zocor) are made with ezetimibe, which blocks absorption of cholesterol in the gut. Vytorin also contains simvastatin, which blocks synthesis in the liver.

The American College of Cardiology recommends that until further research is available, Vytorin and Zetia should be used only as a last resort, after all other drugs fail to lower cholesterol.



## Why Independence Day is Celebrated on July 4

Though the Fourth of July is a beloved date for Americans, some people claim that it's not the real independence day.

The first motion in the Continental Congress for independence was made on June 8. After lengthy debates, the Congress voted secretly for independence on July 2, 1776.

The Congress reworked the Declaration of Independence until a

little after 11 p.m., July 4, when the colonies voted for its adoption and released an unsigned copy to the printers. (New York abstained.) Later, Philadelphia celebrated the Declaration of Independence with public readings and bonfires on July 8.

John Adams, the unofficial and tireless whip of the independence movement, wrote his wife Abigail on July 3:

"The second day of July, 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be

commemorated as the day of deliverance by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations..."

The vote on July 2 was the decisive act, but July 4 is the date on the Declaration itself. Thomas Jefferson's stirring prose, as edited by the Congress, was adopted by the vote of July 4. It was the day Philadelphians heard the official news of their independence from England.

## Liberty Bell Rang Out With Joy on the Fourth of July!

"Proclaim liberty throughout all the land unto all the inhabitants thereof" is a partial inscription on the Liberty Bell. It was rung to announce the signing of the Declaration of Independence by the Continental Congress in 1776.

The bell was originally cast in London in 1752. It was purchased for the Pennsylvania State House to commemorate the 50-year anniversary of William Penn's 1701 Charter of Privileges, Pennsylvania's original Constitution. The bell was hung in the tower of Independence Hall.

During the fight for independ-

ence, British troops captured Philadelphia. For a short time, the bell was removed to Zion's Reformed Church in Allentown, Pennsylvania.

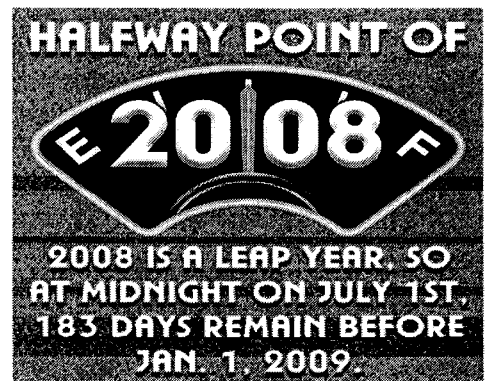
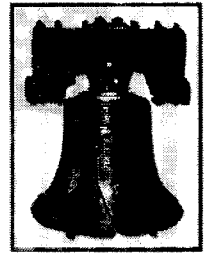
When the Civil War ended in 1865, the Liberty Bell became a symbol of unity and traveled across the country in an attempt to promote healing in the war-torn nation.

There are various stories about when the crack in the bell appeared. The original bell cracked upon its first strike. It was then broken down and recast and is thought to have cracked again sometime before 1846.

Another version says the bell

cracked in September 1824 during the visit of the Marquis de Lafayette to Philadelphia, and another says it cracked while pealing for George Washington's birthday on Feb. 22, 1832. One popular account tells of the cracking on July 8, 1835 during the funeral procession of Chief Justice of the United States Supreme Court, John Marshall.

Today the Liberty Bell makes its home in the Liberty Bell Pavilion in Philadelphia, open to the public so that all may see and admire America's symbol of hope and freedom.



## These are the Dog Days of Summer: July 3-August 15

It's hot. It's humid. The Dog Days are here.

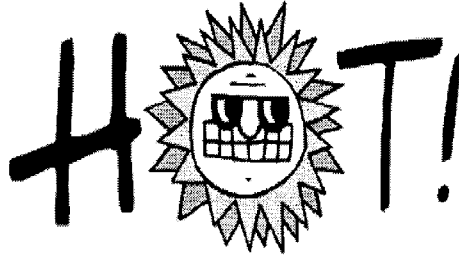
The term Dog Days dates back to ancient times when people studied the sky and relied on the heavens and the stars for navigation and spiritual sustenance.

These ancients looked into the night sky, before modern lights obscured the stars, and imagined that the constellations formed images of bears (Ursa Major and Ursa Minor), a bull (Taurus) and dogs (Canis Major and Canis Minor).

Sirius, called the dog star, was the brightest star in the night sky. It was so bright that the Romans thought

it added heat to the earth.

In late summer, Sirius rises and sets with the sun, furthering the notion that the heat of the combined stars created the muggy, sultry weather.



They called the 20-day alignment of the sun and Sirius, the Dog Days.

This alignment can vary in exact dates with the latitude of the observer and by the annual variances in the equinoxes.

Most of us know only that this period is too hot for a good disposition and we'll be looking for ways to stay cool during those 20 days. We could go for a swim, take a vacation to a cooler climate, go to an air-conditioned theater, or spend time leisurely shopping at the air conditioned mall. Dress in cool clothes and don't overexert.

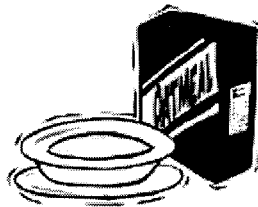
But if you are still uncomfortable, you can blame it on the big dog and that familiar old star, the sun.

## More Applause for Oatmeal

For some time, eating oatmeal has been linked to lower cholesterol levels. It lowers bad cholesterol without lowering the good kind. New studies show it can do more.

University of Kentucky researchers at Duke University say eating oatmeal can reduce the risk of high blood pressure, type 2 diabetes and weight gain. It also supplies compounds that reduce hardening of the arteries.

The doctors also say lifestyle changes, including diet, are the first therapy for people with moderate cholesterol risk.



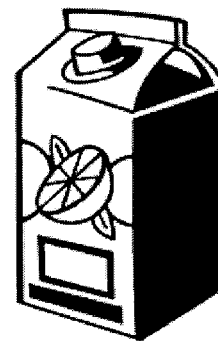
## Judging Sugar Content

Nearly 70 percent of Americans say they want to cut back on sugar consumption. Doing it takes more than using one spoonful of sugar instead of two on your cereal. You have to read the Nutrition Facts label on food products you buy.

Sometimes a product is rather high in sugar content but has other desirable factors. Consider a glass of orange juice. The label on Tropicana

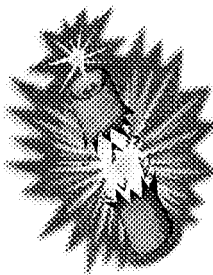
Pure Premium says it has 22 grams of sugar. That's more than a glass of Kool-Aid, which has 18. But the sugar in orange juice is a natural part of the orange.

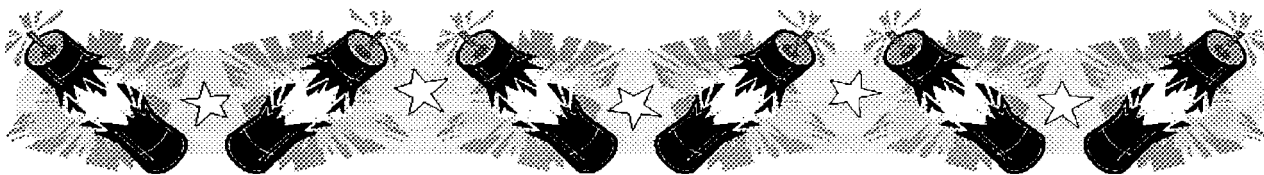
The orange juice also contains plenty of vitamin C, potassium, carbohydrates and a little protein, all of which make it an excellent nutritional choice.



# JULY

# MENU/ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> SMOKED SAUSAGE OVEN BROWN POTATOES SCALLOPED CABBAGE STRAWBERRIES/BANANAS 9:15 CURRENT NEWS 10:30 PARACHUTE FUN 10:30 SHINING STARS 1:45 LET'S ROLL 1:45 PLAYDOUGH FUN 3:00 WHAT'S UP	<b>2</b> CUBE STEAK WHIPPED POTATOES/GRAVY GREEN BEANS APPLESAUCE 9:15 BALLOON TOSS 10:30 BUTTERFLY ART 10:30 4TH JULY PAGE 1:45 AMERICAN MOVIE 1:45 BALL TOSS 3:00 ROLL OUT	<b>3</b> GRILLED HOT DOGS ON BUN BAKED BEANS COLE SLAW ICE CREAM 9:15 REMINSCING 10:30 ABC GAME 10:30 4TH JULY NECKLACE 1:45 SHOW TIME 1:45 ICE CREAM SOCIAL 3:00 UNO	<b>4</b> <b>CLOSED</b> <b>INDEPENDENCE DAY</b> 
	<b>7</b> VEGETABLE SOUP HAM & CHEESE ON RYE PICKLES BROWNIE 9:15 PARACHUTE FUN 10:30 SHAKE UP 10:30 RED/WHITE/BLUE 1:45 SIMON SAYS 1:45 LIBERTY BELL 3:00 LOOK HERE	<b>8</b> HAMBURGER STROGANOFF NOODLES CAL. MIX VEGETABLES ICE CREAM 9:15 OUTBURST 10:30 LET'S GO FISHING 10:30 YOUR CHOICE 1:45 LET'S TALK 1:45 BASKETBALL 3:00 CARD GAMES	<b>9</b> PORK CHOPS WHIPPED POTATOES/GRAVY GREEN BEANS LEMON PIE 9:15 ABC GAME 10:20 OUTER SPACE ART 10:30 FREE ART 1:45 DICE GAME 1:45 MUSIC TIME 3:00 TROUBLE	<b>10</b> STUFFED PEPPERS BUTTERED POTATOES COTTAGE CHEESE CANTALOPE 9:15 HANGMAN <b>10:00 BINGO</b> 10:00 GAME TIME 1:45 NOODLE BALL 1:45 STORY TIME 3:00 SEEK AND FIND
<b>14</b> FISH NUGGET MACARONI & CHEESE STEWED TOMATOES FRUIT CUP 9:15 REMINSCING 10:30 NOODLE BALL 10:30 PRESIDENTS 1:45 LISTEN TO THIS 1:45 OUR COUNTRY 3:00 HIGH ROLLER	<b>15</b> COUNTRY FRIED STEAK WHIPPED POTATOES WINTER MIXED VEG. CHILLED PEARS 9:15 PARACHUTE FUN 10:30 FLOWER POTS 10:30 CATAPILLAR ART 1:45 SCIENCE CLASS 1:45 STORY TIME 3:00 THAT'S PUZZLING	<b>16</b> HAM AU GRATIN POTATOES CALIFORNIA MIXED VEG. CHILLED PEACHES 9:15 CURRENT NEWS 10:30 LAST MAN STANDING 10:30 STARS AND STRIPES 1:45 OUTBURST 1:45 NAME IT 3:00 WHAT'S UP	<b>17</b> CHICKEN STRIPS CRISS CROSS POTATOES GREEN BEANS ICE CREAM 9:15 ABC GAME <b>10:30 WOMEN'S GROUP</b> 10:30 ALIEN FRIENDS 1:45 BASKETBALL 1:45 SPACE MATCH GAME 3:00 ROLL OUT	<b>18</b> CREAM OF BROCCOLI SOUP BOLOGNA & CHEESE SAND. TOMATO/LETTUCE CHOCOLATE BROWNIE 9:15 OUTBURST <b>10:00 BIBLE STUDY</b> <b>10:00 AT THE MOVIES</b> 1:45 HOLE IN ONE 1:45 MATCH UP 3:00 CARD GAMES
<b>21</b> HAMBURGER ON BUN FRENCH FRIES RELISH CONDIMENTS FRESH FRUIT 9:15 BALLOON TOSS 10:30 BOWLING 10:30 YOUR CHOICE 1:45 SEEK AND FIND 1:45 CAR RACE 3:00 UNO	<b>22</b> CABBAGE ROLLS BUTTERED POTATOES SEASONED CARROTS GRAPES 9:15 REMINSCING 10:30 SPACE SHIPS 10:30 SUMMER CHAIN <b>1:45 COOKING CLASS</b> 1:45 BALLOON TOSS 3:00 SEEK AND FIND	<b>23</b> HOT DOG ON BUN BAKED BEANS COLE SLAW DICED PEARS 9:15 PARACHUTE FUN <b>10:00 MONTHLY BIRTHDAY PARTY AND BINGO</b> 1:45 SHAKE IT 1:45 YOUR CHOICE 3:00 THAT'S PUZZLING	<b>24</b> MEATLOAF OVEN BROWN POTATOES BRUSSEL SPROUTS APRICOT HALVES 9:15 CURRENT NEWS 10:30 FREE ART 10:30 TINY TURTLES 1:45 OUTBURST 1:45 TOSS ACROSS 3:00 TROUBLE	<b>25</b> CREAM OF TOMATO SOUP GRILLED CHEESE SANDWICH CUCUMBER SALAD CHILLED PEACHES 9:15 ABC GAME <b>10:30 MEN'S GROUP</b> 10:30 SENS. STIM. 1:45 SHUFFLE 1:45 SING WITH ME 3:00 DICE GAME
<b>28</b> COUNTRY FRIED STEAK BUTTERED POTATOES ITALIAN MIXED VEG. RICE PUDDING 9:15 CURRENT NEWS 10:30 HOLE IN ONE 10:30 PARACHUTE CRAFT 1:45 WHO'S LINE IS IT 1:45 FUN TIME 3:00 BOARD GAMES	<b>29</b> SMOKED SAUSAGE OVEN BROWN POTATOES SCALLOPED CABBAGE STRAWBERRIES/BANANAS 9:15 ABC GAME 10:30 BUTTERFLY ART 10:30 SENS. STIM. 1:45 PUZZLE TIME 1:45 COLOR PAGE 3:00 WHAT'S UP	<b>30</b> CUBE STEAK WHIPPED POTATOES GREEN BEANS APPLESAUCE 9:15 REMINSCING 10:30 ROCKETS 10:30 PIN-WHEELS 1:45 MUSIC TIME 1:45 ROLL OUT 3:00 MAKE ME LAUGH	<b>31</b> HAM & CHEESE SANDWICH POTATO WEDGES SLICED TOMATOES/LETTUCE LEMON BAR 9:15 PARACHUTE FUN 10:30 ORBITING SPACE CRAFT 1:45 DICE GAME 3:00 LOOK HERE <b>NO MRDD</b>	<b>AUG. 1</b> CUP OF SOUP TUNA SALAD/COTTAGE CHEESE FRUIT PLATE VANILLA PUDDING 9:15 HANGMAN 10:30 PLATE ART 1:45 SING ALONG 3:00 WHAT'S THAT <b>NO MRDD</b>



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