

APPA NEWS

The Atlanta Post-Polio Association

Volume 25, Issue 2

2nd Qtr 2012



European Region marks tenth anniversary of polio-free certification

Copenhagen, 21 June 2012

Today, the WHO European Region marks 10 years since it was certified free of poliomyelitis (polio). Stopping transmission of indigenous wild poliovirus in the 53 countries in the Region was a landmark in the effort to eradicate polio globally, and helped accelerate international momentum towards that goal.

Certification followed years of intensive effort by Member States, supported by a public-private coalition of WHO, the United Nations Children's Fund (UNICEF), Rotary International and the United States Centers for Disease Control and Prevention (CDC). Thus, countries demonstrated the value of large, internationally coordinated vaccination campaigns and of special efforts to reach traditionally underserved groups, such as migrants or nomads.

There was much to celebrate on the day the Region received its polio-free certification, and a decade later there are many reasons to applaud the Region's continuing efforts to retain it. Nevertheless, the past 10 years have not been without challenges, as surveillance for polio and immunity against it have waned. While poliovirus could travel to the Region easily from infected areas, this had not led to outbreaks before 2010, thanks to quick detection and a well-vaccinated population. By 2010, however, immunity had dropped to the point where an importation of wild poliovirus type 1 led to a large polio outbreak in Tajikistan and three neighbouring countries. This outbreak paralysed 478 people – including many adults – and killed 29. The risk of further deadly outbreaks is rising,

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WEBSITE ADDRESS: www.atlantapostpolio.com

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Message From The President

I'm struggling a bit lately. It's like everything I undertake is harder to accomplish than I think it should be. Worked on a tractor for a friend and it was like anything that could go wrong *did* go wrong. Got to the easy part, re-building the simple carburetor on it. For a guy that has built bunches of complicated ones this simple one should have been a "piece of cake." Long about the fourth time of re-doing it, so it wouldn't leak gas, I began to feel like I didn't know what I was doing. Finally, after what seemed like a hundred hours, everything that could go wrong *did* go wrong and everything was remedied. It was complete and running fine. She tried it out and after one loop around the yard, promptly drove it into a tree! Well maybe everything that could go wrong hadn't gone wrong yet. It didn't hurt her, the tractor, or the tree and I had to admit it was kinda funny. It did remind me what a cool sense of humor God has. It wasn't just this project, everything I do is getting harder to do. Had to swap out two power supplies in two computers the other day. After a major struggle with the first one it was amazing how much easier the second one was. Was that because I had sharpened up my computer repair skills. People tell me "why not just quit working on stuff and pay people to do it"? I can't. I'm afraid to. I notice that if I skip my daily walk for a couple of days it's like I've taken a month off. Dr. Strasser says we post-polio patients de-condition at a much faster rate than "normal" people. I'm afraid if I start sittin' in my rocker very much I'll lose the ability to do anything at all. I'm almost afraid to go on vacation. There is the ever present fear of overdoing things and now I'm developing the fear of underdoing things as well. I've seen old people, and some not so old, just sit down and never really get going again.

So what to do? There are some things that just aren't worth doing anymore. For example with post-polio I just quit changing my own car oil a few years ago. There are things worth doing if just to keep up the skill set required to do them. Seems to me that I've got to learn to "pick my battles" better than I have been. Am I taking on too much? Am I doing too little? Is this just the normal aging process? Is it gonna get a whole lot worse? Does everybody go through this as they get older? They say part of "retirement" is learning the balance between being active and slowing down a bit.

For now, anyway, I've learned it'll be a while before I take on another tractor!

Joe Drogan - APPA President

From the Editor

One of my favorite things in APPA is bringing you the **APPA NEWS** a few times a year. As challenging as it can be at times it's always been fun to work on. For the first time, though, this issue brought with it emotional challenges in addition to editorial ones. It hit me early on as I was gathering articles that we'd be missing

Lee Hughey as an **APPA NEWS** Proofreader and



I don't believe I ever even met Lee face to face but he became a large part of the **APPA NEWS** "family" as he served as a proof reader for many issues. Marie Latta was one of my heroes or heroines I guess. No matter what life handed her she kept on goin' no matter what. Her motto was "Survivors never quit they just change their ways." I was feeling a little down with the loss of both of them as part of **APPA NEWS** when I received Myrna Whittington's "Thoughts" column and Vicki Crowell's article on her Knee Surgery. They reminded me that one reason these **APPA NEWS** issues take on a life of their own is because they are made up of parts of the lives of those that contribute to them. The columns reminded me that instead of whining about things to be grateful for the things I do have. I can also take heart in the knowledge that life goes on so will **APPA NEWS**. We won't forget the past ones but there will be new proof-readers and authors and, like Marie, we'll keep on going.

Rest well Lee, rest well Marie.

Joe Drogan

2012 **APPA** DUES Are Due

Just so you know.....As of this publication date only 60% of the members that paid dues in 2011 have paid dues this year. The APPA Board discussed this recently and I mentioned to them that if this trend continues we would need to cut some expenses in order to continue to operate. One thing I suggested was to go back to a black & white **APPA NEWS** in order to cut costs.

This page gives you an idea what that would be like.

Joe Drogan **APPA NEWS** Editor & Publisher

Thoughts

by Myrna K. Whittington

A Potpourri of Life

I shall miss Marie Latta so much ! And when I start whining I think of Marie and her gracious way of dealing with Post-Polio Syndrome and life.

But alas, I will never measure up to that level. Am I whining today, you bet I am! Seems that now anything below my knees, like to bend over for a few weeds, and there I go, like the Leaning Tower of Pisa! Then, another front tooth bit the dust, from past radiation. Now I look like Bugs Bunny when I smile---Whining!!

Then, when I take off my hat in this heat, I look like Elmer Fudd---whining some more!

But the positive thought I must keep, is the way that my animals look at me with love, no matter what their Mom looks like, not whining now!

Myrna K. Whittington

In Memoriam Marie Latta Lee Hughey

**APPA wishes to thank the following
for their donations to APPA:**

Jayne Atchinson in memory of Marie Latta

Jane Kilgore

Janet Myers in memory of Marie Latta

Lynda Dillman in memory of Marie Latta

Campbell High School Class of 1960 Fairburn, GA
in memory of David Mauldin

Thank You!!!!!!!



Di\$count\$



APPA NEWS knows times are tough!

It seems to cost more and more every time you go anywhere to buy anything. In keeping with our tradition of helping our readers any way we can we are pleased to present you with a new feature. **The Discount List!** In this issue we have **Retail and Apparel** for you. In future issues we'll have travel, and others. These haven't been verified but it never hurts to ask if they offer any senior discount!!

- **Banana Republic: 10% off (50+)**
- **Bealls: 20% off first Tuesday of each month (50+)**
- **Belk's: 15% off first Tuesday of every month (55+)**
- **Big Lots: 10% off**
- **Bon-Ton Department Stores: 15% off on senior discount days (55+)**
- **C.J. Banks: 10% off every Wednesday (60+)**
- **Clarks: 10% off (62+)**
- **Dress Barn: 10% off (55+)**
- **Goodwill: 10% off one day a week (date varies by location)**
- **Hallmark: 10% off one day a week (date varies by location)**
- **Kmart: 20% off (50+)**
- **Kohl's: 15% off (62+)**
- **Modell's Sporting Goods: 10% off**
- **Rite Aid: 10% off on Tuesdays & 10% off prescriptions**
- **Ross Stores: 10% off every Tuesday (55+)**
- **The Salvation Army Thrift Stores: up to 50% off (55+)**
- **Stein Mart: 20% off red dot/clearance items 1st Monday of every month (55+)**

Editors note:

Many thanks to **Barbara Reynolds** for letting me know about these discounts!!

APPA April Meeting at The Atlanta Botanical Garden

APPA's April meeting was held at the Atlanta Botanical Garden. Very Special Arts (VSA) provided the tickets which was a real deal for us as they are usually \$20.00. We met for lunch at the **MetroFresh In The Garden Café** which specializes in healthy cuisine with the freshest ingredients inspired by the garden. Food was good enough to make me wonder whether you can dine there without paying for entrance to the garden. They do, in fact, have another location on Monroe Drive in Atlanta, GA. Thanks to **Barbara Forest** our VSA representative. Here are some photos from our visit.



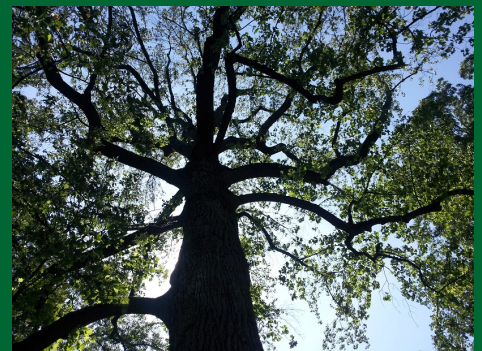
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Here is Shannon Morgan who did a fine job filling in as our program director at the garden.



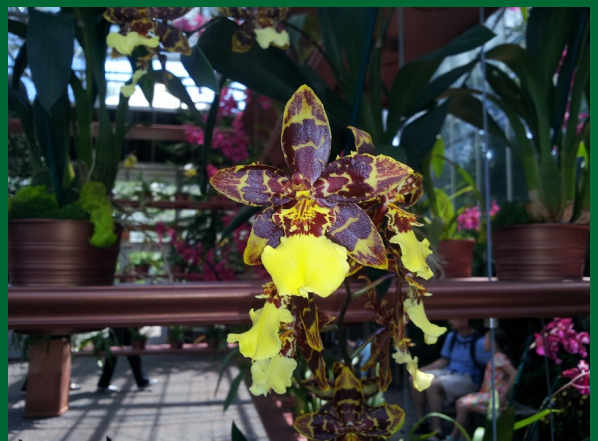
Joe with frog.
(Joe is the one on the right)



Now THAT'S a tree!!



Photo credits:
Betty Storey
Joe Drogan



APPA's May 2012 Meeting Featuring Dr. David Jockers of Exodus Health Center

On Saturday, May 5, 2012, Dr. David Jockers of Exodus Healthcare presented a program on "Maximize Your Energy." Five essentials for maximized living are: a maximized mind, a maximized nerve supply, maximized quality nutrition, maximized oxygen and lean muscle and, minimized toxins. Health is not by chance but by choices. Our bodies were created to be self-healing from the inside out. We have to seek and follow the rules of life to reach our potential. We are either moving towards health or toward sickness and disease. The nervous



Dr. David Jockers

system, which is the foundation for health, operates in 2 parts: the brain, controlling over 75 trillion cells for function, healing and energy, and the spinal cord and nerves which act as the information super highway for the brain-body connection. Food is like gas for a car. It comes in the form of good energy or dirty energy. The role of food is to provide substrate for our body so the innate intelligence within can produce robust, healthy cells, and tissue. Food created by man can be full of toxins and often slow in its transit time. It is acidic and inflammatory, energy robbing and fat promoting. Conversely, food found in nature is natural, organic, non-processed, energy producing, and full of nutrients, living enzymes, and probiotics. This is evident when looking at blood under the microscope. Natural food causes the platelets to be smooth, rounded and even in color. The plasma is clear and clean. Processed food causes the platelets to be irregular with color variations with plasma discoloration. In making food choices, there are basic rules to live by: reduce your sugar and grain intake, eat good fats while eliminating bad fats, and change the meat you eat. Sugar is the most addictive substance on the planet. It upsets

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the mineral relationships in your body by causing chromium and copper deficiencies and interferes with the absorption of calcium and magnesium. It feeds cancer cells, bacteria, viruses, fungus & other parasites, and it is responsible for the imbalance in the triad of high triglycerides & LDL cholesterol with low HDL levels.

High energy food can be found in good carbohydrates. Examples are fruits consisting of 20% of daily carbs, vegetables (the greener the better) - 50-70%, sprouted grains 0-20%, and sweet potatoes and yams 10%. When carbs (particularly high-glycemic carbs) are so prevalent as a food source, they become stored fat which leads to disease and obesity. The

simple truth is that fat does not make you fat. However, limiting fat intake helps in maintaining an ideal weight. High sugar and non gluten-free grain consumption creates inflammation which leads to weight gain. Good fats help the body burn fat. Hormones are the cellular messengers that dictate



your metabolism and fat burning abilities. Cortisol and Insulin production encourages fat storage and Growth Hormone and Leptin encourage fat burning. Elevated insulin leads to diseases such as heart disease, obesity, stroke, and peripheral vascular disease. Leptin helps in regulating food intake and energy expenditure. When one becomes insulin resistant they are caught in the cycle of feeling tired and hungry so they eat the foods which causes their body to make too much insulin. The cells then resist the excess insulin and store the

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sugar as fat. This results in feeling tired and hungry leading them to eat..... Do you see the vicious circle? There are 4 types of fat: Saturated as in animal fat (milk, meat, eggs, butter, and cheese), Monounsaturated as in olive oil, Polyunsaturated as in vegeta-

ble oil for Omega 6 and fish oils for Omega 3, and Trans fat as in margarine and the products containing it. The fats that tend to encourage weight gain are hydrogenated fats, margarine, canola oil, and substitute butters. Conversely, the good fats - fats that heal - include avocado, coconut oil, hemp, and flax, unheated olive oil, fish oil, nuts, and seeds. Coconut oil is a saturated fat that is metabolized quickly. It protects us against microorganisms in the digestive tract such as viruses, yeast, and pathogenic bacteria. Examples of high energy proteins are fish (wild caught), organic, free-range eggs, nuts, seeds, and free-range meat. Grain fed meat has added hormones, includes antibiotics, is lower in Omega 3 and higher in Omega 6, lower in beta carotene, vitamin E and vitamin A, and the fat content is high and saturated. On the other hand, free range meat has no added hormones or antibiotics, is higher in Omega 3 and lower in Omega 6, higher in beta carotene, vitamin E and vitamin A, and contains a nearer perfect balance of fats. For a healing diet, you must go from a sugar burner (craver) to a lean, mean fat burning machine. This is done by eliminating non gluten-free grains, minimizing fruits (berries are ok), moderating protein intake (15-25g/meal), eating small meals throughout the day, loading up on high fiber vegetables and good fat sources, utilizing good salts and, hydrate, hydrate, hydrate. Dehydration is the #1 cause of daytime fatigue. An appropriate formula for water intake is half your body weight in ounces. Example: $120 \text{ lbs} / 2 = 60$ means 60 oz of water. The final question is: are we building health or disease? You are moving in one direction or the other.

Which choice are you making?

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Bonus - Here is a recipe for an Alkalizing, Detoxifying, & De-Inflaming Lemonade



1 cup of fresh squeezed lemon juice: (4 -6 lemons)

4-6 cups of clean water (to taste)

1 tsp of ground turmeric

1 tsp of cinnamon

Pinch of volcanic salt (Redmond's or Himalayan Salt)

½ tsp of liquid stevia (or to taste)



Optional: 1 tsp ground/fresh ginger and/or Apple Cider Vinegar

[Exodus Health Center](http://www.exodushc.com/)
<http://www.exodushc.com/>



Statement of Policy

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Articles reflect the opinions of their authors and do not necessarily reflect the official policy of the Atlanta Post-Polio Association.

The information provided herein represents what the authors believe they heard during presentations at **APPA**. The authors are neither legally or medically trained and for these reasons may not have recorded an accurate accounting or understanding of the important details discussed. Neither they nor **APPA** assume any responsibility for the accuracy of the information provided. It is, therefore, highly recommended that all and any information provided be confirmed with an appropriate lawyer or physician before applying any of these legal instruments or medical treatments on your own. It is hoped that this summary serves to apprise the reader of available means to help them be prepared for the future.

APPA BINGO PARTY!

As of June 2, 2012, another infamous APPA Bingo Party went into the books. An added feature was a Chick-fil-A lunch provided by Mobility Works of Marietta (formerly Handicapped Driver Services).

Vicki Crowell, APPA's noted Bingo Mistress, once again presided as ably as ever. She also brought a number of Chick-fil-A coupons for prizes.

Holly Cothran-Drake, Mobility Works Marketing Manager, gave a short presentation about Mobility Works and answered questions.

There were also prizes in the form of gift cards from merchants such as Home Depot, Staples, Red Lobster, Kroger, and others. Mobility Works provided several tee shirts as prizes and visors for all in attendance. If you missed the occasion, you'll just have to wait at least another year and possibly there'll be another. Make plans now to set that date aside.

Cheryl Hollis



MY KNEE REPLACEMENT SURGERY

BY VICKI CROWELL

January 5, 2012 started off as a normal day, except for one thing, I was headed for Piedmont Hospital to have my right knee re-placed.

Dr. Leslie had recommended Dr. Stephen Smith with Peachtree Orthopedics so I visited him, liked him and liked what he had to say. He sent me to a class before I made my final decision. I was told it was painful and would take a lot of rehab. I made my decision to go ahead because I had suffered with knee pain for years. I had taken multiple rounds of Synvisc shots and they finally got to where they did not help at all any more. I went in with my mind made up that I was going to be strong and do everything I was told to do. I put my PPS on the back burner while I dealt with this issue. I don't remember anything 'till I woke up in my room and oh my! I was in *so much pain*. I have had a lot of pain in my life but this was the worst ever. I reminded myself that I had to do whatever it took to make this surgery a success. I was in pain for several months. I found out it was very important to take the pain medication that had been



My new knee

prescribed. I was in the hospital for 4 days and transferred to Christian City Rehab where I stayed 20 more days. That was the best decision I could have made - to be in rehab instead of an outpatient. They came and got me every day and took me down to the "Torture Chamber." At least that's what I called it. I really did like all of the therapists I had and although they were very kind to me they made me work. Like I said, I had made my mind up to do whatever it took to make this a success. I guess I did something right. It was 5 months June 5th and I have no knee pain and can move it just like it was the knee I was born with. I did experience discoloration which was not normal but then I just consider who we're dealing with here. I never do anything normally. I am now seeing a dermatologist to try to correct this problem. If not, I will just live with a brown knee. It does not hurt and best of all it works! Now, having said all of this, I am still saying I would never do it again. I don't know if I will change that decision if my other knee gets bad but for now it is just fine so I don't have that decision to make. Even with my experience with this, I am not in a position to give any advice to anyone who is facing this surgery. I think everyone is different and the pain would be different in every case. I will say, however, that if you do decide to have this surgery, make sure you do everything they tell you to do for rehab and I highly recommend having rehab in a facility, and not as an outpatient.

Editors note:

It's not really "Made in China." I really gotta have a talk with the graphics department!

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underscoring the urgent need to eradicate polio globally.

“We have had many successes in the past 10 years, and we should recognize and applaud them,” said the WHO Regional Director for Europe, Zsuzsanna Jakab. “When we faced challenges, such as the 2010 outbreak, we saw countries and international partners mount a rapid and effective response. While this was a powerful reminder of the success we can achieve when we work together to fight common threats, it is important to emphasize that we cannot afford to become complacent. What we do here in Europe will have a significant impact on both the regional and global fight to eradicate polio.”

Following the 2010 outbreak, the European Regional Commission for the Certification of Poliomyelitis Eradication (RCC) commended the affected countries for responding quickly to stop the spread of disease. In August 2011 it confirmed that the Region would retain its polio-free status. At its twenty-sixth meeting this week in Copenhagen, Denmark, the RCC once again confirmed the Region’s polio-free status.

David Salisbury, Chairperson of the RCC, cautioned, “The threat of polio importation and outbreaks remains very real. The Region must not ease up on either its action or political commitment to preserving its polio-free status. I feel hopeful that, with ongoing commitment from countries and partner organizations, this Commission will have the evidence necessary to allow us to continue to declare that the European Region is free from polio until the goal of global polio eradication is achieved.”

Polio is at its lowest levels since records began, with fewer cases in fewer districts of fewer countries than at any previous time. Poliovirus remains endemic in parts of only three countries, and earlier this year India celebrated its first year without polio. Until polio is eradicated worldwide, however, all polio-free regions, including the European Region, remain at risk of importation. Mathematical modelling predicts that failure now could result in as many as 200 000 new cases every year, within 10 years, all over the world. Fully managing this risk requires maintaining rapid virus detection and high immunity in European countries, as well as helping the remaining countries where polio is endemic stop transmission. As a mark of how seriously the international community is taking this risk, the World Health Assembly adopted resolution WHA65.5, declaring the completion of polio eradication a “programmatic emergency for global public health” in May.

Filling a dangerous funding gap of US\$ 945 million will be crucial to success. Lack of critical funds has already forced the cancellation or scaling back of immunization activities in 24 high-risk countries this year, leaving children more vulnerable to polio. An independent monitoring body recently singled out the precarious financial situation as the single greatest risk to eradication.

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“Less than 24 months ago, the countries of Europe rallied to respond to a terrible outbreak on the Region’s eastern borders,” said Bruce Aylward, WHO Assistant Director-General for Polio, Emergencies and Country Collaboration at WHO headquarters.

“Today, there are fewer cases of polio in fewer places of the world than ever before, but Europe faces the spectre of similar outbreaks unless it invests in the emergency plan to eradicate polio in the last reservoirs of the virus. The generosity of the people and governments of Europe will be essential to protecting future generations of children in perpetuity.”

Notes for editors

The Global Polio Eradication Initiative is spearheaded by national governments, WHO, Rotary International, CDC and UNICEF, and supported by key partners, including the Bill & Melinda Gates Foundation.

Since the Initiative’s launch in 1988, the incidence of polio has been reduced by more than 99%. In 1988, more than 350 000 children were paralysed each year in more than 125 endemic countries. In 2012, 73 cases had been reported as of 14 June, and polio remained endemic in only 3 countries: Afghanistan, Nigeria and Pakistan.

At an historic ceremony held in Copenhagen in 2002, the RCC certified that indigenous transmission of wild poliovirus in the European Region had ceased.

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APPA NEWS wishes to thank the World Health Organization Regional Office for Europe for permission to reproduce this article. The link to the original article appears below.

<http://www.euro.who.int/en/what-we-publish/information-for-the-media/sections/latest-press-releases/european-region-marks-tenth-anniversary-of-polio-free-certification>

Joe's Smoothie

By Joe Drogan

I've been eating a whole different way lately. I was inspired by a book I read by Mark Hyman MD called "The Blood Sugar Solution." There is tons of information out there on how to eat better but this book showed me an easy way to just make one change and get started. I have noticed over the last year or so that, even though I hate to admit it, I just plain feel better when I eat healthy food. Dr. Hyman talks about smoothies for breakfast. I've been drinking them for my breakfast and lunch for 3 months now and I can't believe how good I feel. After the first 2 weeks or so, I realized how much better I felt and got motivated to include more and more veggies and other healthy things in my smoothies. It seems to me that, given that there is no cure for post-polio syndrome (PPS), the only thing I can do for myself is to maximize my health in any way possible. This works! Take note of how you feel today, start a smoothie program and see how much better you feel after 14 days. As I have progressed on this "healthy smoothie" journey I've added

In a blender or food processor:	Calories	1 tbsp organic flax seed	40
1 tbsp rice protein powder.	20	1/4 cup Greek yogurt	30
1 cup coconut, or almond milk	40	2+ cups sugar snap peas, spinach,	
1/4 tsp organic Apple Cider Vinegar	0	Brussels sprouts, celery, broccoli, car-	
1/4 cup organic Pomegranate Juice	40	rots, bok choy, English peas	
1 cup sliced strawberries	40	cucumbers, or any vegetable	0
1 small banana	90	Total calories	300

Blend until "smoothe" add ice and continue blending and enjoy!



things like turmeric, cinnamon, ginger to them. I've also found that the veggies I like less I can add anyway and can hardly tell there even in there. Any fruit goes in there but berries give you the best nutrition and least calories. Experiment with what you like. Notice that I didn't count the veggies in the calorie count. They

kinda don't count. If you put, say, 80% veggies in there you can't go wrong. I've had good luck with the Jarrows Protein Powders but there are others. They come in vanilla, chocolate, and berry flavors. My next experimental ingredient is something called Goji Berries. At 300 calories for breakfast and lunch and a healthy dinner it's



Jarrows
Rice Protein

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Blueberries from Joe's yard!

easy for me to stay under 2000 calories per day. It allows me to have a couple of "treat" meals a week and still feel great and lose weight.

A little bit about blenders.

I use a very old Osterizer (like 30+ years old) it was a good blender then and still is. It does, however, have settings on it that say "crushed ice." I'm not sure all blenders are created equal. You may need to be a little careful crushing ice in yours.

Be sure to at least put the ice in last.

If your refrigerator has crushed ice "in the door" you can try using crushed instead of cubes to make it easier on your blender. They make fancy machines that are in the \$300 - \$500 range. I have no idea how good they are. They supposedly "shave" rather than crush the ice. I do remember on a trip to Daytona Beach, FL many years ago I managed to completely burn up a friend's blender using it to make "frozen" Margaritas. Not only did it nearly catch on fire but completely ruined *breakfast* that morning. Now-a-days I've found a way better way to "drink my breakfast" if you know what I mean. 😲

So be careful until you see what your blender can handle.

And Finally.

I've put some pictures of vegetables in here due to the fact that my son reads this publication and since McDonald's doesn't serve Brussels sprouts it should make it easier for folks like him to identify them in the market. 😊



This should be enough to get you started to feeling way better. I never believed those claims of "health nuts" until I really gave healthy foods a chance. You don't feel better eating right once in a while. But I promise you if you give this a real try for two weeks, you'll be as amazed as I was.



Tech Bits & Bytes

By Joe Drogan

Sounds like some folks had trouble with understanding the last edition of Tech Bits & Bytes (TB&B) so here is a simpler description for you. There are now two different formats for Microsoft Word documents and Excel documents. *Filename.doc* and *filename.docx* for Word and *filename.xls* and *filename.xlsx* for Excel. You can't open the new "x" type documents with the standard old Microsoft Office 2003 product so what you need is to view the new file formats without any upgrade. The easiest, if you only need read access, is a viewer. I tried these and they work great.

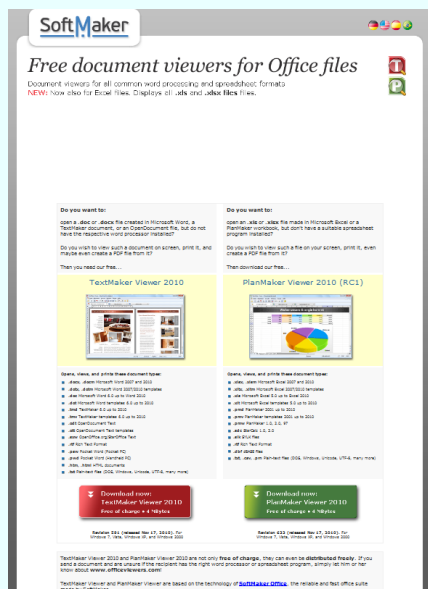
<http://www.officeviewers.com/>

They have two viewers you can download, one for docx and one for.xlsx. Now keep in mind these are viewers only. You can't make changes to the documents. Microsoft has viewer add-ons available too but I looked at them and for some reason the downloads are huge, like 70 megabytes VS 4 megabytes for these. I'm going to walk you through the installation of these viewers.

Step 1. Go to <http://www.officeviewers.com/>

In the email version of **APPA NEWS** you can press the CTRL button on your keyboard and click the link above or in the printed version type it into your browser.

Step 2. You'll see this screen.



And here is a "zoomed in" shot of the download buttons.



Revision 591 (released Nov 17, 2010). For Windows 7, Vista, Windows XP, and Windows 2000



Revision 633 (released Nov 17, 2010). For Windows 7, Vista, Windows XP, and Windows 2000

Step 3. For the Word viewer click the red button, download the setup.exe file for TextMaker Viewer and click on it to run it. Wonder why they call it "TextMaker" when you can't make text with it just view text. I guess 'cause than it'd be TextViewer Viewer! Stuff like that bothers me. But anyway...

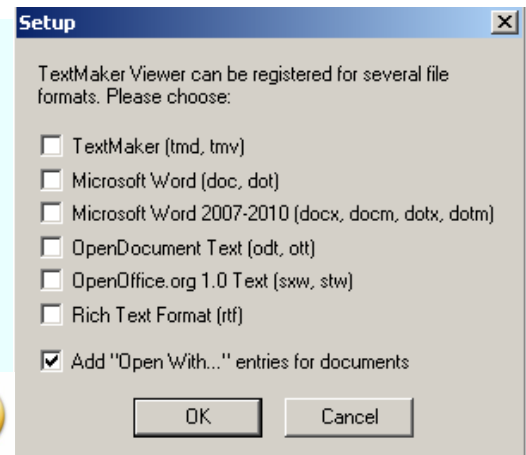
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Step 4. You'll see this window:

If you don't have Microsoft Word at all, for instance if you only have Microsoft Works, check the Microsoft Word box and the Microsoft Word 2007-2010 box too. If you have an older than 2007 version of Microsoft Office check the Microsoft Word 2007-2010 box to allow the viewer to open the new docx files for you.



Which is kinda the whole purpose of this exercise.



Leave the Add "Open With" box checked. This puts the viewer in the Open With..... option in the window you see when you right click on a file. Click "OK" The setup.exe will run and install the viewer on your system. Vista and Win-7 folks will have to say OK to the "Do you want this to make changes to your computer?" dialog that appears.

Step 5. After the install finishes go find a docx file to test it on. If you don't have one here is a link to one (if you're reading the email version of [APPA NEWS](#)) CTRL + click to follow the link.

[Sample docx file](#)

Here's the link if you are reading the printed version.

[http://www.google.com.sg/url?](http://www.google.com.sg/url?sa=t&rct=j&q=report+filetype:docx&source=web&cd=4&ved=0CE8QFjAD&url=http%3A%2F%2Fwww.microsoft.com%2Finvestor%2Freports%2Farl%2Fdocs%2FMSFT_FY11Q4_10K.docx&ei=AvrpT_bWHYGe8QSFpMDvDQ&usg=AFQjCNEZqbBBpXVLPpTITYZkR_tyCf4vyg)

[sa=t&rct=j&q=report+filetype:docx&source=web&cd=4&ved=0CE8QFjAD&url=http%3A%2F%2Fwww.microsoft.com%2Finvestor%2Freports%2Farl%2Fdocs%2FMSFT_FY11Q4_10K.docx&ei=AvrpT_bWHYGe8QSFpMDvDQ&usg=AFQjCNEZqbBBpXVLPpTITYZkR_tyCf4vyg](http://www.google.com.sg/url?sa=t&rct=j&q=report+filetype:docx&source=web&cd=4&ved=0CE8QFjAD&url=http%3A%2F%2Fwww.microsoft.com%2Finvestor%2Freports%2Farl%2Fdocs%2FMSFT_FY11Q4_10K.docx&ei=AvrpT_bWHYGe8QSFpMDvDQ&usg=AFQjCNEZqbBBpXVLPpTITYZkR_tyCf4vyg)

If you can type all that in correctly YOU should be the editor of this "rag"



(Rag is newspaper editor speak for newspaper.)

It's a copy of a Microsoft quarterly report with formatting and all that which makes it a good test. Download it. Right click on it and in Open With select TextMaker Viewer. That's it.

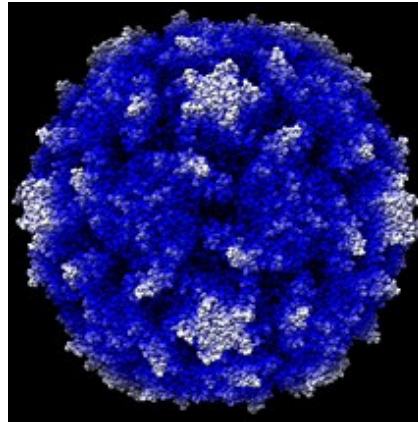
The Excel viewer is the pretty much the same procedure using the Green download button. If people have trouble installing it we'll do a step by step like this one next time otherwise we'll move on to something new!

See you then!

Until next time - **Happy Computing!!!**



Poliovirus



Picture of poliovirus. The poliovirus is extremely small, about 50 nm (nanometer = one-billionth of a meter) Courtesy of David Belnap and James Hogle.

Poliomyelitis: Inflammation of the gray matter of the spinal cord. P., acute anterior, acute inflammation of the anterior horns of the gray matter of the spinal cord, leading to a destruction of the large multipolar cells of these horns. It is most common in children, coming on during the period of the first dentition and producing a paralysis of certain muscle groups or of an entire limb.

Gould's Illustrated Medical Dictionary, 1895

Poliomyelitis: An inflammatory process involving the gray matter of the cord. Acute anterior p., inflammation of the anterior cornua of the spinal cord; an acute infectious disease caused by the poliomyelitis virus and marked by fever, pains, and gastroenteric disturbances, followed by a flaccid paralysis of one or more muscular groups, and later by atrophy.

Stedman's Medical Dictionary, 1995

Content from:
Smithsonian
National Museum of American History
Behring Center

<http://americanhistory.si.edu/polio/virusvaccine/livingchem.htm>

Editors note:

It's almost hard to believe that something this small and this pretty could be so devastating.

MEMBERSHIP IN APPAReturn TO: **APPA**, P. O. Box 250566, Atlanta, GA 30325**DATE** ___ / ___ / ___Make checks payable to: **APPA**Individual ☐ \$20 Family ☐ \$40 Corporate ☐ \$75 Lifetime ☐ \$400 Additional Contribution _____

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Annual contributions help to educate the public and health care community concerning polio. We respond to the needs of individuals who suffer from post-polio syndrome through group meetings, educational programming, newsletters and advocacy. APPA is a 501(c)3 non-profit corporation. All contributions are tax deductible.

Please **CHECK** one.

- ☐ I am a new member. ☐ I am renewing my membership.
- ☐ I've already sent my tax-deductible annual membership contribution, but my contact information has changed as shown above.
- ☐ I am unable to contribute at this time but would like to receive the **APPA NEWS**.

We need you! Would you be willing to serve **APPA** in any of the following areas?

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| <input type="checkbox"/> Planning a conference | <input type="checkbox"/> Assist with social events |

Llp/10-2006

2012 APPA EVENTS

- | | |
|-------------|--|
| July | No meeting - Summer break. |
| August 4 | Dr. Richard Mouzon. |
| September 8 | Carrie Cater speaking on "Acupuncture."
Volunteers wanted. |
| October 6 | APPA's own Pat Puckett with the Statewide Independent Living Council of Georgia presenting options for independent living with a post-polio perspective. |
| November 3 | Annual Business Meeting followed by an open discussion of member concerns. |
| December 1 | Christmas Party - more info to follow. |



Atlanta Post-Polio Association

Atlanta Post-Polio Association, Inc.

P.O. Box 250566

Atlanta, Georgia 30325

(404) 350-7631

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APPA NEWS

**A Special Thank You to Members Who
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Atlanta Post-Polio
Association

APPA NEWS

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