



Southern Illinois Sting wins 1st RLC Summer Smash

The Southern Illinois Sting are the champions of Rend Lake College's first Summer Smash softball tournament, held Saturday on the Ina campus. Teams in the tournament also included The Blitz, Diamond Divas and Super Sonics. Sting went 2-0 with a tie in the round robin, edging out Blitz at 1-0 with two ties. The tournament was put on by The Rec at RLC. For scores and more information, visit RLC online at www.rlc.edu/the-rec.

Six awards available for CNA recertification students

Think no more about whether to recertify your Certified Nurse Assistant (CNA) license. The South Central Illinois Area Health Education Center (SCI-AHEC) is offering six awards to students in Rend Lake College's district who are eager to get back into the health care career.

This year marks the second year SCI-AHEC has offered these \$90 recertification awards for RLC students who have not worked for two or more years as a CNA. The initial CNA certification program is tuition-free; however, recertification costs nearly \$300. The goal, Director Kelli Stover said, was to help students who need to recertify save both time and money.

"We found that students were choosing the lengthier certification program over the costlier recertification course. We had students registering for the free CNA classes and spend weeks of their time redoing something they've already completed instead of taking the eight-hour skills course," said Stover. "SCI-AHEC wants to get these CNAs back into the local workforce as soon as possible, and we're

offering these awards as one way to help." The recertification course is comprised of a trip to a local clinical site to perform the 21 basic skills required by the Nurse Assistant Competency Examination. Successful completion of these skills provides access to the written test. Students also must complete a background and fingerprint

check prior to the course. Not sure if you're eligible? Find out by calling the Illinois Nurse Aide Registry at (217) 785-5133. Students interested in the awards or who want to schedule a recertification should contact Stephanie Smith in the RLC Community and Corporate Education Division at (618) 437-5321, Ext. 1714 or at smithst@rlc.edu.

Six degrees transfer to Central Methodist University with articulation agreement

Rend Lake College teamed up with Central Methodist University (CMU) of Park Hills, Mo. on Tuesday, June 9 during the June Board of Trustees meeting to offer new opportunities for graduates in several RLC programs. The articulation agreement between the two institutions allows RLC students with specific associate degrees to transfer to CMU in junior standing, provided they complete agreed-upon coursework. CMU will accept six associate degrees from RLC for this agreement: Certified Medical Assistant, Criminal Justice, Early Childhood Education, Health Information Technology, Practical Nursing, and Radiologic Technology.

RLC President Terry Wilkerson said the agreement is another step toward helping alumni continue their higher education after leaving RLC.

"Any time we are able to offer opportunities like this for our graduates, we take advantage of them," said Wilkerson. "Students come to us regularly asking about these agreements to further their education, and we do our best to team up with the four-year institutions to work something out. It's ideal to be able to offer this to help our graduates after they leave and we're



RLC President Terry Wilkerson, RIGHT, and CMU Provost Dr. Rita Gulstad, LEFT, signed an articulation agreement Tuesday night during the RLC Board of Trustees meeting, solidifying the path for students to transfer seamlessly between the two institutions. Also pictured is Eric Black, RLC Board of Trustees Chair. In addition to Dr. Gulstad, CMU was represented at the meeting by David Gorton, Outreach Coordinator. (Photo by ReAnne Palmer / RLC Public Information)

pleased to be working alongside Central Methodist University to accomplish it." CMU will accept the Associate of Arts, Associate of Science, and Associate of Applied Science degrees, and their respective courses in transfer, based on course equivalen-

cy and articulation agreements. There will not be a maximum number of credit hours that will be accepted by CMU to be applied to a baccalaureate degree. Students who take a upper-divisional course will meet the course content requirement, but not the

upper divisional requirement. RLC grads will need to complete a minimum of 36 credit hours at CMU and a minimum of a 2.0 GPA (grade point average) to graduate. For more information, contact RLC's Academic Advising Division at (618) 437-5321, Ext. 1226.

Board of Trustees meeting approves retirements, position transfers

The Rend Lake College Board of Trustees meeting held on Tuesday, June 9 in the Student Center saw several approvals along with some announcements. **Among the items discussed were:**

RAGLAND ASSUMES VP POSITION

Lori Ragland, Dean of Community and Corporate Education, was transferred to the position of Vice President of Career Technical Instruction effective July 1. She has proven herself with her work experience and background in career technical programs and industry trainings, and possesses the skills to

succeed in the position. The 2003 RLC Foundation Outstanding Staff Award winner has worn many hats since beginning full-time in April 2000, including working with the RLC Foundation before becoming an administrative assistant for the department she now oversees. Ragland holds a Master of Arts in Education Degree from McKendree University and a Bachelor of Science Degree from Greenville College.

TWO INSTRUCTORS RECEIVE APPOINTMENTS

Two instructors will join the ranks of the Math and

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Bargaining rights (and wrongs)

BY JIM MULLEN

UNIVERSAL

I saw on the news that the euro is down compared



to the dollar. "Europe," they said, "is on sale. Tourists are flocking there to take advantage of the favorable exchange rate."

Then they showed an American woman shopping for shoes.

"They're a bargain," she said.

Yes, a bargain. Where else could she possibly have bought a pair of shoes so inexpensively? Why, all she had to do was cough up \$1,000 for a round-trip plane ticket to Europe, then rent an average hotel room for \$350 a night. What a bargain! At the mall 15 minutes from her house, she would have paid \$3 more for those same shoes.

I am all for people traveling, but don't tell me it's a bargain. No one in Europe is giving things away. The euro's not worth nothing; it's just worth less than it was last year.

Still, I hear the word "bargain" a lot. A guy at my health club was going on and on about what a bargain property in Florida is right now.

"Why, you could buy an \$800,000 house down there now for \$600,000. It's a bargain," he said. Yes, I should go snap it up. If only I weren't about \$599,000 short. It seems that my house is worth a lot less than it used to be, too.

The word "bargain" has been misused for a long time. When Henry Luce, the founder of Time magazine, traveled around Europe in the '60s, it wasn't uncommon for him to ask his reporters and bureau chiefs to show him around and tell him what was going on. One reporter impressed Luce so much that as he was leaving, the wealthy publisher turned to the reporter and said, "Let me give you a tip."

Expecting to hear something about the stock market, the reporter was all ears.

"Buy Rembrandts," Luce told him. "They're a bargain. The Picassos are overpriced."

It was good advice, but

not of much use, even to a high-salaried employee.

There is a store near us that Sue likes to shop at because it has such good bargains. Their price tags always seem to say things like, "WAS \$60, NOW \$29.99!" Something tells me these items were always meant to be sold for \$19.99, but Sue keeps insisting she is getting a bargain. Would they be selling them for that price if they were losing money on every sale? Not for long.

Why can't she spend money wisely, the way I do? I only buy the necessities. Like that electric tortilla maker I bought yesterday for \$49. Now we can make our own tortillas anytime we want, instead of buying expensive tortillas at the store.

"For \$49, you could have bought enough tortillas to fill the garage. We could eat them every night for five years and still have plenty left over," Sue told me. "Of course, we'd have to build another garage for the tortillas, because ours is already full of junk you've bought that we never use. It looks like Ron Popeil's warehouse. You'd think with all the exercise equipment in there, at least you'd be skinny. What do you do with the NordicTrack and the Bowflex? Sleep on them? You're not getting buff; our FedEx guy is getting buff from carrying all that junk to the front door."

"Junk! I think the word you're looking for is 'collectibles.' These are savvy, wily purchases that will make our retirement dreams come true."

"My recurring retirement dream is to be living off your life insurance. Of course, I'll probably have to move to Europe because the dollar will go farther over there."

Ha. The joke's on her. I already cashed in my retirement fund to buy a few things on eBay. Where does she think I got the money for all those Beanie Babies? They don't grow on trees.

(Contact Jim Mullen at JimMullenBooks.com.)

Get your car to 200,000 miles

BY THE EDITORS OF CONSUMER REPORTS

UNIVERSAL

When Laura White of Oxford, Massachusetts, bought a Toyota Corolla in 1997, her son was just 3 years old. Fifteen years later, he drove that Corolla to college.

"We changed the oil every 3,000 miles and the timing belts regularly," Laura says. "I never dreamed I would give the kids the car to drive when I bought it years ago."

You might not end up sending your toddler to college in a car you buy today, notes Consumer Reports, but improvements in rust prevention, engine technology, safety features and electronics mean that 200K cars are pretty common now. Especially if you start with a safe, reliable model and maintain it properly.

When new, the 1997 Corolla was a Consumer Reports Recommended model in part because of excellent reliability, good crash-test results and impressive performance in its battery of more than 50 tests. Today, the Corolla is on Consumer Reports' list of the top 10 models that are still on the road after 200,000 miles, according to its most recent Annual Auto Survey, which gathered data on 1.1 million vehicles owned by its subscribers.

THE BASICS: LIFE EXTENDERS

To improve your odds, start by choosing not just a safe and reliable model, but also one with all of the features you want. If you'll be driving it for the long haul, it might as well be a car that you enjoy as the miles and years roll by.

• Read the owner's manual. It's amazing how many people keep it tucked away in the glove box. Simply familiarizing yourself with the maintenance schedule can add years of trouble-free driving. The manual spells out how often your car needs basic services like oil changes and tire rotations, as well as bigger jobs like timing belt replacements.

• Change the oil. Missing even one oil change can contribute to premature engine wear. Forget about your timing belt and your engine can suffer severe damage. When Consumer Reports asked its online readers how they got to 200,000 miles, an overwhelming number mentioned that regular oil changes and prop-



er maintenance were important.

• Use the right maintenance schedule. In your manual, you'll find schedules for regular and severe/extreme use, with the latter specifying more frequent checkups. Consider using the severe schedule if you do a lot of stop-and-go driving, live in an unusually hot or cold climate, frequently tow a trailer or often drive on dirt roads.

Newer cars require less service, and many specify 7,000 or even 10,000 miles between oil changes. Spark plugs can often last 100,000 miles or more. Many cars make it easier for you to keep track by calculating when an oil change is due based on your mileage and driving style, then letting you know it's time with a dashboard message. The key is to keep up with what's specified.

• Keep it clean. Apart from mechanical maintenance, keep up with regular washing and waxing, especially if you drive in a snowy region on salted roads. And don't forget to hose off the underside and wheel wells. More than just keeping your car looking good, regular washing can help prevent rust and structural damage.

KNOWING WHEN TO SAY GOODBYE

Almost any car can make it to 200,000 miles if you're

willing to throw enough money at it. But there's also a time to let go. Consumer Reports says that the useful life of most cars ends around 200K. At that point, key components start showing their age — often with safety consequences. Also, owning a car that long

could mean that you're lacking the latest essential safety gear, such as electronic stability control, curtain airbags and crash-prevention systems. If you reach 200,000 miles, talk with your mechanic about how much life your car has left.

Sudoku

		1		2	3		4
	5			6		7	8
4		9			3		
1			6		4		7
		6				5	
8			9		5		2
			2			9	1
9		3		7			4
6		8	5			2	

Solution to Sudoku puzzle printed on page 3.

Crossword

- Across**
- 1 Fluffed out, as hair
 - 7 Silvery gray
 - 10 Not he
 - 13 African antelope
 - 14 "Oh"
 - 15 Formal wear, informally
 - 16 Florida State's city
 - 18 Dadaism founder
 - 19 Recipe direction
 - 20 Went out, as a fire
 - 21 Comics canine
 - 22 Derbies
 - 23 Miserable state
 - 25 Altar avowal
 - 27 Per ___
 - 28 Nashville's state
 - 34 Military academy freshman
 - 37 Texter's "I think..."
 - 38 Long-eared dogs
 - 40 Without precedent
 - 41 ___ Arenas (Chilean port)
 - 43 Board
 - 45 District
 - 47 Put ___ good word for
 - 48 Person with a log
 - 53 Hip-hop hits
 - 57 Cork's country
 - 58 Jib or spanker
 - 59 Estuary
 - 60 Class
 - 61 River explored by La Salle
 - 63 "You don't say!"
 - 64 Stretch
 - 65 Take off the steamer
 - 66 Lapse
 - 67 Composer Rorem
 - 68 Natural gas component

1	2	3	4	5	6		7	8	9		10	11	12	
13							14				15			
16							17				18			
19							20				21			
22							23				24			
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68														

- Down**
- 1 Throw
 - 2 Mutual of ___
 - 3 Illuminated from below
 - 4 Harmonizes (with)
 - 5 Carrier at J.F.K.
 - 6 Morse T
 - 7 It's a plus
 - 8 Ranked in a tournament
 - 9 "___ Haw"
 - 10 Declaration
 - 11 Wounds
 - 12 Montreal team
 - 13 "What ___?"
 - 17 "Much ___ About Nothing"
 - 21 "The ___ lama": Nash
 - 23 Gift on "The Bachelor"
 - 24 ___ the bud (prevents)
 - 26 Go ashore
 - 28 Tout's offering
 - 29 Cousin of an ostrich
 - 30 Welfare collector, e.g.
 - 31 Yolk ___ (egg part)
 - 32 Psychoanalysis subject
 - 33 Street shader
 - 35 Honey maker
 - 36 Merino mother
 - 39 Palace resident
 - 42 Plunder
 - 44 Sully
 - 46 It's often burning
 - 48 Ecu
 - 49 Edmonton hockey player
 - 50 Lightened (up)
 - 51 Tower site
 - 52 One attending Yale
 - 54 Beginning
 - 55 "Fast Food My Way" chef Jacques
 - 56 Michael of R.E.M.
 - 59 Fails to be
 - 61 Fortify
 - 62 Take to court

Solution to Crossword puzzle printed on page 3.

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Meeting
continued from page 1

Sciences Division faculty this fall:
-**Dr. Richard Holland, Physical Science Instructor**, effective Aug. 17. He holds a Ph.D. in Physics / Molecular Science, a Master of Science in Physics, and Bachelor of Science degrees in Physics and Zoology, all from Southern Illinois University Carbondale. He most recently served as Physics / Mathematics Instructor at Southern Illinois College in Harrisburg, and previously was a physics lecturer for SIUC. He will be involved in the instructor share agreement among RLC, SIC and Shawnee Community College.

-**Dr. Vincent Hustad, Biology Instructor**, on a temporary full-time basis effective Aug. 17. He holds a Ph.D. in Plant Biology from the University of Illinois as well as Master and Bachelor of Science degrees in Biology from Eastern Illinois University. He served as a graduate assistant and researcher at both of those institutions.

GOLOUBEVA BECOMES MEDICAL ASSISTANT PROGRAM DIRECTOR
Dr. Nina Goloubeva was appointed Medical Assistant Program Director effective July 1. She most recently was a medical doctor at Siberian State Medical University in Tomsk, Russia. She is certified in medical assisting by the National

Healthcareer Association and has experience in the accreditation process for medical assistant programs.

RAMP DOCUMENT APPROVED

Approved the Resource Allocation Management Plan for transmittal to the Illinois Community College Board. The college is required to submit the RAMP document each year. This is a type of "wish list" submitted by higher education institutions throughout the state, with the various lists then combined at the state level and prioritized for possible funding. Projects on RLC's RAMP list include a new Allied Health building, a Student Center addition and an Applied Science Center addition.

EXCESS PHS LEVY PROJECT TO BE SUBMITTED

The board granted permission to submit to the Illinois Community College Board a Protection, Health and Safety (PHS) levy project application to replace exterior metal halide lighting with LED lighting and permission to bid, pending ICCB approval.

VETERAN VP KUBERSKI MOVING ON

The resignation of Chris Kuberski, Vice President of Academic Instruction, was accepted and her existing retirement agreement rescinded, effective July 3. She has been employed full-time with the college since August 1989. Kuberski originally came aboard as an adjunct instructor before taking a permanent position teaching English. Nine years later, she was promoted to Division Chair of Arts and Communication, which became the Liberal Arts Division when Social Science was added in 1999. She was appointed to her current position on an

interim basis in July 2008, and that position was made permanent in May 2009.

THREE RETIREMENTS APPROVED

The board approved retirements for three long-time employees Tuesday:
-**Steve Kennett, Psychology and Philosophy Professor**, effective June 30. He has taught full-time at Rend Lake College since August 1994.
-**Therese Melena, Art Professor**, effective Dec. 31, 2017. A full-time faculty member since January 1994, Melena not only is a fixture in the Art Department but also has been involved in creating sets for the college's plays and musicals over the years.
-**Chris Nielsen, Dean of Applied Science and Technology**, effective July 1, 2018. Nielsen has been with RLC full-time since August 1992. He started out teaching electrical retraining in the Mining Technology program, then moved to teaching Industrial Electronics and Maintenance. He won the RLC Foundation Faculty Excellence Award in 2010. He became dean, formerly known as a division chair, in June 2012.

IN OTHER BUSINESS, THE BOARD ...

Approved the inactivation of four curricula and the withdrawal of several classes and authorized their submission to the Illinois Community College Board for action. The curricula were the four Associate of Arts in Teaching degrees (Secondary Math, Special Education, Secondary Science, and Early Childhood Education) which have not been offered in recent years. The classes included several Physical Education courses which are no longer offered. In addition, changes to the credit hour totals for two accounting classes and a

change to the Architectural Technology occupational certificate were approved and authorized for ICCB submission.

-Created a new stipend and job description for Summer Reading and English Boot Camp Coordinator. The stipend was created in response to the ICCB's promotion of programs which reduce remediation classes for students who test close to cut-off scores.
-Granted permission to advertise for a temporary full-time Administrative Assistant in the Communications and Information Department in order to cover the pending FMLA leave of the current employee.
-Approved the salaries for administrative, administrative support, academic support and office support personnel effective July 1.
-Approved revisions to board policy and procedure regarding the organizational chart.
-Approved the 2015-2016 Culinary Arts, EMT-Paramedic and Cosmetology handbooks.
-Approved revisions to board procedure concerning stipends.
-Approved revisions to board policy concerning community use of facilities (first reading).
-Approved an action transferring up to \$3.4 million from the Working Cash fund to the Education fund. This was due to the timing of receipts of funds from the state for various grant payments which may be delayed during future periods. The amount will be transferred back to the Working Cash fund when the money comes in from the state. Additionally, the board approved the transfer of \$2,481,000 from the Education fund to the Working Cash fund to repay earlier transfers made in anticipation of revenues to be received by the college. The

college is legally required to repay this transfer between funds within one year.

-Approved trading in 10 electric golf carts and two gas golf carts and entering a tax-exempt agreement with Battery Specialists and Golf Cars of Mt. Vernon on a five-year municipal lease / purchase agreement for 14 newer electric carts.
-Approved the prevailing rate of hourly wages resolution.
-Approved the corporate banking resolution and credit card resolution needed to establish Peoples National Bank as RLC's depository financial institution for fiscal years 2016-2020.
-Approved a resolution authorizing the college president to act as representative and pledging local funds in order to apply for funding through the Economic Development Administration, which has funding available for workforce development and training support. This would require a 50 percent match from RLC, up to a maximum of \$160,000.

MARK YOUR CALENDARS ...

-**Free Discovery Camp:** Health Care Careers, Monday-Tuesday, June 15-16, for grades 7-12. Day One on campus, Day Two at Hamilton County Hospital or Crossroads Community Hospital.
-**Blastoff! Summer Kids Camp**, Monday-Thursday, July 13-16, 1-4 p.m. daily for grades 4-8, One-Room Schoolhouse on Ina campus.
-**Mental Health Workshop for Professional or Personal Development:** Shifting Dementia Care from Crisis to Comfort, 8:15 a.m.-4:15 p.m. Thursday, Aug. 6, RLC Theatre.
-**ACCT Annual Leadership Congress**, Oct. 14-17, San Diego, Calif.

Solution to page 2 Sudoku puzzle.

8	7	2	6	4	5	8	1	9
5	4	9	8	7	1	3	2	6
1	8	6	9	3	2	4	7	5
2	9	4	5	1	6	7	3	8
6	1	5	7	8	3	9	4	2
7	3	8	4	2	9	5	6	1
9	2	1	3	5	7	6	8	4
8	9	7	1	9	4	2	5	3
4	5	3	2	6	8	1	9	7

Solution to page 2 Crossword puzzle.

E	N	A	H	T	E	D	N	R	R
P	H	S	N	U	A	V	A	R	E
I	P	I	S	S	S	I	M	I	K
T	L	E	T	N	I	L	S	A	I
S	R	A	P	R	E	R	E	K	O
		A	N	I	N	A	R	D	W
E	E			M	O	C	T	A	P
W	N	S		S	A	G	L	E	B
B	E	B		L	E	P	S	E	S
		E	M		D	I	E	O	I
S	S	E	N	N		R	O	T	S
T	O		O		D	I	E	L	H
R	P		A		S	E	D	L	A
X					I	S	E	E	A
S	H				A	S	H	E	D

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Fruit soup shots add cool blast to warm summer evenings



By Alicia Ross

Early summer is my entertaining season. I love deck parties. When the days are nice and warm and the evenings can still cool off a bit, gathering on the deck for food and fellowship is the way to go.

This week's recipe is super-easy to prepare, doesn't heat up the kitchen and makes a splash at any adult gathering. Introducing Fruit Soup Shots: They're part-adult smoothie, part-cold soup course and part-cocktail.

These little gems are full of the season's best berries and are topped with a drizzle of triple sec for that unexpected pop of flavor. You can blend them and refrigerate up to 12 hours before serv-

ing. Just pour them in shot glasses when you're ready to party.

If deck and patio parties are not for you, this recipe makes the perfect brunch aperitif or cold soup course. The drink's bright berry color and tiny mint leaf make it simply as pretty as a picture. Enjoy!

(Alicia Ross is the co-author of "Desperation Dinners!" [Workman, 1997], "Desperation Entertaining!" [Workman, 2002] and "Cheap. Fast. Good!" [Workman, 2006]. Contact her at Kitchen Scoop, c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106. Or send email to tellus@kitchenscoop.com. Or visit the Kitchen Scoop website at www.kitchenscoop.com.)

FRUIT SOUP SHOTS

Start to finish:
30 minutes, plus at least 4 hours refrigeration time
Yield:
Makes about 32 ounces

- 2 cups water
- 1/2 cup sugar
- 1/2 cup blueberries
- 1 cup sliced strawberries
- 1 teaspoon ground fresh ginger
- 4 teaspoons fresh lime juice
- 1/2 cup Greek yogurt (plain or any fruit flavor)
- 4 teaspoons triple sec (or more to taste), divided use
- Fresh mint leaves for serving, if desired

In a medium saucepan, combine the water, sugar, blueberries, strawberries and ginger. Place over medium-high heat and bring to a boil. When mixture boils, stir well for about a minute to completely dissolve the sugar. Remove from heat and cool about 10 minutes.

Carefully pour mixture into a blender and add the lime juice and yogurt. Blend on high until completely mixed and berries are fully processed. Refrigerate for at least 4 hours, up to 12 hours.

Pour into 2-ounce glasses. Drizzle 1/4 teaspoon of triple sec to the top of each glass. Top with mint leaf, if desired, and serve immediately.

Approximate values per (2-ounce) serving: 36 calories, trace fat (0 g saturated), no cholesterol, 1 g protein, 8 g carbohydrates, 0 g dietary fiber, 101 mg sodium.



Part adult smoothie, part cold soup course and part cocktail — all yummy! (Photo by Alicia Ross for Kitchen Scoop)

Parents badmouth each other to child

BY HARRIETTE COLE

UNIVERSAL

SENSE & SENSITIVITY

by HARRIETTE COLE



DEAR HARRIETTE: For the past couple of years, I have always been put in the middle of my parents' disagreements. Whenever they butt heads, they each come to me and vent about how horrible the other is. Every time this happens, it makes me very uncomfortable since it puts me in the middle of their fights, making me feel as if I have to choose sides. I have tried to talk to my siblings about this, but I am the only one my parents do this with, so I was unable to get any help from them. How should I go about getting this to stop? I still live at home because I go to college nearby. I feel like I need to move out in order to have peace of mind, but I can't leave yet. — *Out of the Middle, Washington, D.C.*

DEAR OUT OF THE MIDDLE: Sometimes when couples are going through difficulties, they aren't consciously aware of how their behavior affects their loved ones, particularly their children. Confront them about what they are doing. You can do it with them together or one on one. Choose a moment when they are not inflamed. It is very hard to hear when you are upset, especially if the message being delivered is somewhat critical. So wait until a neutral time, and then tell them that you need to talk about something serious. Point out that when they disagree about things, they talk badly about each other to you. Explain how awkward this makes you feel. Make it clear that you do not want to choose sides, nor do you want to know all of their issues. Ask them to keep their arguments to themselves.

often gives me things randomly as well as on holidays, even ones that she does not celebrate. This has always been something that has made me uncomfortable, and recently she has been spending more money on me. I try to get her to stop buying me things, but she never listens. Not only does her gift-giving make me uncomfortable, but it also adds pressure for me to get her expensive things, which is not something I am able to do all the time. I also found out that I am the only one she does this to, and since she does not have that many friends, it almost feels like she is trying to buy my friendship. How do I get her to stop spending money on me without hurting her feelings? — *Ban on Gifts, New York City*

DEAR BAN ON GIFTS: Stop accepting your friend's gifts. The next time she gives you something, give it back to her. Tell her that it makes you uncomfortable that she is always buying you things, you won't like her any less if she stops giving you things and you will no longer accept gifts from her.

Yes, this may startle her and even hurt her feelings a bit. But it is important for you to stand your ground as a friend.

(Lifestylist and author Harriette Cole is president and creative director of Harriette Cole Media. You can send questions to askharriette@harriettecole.com or c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106.)

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Controlling common triggers can lessen migraine frequency

BY ANTHONY L. KOMAROFF, M.D.

UNIVERSAL

DEAR DOCTOR K: I suffer from excruciating migraine headaches. What can I do to prevent them?

DEAR READER: Migraines are severe, throbbing, often debilitating headaches. They can be accompanied by nausea or vomiting. It's no wonder that anyone who suffers from migraines would do anything to avoid them.

Migraines can be triggered by certain activities, foods, smells or emotions. Common migraine triggers include:

- Caffeine (either too much or cutting back on regular use).
 - Certain foods and beverages. These include foods and drinks that contain tyramine (aged cheeses and meats, fermented beverages), sulfites (preserved foods, wines) and monosodium glutamate (MSG), a common flavor enhancer.
 - Stress.
 - The opposite: relaxing after a stressful day or week. Many people get their migraines most often on the weekends.
 - Hormone levels (menstrual cycles, medications such as birth control pills that contain hormones).
 - Lack of sleep.
 - Changes in weather or altitude.
 - Overuse of pain-relieving medications.
- If you can identify a trigger, try to avoid it. Some people also find that alter-

native treatments help. These include biofeedback, yoga, acupuncture and massage.

But some people get frequent and severe migraines no matter how well they avoid triggers. **If your migraine attacks are severe, do not respond to treatment or occur more than four times a month, look into the following preventive treatments:**

- **TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION (TENS).** The FDA approved the first TENS device for migraine prevention in 2014. Placed on the forehead, it applies an electrical current that stimulates nerves in the brain that process pain.
- **PREVENTIVE MEDICATIONS.** Several types of medications are used to reduce the frequency of migraine headaches. These include beta blockers, tricyclic antidepressants, calcium-channel blockers and anticonvulsants.

There are some studies that suggest taking low-dose aspirin every day may reduce the frequency of migraines. I suffered from migraines in my 30s, and daily low-dose aspirin has eliminated them nearly completely.

On my website, AskDoctorK.com, I've put a table listing examples of each type of drug that has been well studied. These medications must be taken every day to be effective.

- **BOTOX INJECTIONS.** If you experience more than 14 migraines per

month, botulinum toxin (Botox) injections may help reduce their number.

- **NEW APPROACHES.** One of the most anticipated new treatments (still in clinical trials) involves biological compounds that target CGRP, a chemical in the body that inflames nerve endings. It is also a strong blood vessel dilator. As blood vessels widen in response to CGRP, they press on nerves that trigger pain. It's a vicious cycle: When activated, the nerves release more CGRP into the blood-

stream. Blood levels of CGRP rise during migraine attacks and decline as headaches subside. The new treatments are designed to prevent migraines by deactivating CGRP for stretches of time.

As someone who has experienced migraines, I hope one or more of these approaches will offer relief from your pain.

Nuts and peanuts are full of 'good' fats

BY ANTHONY L. KOMAROFF, M.D.

UNIVERSAL

DEAR DOCTOR K: I love peanuts, but I try to avoid them, and other nuts, because they are high in fat. But I recently heard that eating nuts might help you live longer. What is your advice regarding nuts?

DEAR READER: Like you, I love nuts — especially almonds. To be candid, dear readers, Doctor

nuts. But all of these types of nuts contain a rich store of vitamins and minerals.

I, too, avoided nuts for years. But about 15 years ago, the scientific studies began to show that nuts (in moderation) are healthy foods. Since then, I've been snacking on nuts regularly.

Regarding your concern about the fat content of nuts: Yes, nuts are high in fat and calories. And they are also good for you. As I've said before, there are "good" fats and "bad" fats. Nuts mainly have good fats, in the form of mono- and polyunsaturated fats. And nuts have relatively few "bad" fats — artery-clogging saturated and trans fats.

A study published recently in the journal JAMA Internal Medicine found that people who ate nuts were more likely to live longer than people who didn't. The study looked at nut and peanut consumption in two large groups of people spanning geographic, racial, ethnic and income boundaries:

- 72,000 Americans, ages 40 to 79, living in the Southern United States. Most lived on low incomes, and two-thirds were African-American.
- 135,000 men and women in Shanghai, China, ages 40 to 74.

The researchers used surveys to tally nut and peanut consumption. They followed the groups for several years and counted how many participants

died and from what causes. In both groups, people who regularly ate peanuts and other nuts were substantially less likely to have died of any cause — particularly heart disease — over the study period than those who rarely ate nuts. This was true even when the researchers accounted for risk factors such as smoking, obesity, high blood pressure and diabetes.

An earlier study done at Harvard showed that nuts and peanut butter may help to prevent Type 2 diabetes. Researchers found that consuming 1 tablespoon of peanut butter or 1 ounce of peanuts or other nuts, five or more times a week, was associated with a more than 20 percent reduced risk of developing Type 2 diabetes.

Because nuts are high in calories, make your portion sizes small to keep your waistline in check.

How did I solve my discipline problem when it came to nuts? A popular grocery store chain sells nuts in small cellophane packages. I have a package almost every mid-afternoon. And, yes, most of the time, I stop at just one package. Not rational, but it works for me.

(Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.)



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FAMILY FUN DAY

IN SALEM'S BEAUTIFUL **BRYAN PARK**

SATURDAY, JUNE 13, 2015

- **YOUTH FISHING DERBY**
 7:30am-10am at Salem Reservoir — FREE
 Categories will be 4 thru 7 years; 8 thru 13 years; and, 14 thru 18 years. Prizes will be awarded in each age category. The Southern Illinois All Stars bass fishing club, will oversee the Fishing Derby. Registration begins at 7:30am at the Salem Reservoir pavilion east of the Salem Hospital.
- **TURTLE RACES**
 10:45am on the Bryan Park Basketball Courts — FREE
 Participants are responsible for bringing their own turtle(s) for competition. Limit of 2 turtles per participant. Prizes will be awarded for the smallest turtle, the fastest turtle, and the largest turtle.
- **3 POINT BASKETBALL SHOOT**
 12:30pm on Bryan Park Basketball Courts — FREE
 Participants will have one minute to shoot as many baskets as possible from the three-point line. Competition will be divided into age categories. Youth 8 years and younger will shoot at a lowered goal.
- **DOLLAR DAY**
 10am-6pm at the Salem Family Aquatic Center
 Admission will be \$1.00 for all patrons
- **INFLATABLES**
 10am-2pm — FREE
 Kim's Party Jumps will have several inflatables on the ballfield across from the SFAC.
- **HAVE LUNCH ON THE CHURCHES**
 10am-2pm — FREE
 You are invited to enjoy a FREE lunch, and MORE, compliments of the churches of Salem. Booths will be set up south of the Salem Family Aquatic Center in Bryan Park. There will be a variety of food, games and activities for the entire family to enjoy - all brought to you FREE by **The Apostolic Church of Salem, Calvary Free Will Baptist Church, Evergreen Christian Church, First Christian Church, First Baptist Church, Grace United Methodist Church, Salem Presbyterian Church and Salem Lutheran Church.**
- **KIDS KRAFTS MADE FROM RECYCLED MATERIALS**
 10am-2pm — FREE
 Always a big hit with kids of all ages, Keep Salem Beautiful will once again be assisting children in making crafts from recycled materials.
- **FACE PAINTING**
 Sheila Halterman will be in Bryan Park sharing her Face Painting Talents!
- **PICKLEBALL AND COOKIE PAINTING**
 A Salem industry, Americana Building Products, will have a booth set up near the Bryan Park tennis courts, with cookies for kids to "paint" and Pickleball! USA Pickleball Ambassadors will be available to demonstrate and teach you the newest sport. Played on a smaller court with a perforated ball, Pickleball combines badminton, ping pong and tennis for a great new sport that appeals to all ages!
- **ROOTS IN BLUE**
 6:30pm on the Bryan Park Band Stage
 This is a six person high-energy folk group, with a strong Celtic rock influence. In case of inclement weather, this concert will be moved to the Salem Community Theatre at 119 South Broadway in Salem.

For additional information on Family Fun Day in the Park, call Salem City Hall at 548-2222 or check the City's website salemil.us.