

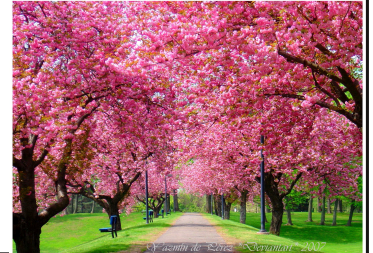
FAST Times for SPRING, 2015

Functional Amputee Support Team

of Orange County, California - Vol. 22 (WINTER - 2014) No. 04 - Page 1



RAMBLINGS by Bill



Wow, I can't believe that it's already the end of March, and almost April!

We have had some interesting speakers this year. We started the year with Bruce Kaloski who spoke on the use of hypnotherapy in dealing with limb loss. It was very interesting according to the people who were there. I was sorry to miss it, but my driver (Nancy) was sick and therefore, we couldn't make it.

Next up was Rick Myers who spoke on selecting a prosthetist. Interesting topic since he is one. By the way, he moved his office in February to 9272 Jeronimo, Suite 106. I mention this because he is an advertiser in ***FAST Times*** and hasn't gotten a new ad with the correct address to us yet.

February 14, Hobie O'Connor spoke on the new vacuum leg that he is now making. Jake Bearden is his new model and is very happy with it. (No more Saran Wrap for her).

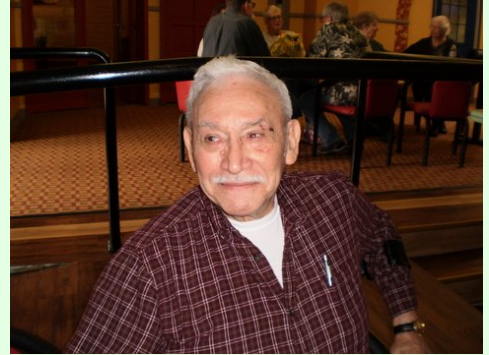
February 28 marked our first time this year bowling at Tustin Lanes. While we didn't have too many bowlers because of injuries to some, the ones who bowled had a "ball". We had some new amputees and their families join us that day which is always gratifying. The winner in the amputee division for the second time was Dick Fuller, and in the non-amputees, Estela Aguilar won. My congratulations to both of you.

On the home front, I am getting to wear my leg after 20 weeks. I can finally get my life back. My thanks to Nancy for nursing me and looking after me. In addition, she is a great chauffeur. As an aside, on March 4 we celebrated our 49 anniversary.

By the way, we are always in need of speakers so if you know of anyone who could spare a Saturday morning to share with us, please let me know
Thanks again and look forward to seeing you at ***FAST***.

Bill

2015 BOWLING PHOTOS



Dr. Devon Glazer, DPM, FACFAS


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FAST CALENDAR FOR 2015

Jan 10 - Bruce Kaloski – Hypnotherapist 714-448-6171
Jan 24 - Rick Myers
Feb 14 - Hobie O’connor
Feb 28 - Bowling at Tustin Lanes
Mar 14 -
Mar 28 - David Myers – to discuss what is covered by insurance
Apr 11 - Christy of OCFD
Apr 25 - Rod Cuervo – Mission Prosthetics
May 9 -
May 23 -
Jun 13 -
Jun 27 -
Jul 11 -
Jul 25 -
Aug 8 -
Aug 22 -
Sep 12 -
Sep 26 -
Oct 10 - Picnic
Oct 24 -
Nov 14 -
Dec 12 - Holiday Party



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Wow! Toilet Paper is so interesting, *By Kenn Fischburg, owner, "Toilet Paper World.."* "Civilization and sanitation run hand in hand. The quality of one is measured by the quality of the other." People in the U.S. demand the best. Toilet Paper, Toilet Tissue and Bath Tissue are different names for the same product. Here is a take on one of the most important advancements in modern history. (from their website)

Buying toilet paper can involve many decisions that can be overwhelming. There can be a different number of sheets on a roll of toilet paper. The size of a sheet of toilet paper varies between brands. There is two-ply and one-ply toilet paper. One brand of toilet paper is thick while another brand is thinner. And the price! Most people have a preference. Mine is the one that is most comfortable. "It's like fine wine, there are many selections and many are excellent."

What did people use before toilet Paper?

The Romans used rose pedals, Scots used sheep fur, sailors used the knotted end of a line, Indians used moss and leaves, early Americans used corn cobs, and then came pages from the Sears catalog and The Old Farmer's Almanac which hung in the outhouse (note the hole in the corner of the catalog), Chinese used paper first made in 1353, ocean water.

Which brand is best?

Most people have a brand preference while others have a two-ply vs. one-ply toilet paper preference. Others say "get me the cheapest" and others say "I don't care as long as it works". Some are folders and some are clumpers. For me, I believe this is a place to be happy, use the best. Quilted Northern has a new three-ply Ultra paper. Wow it's really thick and soft. Almost like a cotton towel. Charmin Ultra Soft is beautiful; soft and strong and with less lint. The Kimberly-Clark Cottonelle two-ply toilet paper is great paper. It's very absorbent, soft and strong yet not as thick and bulky. And of course Scott toilet paper makes a perfect two ply and a great one ply. I'm an Ultra guy.



Know your dispenser

First, what dispenser do you have? Toilet paper goes on a dispenser that might be different for your home and business. The regular standard toilet paper fits all regular household dispensers: fewer than 500 sheets of two ply. Check your dispenser to see if it requires a specific brand or accommodates a longer length.

What makes toilet paper better?

Different brands of toilet paper have a different performance. At ToiletPaperWorld we judge toilet paper by how well it absorbs liquid, how comfortable it is on your skin and the wet strength which eliminates breaking just at the wrong time.

History

Toilet paper on rolls was created for sale at the end of the 1800's by the Scott brothers in Philadelphia. First, toilet paper was created as a cut sheet and sold by a pharmacist in New Jersey, Joseph Gayette, as hemorrhoid relief. He coated the paper with soothing aloe. The Scott brothers sold the toilet paper to fine hotels and private labeled the packaging for the Waldorf Hotel and others. In the 1950's two-ply toilet paper was created. For more info: go to Toilet Paper encyclopedia

What is toilet paper used for?

Toilet paper is used for many purposes from personal cleansing to packaging. Besides the obvious bathroom application toilet paper is used by ladies for eye care and makeup removers. In some cases toilet paper is used as a soft and clean packaging product. Also, toilet paper is used as a fine-quality cleaning wiper.

What is toilet paper made of?

Toilet paper is made from virgin wood fibers or from a combination of recycled paper pulp mixed in water with chemical sulfates to help it break down, starches that create wet strength and chemicals to make it white.

The Sheet size

The size of the sheet on perforated toilet paper varies from one brand to another. Why? To make money. Originally, the size of 4.5"x4.5" was the standard. That size was just right for a sanitary and safe application. In the 1980's, the "cheater sheet" was created to fool you into thinking you are saving money because the roll of toilet paper is cheaper, you aren't.

One ply versus two ply versus Ultra

Two ply is simply two "one ply" sheets attached. This can be a very confusing marketing message. Originally, toilet paper was a one-ply sheet of paper rolled up on a cardboard core. In the 1950's a manufacturer created a method to roll and attach one-ply paper together to make a thicker "two ply". Recently, manufacturers have created "thicker" toilet paper with a new "air blown" process. This new "Ultra" type toilet paper is not really two plies that you can separate but rather a nice thick toilet paper. What is confusing is that the marketing message calls this new "thick" toilet paper two ply indicating it's thick but it is not really two single sheets (plies) that are attached. That's the inside scoop.

Which toilet paper is most economical?

A good one ply like Scott is generally the most economical as it has twice the number of sheets on a roll. The answer is based on how much you use to do the job. The new Ultra paper is very absorbent and people use less. My answer is "get the best, you will use less and be happier". You only spend about \$30/year for toilet paper per person. Don't skimp.

Clogging pipes with toilet paper

All modern toilet paper is made to break down fast after it hits the water. The new technology Ultra thick two and three-ply toilet paper is great and breaks up just fine in the septic system but if the person uses too much and lets it sit a while lingering on the toilet and doesn't bother to flush there is a higher risk of clogging the toilet. So, flush if you're going to hang out for a while. Teach the kids to flush and don't use so much!

Long length toilet paper rolls

Toilet paper is packaged onto long length rolls for high use bathrooms, mostly for public business areas. The main purpose is to "not run out". Janitors can reduce the number of times they have to visit the stall to replace a new roll. This toilet paper quality is "business" quality. It's not the Ultra household brands. Look for the good quality otherwise people get mad and roll out 4 feet of the thin stuff.

Coreless toilet paper

This is a recent advancement. Toilet paper that is rolled up but has no cardboard core is "coreless". This eliminates the cardboard core being dropped on the floor or flushed down the toilet. It saves maintenance time and eliminates clogging toilets. It requires a special "coreless" dispenser from the specific manufacturer. It is a neat advancement. Kimberly-Clark and Scott make an excellent quality.

"Get the best and forget the rest"

Apple Car: Please, Mr. Cook, Think Different, by John C Abell, Feb 17, 2015, Senior Editor, LinkedIn i%Former at Wired i%Former Reuters Columnist i% Founding editor, reuters.com,

It's tempting to imagine Apple getting into the car business. How tempting? A Wall Street Journal article speculating that the company might do so because it has hired many car industry veterans became the (latest) focal point for a lively discussion on the pros and cons. USA Today threw some cold water on the report by heavily quoting analyst Tim Bajarin, who thinks that buying Tesla, that is would be smarter than building, and that, anyway, this is more a play for the dashboard, a CarPlay on steroids, than an opportunity for Tim Cook to channel his inner Elon Musk.

Could Apple get into the act? That one is easy. No company is better positioned in market capitalization and available cash to do, frankly, whatever it wants. Apple is still minting money with the iPhone. Smartphones have only just outsold feature phones globally and Apple has only just begun to tap the massive China market. History may be repeating itself in Japan, which gave up the gun to extend the era of the samurai, but that nation's fascination with feature versus smart phones is an outlier. Smartphones are eating the world.

But when a company is as dependant as Apple is on a single product and even when it isn't it's smart to think about what else it can get into. Google is today's big tech poster child for the need to diversify; it is still making a fortune on ad revenue but its business model is based mastery of the web. In mobile where we are all going Facebook seems to be doing a better job of conquering the market.

Apple has been associated with car talk for years. Fascination with an Apple Car was almost a death bed confession from Steve Jobs himself, who, in one of his final interviews, told the New York Times he would have wanted to take on Detroit if he "had more energy." Sightings of unmarked, self-driving minivans, at least some of which registered to Apple, have proliferated lately, fuelling speculation that Apple is interested in pulling a Musk. Even better: kicking the tires sticks it to arch-rival Google, which has a mature self-driving program as well as aspirations to be the operating system of your car.

But Apple may be better, this time, backing every horse instead of its own. The battle for the car, like the battle for the living room, is about what's loosely called the "Internet of Things (IoT)." It's about muscling in with hub-like device which connects and controls other things. Like a smartphone.

Apple has already introduced CarPlay, which gets its nose into the tent. Wouldn't licensing lightening connectors and a version of iOS in every car — cashing a check — be smarter than overcoming the barriers to entry for an industry where billions are needed to get to the start line? Wouldn't licensing an "Apple Edition" with one or more manufacturers be an effective way of owning the part of the car you want, and not the parts you don't? (Similar to how Apple dipped its toe into mobile phones before launching the iPhone.) Wouldn't limiting the innovation required to a component you completely control be more elegant and manageable than the whole, unwieldy beast? Wouldn't being the brains be enough to take credit for every car which contains yours?

Turning the iPhone into an enabler of tech moves its paradigm into the nascent IoT space. It's a way of extending the strength of a powerful revenue engine without reinventing the wheel. Diversifying the iPhone could be Apple's Next Big Thing, not a big thing on wheels.

Tim Cook is no fool. He believes in big bets, but not blind ones. Neither EV or self-driving cars are mainstream and it isn't clear that either ever will be. But Apple can power and enhance that tech without getting mired in a business with fierce, experienced, successful competition. Apple is winning the mobile wars because the competition was feckless or non-existent or unimaginative. That is decidedly not a description of the car industry.



An Apple Car — something which the company makes and markets as it would a MacBook Air — seems highly unlikely. There's no obvious roadmap to any of the forms of world domination which motivates Apple. More to the point: it's not Think Different. It's almost the lazy me-tooism that drives critics who give Apple no credit whatsoever for innovation absolutely nuts.

Eating habits, body fat related to differences in brain chemistry *Co-authors Kevin Hall, Ph.D and Juen Guo, Ph.D., N.I.H. study ties eating in response to food cues to habit-forming region in obese adults.*

People who are obese may be more susceptible to environmental food cues than their lean counterparts due to differences in brain chemistry that make eating more habitual and less rewarding, according to a National Institutes of Health study published in *Molecular Psychiatry*.

Researchers at the NIH Clinical Center found that, when examining 43 men and women with varying amounts of body fat, obese participants tended to have greater dopamine activity in the habit-forming region of the brain than lean counterparts, and less activity in the region controlling reward. Those differences could potentially make the obese people more drawn to overeat in response to food triggers and simultaneously making food less rewarding to them. A chemical messenger in the brain, dopamine influences reward, motivation and habit formation.

“While we cannot say whether obesity is a cause or an effect of these patterns of dopamine activity, eating based on unconscious habits rather than conscious choices could make it harder to achieve and maintain a healthy weight, especially when appetizing food cues are practically everywhere,” said Kevin D. Hall, Ph.D., lead author and a senior investigator at National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of NIH. “This means that triggers such as the smell of popcorn at a movie theater or a commercial for a favorite food may have a stronger pull for an obese person — and a stronger reaction from their brain chemistry — than for a lean person exposed to the same trigger.” Study participants followed the same eating, sleeping and activity schedule. Tendency to overeat in response to triggers in the environment was determined from a detailed questionnaire. Positron emission tomography (PET) scans evaluated the sites in the brain where dopamine was able to act.

Dopamine signaling is thought to play a central role in orchestrating the processes of reward, motivation and habit formation. The depicted orange/yellow regions indicate where brain dopamine activity was positively related to obesity. These areas include the dorsolateral striatum which mediates the process of habit formation. The blue regions show where dopamine activity was negatively related to obesity and includes the ventromedial striatum, a brain region that controls reward and motivation.

According to the Centers for Disease Control and Prevention, more than one-third of U.S. adults are obese. Obesity-related conditions include heart disease, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death. “These findings point to the complexity of obesity and contribute to our understanding of how people with varying amounts of body fat process information about food,” said NIDDK Director Griffin P. Rodgers, M.D. “Accounting for differences in brain activity and related behaviors has the potential to inform the design of effective weight-loss programs.”

The study did not demonstrate cause and effect among habit formation, reward, dopamine activity, eating behavior and obesity. Future research will examine dopamine activity and eating behavior in people over time as they change their diets, physical activity, and their weight.

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