

# Go ahead, ladies, live to be 100...and look great

Today, actual age and physical age are two different things. For those who care for their bodies, by following the easy dietary and exercise recommendations for anti-aging, it is possible to feel and look younger without drastic measures.

Dr. Mehmet Oz, a cardiothoracic surgeon, author, and frequent guest on Oprah Winfrey's program has shared his tips for turning back the clock and boosting health in the process with Oprah's viewers. His approach is not new and can easily be adapted by anyone. Here are some top points to consider:

- Choose healthy foods: Antioxidants are found in most dark fruits and vegetables, among other things help slow down or reverse the pro-

cess of oxidation. The result can be reclaimed vitality and noticeable health improvements, such as the ability to fight against disease and certain cancers. A balanced diet will offer antioxidant-rich foods. Supplementing with a good multivitamin, such as Nutrina Vitamax, will offer consistent nutrient and vitamin intake, complementing the foods you eat.

- Seeing red: Resveratrol, a component of red wine, is a powerful antioxidant contained in the skin of the grapes. Resveratrol is also found in red/purple grape juice products as well as Ultimate Reds' blend of antioxidants. It is shown to slow down aging and increase endurance. It may also promote heart health.

- Calcium is a must: Calcium is necessary for

maintaining strong bones, which tend to become more brittle as one ages. However, taking calcium alone can contribute to constipation, which is why Dr. Oz recommends taking calcium with magnesium for optimal health. A good product to try is CalMax, which combines calcium and magnesium together in a great tasting, carbonated beverage.

- Maintain internal plumbing: Staying young also involves making sure your intestines and bowels are working properly. You'll need 25 grams of fiber a day to get the job done. Unfortunately, that's more than the average person eats. However, a supplement such as Nutranetics Fiber supports a healthy intestinal tract, colon and liver by helping to remove impurities and

cleanse gently and naturally.

- Don't forget the exercise: Moderate daily exercise that takes inches off is also an essential component to anti-aging. Many people, however, find that after a day at the office they simply don't have the energy to hit the gym. Adaptoprin Energy Formula contains Leuzea, an adaptogenic herb that helps promote increases in stamina, reflexes and concentration, making it more likely that you will be up to hitting the gym or going for that evening jog at the park.

Dr. Newton's web site offers one-stop shopping for all of the natural health products and nutritional supplements necessary to help turn back the hands of time. Visit [www.drnewtons.com/checklist.html](http://www.drnewtons.com/checklist.html) for more information.

## Here are four things women need to learn about cars

Women purchase more than half of all the vehicles on the road. But the majority of women, between 65 to 80 percent, do not do routine maintenance and repair themselves, say automotive experts and information from Road & Travel Magazine. Most women rely on a service center or another party to take care of their vehicles.

However, there are some things that every woman should know about cars and automotive repair/maintenance to keep them safe. What if

you're stranded with a flat tire and an out-of-service cell phone?

- 1. Know how to read and understand the gauges and lights on the dashboard.** These warning signals can indicate everything from low engine coolant to an air bag that's inactivated. Familiarize yourself with these lights and gauges so that you'll know if your car is trying to tell you something.

- 2. Learn how to change a tire.** Tire blowouts or flats are the leading cause of auto emergencies

on roadways. Knowing how to change a tire and having the proper tools for the job can save you time, money, and be a safer method than flagging down a stranger. A flat-head screwdriver, a lug wrench, a car jack, and a spare tire are items to have on hand.

- 3. Know how to give the battery a jump.** Another common auto incident is a battery that's died. Maybe the kids left on an interior light, or maybe a faulty switch drained the power. Either way, you'll need to get your vehicle back on the

road. This involves a set of jumper cables, some know-how on positive and negative charges, and another vehicle to provide the auxiliary power.

- 4. Learn how to change the wiper blades.** Wiper blades are a safety feature on vehicles, keeping the windshield free of rain, snow and debris. To ensure optimal vision when driving, a properly functioning set of wipers is necessary. Check your owner's manual for wiper blade sizing and then practice taking the blades on and off.



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