

Seve Ballesteros - Death of a Legend

On May 7th, 2011, the golfing and sporting worlds lost one of the greats. Severiano (Seve) Ballesteros passed away at the age of 54 due to oligoastrocytoma, a malignant type of brain tumour. Ballesteros, considered the greatest Spanish golfer of all time, was an incredible shotmaker, who combined talent with enthusiasm making him one of the most well loved and recognizable golfers of his generation.

Ballesteros was born in Spain in 1957, the youngest of five sons. Ballesteros grew up in an incredible golfing family – his 3 brothers that survived to adulthood became professional golfers – including an uncle on his mother’s side that was the Spanish professional champion 4 times. Seve turned professional at the age of 16 and burst onto the international golf radar when, at 19 years old, finished 2nd in the 1976 Open Championship tied with Jack Nicklaus behind the winner, American (and now broadcaster) Johnny Miller. For some, the taste of success at such an early age can be overwhelming and can often end a promising career. Ballesteros, on the other hand, went on to win 5 majors including the Master’s twice and Open Championship 3 times. Ballesteros had 91 professional victories including 50 on the European tour which stands as the most ever.

Ballesteros brain tumour was found after he collapsed in a Madrid Airport in 2008 after losing consciousness. It was confirmed with further testing that Ballesteros did in fact have a brain tumour which was malignant.

Tumours are generally classified as either malignant or benign. The benign tumours do not have actual cancer cells and while less dangerous, can still cause problems (and death) because they grow and can compress on other tissues around them. Malignant tumours also grow considerably and can metastasize spreading cancerous cells to other body areas making containment and subsequent treatment difficult.

The type of brain cancer that Ballesteros was diagnosed with was a mixed type of tumour known as an oligoastrocytoma as mentioned earlier. It is a mixture of an oligodendroglioma and an astrocytoma. Glial tissue is the tissue that supports and provides nourishment to the rest of the brain. Any tumours that arise from glial cells, of which there are many, are called gliomas. Oligodendrocytes are glial cells that form the covering layer of the brain’s nerve fibres while astrocytes are glial cells that store information and nutrients for the nerve cells in the brain. Oligoastrocytomas are among the most rare of the primary brain tumours with an incidence of 0.10 cases per 100000 individuals. It was, in effect, a rare tumour for a rare talent in the golfing world – a talent that was taken much too soon from us.



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Brain Teaser

Remove a letter from each of the first words in the pair and unscramble to form a colour. Use letters from the original word to find an object synonymous with the second word of each pair. The second word must include the discarded letter.

eg. calmer cord
discard the l – colour = cream,
object = lace.

energy money
doorman street
embark scratch
clearest cow
weight hairpiece
archery auto



Avoid Bacteria Spread while Barbecuing

Summer has officially arrived and with that barbecue season. The smell of beef, chicken and vegetables roasting on the BBQ is a summer staple and long-awaited following the snowy winter months and rain of spring.

Barbecuing is not free of its share of hazards however. Propane leaks and grease fires come to mind, along with the increase risk of foodborne illness from harmful bacteria. Proper, safe food handling is even more important when handling raw meat and transporting it in coolers destined for outdoor picnic/barbecues.

At home, its best to freeze any raw poultry or ground beef that won't be used within 1 to 2 days while other raw meats should be frozen if they won't be used within 4 or 5 days. All marinating should be done in the fridge not the counter. If you want to use some marinade for basting, ensure that it hasn't been in contact with the raw meat – ie. put some marinade aside for basting.

When transporting raw meat in a cooler, ensure it is well sealed and doesn't come in contact with ice water that may sit at the bottom of the cooler. This can lead to cross contamination especially if drinks are sitting in the bottom to keep

cool. A second cooler just for drinks is recommended.

Bacteria can proliferate in a temperature range of 4°C to 60°C and within two hours in this range, food can become dangerous. Keep this range in mind when storing raw meat in your cooler or fridge.



Another way to ensure that bacteria doesn't spread is to cook the meat thoroughly. Bacteria such as E. coli, Salmonella and Campylobacter are killed by heat. Colour alone is not reliable as the meat can turn brown before all the bacteria are killed. A digital food thermometer can be inserted into the thickest part of the meat or into the middle for hamburgers to make sure.

Remember to always clean your thermometer in warm, soapy water between times using it to avoid the spread of bacteria that may be left on the thermometer itself.

from Health Canada.

The Funny Bone



FISHED IN

A man was stopped by a game-warden in Northern Algonquin Park recently with two buckets of fish leaving a lake well known for its fishing

The game warden asked the man, "Do you have a license to catch those fish?"

The man replied to the game warden, "No, sir. These are my pet fish."

"Pet fish?!" the warden replied.

"Yes, sir. Every night I take these here fish down to the lake and let them swim around for a while. I whistle and they jump back into their buckets, and I take em home."

"That's a bunch of hooley! Fish can't do that!"

The man looked at the game warden for a moment, and then said, "Here, I'll show you. It really works."

"O.K. I've GOT to see this!" The game warden was curious.

The man poured the fish in to the river and stood and waited. After several minutes, the game warden turned to the man and said, "Well?"

"Well, what?" the man responded.

"When are you going to call them back?" the game warden prompted.

"Call who back?" the man asked.

"The FISH!!!"

"What fish?" the man asked.



Summer brings the warm, beautiful, weather but also Mother Nature's most amazing light show known as thunderstorms. Although thunderstorms occur throughout the year, they are most severe during the spring and summer.

Thunderstorms result as warm, moist air moves rapidly upward where it cools, then condenses, then forms clouds known as cumulonimbus clouds. The rising warm, moist air reaches its dew point, which is the point the humid air is cooled causing the water vapor to condense into water. The newly formed water droplets form ice and fall through the clouds toward the ground. The falling droplets create a huge downdraft

that become the strong winds associated with thunderstorms.

There are four main types of thunderstorms: the single-cell or air-mass thunderstorms, the multicell, the squall or multicell line and the supercell. While the multi-cell is the most common type of thunderstorm, the supercell is the most severe and powerful thunderstorm from which most tornados originate.

Lightning is the electrical discharge associated with thunderstorms while thunder is the loud bang heard as the super heated air around the lightning bolt expands at the speed of sound. Lightning occurs when an electrical charge is built up within a cloud. As the

supercooled water droplets collide with ice crystals, static electricity builds until there is enough charge to form a lightning bolt which is discharged from the cloud. A lightning bolt can be up to 5 times hotter than the surface of the sun. Although very hot, the duration is very short and as a result, 90% of people survive being struck.

There are several types of lightning including: in-cloud, cloud to ground, ground to cloud, cloud to cloud, ball lightning, cloud to air, dry, heat and upper-atmospheric. Cloud to ground lightning is the type of lightning that poses the greatest risk to people and property.

from Wikipedia

Internal Cooking Temperatures

Beef

Medium-rare	63°C
Medium	71°C
Well done	77°C

Pork

Pieces and whole cuts	71°C
Poultry	
Pieces	74°C
Whole	85°C

Ground Meat and Mixtures

Beef, veal, lamb, pork	71°C
Poultry	74°C

To convert celsius to Fahrenheit: Multiply by 9, divide by 5 and then add 32.

Did You Know???

Thunderstorms have been spotted on both Jupiter and Venus.

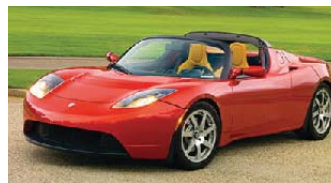
A park ranger in the US named Roy Sullivan was hit by lightning a record seven times and survived.



Mental Environmental



The latest electric car is a thing of beauty. Called the Tesla Roadster, this \$100,000 car is all electric with a carbon fibre body. The Tesla can travel almost 400 km on a single charge and can be recharged in only a few hours from almost any 120 volt outlet. First conceived and developed in 2003 in Palo Alto, California, the Tesla first hit the streets in 2008 and according to their website, www.teslamotors.com, 1500 of them can be found in 30 different countries.



Keen for Quinoa research by Dr. Erika Bell

Native quinoa is an annual plant found in South America – mainly in southern Bolivia and northern Chile – but is now produced all over the world. There are two types available – the traditional pale ivory coloured quinoa and the inca red quinoa. Quinoa is technically a fruit-seed but it is cooked and eaten like a grain. Its relatives include spinach, chard and beets. Quinoa is considered a complete protein (includes all essential amino acids necessary for protein production in the body) and is an ideal source for vegans and/or vegetarians. It is also gluten free and can be a good dietary source of protein for those with celiac disease or allergic to wheat. Its total protein content is around 16% which is higher than rice or corn but is comparable to wheat at 15%. It also contains 32-70% carbohydrates with a fibre content of 7-10%.

The main minerals found in quinoa include potassium, phosphorus and magnesium while also containing calcium, iron, fibre, vitamin E, manganese, copper, B vitamins and zinc. The calcium and iron contents (for anyone that's considered anemic) is higher in quinoa than wheat, oats and rice.

Quinoa has been found to have beneficial hypoglycemic effects and induces the lowering of free fatty acids which is great for lowering cholesterol.

Unfortunately the news isn't all good. Preparing quinoa can be a challenge due to its outer seed layer being composed of saponins and phytic acid. Saponins are toxic and bitter tasting and is a known hemolytic (destroys red blood cells). Processing quinoa to remove these elements can be done by washing with special ingredients but this reduces both its calcium and phosphorus. Phytic acid binds to the beneficial minerals which causes them to be unavailable to be used in the body.

Brain Teaser Answers
green yen
maroon road
amber rake
scarlet steer
white wig
cherry car

Services
<i>Chiropractic</i>
<i>Massage Therapy</i>
<i>Acupuncture</i>
<i>Kinesiology</i>
<i>Sports Specialists</i>
<i>Soft Tissue Therapy</i>
<i>Naturopathic Medicine</i>
<i>Diagnostic Imaging Services</i>

