

GOLF

Middlefield Men's Club

Thursday, Nov. 19
Game: 2 Best Ball

First Place -12
David Morris
Bob McCarty
Jack Doleman
Tom Arney

Second Place (tie) -11
Larry Eymann
Jim Cunningham
Gary Ingram
Jerry Pennington
Second Place (tie) -11
Ron Ackerman
Steve Erickson
Pat Rickard
Gary Sparks

Low Gross
Steve Erickson 74
Gary Sparks 75
Low Net
Tom Arney 67
Bob McCarty 68
Steve Lindholm 68
Ron Ackerman 68
Closest to the Pin
#5 Pat Rickard
#7 Al Schweitzer
#14 Steve Lindholm

Middlefield Men's Club

Monday, Nov. 16
Game: 3-2-1 Points

First Place (tie) 93
Frank Gates
Jim Wamsley
Leon Hayes
Bob McCarty

First Place (tie) 93
Larry Eymann
Gary Rider
Bill Avery
Gary Culp

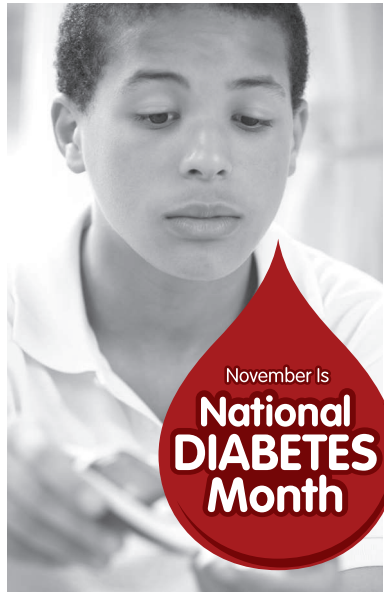
Third Place 92
Ron Ackerman
Jim Cunningham
Phil Hamilton
Frank Gates BD

Fourth Place 89
Steve Erickson
Darrell Lee
Gary Sparks
Larry Dreiling

Low Gross
Steve Erickson 71
Gary Ingram 73
Gary Sparks 74

Low Net
Gary Rider 57
Jim Cunningham 62
Larry Eymann 62
Leon Hayes 63
Phil Hamilton 64

Closest to the Pin
#5 Dave Tooker
#7 Jerry Pennington
#14 Jake Cox
Longest Putt
#16 Dave England



Maintaining healthy kidneys imperative for people with diabetes

kidneys healthy.

• Get tested. According to the National Kidney Disease Education Program, early kidney disease has no symptoms. It's not uncommon for people to feel completely healthy one day, only to learn the next day that their kidneys have almost stopped working entirely. While this sounds frightening, it doesn't have to be. All it means is people with diabetes need to get their blood and urine checked for kidney disease. People with type 2 diabetes should get tested every year, while those with type 1 diabetes should get tested every year starting five years after their initial diabetes diagnosis.

• Maintain low blood pressure. High blood pressure is another contributor to kidney disease. The kidneys actually help the human body control blood pressure, and it's important for people with diabetes to maintain a low blood pressure to avoid succumbing to kidney disease. Staying physically active, eating healthy and limiting alcohol and caffeine intake are some of the many ways to maintain low blood pressure.

• Monitor cholesterol levels. When diabetes is diagnosed, an individual's doctor will discuss a number of things. A healthy

cholesterol level will likely be brought up during that discussion. To maintain healthy kidneys, it's important for individuals with diabetes to monitor their cholesterol levels and keep them in their recommended target range. An appropriate range is almost certain to be brought up by the diagnosing physician, but if it's not don't be afraid to bring it up. The doctor might even suggest a healthier diet that helps reduce what's considered "bad" cholesterol.

• Reduce sodium intake. Cutting back on salt is a good idea for most people, but even more so for people with diabetes. Excessive sodium intake can cause high blood pressure, which can lead to kidney disease.

• Visit the doctor. People with diabetes who have their condition under control should still make routine visits to their physician's office. As previously mentioned, kidney damage is often gradual and without noticeable symptoms. While people with diabetes might feel they have their condition under control, there might be lingering problems of which they are unaware. Catching kidney disease early can slow its progress and keep kidneys healthy for a longer period of time.

To learn more about kidney disease, visit the National Kidney Disease Education Program at www.nkdep.nih.gov.

Monitoring and maintaining a low blood pressure is one way people with diabetes can keep their kidneys healthy.

Among the numerous side effects of diabetes is damage to the kidneys. Diabetes typically damages the blood vessels in the kidneys, making it difficult for the kidneys to filter the blood as well as they can when individuals are fully healthy.

Such damage is often gradual, occurring over many years. But damage done to blood vessels over the years can eventually cause the kidneys to stop working. That only highlights the emphasis people with diabetes must place on keeping their kidneys healthy. Fortunately, there are many steps diabetics can take to keep their

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Drinking and Driving: You Can't Have It Both Ways.



Drinking and driving is a one-way street to disaster. Stay on the right track—if you're drinking, arrange for a ride; if you're driving, stay sober. With so many celebrations during the holiday season, it's especially important to remember your responsibility to yourself, your family, your friends and your community: Keep yourself and fellow motorists out of danger by staying sober behind the wheel.

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