



## Remember in September!

September is Ovarian and Prostate Cancer Awareness Month, so here are some facts that you need to know.

### ***Ovarian Cancer***

You are most at risk for ovarian cancer if you have a family history of it, are past menopause, or have taken certain fertility drugs. Signs of ovarian cancer include feeling “full” or bloated in the pelvic area, stomach or pelvic discomfort, lower back pain, changes in bowel habits, and/or weight changes. Unfortunately, symptoms of ovarian cancer do not appear until the cancer has already spread. This is why it is so important to get yearly gynecological exams and Pap smears.

### ***Prostate Cancer***

Did you know that prostate cancer is the most common cancer in men, excluding non-melanoma skin cancers? Those most at risk for developing prostate cancer are those over 50, African-Americans, and those who have a family history of it. Early symptoms include the slowing or weakening of the urinary stream and the need to urinate more often. Detecting prostate

cancer early is crucial. The survival rate for those with cancer which has not spread beyond the prostate is nearly 100 percent. Be on the lookout for prostate cancer – make sure to get a digital rectal exam and PSA test every year starting at age 50, or earlier if you are at risk for it.



## **Making Retirement Cents**

According to a recent study by Hewitt Associates, these tips can help you save even more for retirement:

- Diversify your portfolio, but do not invest too much in company stock.
- Take advantage of an employer match – if you don’t, it’s like leaving free money “on the table.”
- Those who retire at 67 instead of 65 and put away 10% a month in their 401(k) can increase their income replacement from 85% to 107% of final pay.
- Pay attention to fees – annual expenses of just 0.25% can substantially decrease your nest egg over time.



## Organize Your Wheels!

Making sure that your vehicle is organized can make road travel a breeze. It can also assist you in the event of an accident, breakdown or emergency. Consider these recommendations:

### Glove Compartment

- Remove unnecessary items from your glove compartment; only include your car's manual, maps, an envelope for receipts, a change container for tolls and parking meters, a flashlight, and napkins.

### Visor

- Purchase a visor organizer to keep track of items that you use regularly, which may include your vehicle registration, proof of insurance, and a small notebook and pen.

### Trunk

- Empty your trunk when you return home from a trip and only keep a jack, blanket, snow brush and small shovel, emergency kit, instant tire inflator, small box of tools, jumper cables, a first aid kit, and a grocery bin to prevent items from shifting.

### Inside the Vehicle

- Purchase an over-the-seat organizer to place in it facial tissues, hand wipes, a small umbrella and activities for children.

## Don't Throw it all Away!

Americans recycled only 33 percent of 250 million tons of garbage they created in 2006, according to the Environmental Protection Agency (EPA). In light of this, you should be aware of some things you can recycle that you probably didn't know you could!

- 1) Packing "peanuts" –You can call the Plastic Loose Fill Council's "Peanut Hotline" at 800-828-2214 to find out which local recycling centers accept them.
- 2) Computers, cell phones, and other e-waste – Many electronics and appliance stores will accept used electronic equipment and cell phones.
- 3) Eyeglasses – The Lions Club and Give the Gift of Sight Foundation will collect eyeglasses, frames and cases for needy people throughout the world. Some opticians will take them as well.



*Ever think of nachos as healthy? Probably not, but try this spin on them and you may never go back to the "old" version again!*

### Nutritious Nachos\*

- Flour tortillas
- Lowfat refried beans
- Onions, green peppers, and tomatoes, chopped
- Corn (already cooked)
- Salsa
- Reduced fat or fat-free cheese, shredded
- Pinch of salt

Lightly coat tortillas with nonstick cooking oil, then sprinkle with salt. Cut into desired shapes. Bake at 375° F for 10 minutes, turning over after 5. Heat up the remaining ingredients either in the microwave or stovetop. Layer either on top of tortilla chips, or use as a dip on the side. Top with fat-free sour cream if desired.

*\*Quantity of ingredients depends on how much you want to make; use your best judgment.*