

## SECTION B

TUESDAY • JULY 19, 2011

SOUTHERN  
HOSPITALITY

## Man celebrates milestones

James Thomas "Tom" Brasell, the longest-serving member of the Downtown Exchange Club, marked another milestone recently as family and friends gathered to help him celebrate his 90th birthday. **PAGE 3B.**

## ADOPT A PET



## Teddy is a fluffy pup

Prattville/Autauga Humane Society: Hi! My name is Teddy.

I am a 3-month-old male chow mix. I have a gorgeous, soft fluffy coat, so much so that everyone agrees Teddy is the perfect name for me.

I am just as friendly as I can be, especially with children. I love to play and show off but I also love to be held. I have so much to offer my new owner — love, companionship and joy.

To learn more, call 358-2882, visit [www.ataugahumanesociety.com](http://www.ataugahumanesociety.com) or email [ataugahumane@yahoo.com](mailto:ataugahumane@yahoo.com).



## Danelle wants loving home

Montgomery Humane Society: Hello! My name is Danelle.

I am a sweet 18-month-old female retriever mix with a pretty yellow coat.

I was rescued from a desperate situation and am now in need of a good home. I am up-to-date with routine shots, have been treated for heartworms, have a microchip and have already been spayed.

I am a nice girl who wants the chance to have a real home with people who will love me and spend time with me. I walk well on a leash and am working on simple commands.

To learn more, call 409-0622 or visit [www.montgomeryhumane.com](http://www.montgomeryhumane.com).

## HELOISE

## Tipping not just for servers

Dear Heloise: To add to your conversation about tipping: I always offer service people in my home a cold soda or water. If they deliver furniture or a new appliance, for example, I tip them a few dollars. Even the carpet cleaners and the man who cuts my grass can earn a couple of extra dollars from me by doing a great job.

By doing this, I feel like I am setting an example for others. And if those particular people ever come back to my home, I am pretty much guaranteed great service.

— Luke, via email

More Heloise, **PAGE 5B**

## EMMA WATSON

## 'Potter' star to get degree

PROVIDENCE, R.I. — "Harry Potter" star Emma Watson said she plans to return to Brown University to complete her degree.

The British actress who plays Hermione Granger in the "Harry Potter" series told *The Virginian-Pilot* that she remains enrolled at Brown even though she'll study at England's Oxford University in the fall. She said she intends to return to Providence in 2012 to complete her studies at the Ivy League school.

The 21-year-old Watson left Brown earlier this year to devote time to the final "Potter" film and other opportunities.

— The Associated Press

Health  
& FITNESS

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## BREAKING THE SILENCE: PROSTATE CANCER

Men should be aware of this sometimes silent danger

AMANDA SOWARDS/ ADVERTISER

By Allison Griffin  
[algriffin@gannett.com](mailto:algriffin@gannett.com)

In trying to raise awareness of prostate cancer, and the need for men to have annual screenings for it, Sherry Wilson wanted to reach out to a group of men who hold a high level of esteem in their communities — men who can inspire a city or town and who can bring in the crowds, week after week.

Whether it's coaches or preachers who are held in higher regard is a matter of debate, but for Wilson, director of health education and information for the Urology Centers of Alabama (UCA), the idea to reach out to Alabama's high school coaches was a great way to get the word out about prostate cancer awareness.

That's why she and Tom Moody, a urologist with the UCA, and Ron Burns, a track coach at Johnson High School in Huntsville, were in Montgomery last week.

The Alabama All-Star Sports Week came back to Montgomery for the first time in several years, and its gathering of coaches from all across the state provided a great opportunity to screen men who have the ability to go back to their communities and raise awareness among the hometown crowd.

Burns, a prostate cancer survivor, uses his experience to talk to the coaches about the importance of screenings and follow-ups.

It's a subject that most men don't want to talk about, Burns acknowledges.

"If I can share my story and help someone else, that's great," Burns said. "To say, 'guys, it's



Alabama Department of Public Health nurse Beth Nichols administers a prostate cancer screening to Alabama High School Athletic Association executive director Steve Savarese. Top, Dr. Thomas Moody talks about cancer awareness. CONTRIBUTED

nothing to be ashamed of. Let's talk about it."

## Symptoms, screenings

Screenings are important because prostate cancer may not necessarily have any symptoms, and there's no one symptom that indicates prostate cancer, Moody said.

"We don't downplay symptoms in the least," Moody said. "They certainly need to be evaluated. But a lot of times what we've heard is, 'Oh, I don't need to be checked, because I'm not having any trouble.' Sometimes those are the ones who have a problem and don't know it."

If there are symptoms, they might include frequent urination, weak or interrupted urine flow, the urge to urinate frequently at night or any kind of blood in the urine.

But these symptoms could indicate something other than can-

cer, so talking to a doctor about them is essential.

The prostate cancer screening has two parts: a prostate-specific antigen (PSA) test, which is a blood test, and a digital rectal exam. Moody said they won't perform just one; both tests are critical to getting an accurate screening.

The second part of the test, of course, is the part that turns most men away.

"Once you do it, you realize it took, what, three seconds?" Moody said. "There really isn't much to it."

Men don't get much sympathy from women, who over the course of their lifetimes undergo all kinds of uncomfortable tests and screenings.

"Women are geared to doing that, and it's part of the culture," Moody said. "We're trying to make them like women in that respect."

## BY THE NUMBERS

**240,900**  
new cases of  
prostate cancer will be  
diagnosed in 2011

**33,720**  
men will die  
of prostate cancer

**3,680**  
new cases in  
Alabama for 2011

**710**  
deaths in Alabama  
for 2011

**1.8M**  
men are survivors  
of prostate cancer

Numbers estimated by The American Cancer Society

## In rural areas

While Moody, Burns and Wilson were in Montgomery specifically for the screenings of the coaches last week, Moody and

See **CANCER**, Page 2B

## A carrot-packed treat with cookie appeal

By Alison Ladman  
The Associated Press

Cookies as an after-school snack? No trouble selling the kids on that one. Now to convince the adults.

Often laden in fat and empty calories, cookies don't often impress parents. At least not as a go-to snack to fuel growing bodies and minds. But if you're willing to bake your own, you can

turn out some delicious and appealing cookies that will satisfy kids and adults alike.

For our take on healthy cookies, we used one of the healthiest and most flavor-packed cakes for inspiration — carrot cake.

We start with a low-fat, cake-like cookie. It's plenty moist thanks to a small amount of oil (instead of butter) for healthier fats and supplement it with crushed pineapple. Using dark

brown sugar as the sweetener adds more flavor and even moisture, while white whole-wheat flour adds whole grains. Then we add oats and a few nuts for texture, a handful of spices for flavor.

And, of course, the carrots and raisins.

## Carrot cake cookies

**1 cup white whole-wheat flour**

**½ teaspoon baking soda**  
**1½ cups rolled oats**  
**1 teaspoon cinnamon**  
**1 teaspoon dry ginger**  
**¼ teaspoon ground cloves**  
**¼ teaspoon ground nutmeg**  
**2 egg whites**  
**¾ cup dark brown sugar**

See **COOKIE**, Page 3B