

Raymond James & Associates, Inc.

A PROVEN LEADER

With a commitment to meeting the needs of investors in an ever-changing economic environment, Raymond James is a proven leader in financial planning and investment research.

We pride ourselves on maintaining the tradition of quality service, integrity and hard work that has distinguished us from our peers since our founding in 1962.

Pictured: Left to Right- Rodney Smith, Gabe Harris, Mark Kirkhoff, Jeff Kirkhoff, Mike Wetzell, Pat Buckner, Steve Hall, Carrie Kelso, Gary Lewis, Pam Navratil, Jessica Belter, Nancy Stalnaker, Craig Reed, Jami McDowell, John Hickey, Tim Corman and Jim Oxley

RAYMOND JAMES
& ASSOCIATES, INC.
Member New York Stock Exchange/SIPC

1499 Windhorst Way, Suite 200
Greenwood
885-0114



FACES & PLACES

Tuesday, January 16, 2007

Products & Services

For information on how to be a part of Faces & Places, call the Advertising Department at 736-2786.



Franklin Meadows proudly presents one of its newest members.

A native from Franklin, Indiana, Keith Fechtman is the new Director of Admissions and Marketing. He graduated from Franklin Community High School and received his BA from the University of Indianapolis. He is currently working on his MBA at U of I. Keith is also currently in charge of the Physical Training program in his reserve unit at Ft. Benjamin Harrison. Keith loves spending time out in the community meeting new faces in different places. He also enjoys spending time with family friends. Keith's hobbies include exercising and playing sports. We welcome him to Franklin Meadows and he will be a great asset to the community and to us.

Franklin MEADOWS
MOVING FORWARD REHABILITATION.
AUGUSTE'S COTTAGE MEMORY CARE.
SKILLED NURSING SERVICES.
LONG TERM CARE, HOSPICE, RESPITE.
1285 West Jefferson Street
Franklin, IN 46131
317-736-9113



www.AmericanSrCommunities.com

NOW ACCEPTING CREDIT CARDS!



Pictured: Elmer Ray James, owner, & Maggie

Do Your Ducts Need Cleaned?

Your air ducts need cleaned if you have or have had:

- recent construction (dry wall dust, sanded wood floors, etc.)
- a newer home (dust from unsodded lots, trucks, etc.)

Take advantage of this introductory offer to see if your ducts need cleaned.

Do your ducts need cleaned?
FREE
Video Inspection
\$69 value!
offer expires 12/31/06

Air Cleaning Experts, Inc.

889-1099

toll free 866-903-3828



FACES & PLACES

For more information on our weekly Faces & Places, call 736-2786. One of our account executives would be happy to assist you with your advertising needs.

DAILY JOURNAL

The newspaper you need to read.

2575 North Morton, Franklin
thejournalnet.com



ALL ABOUT HEALTH

FOR HYGIENE, ALSO REMEMBER GOOD OLD SOAP AND WATER

By the faculty of Harvard Medical School

Q: Do alcohol-based hand sanitizers work as well as regular hand washing?

A: Alcohol-based rubs, sold as "hand sanitizers," are the hot new products in hand hygiene. Purell is the most popular brand-name product, but you'll pay considerably less if you buy a store-brand version. The big advantage of the alcohol-based cleansers is that you don't need water (you just rub the stuff on your hands) or a towel (the alcohol evaporates, leaving your skin dry). So rubs can be used anywhere.

In theory, alcohol-based hand sanitizers are more effective than antibacterial soaps. That's because alcohol changes the shape of proteins that are crucial to the survival of bacteria and viruses. In most studies, alcohol-based cleansers lowered bacterial counts on hands better than plain soap, several kinds of antibacterial soap, and even iodine. In the United States, most of the alcohol-based hand cleansers sold to consumers are 62 percent alcohol. By itself, alcohol would severely dry out your skin, so various skin conditioners are added to maintain moisture.

But don't give up on plain old soap and water just yet. For one thing, soap and water is far better at removing dirt. Rubs are better for bacteria and viruses, but to be effective, they must come in contact with all the surfaces of your hands -- back, front, in between the fingers and so forth (see illustration). For that reason, studies have shown that using small amounts (about the amount in a single squirt of sanitizer, or roughly 0.5 milliliters) is really no better than washing with plain soap and water. So keep in mind that the way we actually use alcohol-based products may not be leaving our hands quite as germ-free as we suppose.

On the other hand (pun intended), the convenience of rubs may encourage people to clean their hands more often, especially when they're on the go, so hand hygiene might improve overall.

Experts says there's usually no need to use alcohol rubs at home because regular soap and water are readily available and do the job just fine -- provided you

take the time to do it right. In studies, washing hands with soap and water for 15 seconds (about the time it takes to sing one chorus of "Happy Birthday to You") reduces bacterial counts by about 90 percent. Spend an extra 15 seconds, and bacterial counts drop to nearly zero. Few of us wash our hands that long -- 5 seconds is more like it. One reason you're supposed to use cool or lukewarm water is to increase the chances you'll wash them a little longer. Hot water is also zore damaging to skin.

Soap and water don't kill germs. Instead, they work by mechanically removing them from your hands. Running water by itself does a pretty good job of germ removal, but soap increases the overall effectiveness by pulling unwanted material off the skin and into the water. In fact, if your hands are visibly dirty or have food on them, soap and water are more effective than hand sanitizers because the proteins and fats in food tend to reduce alcohol's germ-killing power. This is one of the main reasons soap and water is still favored in the food industry.

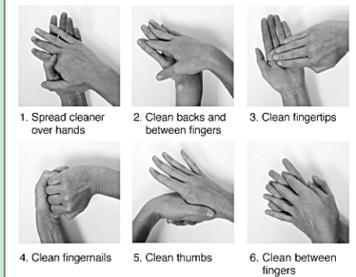
Even people who are conscientious about washing their hands make the mistake of not drying them properly. Wet hands are more likely to spread germs than dry ones. It takes about 20 seconds to dry your hands thoroughly with paper or cloth towels, and 30 to 45 seconds using an air dryer.

Americans claim they are conscientious hand washers. But when the American Society of Microbiology and a trade association group observed people in public restrooms (in stadiums, train stations, etc.), they found that only 75 percent of men washed their hands. Women weren't perfect, but at 90 percent, they did better than men. Remember, though, that you can overdo your hand washing. Our hands are not meant to be sterile objects. Having some bacteria on the skin is perfectly natural. And the "resident flora," as the experts call these normal bacteria, is probably healthful. Frequent hand washing, even with mild soap, can damage skin, worsening cuts and causing cracks that can harbor even more bacteria. Dry, damaged skin may also spread germs more easily because it flakes off, taking bacteria with it.

How often should you wash your hands? There's no set frequency; it really depends on your activities. Must-wash occasions include after using the bathroom, before eating or preparing food and after being with someone who's ill, particularly if he or she has a respiratory or gastrointestinal infection.

The bottom line: Both alcohol rubs and plain old soap and water can reduce your risk of infection. Use whichever you prefer -- as long as you use it often and properly.

Six steps to super-clean hands



When using alcohol-based hand sanitizers, don't skimp. Use at least two or three squirts and pay close attention to all the surfaces of your hands, as shown above. When washing with soap and water, follow these tips:

- Don't be in such a hurry. It takes about a minute to properly wash and dry your hands.
- Don't scrub. Scrubbing can damage skin, especially if you do it a lot. The resulting cracks and small cuts give pathogens a place to grow.
- Keep your fingernails short. Bacteria like the area under our fingernails. Long nails make it more difficult to keep those areas clean.
- Use hand lotions, especially during the winter. Keeping the skin of your hands intact is essential to good hand hygiene.

© 2007 President and Fellows of Harvard College.

Rx We've Got The Prescription For All Your Health Care Needs!

Certified Home Health Care Consultants

Henderson Pharmacy & Home Health Care
100 E. Jefferson St., Franklin
736-5631
Your Community Health Source
Home Medical Care Services is Accredited by the Equipment & Services (Home Care) Community Health Accreditation Program

INTRODUCING YOUR #1 ORTHOPAEDIC TEAM...
THE ONE AND ONLY ORTHOPAEDIC TEAM YOU NEED TO KNOW.



Greg T. Hardin, MD Total Joint Replacement, Sports Medicine
Douglas A. Flory, MD Foot & Ankle Surgery, Sports Medicine
James M. Karpasak, MD Joint Replacement & Spine
Scott P. Olvey, MD Hand, Wrist & Elbow Surgery, Total Shoulder Replacement, Neck & Back Surgery
James K. Cole, MD Minimally Invasive Neck & Back Surgery



Timothy J. Williams, MD Total Joint Replacement
David A. Levin, MD Minimally Invasive Neck & Back Surgery
John N. Lomas, MD Back & Neck Pain, NCS & EMG
Tompason Lee, MD Back & Neck Pain, NCS & EMG
Chas. Smith, MD Pain Management and Anesthesiology

317-888-PAIN
St. Francis South Campus
8141 S. Emerson Ave., Ste. A
Indianapolis, IN 46237
(317)888-1051 or 1-877-468-5337
Greenwood Corners
8711 US Hwy 31 S.
Indianapolis, IN 46227
(Beside Krispy Kreme)

Center for **Orthopaedic Surgery & Sports Medicine**
www.gotpain.org

ointments scheduled within 24-48 hours.



Richard W. Jackson, M.D.
Kevin E. Julian, M.D.
Kurt R. Martin, M.D.

GENERAL ORTHOPAEDICS
as well as Joint Replacement, Arthroscopic Procedures & Fracture Care



1550 E. County Line Rd • Suite 200
Community Hospital South Campus
(317) 497-6497

For More Information About Advertising on This Page, Please Call 317.736.2730