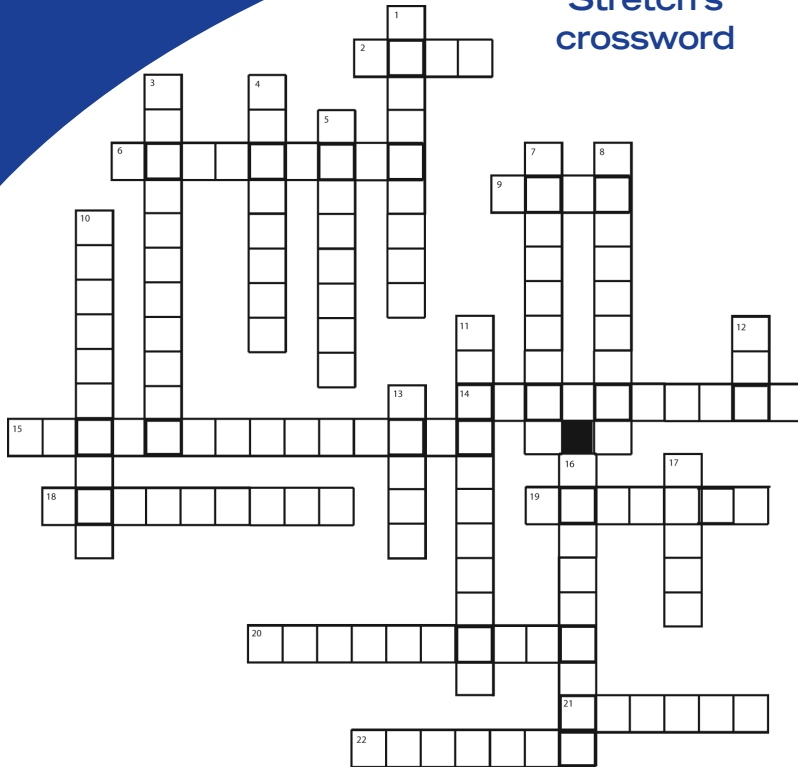




# Stretch's Corner

## for Adults

### Stretch's crossword



#### ACROSS

- 2 Number of golf leagues offered at Eagle Bend
- 6 Something the Forestry Division sells every April and October
- 9 Cost to use the weight/cardio rooms at city recreation centers
- 14 A fun run held at Haskell Indian Nations University every November
- 15 Rocket Park is the nickname for this park
- 18 This park houses a skate park
- 19 Program offered by Prairie Park Nature Center
- 20 One of three cemeteries in Lawrence
- 21 The Brown Bag Concert Series is held in front of this downtown business
- 22 Something you can do at an aquatic facility

#### DOWN

- 1 The Murphy-Bromelsick House resides here
- 3 Program held the day after the Outdoor Aquatic Center closes for the season
- 4 A sport offered by the Adult Sports Division
- 5 Something you can do at Centennial Park
- 7 Watson Park's nickname
- 8 The month the Fall Arts and Crafts Festival is held
- 10 South Park Recreation Center was known as this in the 1990s
- 11 Former name of the Japanese Friendship Garden
- 12 The number of *Activities Guides* LPRD produces yearly
- 13 Name of the bald eagle at Prairie Park Nature Center
- 16 A place where trees are cultivated for educational purposes
- 17 This is a rental facility, as well as the Lawrence Visitor's Center

#### Feet by the numbers

**26** Number of bones in each foot. Only your hands have more (27 in each).

**125,000** Number of sweat glands in the foot (regulators of body temperature). The highest concentrations in the body are found in the soles and palms.

**40** Number of times thicker skin is on the heel compared to the rest of the body.

**40** Pairs of running shoes (in millions) sold in the U.S. market in 2008.

*Source: Runner's World*

#### Common foot problems

##### Achilles tendinitis

**Cause:** A sudden increase in activity or intensity causes inflammation of the tendon that connects the calf to the heel.

**Fix:** Rest; ice; consider wearing a heel lift in running and regular shoes to keep the tendon from overstretching.

**Prevention:** Gradually increase mileage and hill work.

##### Blisters

**Cause:** Combination of friction and sweat. The body recognizes irritation caused by friction and releases fluid beneath the top layer of skin to protect the injured skin.

**Fix:** Leave it alone. If painful, rub it with alcohol to remove dirt, and then use a small pin (dipped first in alcohol to sanitize it) to pop a tiny hole in the middle. Don't peel the blistered skin off.

**Prevention:** Wear socks made of wicking fiber.

##### Calluses

**Cause:** Repetitive pressure caused by overpronation creating areas of thick skin below second midfoot bone.

**Fix:** During or after bathing, rub calluses with a pumice stone or washcloth to help remove toughened skin.

**Prevention:** Wear stability or motion-control shoes.

##### Bunions

**Cause:** Pressure from overpronation causes swelling at the joint of the big toe, which forms a bony protrusion.

**Fix:** Wear orthotics, stability shoes or motion-control shoes.

**Prevention:** Wear shoes — both running and regular — that have a wide toe box.

*Source: Runner's World*