Legals

LEGAL NOTICE
ESTATE OF
Rita Y. Verolini

The said Rita Y. Verolini, having died May 21, 2020, and Letters Testamentary having been issued to Beth A. Price, by the Register of Wills of McKean County, Pennsylvania, all persons indebted to said estate are requested to make payment and those having claims to present them without delay to:

Beth A. Price,
Executor
c/o Stanley E. Pecora Jr.,
Attorney at Law
71 Main Street,
P.O. Box 548
Bradford, PA
16701

Advertise your Legal Notice in The Bradford Era 814-368-3173 or Classified@bradfordera.com

Legals

LEGAL NOTICE
USDA FOREST SERVICE
ALLEGHENY NATIONAL FOREST
OPPPRTUNITY TO COMMENT
YETTE PROJECT

The Bradford Ranger District has prepared an environmental assessment for the Yette project. An opportunity to comment begins when this legal notice is published in the Bradford Era, and ends 30 days after publication occurs.

The project is located in McKean County (Hamilton, Hamlin, Lafayette, and Wetmore Townships), Pennsylvania. The proposed action includes, but is not limited to, timber harvesting, reforestation improvements, invasive plant treatment, wildlife habitat improvements, aquatic restoration, and road management. A draft decision notice will be prepared after this comment period ends. Eligible parties may object to the draft decision under the procedures identified at 36 C.F.R. part 218.

• To be eligible to object, an individual or entity must submit timely and specific written comments during a designated comment period. This comment period, and the earlier scoping period, are both considered designated comment periods.

• Comments must be within the scope of the proposed action, have a direct relationship to the proposed action, and include supporting reasons for the responsible official to consider. They must also identify the title of the project, and provide the name and postal address of the commenter. A signature, or other verification of identify, may also be required upon request.

• Comments must be postmarked, or otherwise received, no later than 30 days after publication of this legal notice.

Comments received, including names and addresses of those who comment, will be available for public inspection as part of the project record. They may be submitted to the responsible official in the following ways:

• **Mail**: Rich Hatfield, District Ranger, Bradford Ranger District, 29 Forest Service Drive, Bradford, PA 16701

• **Fax**: 814-362-2761

• **Email**: comments-eastern-allegheny-bradford@fs.fed.us. Electronic comments must be submitted in formats compatible with Microsoft Office and Adobe Acrobat software. Please include "Yette project" on the subject line, and include your name and physical mailing address with your comments.

• **Phone**: Comments may also be provided by calling 814-363-6000. Normal business hours are 8:00 a.m. to 12:00 p.m. and 12:30 p.m. to 4:30 p.m., Monday through Friday, excluding holidays.

Additional information may be obtained online at http://www.fs.usda.gov/project/?project=57537, or by contacting Wendy Andersen, NEPA Planner, 814-728-6165.

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To Your Good Health

BY KEITH ROACH, M.D.

Squeaky hip joint likely aggravating, but not dangerous

DEAR DR. ROACH: I'm 69 years old. I take no medications, and I'm in very good health. Fifteen years ago, I had a hip replacement and now it is starting to squeak when I walk.

It is a ceramic socket and a titanium ball. Is there any kind of cream I can rub on my hip or an injection I could get to lubricate the joint? When will I know that I absolutely have to get my hip replaced? -- P.F.

ANSWER: I can understand why the squeaking noise could be very annoying or troubling, but most often the squeak does not indicate a problem with the joint.

Unfortunately, there is no cream you can rub on that can get into the prosthetic joint, and no lubricant that can be injected will stay in long enough to effectively treat the squeak.

The main goal in evaluation of the joint is to determine whether there is damage to the prosthesis, the replacement hip. This requires a history and exam, imaging studies, and possibly blood tests or testing of joint fluid. If the joint is still in good shape (90% still are, even after 15 years), and you are moving well and not in pain, then nothing needs to be done. I would strongly advise against surgical revision of the joint unless there is a clear reason to do so. The presence of symptoms, especially pain, is the primary reason to do a surgical revision of the hip, which is generally a more difficult surgery than the initial replacement.

DEAR DR. ROACH: I've been taking the statin Zocor for the past 30 years. I understand that one of the side effects is diabetes. I will be 84 in August, and I have a family history of diabetes. Last year, my A1C reading put me in the prediabetes range. I have remained active by walking, using small weights, etc., and I watch my calorie intake. I weigh 199 pounds at 5 feet, 11 inches tall. I was disappointed with a follow-up A1C reading because I thought my actions would take me out of the prediabetic range.

I'm aware that after 65, the pancreas produces less insulin. What are your recommendations? -- R.C.

ANSWER: For most older people with diabetes, resistance to insulin is the primary reason. This is opposed to decreased insulin output, although the pancreas does lose some ability to make insulin with age. The mechanisms by which statins predispose a person to diabetes are not clear, but they probably include both resistance to insulin and decreased production.

Regular exercise and a moderate diet are the mainstays of diabetes prevention. Since you are walking and weightlifting, diet is the most likely place where you might be able to make changes. Even so, it may not be possible to prevent diabetes entirely. Visit a registered dietitian nutritionist for some personalized dietary advice.

Your body mass index, or BMI, is 27.8. A few pounds of weight lost -- I really do mean just a few pounds -- could reduce your risk of developing diabetes in the future, but you would want to lose weight the right way, through a healthy diet and regular exercise.

Even though statins increase the risk of developing diabetes in those people who are

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