



**KEITH ROACH**  
Medical Advice

## Target heart rate varies from person to person

**EAR DR. ROACH:** I'm 54 years old, 5-feet, 1-inch tall and weigh 110 pounds. I'm not medicated. I do go for a yearly physical with my MD. I exercise regularly and have done so for most of my life.

When I ride my bike outdoors, usually out for a good three hours. My heart rate averages 155, with a highest 175. I'm always still able to breathe and talk, and when it comes down pretty quickly. This is a lot higher than the target heart-rate zone for my age (116-136 according to an Internet calculator). What are your thoughts?

**ANSWER:** Target heart rate is a good example of a characteristic that varies a great deal from one person to another.

Age ranges that are published are right for many people, but not for everybody. The formula for men is even less accurate than one for men. It is particularly for athletes, who tend to have heart rates similar to those of younger women. The fact your heart rate comes down quickly is their sign of good fitness.

The best way to find your maximum heart rate is to have a supervised maximal exercise session. However, being able to talk during exercise remains a good way to be sure you are properly regulating your exercise.

**EAR DR. ROACH:** I understand THC is the active drug in marijuana. Where medical marijuana is legal, why isn't THC extended and prescribed?

It seems there would be more consistent dosage, less risk of lung disease, no secondhand smoke issues and no fire risk.

**ANSWER:** Synthetic THC has been available for years as the prescription medication dronabinol (Marinol). It is Food and Drug Administration-indicated to treat nausea associated with chemotherapy and to help people with advanced HIV gain weight. It is used to label for pain, dizziness and other symptoms. It may indeed have the benefits you mention, but many people feel that synthetic drug does not work as well as actual marijuana, which has several types of THC, not just delta 9 that is in Marinol. It is a Schedule III restricted substance. Medical opinion is divided about whether natural marijuana has benefit over the synthetic, especially if dosed and purified pharmaceutical product. In addition to the other active substances in natural marijuana, oral use is different from smoked, since any THC taken orally must go through the liver, which metabolizes it into more compounds. The

### TODAY'S BRIDGE

## The Philosophy of Defence

North dealer.

East-West vulnerable.

<b>NORTH</b>			
♠	Q 10	♠	A 4
♥	K 8 5	♥	J 10 7 6
♦	K 10	♦	A Q J 3
♣	K Q J 9 6 4	♣	8 7 2
<b>WEST</b>			
♠	6 5 3	♠	A 4
♥	Q 4 3 2	♥	J 10 7 6
♦	9 7 5 2	♦	A Q J 3
♣	10 5	♣	8 7 2
<b>SOUTH</b>			
♠	K J 9 8 7 2	♠	A 4
♥	A 9	♥	J 10 7 6
♦	8 6 4	♦	A Q J 3
♣	A 3	♣	8 7 2

The bidding:

North	East	South	West
1 ♣	Pass	1 ♠	Pass
2 ♣	Pass	3 ♠	Pass
4 ♣			

Opening lead — two of diamonds.

In the normal course of events, a player will be declarer in one deal out of four, dummy one deal out of four, and a defender two deals out of four, which means that a player is on defense twice as often as he is on offense. Despite this obvious fact of bridge life, the role of a defender does not receive anywhere near the attention it deserves. To defend well is surely as important as playing well

as declarer.

Consider this deal, which illustrates the kind of challenge a defender can encounter. South is in four spades, and West leads the deuce of diamonds. East wins dummy's king with the ace and must decide what to do next.

His proper return is the four of trumps, after which declarer must go down; with any other return, declarer gets home safely. Moreover, East should work out that the low trump return at trick two offers virtually the only chance to defeat the contract.

East should reason that West's deuce-of-diamonds lead, presumably fourth-best, marks declarer with three diamonds, all losers. East also knows from the bidding that South must have both missing aces as well as the king of spades. So it would be futile for him to play the ace and another spade to try to stop a diamond ruff in dummy. Indeed, declarer would make the rest of the tricks against that defense.

Only by maintaining control of the trump suit can East hope to stop the contract. He can't be absolutely certain that the low trump return will do the job, but he should conclude that it offers the only realistic chance to score three diamond tricks and put the contract down one.

Tomorrow: An elegant swindle.

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## OBWB celebrates Canada Water Week

Special to The Daily Courier

The Okanagan Basin Water Board and its outreach program, Okanagan WaterWise, celebrates UN World Water Day and Canada Water Week, March 17 to 23. "It's going to be a great week," said OBWB chairman Doug Findlater, adding the week-long festivities allow residents to learn more about water issues in the Valley.

"We have much to celebrate. We have amazing champions in our region, working to protect and conserve our water. We also have challenges, and learning about these and gathering more champions will serve us well."

The fourth annual Okanagan WaterWise Challenge kicked off Monday.

Corinne Jackson, WaterWise program co-ordinator said school classes and individuals throughout the Okanagan, from Kindergarten to Grade 12, are invited to 'Map their Tap' and submit multimedia entries, telling where their water comes from, and why it's important to conserve and keep it clean.

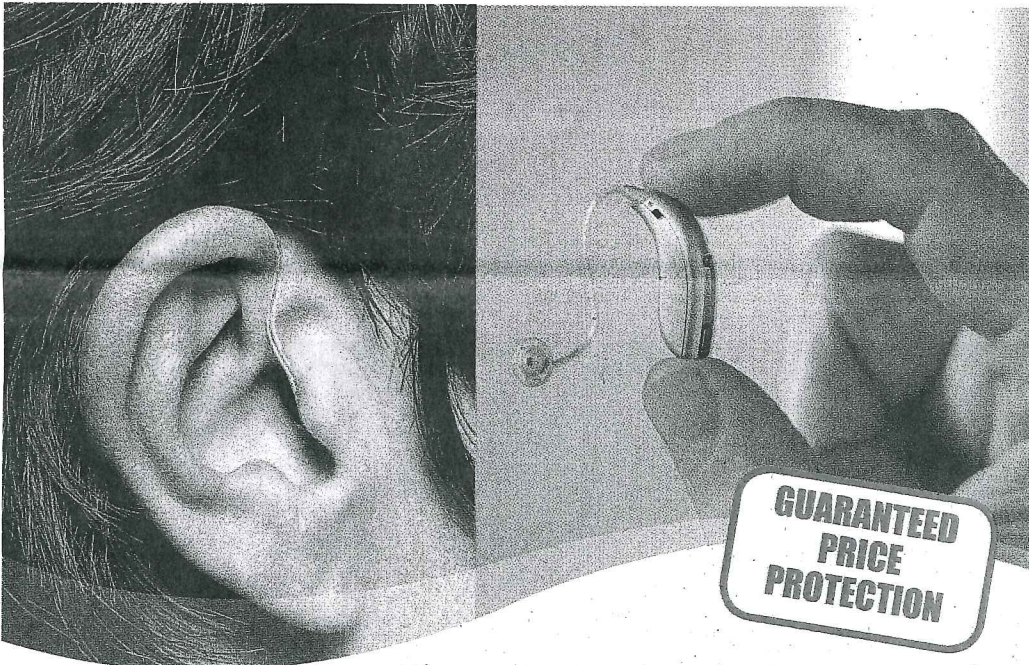
"We've found this to be a great way to engage kids in talking about water, and over the years have received some amazing submissions, including music videos, cartoon strips, posters and more," said Jackson.

Prizes include a two-hour boat cruise on Okanagan Lake for a private class lesson on Okanagan water, presented by the Okanagan Science Centre, as well as pizza parties and pool passes. For contest details, go to [OkWaterWise.ca](http://OkWaterWise.ca). Contest ends April 25.

On Thursday, Kelowna broadcaster Phil Johnson, host of AM1150's Early Edition, will be moderating the OBWB/Okanagan WaterWise's annual public forum WAVES of Change — emPOWERING Okanagan Residents for a Sustainable Future.

The panel will be held at the Laurel Packinghouse from 5 p.m. - 7:30 p.m. And is free to attend. Light refreshments will be served, but seating is limited and pre-registration is required.

Go to [www.OkWaterWise.ca](http://www.OkWaterWise.ca) for more information.



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