

Pacific Library Announces Adult Programs in August

Scenic Regional Library's Pacific branch announces its adult program schedule for the month of August.

All adult programs are free, but registration is required. People may register by calling the branch at 636-257-2712 or going online to the events calendar at scenicregional.org. Space is limited.

Mahjong is played every Monday at 10 am. The library currently has tables for both the Chinese and American version. New players are always welcome.

The book club will meet Tuesday, Aug. 13, at 6 p.m. This month's book is "Winter

Sisters" by Robin Oliveira.

Patrons are invited to check out Sandy Feller's large collection of brooches. Sandy is trying to break the world's largest collection of brooches in an attempt to get into the Guinness Book of World Records.

Her collection will be available for viewing on Mondays from 2 to 8 p.m., Tuesdays from 9 a.m. to 8 p.m. and Wednesdays from 9 to noon.

On Thursday, Aug 8, from 1 to 5 p.m., will be Take-A-Ticket. People can schedule a 30-minute appointment with Stacy Emerson, SRL's IT specialist. People can bring in their laptop, e-read-

er or cellphone and Emerson will help with any problems. She also can assist with Microsoft Office programs.

This is a very popular service that Scenic Regional offers and spaces are already limited. To schedule a time, call 636-257-2712.

On Thursday, Aug 22, at 6 p.m. will be Armchair Travel Route 66 with Joe Sonderman, who will talk about unusual and interesting sites along Route 66.

On Thursday, Aug. 29, at 6 p.m. will be Unsolved Mysteries by Laurie Osseck, who will talk about crimes, unexplained history and paranormal events.

New Program Offers Loans for Disasters

JEFFERSON CITY, Mo. (AP) — A new program will give Missouri small business owners and farmers hit by tornadoes, storms and flooding this year access to low-interest loans.

Missouri Treasurer Scott Fitzpatrick announced the program Thursday. It allows linked-deposit loans of up to \$2 million for borrowers impacted by natural disasters.

Under the new program, lending institutions will get the maximum discount allowed under Missouri law for the loans. Fitzpatrick's office says that will ensure lower interest rates for the farmers and small business owners who take advantage of the program.

Only applicants from counties with a federal major disaster declaration are eligible. Applicants must

provide proof of natural disaster damage.

Gov. Mike Parson also on Thursday issued an executive order creating a taskforce to focus on flood recovery and flood prevention efforts.

Taking Aspirin

WASHINGTON (AP) — Millions of people who take aspirin to prevent a heart attack may need to rethink the pill-popping, Harvard researchers reported Monday.

A daily low-dose aspirin is recommended for people who have already had a heart attack or stroke and for those diagnosed with heart disease.

But for the otherwise healthy, that advice has been overturned. Guidelines released this year ruled out routine aspirin use for many older adults who don't already have heart disease — and said it's only for certain younger people under doctor's orders.

How many people need to get that message?

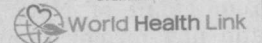
Some 29 million people 40 and older were taking an aspirin a day despite having no known heart disease in 2017, the latest data available, according to a new study from Harvard and Beth Israel Deaconess Medical Center. About 6.6 million of them were doing so on their own — a doctor never recommended it.

And nearly half of people over 70 who don't have heart disease — estimated at about 10 million — were taking daily aspirin for prevention, the researchers reported in *Annals of Internal Medicine*.

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