CELEBRATE SUMMER SAFELY

LOOKING LOVELY AS YOU AGE

PICNIC RECIPES
A Nationally Syndicated Columnist describes The Senior News on her website as “The Boomer Zine That is Hip, Slick and Cool!”

1 Year Subscription - $18
2 Years - $35 • 3 Years - only $45

Just mail in a check, give us a call or visit us on-line to subscribe! Checks, Paypal, Credit Cards, Cash, Precious Metals, European Sports Cars and The Head of the Cave Troll that keeps eating our Children accepted.

Name __________________________ Phone __________________________
Address ______________________________________________________
City __________________ State ________ Zip ________________

Call with credit card or mail check: The Senior News ☑ P.O.Box 2868 ☑ Youngstown, Ohio 44511

The Senior News
Focus for People Aged 50 and Better!

P.O.Box 2868 + Youngstown, Ohio 44511
Business Offices: 330.270.5442 + Fax: 330.286.0357
Email: Mark@TheSeniorNews.com
www.theseniornews.com

Mark Ludwick
Publisher/Editor/Janitor/Tiny Drone Pilot

Trish Ludwick
Office Manager

Support The Senior News
Subscribe!

If you find an error within The Senior News, please understand it is there for a purpose. We try to publish something for everyone, and some people are always looking for something to criticize.

The Senior News is a locally owned publication with in print and on-line versions. We will not knowingly accept any ads that are misleading, fraudulent, or unethical. We can not be responsible for typographical or press errors. Yada, yada, yada.

Materials within may not be reproduced without written permission from JAM’N Publications, Inc., Copyright 2015. Information or advertising is not a recommendation for any course of action. Opinions may not be that of the Company, blah, blah, yada.

There is humor inside these pages...how about you?

Dear Senior News!
My husband and I made a trip to Gran Rapids, Ohio to visit our daughter, son-in-law, grandson and granddaughter; plus another daughter! While there we attended the Wood County Fair. It was a great time! We enjoyed watching the kids ride all the rides. We had plenty of fair food and took lots of photos! We always take The Senior News wherever we go!
Judy Williams
Warren, Ohio

Institutional Subscription Discounts now available for multiple subscriptions delivered to your facility or business. Contact us for available discounts...

Trish@TheSeniorNews.com
330.270.5442

WHERE DO YOU READ YOURS?

SHOW US AND WIN A $25.00 GAS CARD!

Just snap a picture of you and your Senior News (like the photo above) in front of a landmark, a famous person or landscape, a sign... whatever! Then, send your photo to us at the address on the left. That’s all there is to it!

One winner per month will receive a $25.00 Gas Card from The Senior News! (Plus you get all the trappings of being famous!)

So have some fun with your Senior News...and show us all!

One entry per envelope. Winners may receive a $25.00 check in lieu of actual gas card. Contest may end without notice. Winners agree to have name and photo published and/or used in conjunction with The Senior News. Legal, legal, legal...blah, blah, yada, yada, yada.

WE’VE GOT MAIL!

IT’S FAIR TIME!

Dear Senior News!
We've got mail!

from

IT’S FAIR TIME!

The Senior News on her website as “The Boomer Zine That is Hip, Slick and Cool!”

1 Year Subscription - $18
2 Years - $35 • 3 Years - only $45

Just mail in a check, give us a call or visit us on-line to subscribe! Checks, Paypal, Credit Cards, Cash, Precious Metals, European Sports Cars and The Head of the Cave Troll that keeps eating our Children accepted.

Name __________________________ Phone __________________________
Address ______________________________________________________
City __________________ State ________ Zip ________________

Call with credit card or mail check: The Senior News ☑ P.O.Box 2868 ☑ Youngstown, Ohio 44511

The Senior News
Focus for People Aged 50 and Better!

P.O.Box 2868 + Youngstown, Ohio 44511
Business Offices: 330.270.5442 + Fax: 330.286.0357
Email: Mark@TheSeniorNews.com
www.theseniornews.com

Mark Ludwick
Publisher/Editor/Janitor/Tiny Drone Pilot

Trish Ludwick
Office Manager

Support The Senior News
Subscribe!

If you find an error within The Senior News, please understand it is there for a purpose. We try to publish something for everyone, and some people are always looking for something to criticize.

The Senior News is a locally owned publication with in print and on-line versions. We will not knowingly accept any ads that are misleading, fraudulent, or unethical. We can not be responsible for typographical or press errors. Yada, yada, yada.

Materials within may not be reproduced without written permission from JAM’N Publications, Inc., Copyright 2015. Information or advertising is not a recommendation for any course of action. Opinions may not be that of the Company, blah, blah, yada.

There is humor inside these pages...how about you?

Dear Senior News!
My husband and I made a trip to Gran Rapids, Ohio to visit our daughter, son-in-law, grandson and granddaughter; plus another daughter! While there we attended the Wood County Fair. It was a great time! We enjoyed watching the kids ride all the rides. We had plenty of fair food and took lots of photos! We always take The Senior News wherever we go!
Judy Williams
Warren, Ohio

Institutional Subscription Discounts now available for multiple subscriptions delivered to your facility or business. Contact us for available discounts...

Trish@TheSeniorNews.com
330.270.5442

WHERE DO YOU READ YOURS?

SHOW US AND WIN A $25.00 GAS CARD!

Just snap a picture of you and your Senior News (like the photo above) in front of a landmark, a famous person or landscape, a sign... whatever! Then, send your photo to us at the address on the left. That’s all there is to it!

One winner per month will receive a $25.00 Gas Card from The Senior News! (Plus you get all the trappings of being famous!)

So have some fun with your Senior News...and show us all!

One entry per envelope. Winners may receive a $25.00 check in lieu of actual gas card. Contest may end without notice. Winners agree to have name and photo published and/or used in conjunction with The Senior News. Legal, legal, legal...blah, blah, yada, yada, yada.
Tattoo Clue

As concerns about homeland security and crime rise, authorities have become increasingly worried about finding new ways to conclusively identify people, suspects and victims alike. Standard IDs like driver's licenses, passports or birth certificates aren't sufficient. They can be lost, stolen, forged or nonexistent.

Michigan State University researchers have created a new ID tool based upon tattoos.

“The number of people getting tattoos is rapidly growing,” said Anil Jain, a professor of computer science and engineering. “About 20 percent of the population has at least one tattoo.”

The percentage is even higher among certain segments of the population, such as gang members, Jain noted. The new tattoo system works much as existing computer fingerprint systems do, rapidly linking photographed tattoos with known criminals in a national database.

It can also help when an unidentified body is found.

“A body can decompose quickly, making it difficult to perform face or fingerprint identification,” said Jain. “Because tattoo pigments are deeply embedded in the skin, even severe skin burns often do not destroy tattoos. If there are distinguishing tattoos, it can be crucial evidence in identifying a victim.”

BRAIN SWEAT

Can you translate the following:
1. PumPkinPie
2. TAILR RAILT AIRTL TLRIA
3. JOBINIOB

BRAIN SWEAT ANSWER
1. Piece (Ps) of pumpkin pie
2. Trail mix
3. In between jobs

PRIME NUMBERS

2/5 — Estimated portion of global births that go undocumented
2/3 — Estimated portion of global deaths that go undocumented
3 — Net increase in human population on Earth per second (births minus deaths)

Sources: World Health Organization; United Nations

ANECDOTAL EVIDENCE

Like so many before him, would-be alchemist Hennig Brand dreamed of finding a way to manufacture gold. His secret ingredient: urine. Brand stored dozens of buckets of the liquid in his cellar in 1669, hoping that they would somehow transform into something golden (in a profitable sort of way).

Instead, the goo eventually and spontaneously burst into flame as nature separated the materials, revealing the element phosphorus. But phosphorous soon became a valuable ingredient in everything from matches to fertilizer and steel.

Urine continued to be a primary source of raw material for phosphorous until 1769, when Swedish chemist Carl Scheele developed an industrial process to make it. Scheele, incidentally, was a chemistry pioneer, discovering elements like chlorine and nitrogen and compounds like glycerin and prussic acid. He died in 1786 at age 43, due in part perhaps to his habit of tasting his toxic discoveries.

QUIRKS OF NATURE

A rat's front teeth grow 4 1/2 to 5 1/2 inches each year. Rats wear their teeth down by continuously gnawing on everything and anything available, from wood and bricks to lead pipes and other animals.

JUST ASKING

If artificial intelligence exists, what about artificial stupidity?

WHAT IS IT ANSWER

A camel spider, which isn't in fact a true spider but belongs to a related order called Solifugae. Camel spiders (which are also called wind scorpions and sun spiders) are found in warm, arid habitats, including almost all desert regions except in Australia. Some species grow to be 6 inches in length, but most are much smaller. Their most distinctive feature is a pair of oversized chelicerae, which form a powerful pincer that Solifugae are carnivorous, feeding primarily on termites, darkling beetles and other small arthropods. They do not normally attack humans, contrary to myriad urban legends crawling about the Internet.

POETRY FOR SCIENTISTS

If I gave you my genome to play with,
Would you deem me as someone to stay with?
Or would you scramble my genes,
Like tossed salad spring greens,

Just to see all the sequences
I'm made with?

ANTHROPOLOGY 101

In India, members of the Bonthuk caste would add a bound pig to the orchestra playing at a wedding. It was thought that the pig's squeals helped frighten away evil spirits, assuring a good marriage.
OSTEOPOROSIS AND HIPS

Osteoporosis is the major risk factor of fatal hip fractures in men

Dr. David Lipschitz

I was recently asked to see a male patient in his early 80s who, four months before, had fallen in his bathroom and broken his hip. Two days later, hip surgery was performed. After the operation, he became agitated and confused, was unable to urinate, and required a catheter. He spent three months in a recuperative care unit in a nursing home. When I first saw him, he was wheelchair-bound and markedly underweight and required help with bathing, feeding and grooming. Two weeks later, he developed an upper respiratory infection, which led to severe pneumonia, and he never recovered.

The hip fracture ended his life. Thirty percent of hip fractures occur in men; over 50 percent never walk again, and 37 percent die within a year. In reviewing his X-rays, it was clear that he had severe osteoporosis. This finding is particularly important, as the risk of a life-threatening fracture is 80 percent more common in anyone with osteoporosis.

Osteoporosis is generally thought to be a woman’s disease, yet men frequently suffer from bone loss, as well. Both men and women increase bone strength until they reach early adulthood. Thereafter, bone strength remains stable until the early 50s, when both men and women lose an average of 1 percent of bone annually. Many women have accelerated bone loss around menopause. In general, the bone strength of an average 70-year-old woman is equal to that of an 80-year-old man. In other words, men develop osteoporosis but 10 years later.

Currently, men who have no risk factors for osteoporosis should not be screened for the disease. However, there are many risk factors that should make a physician screen for osteoporosis in an older man. Anyone who has a long history of smoking is at greater risk. Certain drugs can lead to osteoporosis, including corticosteroids, anticonvulsants, some cancer drugs, and medications to lower testosterone levels. Also, long-term use of proton pump inhibitors (such as omeprazole), which are used to treat gastroesophageal reflux disease, increases the risk. Men with low testosterone levels, long-standing kidney or liver disease, and a lifetime of inadequate exercise and calcium intake are likelier to have osteoporosis. Men with a strong family history of osteoporosis and fractures should also be screened.

Far and away the most important risk factor is advancing age. In the future, I would not be surprised if all men at age 80 are advised to have a scan to look for osteoporosis.

Many experts are warning that as the baby boomer generation reaches the age of 80 and beyond, there will be an epidemic of fatal hip fractures in men with osteoporosis. For this reason, it is now recommended that more attention be given to the bone health of men. Many recommend that from age 60 onward, men be screened for low testosterone and vitamin D deficiency, both of which contribute to a higher risk of osteoporosis.

Men must also ensure that they have adequate calcium intake. Today over 50 percent of men consume less than 50 percent of the recommended daily requirement of calcium. And the number taking calcium is decreasing because of recent reports that taking 1,000 milligrams of calcium daily in supplement pill form increases the risk of heart disease. However, inadequate calcium is just as bad because of the risk of bone loss.

Ideally, calcium should be obtained exclusively from our diet. The average American diet without dairy products contains anywhere from 600 to 800 milligrams of calcium. One serving of dairy (a cup of milk or yogurt or an ounce of cheese) contains 300 milligrams of calcium. Thus, a healthy diet containing at least two servings of dairy will ensure that you receive sufficient calcium to meet your needs. If you're unable to eat dairy products or drink calcium-fortified beverages, take no more than one calcium tablet daily with meals. The tablet should contain no more than 500 milligrams of calcium.

And remember the importance of impact exercises, such as running, walking and impact aerobics. And nothing builds muscle or bone more than exercising with weights.

Virtually every disease that afflicts us as we grow older can be minimized by living a healthy life, which includes consuming the right foods, vitamins and minerals and getting the right amount of exercise.
New Securities Helpline For Seniors

(NAPS)—Every day for the next 15 years, the Social Security Administration estimates, an average of 10,000 Americans will turn 65.

If you or someone you care about is among them, you may want to contemplate this: Seniors often have unique needs that elevate the necessity for expedited attention with securities brokerage concerns. These needs can result from a lack of outside income, potential health complications and even diminished mental capacity. Fortunately, there is a new avenue of assistance for seniors with questions or concerns about investments.

Securities Information Line

The Financial Industry Regulatory Authority (FINRA), a securities regulator, has launched the FINRA Securities Helpline for Seniors™. This toll-free number provides older investors with a place to get assistance from knowledgeable staff related to concerns they may have with their brokerage accounts and investments.

It provides quick and easy access to information and resources to senior investors who feel that their account may have been mishandled by a broker and any similar concerns.

Senior investors can reach this no-cost helpline by dialing (844) 574-3577) from 9 a.m. to 5 p.m. ET, Monday through Friday. The website is www.finra.org/SeniorHelpline. Neutral, knowledgeable assistance is available on such issues as:

- understanding how to review your investment portfolio or account statements;
- concerns about the handling of a brokerage account; and
- investor tools and resources.

The staff will point seniors to educational tools that can help them better understand investing, savings and investment products, as well as resources such as BrokerCheck that can provide valuable information about securities firms and financial professionals.

FINRA is the largest independent regulator for all securities firms doing business in the United States. Its mission is to protect America’s investors by making sure the securities industry operates fairly and honestly.

For further facts and resources, visit www.finra.org/investors.

Travel Tips for Seniors Looking for a Hassle-Free Vacation

Statistics are proving that age 70 really is the new 50. According to the U.S. Travel Association, mature travelers ages 65 or older represented 21 percent of all leisure travelers in 2010. From taking a trip with their grandchildren across country, to living out dreams in far, exotic destinations, today's seniors are choosing to enjoy their golden years traveling.

Staying safe and being prepared when traveling is more important than ever for this age group. Here are some special considerations for senior travelers looking for a hassle-free travel experience.

Pack carefully

When packing for a trip, it’s important to be prepared. Some packing essentials include a comfortable pair of shoes, a hat and sunglasses to protect the face, clothing that you can wear in layers and any necessary personal items. Multi-purpose items, such as a scarf, which can also be used as a makeshift beach blanket, are always smart to pack and limit the weight of your suitcase. If you are taking an extended vacation, inquire about laundry options close to where you'll be staying.

Visit your doctor

As a senior, your health is very important and no one ever wants to get sick or injured on vacation. Schedule a checkup with your doctor before any major trip to discuss the activities you plan to do, and get written prescriptions for any medications you may need. Keep your prescriptions in their original containers so that they can be identified properly. If you plan to travel out of the country, contact the Center for Disease Control and Prevention for required immunizations.

Get protection

Whether traveling 50 miles or 5,000, prepare for the unexpected by purchasing a membership from a travel and medical assistance company like On Call International. These membership services can provide assistance for seniors with questions or concerns about investments.

Plan carefully

When planning your trip, stay organized and compile any contact information and travel reservations to keep in a folder to ensure you don't have any problems. You might also include emergency numbers and family contact information in this folder as well. Whether driving or flying, it's smart to gather maps ahead of time so you don't get lost. If you are traveling out of the country, make sure your passport is up to date several months ahead of time as getting a new passport takes time to process.

With a little planning, seniors can travel without worry and enjoy the best of their golden years exploring the world. For more information about safe travel and medical assistance memberships, visit www.oncallinternational.com.

Travel and Medical Assistance


Visit Myrtle Beach & The Grand Strand

BurchBay Realty Group

Myrtle Beach, South Carolina

Working with you to locate that perfect home in which to create lasting memories with family and friends

Free IRA

Sue Ann Burchett, Realtor

(843) 282-8680

sueann@burchbay.com

Patrick C. Bashore, Realtor

(843) 282-8682

patrick@burchbay.com
If I could choose one thing to do very well; I would choose prayer. I know of no other enterprise more powerful, more exhilarating, more humbling, more life-changing, or more far reaching in its impact. I am without a doubt, the product of prayer. From conception to my present existence I have been held up, built up, rescued and sustained by the prayers of those who have loved me.

Living with my grandparents for a number of years as a child, I remember their home as a place of prayer. Often I would hear my grandparents praying late at night after a long day of hard work on the farm and in the coal mines. Illumined only by what moonlight filtered through the windows, I would see them kneeling in the living room and their petitioning voices so often uttered my name toward heaven. Their prayers were seasoned with tears, motivated by love, offered in faith, and evoked in the Name of Jesus. Somehow I knew that their labor of love at the family altar was responsible for the peace in our home and God’s favor in our lives. I sure slept well as I lay within hearing distance of their intercession, and more than once their tender prayers caused my lips to call on the same Savior in child-like faith.

Where is the family altar and where have all the prayer warriors gone? We “Google” more than we pray and we seek to be entertained more than we seek the face of our Creator and Redeemer. We text in abbreviations, pray infrequently using politically correct catch phrases, neglect the reading of God’s Word and collectively wonder why things aren’t like they used to be!

Prayer is not a ritual – it is a response to a relationship. Prayer is a dialogue between two individuals who love each other: one Divine and one human. Prayer is where the truth comes into focus and where you cannot lie. Prayer reveals our true identity and humility in prayer edifies us as nothing else can. Prayer is first about pleasing the Lord and out of that desire flow the blessings into our lives.

I was 19 years old and was driving back to college after a weekend trip with friends. At about 1:30am I suddenly drove into a thick patch of fog that enveloped the borrowed vehicle and covered both lanes of the highway. Rather than just gradually slowing down as I would normally have done; I slammed on the brakes and the car slid sideways to a screeching halt. My buddies were thrown around by the sliding and unexpected stop. Looking out of the driver’s side window I saw a freight train crossing the road not more than ten feet from the car.

The next day while speaking to my grandmother on the phone she asked me a surprising question. “Gary, where were you about 1:30 this morning and what were you doing?” I told her that I was driving back to campus and inquired as to why she wanted to know.

She then informed me that she had been praying for me at 1:15 when the Lord put it on her heart to pray for my safety and divine protection. She further stated that at about 1:30 she felt a release and believed that I was out of harm’s way!

Coincidence? We all know better. God hears grandmothers who pray in the wee hours of the morning. He hears little children praying with their head under the covers. He hears and He cares. Lord teach me to pray for others like my grandmother prayed for me.
GARDENERS: AVOID INJURY AND DISCOMFORT

Warm weather is here and it's time to get the garden going. Gardening is good for you on many levels - from the mental health boost you get from doing something relaxing to the physical benefits of exercise, time outdoors and adding fresh vegetables to your diet. Bending over to weed, gripping gardening tools and the general physical effort of gardening, however, can make existing aches and pains worse, or even cause new ones.

This summer, take steps to ensure your gardening experience is as comfortable and beneficial as possible. Here are some ideas for avoiding injury and irritating existing conditions while gardening: 

Warm up

You wouldn't go jogging or work out without doing some light stretching and warm-up exercises, and you shouldn't jump into gardening without warming up first. Before stepping into your garden, do some stretches to limber up, especially your arms, legs and back. When you've completed your gardening chores for the day, finish up with more stretching.

Banish bending

Many Americans suffer from chronic back pain, and while it's important to keep moving despite discomfort, it makes sense to minimize activities that could create or worsen pain. Bending over to work in the garden can be hard on your back. If back pain is a concern, consider planting your garden in raised beds this year, or working with container gardens. Elevated beds require you to bend less when doing typical gardening chores. And container gardens can be placed on tables or deck railings to make it easy to reach plants.

Protect hands and wrists

Weeding, hoeing, raking, shoveling - the repetitive motions of gardening can lead to hand and wrist pain, and worsen existing conditions such as arthritis. Taking steps to minimize irritation and discomfort while you work can help ensure your gardening tasks don't create aches or worsen pain. Consider wearing an Arthritis Glove, like the Imak-made glove commended by the Arthritis Foundation, to provide mild compression and warmth while you work. Because the gloves are made of cotton Lycra with an open fingertip design, they won't make your hands hot or hinder movement. Designed by an orthopedic surgeon, the Arthritis Gloves are also fully washable, so you don't have to worry about getting a little dirt on them as you go about your gardening tasks. An added bonus - wearing any kind of glove can help you avoid another common gardening injury: blisters.

Guard skin

Sunburn and insect bites are also a risk for gardeners, who spend a lot of time outdoors. While most insect bites are just an irritation, sunburn can cause serious, long-term skin damage. To ward off mosquitoes and other biting bugs, apply an insect repellent. Prevent sunburn by always wearing sunscreen - the kind that blocks both UVA and UVB rays - whenever you're outdoors.

Use a wide-brimmed, lightweight hat to shade your eyes and keep the sun off your head. Take frequent breaks and drink plenty of water, especially on hot days when you'll be out for several hours.

Move wisely

Lifting can be another source of back pain, and gardening often involves lifting, whether it's heavy bags of soil or seed, or a full basket of the fruits of your labor. Remember to lift from a squatting position, with your back straight, so that your legs do the work, not your back.

When kneeling down, use gardening knee pads or even just a rolled up towel to cushion your joints from the hard, damp ground. Remember to minimize twisting motions that can injure your back and joints.

With a few precautions, you can ensure this summer's gardening activities remain safe, enjoyable and pain free.
WHERE DO YOU READ YOURS?
Show us and win $25 AND a free subscription to The Senior News!
Just snap a picture of you and your Senior News (like the photo above) in front of a landmark, a famous person or landscape, a sign... whatever! Then, send us your photo with a description.
That's all there is to it! One winner per month will receive a $25.00 Gas Card AND a free subscription from The Senior News! (Plus you get all the trappings of being famous!)
So have some fun with your Senior News... and show us all!

The View From My Recliner
By E.E. Rickey

SWEET MYSTERIES OF LIFE

I am a member of the lost generation. I lost my 401(k), my hair and my car – it’s somewhere in the Wal-mart parking lot. I believe this condition to be the natural progression with what began as confusion from growing up in the late 50’s and early 60’s. It was TV’s Golden Age.

I saw the USA in our Chevrolet and told them Dinah sent us. I sang along with Mitch and attempted to drink Ovaltine. And I wondered who was Mrs. Calabash wherever she was?

In addition to flannel board lessons at Sunday School, I learned my values from TV. The good guys wore white hats. Bar maids were floozies. Moral issues were black and white, which was convenient because the TV shows were in black and white.

Yet there were unanswered questions that haunted me in my formative years. These are some of the questions that keep me awake at night:

- What did Ozzie Nelson do for a living? If he was such a role model why didn’t he go to work? Thousands of boys grew up thinking that all problems could be solved down and eating milk. Hence problem we have today.

- How did Theodore “Beaver” Cleaver get his nickname? Supposedly when he was born older brother Wally could not pronounce Theodore, it came out “Tweeter” which his parents thought sounded like “Beaver.” This of course is a dumb explanation even for TV. Tweeter sounds like neither Theodore nor Beaver. And another thing, why did somebody as cool as Wally (the older brother we all wanted to have) run around with Eddie Haskell and Lumpy Rutherford?

- In Fury (the story of a horse and the boy who loved him), didn’t anyone think it strange that Joey was sent to live with two “bachelors”? In addition to flannel board lessons at Sunday School, I learned my values from TV. The good guys wore white hats. Bar maids were floozies. Moral issues were black and white, which was convenient because the TV shows were in black and white.

By sitting cookies the obesity have today.

Health Food Center
6015 Market Street • Boardman • 330-965-1515

IMMUNE SYSTEM UNDER ATTACK?

GOT THE SNIFFLS?

MucoStop is effective in reducing mucus. Blended to assist in overcoming the symptoms often associated with sinus and chest congestion.

Franklin Pharmacy Inc.
1732 Youngstown Road SE • Warren, Ohio

Franklin Pharmacy is still a participating and preferred pharmacy for most insurance programs!

Medicaid • CareSource • Medical Mutual • Coventry Worker’s Comp • United Health Care • Unison
Catamaran • Express Scripts • Aetna • Humana • Catalyst • Paid • Molina • CVS Caremark • Anthem • Many Others

ATTENTION Diabetic Patients:
We accept Medicare assignment for your Diabetic Supplies at little or no cost to you.

Franklin Health Care Inc.
1154 East Market Street • Warren, Ohio

MEDICARE EQUIPMENT SERVICES AND SUPPLIES

- Compression Hosiery • Diabetic Supplies • Braces
- Bath Aids • Ambulatory Aids • Lift Chairs
- Scooters • Medical Supplies

We are a network provider for most insurance plans

Franklin Pharmacy Inc.
Warren’s Only Independent Drug Store!
330-369-4567
330-393-8080

The Senior News
July 2015

Happy Trails.
Looking Lovely As You Age

(NAPS)—A recent study conducted by Harris Poll revealed that 73 percent of women aged 50 and over say they don’t feel their age, and only slightly more than one-third would like to be 25 again. Additionally, a majority say their confidence level is higher now than when they were younger. Boomer women of today feel secure in a fresh, exciting, new stage in their lives filled with work, family, and social and community activities. On top of it all, they want their looks to reflect the vital way they feel.

“The conversation about what makes a woman beautiful has never been more interesting,” notes gerontologist Dr. Alexis Abramson, who consults for the L’Oréal Paris beauty brand. “I can tell you that boomer women have reinvented and redefined every life stage as they’ve passed through it, and they’re in the process of doing the same now. Many cite that, when it comes to beauty, they prefer to look like themselves, only refreshed. Rather than trying to hold on to the past, they are proud of where they are now.”

Despite this confidence and contentment, there is a collective sense among women within the demographic that the beauty category has forgotten them, especially when it comes to hair color, as there are very few products on the market that specifically serve the needs of this growing consumer base. Considering that the majority of women aged 50 and over who have ever colored their hair claim to do so because they hate having gray roots, this would seem to be a serious void. The fact is that hair, just like skin, ages, and that by the age of 45, over 50 percent of people are affected by graying—such a drastic segment of the population that it should be impossible to ignore.

“Without doubt, the common concern of women who sit in my chair is staying ahead of grays,” says celebrity hair colorist Kari Hill. “As fun as hair color can be and as much as it is a vehicle for self-expression, for so many, hair color choices are function over fashion. Generally speaking, I’ve found that women want at-home hair color that corresponds to their desires: easy to use, easy to apply and, above all, looks authentic.”

Current hair color formulas designed to cover grays are often too heavy, too contrasting in, and leave women with visible roots that need to be touched up every few weeks. They don’t address worries about volume and shine, as colored gray hair can appear dull.

Fortunately, brands such as L’Oréal Paris have taken these insights seriously, developing products suited for mature women. Hill recommends Excellence Age Perfect Hair Color, which is specifically designed for the 50-plus age group. The color uses technology that reacts differently to gray and pigmented hair, creating a layered high and low tonal effect, almost as if highlighted, which softens the look of regrowth. In addition, it’s enriched with collagen, known for its texturizing effect, and Ceramide R for repairing and protecting.

“Aside from its distinct technological and formulation benefits, an innovation such as L’Oréal Paris Excellence Age Perfect takes into consideration other attributes that women of this demographic want and need from a hair color product, like ease of application, with its uniquely designed ergonomic application brush. The increase in font size on what can sometimes be hard-to-read instructions is tremendously helpful as well,” says Hill.


WHERE DO YOU READ YOURS?

Show us and win $25 AND a subscription to The Senior News!

Just snap a picture of you and your Senior News (like the photo above) in front of a landmark, a famous person or landscape, a sign... whatever! Then, send us your photo with a description.

That’s all there is to it!

One winner per month will receive a $25.00 Gas Card AND a free subscription from The Senior News! (Plus you get all the trappings of being famous!)

So have some fun with your Senior News...and show us all!

Looking Lovely as You Age

Boardman Medical Supply

1-800-443-3390

www.boardmanmedicalsupply.com

Like us on Facebook: www.facebook.com/boardmanmedicalsupply

Boardman, OH • 404 Boardman-Canfield Rd. Warren, OH • 1309 E. Market St. East Liverpool, OH • 500 Market St (Cly Apts Only) Sharon, PA • 719 E. State St. Girard, OH • 300 N. State St.

B.M.S.

Your Choice...Our Promise

HOME MEDICAL SUPPLIES

BOARDMAN MEDICAL SUPPLY

“Over 30 Years of Experience”

“BUY LOCAL...WE SERVICE WHAT WE SELL”

Limited Time Offer

Must Show Coupon

“Over 30 mile radius of store

$75 OFF Scooter or Lift Chair
Free Local Delivery”

Get Up & Get Out for a

Summer Stroll

WHERE DO YOU READ YOURS?

Show us and win $25 AND a subscription to The Senior News!

Just snap a picture of you and your Senior News (like the photo above) in front of a landmark, a famous person or landscape, a sign... whatever! Then, send us your photo with a description.

That’s all there is to it!

One winner per month will receive a $25.00 Gas Card AND a free subscription from The Senior News! (Plus you get all the trappings of being famous!)

So have some fun with your Senior News...and show us all!

Home Medical Supplies

Boardman Medical Supply

1-800-443-3390 www.boardmanmedicalsupply.com

Like us on Facebook: www.facebook.com/boardmanmedicalsupply

Boardman, OH • 404 Boardman-Canfield Rd. Warren, OH • 1309 E. Market St. East Liverpool, OH • 500 Market St (Cly Apts Only) Sharon, PA • 719 E. State St. Girard, OH • 300 N. State St.

B.M.S.

Your Choice...Our Promise

WHERE DO YOU READ YOURS?

Show us and win $25 AND a subscription to The Senior News!

Just snap a picture of you and your Senior News (like the photo above) in front of a landmark, a famous person or landscape, a sign... whatever! Then, send us your photo with a description.

That’s all there is to it!

One winner per month will receive a $25.00 Gas Card AND a free subscription from The Senior News! (Plus you get all the trappings of being famous!)

So have some fun with your Senior News...and show us all!
Golden Buckeyes: Celebrate Summer Safely

Ohio's summer attractions can help you live "Well Beyond 60!"

The weather is turning warmer and for many, thoughts are turning to the many great outdoor parks, fairs and festivals that Ohio's communities offer. The Ohio Department of Aging, through its STEADY U and HEALTHY U initiatives, urges all Ohioans to think health and safety while you enjoy the festivities.

Live 'Well Beyond 60' with Ohio's summer attractions Visiting a park, county fair or local festival is a great way to get exercise, make social connections, engage our minds in learning new things, and live "Well Beyond 60," said Bonnie K. Burman, Sc.D., director of the department. "We want to help all Ohioans - but especially our elders - take small steps to stay safe and maximize the health benefits these events and attractions offer."

Stay falls-free 
STEADY U Ohio, the state's older adult falls prevention initiative encourages you to be mindful of falls risks while you are out and about this summer.

- As much as possible, stick to paved surfaces and sidewalks. If you must walk in grass or gravel, watch the ground closely with your eyes, but keep your head up and face forward. Consider using a cane or walking stick for off-road walking.
- Trash, hoses and cables in walkways can cause you to slip or trip. Watch where you are walking and do not step on or over items in your path.
- Heavy crowds can affect the way you walk and cause you to trip or be knocked over. Consider attending events and attractions during off-peak times, such as early in the day and on weekdays, to avoid large crowds.
- Dehydration and exhaustion can make you unsteady on your feet before you realize you feel tired or thirsty. Take frequent breaks to sit down and rest. Drink plenty of non-alcoholic liquids to stay hydrated.

Make healthy choices
- While you get great exercise from walking, we recognize that for many, indulging in your favorite "fair food" is part of the fun of summer events and destinations. HEALTHY U Ohio, the state's chronic disease self-management program offers advice for making healthy choices while still enjoying festival fare.
- Eat a well-balanced meal before you go to ensure you have the energy you need to walk around and reduce your urge to snack on junk food. If the venue allows, bring your own food and drink so that you can tailor meals to your dietary needs.
- Choose grilled, roasted and baked foods over fried fare. Seek out items that offer more vital nutrients than traditional fair food (e.g., vegetables, sweet potato fries or whole wheat bread).
- Stick to small sizes for everything, and plan to share with a friend or family member.

Other tips to get the most out of Ohio's summer destinations:
- Make a budget for your visit. Know how much you expect to spend for travel, parking, admission, food, gifts and other expenses.
- Contact the venue in advance to ask about discounts on admission, food or gifts for veterans, children, seniors or groups.
- Call ahead to ask about wheelchair or mobility scooter rentals and prices, or if you can bring your own. Ask if there are any areas of the venue that are not accessible for people with limited mobility.
- Bring any necessary medications with you in a sealed, waterproof container, along with a list of the medicines you take and dosage information.
- Apply sunscreen to exposed skin and wear sunglasses or a hat with a wide brim to protect your eyes and minimize glare.
- Wear light-colored, lightweight clothing made from natural fibers. Fabrics like cotton absorb less heat from the sun, allow good air circulation and dry quickly if they get wet.
- Watch for signs of dehydration and heat-related illness, such as muscle cramps, light-headedness, nausea, rapid heartbeat, flushed or clammy skin and disorientation. Seek cool environments and medical attention if you experience symptoms.

For more tips, read Plan Safe Visits to Summer Fairs, Festivals and Vacation Destinations, a tip sheet available on the Ohio Department of Aging's website.

Live "Well Beyond 60!"
Exercise As You Age: Enjoy The Benefits Of Fitness

(NAPS)—As you age, regular physical activity is one of the most important things you can do for your physical and emotional well-being. Older adults are recognizing the incredible impact of physical activity and fitness, and are becoming more active than any previous generation. For millions of active older adults, the path to improved well-being starts with SilverSneakers® Fitness. In fact, 66 percent of participants said they would exercise less or not at all if it weren’t for SilverSneakers.

SilverSneakers classes are a great way to stay healthy and foster friendships, as more than 37 percent of participants say they attend class to socialize. In fact, 68 percent participate in classes with a friend and 34 percent participate with a spouse or significant other.

SilverSneakers members understand that achieving their health goals is best found at the intersection of fitness and fun. That is why SilverSneakers Fitness offers a variety of unique programming that provides members with access to fitness facility amenities, specialized group exercise classes, and SilverSneakers FLEX™, which offers convenient neighborhood classes and activities at parks, recreation centers and other local venues.

Those who are interested in starting a fitness routine are encouraged to take the following steps before they get started:

- Seek out an exercise that you enjoy.
- Consider any limitations and share those with your instructor.
- Start slow so that you don’t risk injury.
- Increase your water consumption to stay hydrated.
- Make healthy nutrition choices to see maximum results.

For more information, to see if you are eligible for the numerous SilverSneakers benefits, and to find a class in your area, visit www.SilverSneakers.com.

Fitness programs such as SilverSneakers Fitness are an important pathway to improved well-being among older adults, enabling them to achieve their health goals at any age. Whether playing with grandchildren and traveling or staying active and trying new activities, SilverSneakers Fitness supports longevity.

Local and Affordable Medical Alert System

Limited Time Special Pricing for readers of The Senior News

Only $24.95/mo

Call Us Today For Your Free Brochure!

Reliable Medical Alert

(330) 967-0523
866-278-9954

www.ReliableMedicalAlert.com

SilverSneakers Fitness offers many benefits for older adults including reducing health issues and increasing energy and emotional well-being.

Additionally, exercising through a program allows people to meet new friends, socialize with others and have fun.

SilverSneakers classes are a great way to stay healthy and foster friendships, as more than 37 percent of participants say they attend class to socialize. In fact, 68 percent participate in classes with a friend and 34 percent participate with a spouse or significant other.

SilverSneakers members understand that achieving their health goals is best found at the intersection of fitness and fun. That is why SilverSneakers Fitness offers a variety of unique programming that provides members with access to fitness facility amenities, specialized group exercise classes, and SilverSneakers FLEX™, which offers convenient neighborhood classes and activities at parks, recreation centers and other local venues.

Those who are interested in starting a fitness routine are encouraged to take the following steps before they get started:

- Seek out an exercise that you enjoy.
- Consider any limitations and share those with your instructor.
- Start slow so that you don’t risk injury.
- Increase your water consumption to stay hydrated.
- Make healthy nutrition choices to see maximum results.

For more information, to see if you are eligible for the numerous SilverSneakers benefits, and to find a class in your area, visit www.SilverSneakers.com.

Fitness programs such as SilverSneakers Fitness are an important pathway to improved well-being among older adults, enabling them to achieve their health goals at any age. Whether playing with grandchildren and traveling or staying active and trying new activities, SilverSneakers Fitness supports longevity.

Local and Affordable Medical Alert System

Limited Time Special Pricing for readers of The Senior News

Only $24.95/mo

Call Us Today For Your Free Brochure!

Reliable Medical Alert

(330) 967-0523
866-278-9954

www.ReliableMedicalAlert.com

SilverSneakers Fitness offers many benefits for older adults including reducing health issues and increasing energy and emotional well-being.

Additionally, exercising through a program allows people to meet new friends, socialize with others and have fun.

SilverSneakers classes are a great way to stay healthy and foster friendships, as more than 37 percent of participants say they attend class to socialize. In fact, 68 percent participate in classes with a friend and 34 percent participate with a spouse or significant other.

SilverSneakers members understand that achieving their health goals is best found at the intersection of fitness and fun. That is why SilverSneakers Fitness offers a variety of unique programming that provides members with access to fitness facility amenities, specialized group exercise classes, and SilverSneakers FLEX™, which offers convenient neighborhood classes and activities at parks, recreation centers and other local venues.

Those who are interested in starting a fitness routine are encouraged to take the following steps before they get started:

- Seek out an exercise that you enjoy.
- Consider any limitations and share those with your instructor.
- Start slow so that you don’t risk injury.
- Increase your water consumption to stay hydrated.
- Make healthy nutrition choices to see maximum results.

For more information, to see if you are eligible for the numerous SilverSneakers benefits, and to find a class in your area, visit www.SilverSneakers.com.

Fitness programs such as SilverSneakers Fitness are an important pathway to improved well-being among older adults, enabling them to achieve their health goals at any age. Whether playing with grandchildren and traveling or staying active and trying new activities, SilverSneakers Fitness supports longevity.
Barking Up The Wrong Tree

My wife found out that our dog (a Schnauzer) could hardly hear, so she took him to the veterinarian. The vet found that the problem was hair in the dog's ears. He cleaned both ears, and the dog could then hear fine.

The vet then proceeded to tell her that, if she wanted to keep this from recurring, she should go to the store and get some "Nair" hair remover and rub it in the dog's ears once a month.

She went to the store and bought some "Nair". At the register, the pharmacist told her, "If you're going to use this under your arms, don't use deodorant for a few days." My wife said, "I'm not using it under my arms."

The pharmacist said, "If you're using it on your legs, don't use body lotion for a few days." she replied, "I'm not using it on my legs either."

"If you must know, I'm using it on my Schnauzer."

The pharmacist said, "Well, stay off your bicycle for about a week."
LEST WE FORGET: THE WAR FOR SURVIVAL

“Those in battle fought war mostly a time of tension and fatigue. Their war consisted of tired and dirty soldiers who are alive and don’t want to die; of long darkened convoys in the middle of the night; of doomed men wandering back down from the hill from battle; of endless chow lines and Atabrine tablets; foxholes and burning tanks and the fearful rustle of high-flown shells; of jeeps and petrol dumps and smelly bedrolls and the tasteless C-rations...and graves and graves and graves.”

- Ernie Pyle

At 1:50 p.m. on the Sunday afternoon of December 7, 1944, Chief Radioman Frank Ackerman in the Navy Department in Washington received an unbelievable dispatch from Honolulu; “Air raid Pearl Harbor – this is no drill.”

Three minutes before, a Japanese dive-bomber, first of a wave of 183 carrier-based planes, had swept low over the America’s chief Pacific base, flying to within 50 to 75 feet of the ground, the blazing suns clearly visible on their wings. Dive bombers wreaked havoc on Wheeler, Hickman and other airfields. In a few minutes the Japanese virtually erased United States air power in Hawaii.

At the same time great formations of bombers came storming in over the American fleet tied up on Battleship Row.

An armor-piercing bomb crashed through the second deck of the battleship Arizona and triggered an explosion of hundreds of tons of powder. The Arizona gave a tremendous leap, then cracked in two as it settled to the bottom. The West Virginia, afire amid ships sank. The Oklahoma, struck by five torpedoes, rolled over in the shallow water and lay with her bottom pointing toward the sky.

That afternoon, amidst the stench of burning oil, the roar of the flames and the cries of the trapped and wounded, the Navy began to count its losses. The surprise raid had sunk or badly damaged 18 ships, destroyed 188 planes and damaged 159 more. More than 2400 Americans were killed and 1178 were wounded. In just two hours the Navy lost more men than in the Spanish-American and World War I combined. In essence, the raid paralyzed the U.S. Pacific fleet for months.

What followed was that 31 million American men registered for the draft and two million men were immediately inducted. A third of the 31 million men were declared as 4-F and additional thousands were rejected from service due to mental illnesses. By war’s end some 15 million men and women donned the uniforms of each branch of the U.S. military.

The Atlantic attack was an attack on a fortified continent – Hitler’s Festung Europe...from the United States entry into the war in December 1941 to the moment of Germany’s surrender in May of 1945.

The Normandy invasion that occurred on June 6, 1944 was the mightiest feat of its kind in military history. Once it had succeeded, all that followed was inevitable, from the breakout through the sweep to Paris and eastward. From the brief but bitter setbacks in the Low Countries, to the triumphant crossing of the Rhine and the surge through Germany to meet the westward driving Russians.

Once the 3000 submarine-infected miles of the Atlantic were behind, it was a compact war...fought primarily on and above a small densely populated land mass.

Thus it was a war of violent contrasts; of devastated towns on one hand and liberated and joyous cities on the other; of children hiding from a rain of death one week and accepting handouts of American chewing gum the next week; of tank columns knifing along poplar-lined highways and exhausted men a few miles away slogging up mountain trails - and the Allies relentlessly bringing it to Hitler.

How ironic it was that Hitler’s dream of a Reich that would live for a thousand years lasted less than four years. Likewise, the Japanese military that had sought control of the Pacific and its many islands, were blasted into ruins by a new and awesome weapon, the atom bomb.

On September 2, the defeated Japanese signed an unconditional surrender with the Allies. Three years eight months and 26 days after Pearl Harbor, the war was over.

**SOURCES:**


---

Neil Dell Arco
April 21, 1916
June 26, 2015

It saddens us, deeply, to announce that Mr. Neil Dell Arco passed away as we were going to print on this issue.

Neil was a truly good man and I was lucky enough to have been touched by his kindness over the years.

Neil authored these articles, titled “Lest We Forget”, for over 20 years. This was a tribute to honor the men and women who served in the armed forces and their country. Every month, for decades, he would touch those in battle found war mostly a time of tension and fatigue. Their war consisted of tired and dirty soldiers who are alive and don’t want to die; of long darkened convoys in the middle of the night; of doomed men wandering back down from the hill from battle; of endless chow lines and Atabrine tablets; foxholes and burning tanks and the fearful rustle of high-flown shells; of jeeps and petrol dumps and smelly bedrolls and the tasteless C-rations...and graves and graves and graves.”

- Mark

It is foolish and wrong to mourn the men who died. Rather we should thank God that such men lived.

- George S. Patton
Growing old means having experience and wisdom, probably the opportunity to retire and for some the joys of children and grandchildren. It can also mean disillusionment when expectations fail, long time friends and partners pass on, jobs and daily routines take a change, physical limitations become a virtual prison, and offspring are too busy to reach.

Many seniors experience pangs of loneliness even when they aren't physically alone. According to a recent AARP article, “the number of Americans without any close confidants has risen dramatically in the past 20 years,” and “even though Americans are closer to their spouses than ever before, that kind of intimacy can work against us if we allow ourselves to ‘cocoon’ within the relationship.” Avoid allowing the stereotypes of old age to limit you and your partner, and be willing to accept help from other family members or community organizations if you've become the primary caregiver for an infirmed spouse. Also, don't let feelings of depression over loss of people or lifestyle become contagious.

Loneliness, one of the common afflictions of "old age," can be avoided when the senior citizen is surrounded by activities and involved with people. Taking opportunities to stay mentally and physically busy and maintaining a feeling of self-worth and connection also help. Recent studies published in The American Journal of Public Health state that seniors who have active social skills tend to have fewer memory loss problems and better overall health.

Make the time to stay in touch with old friends and relatives even if they are long-distance. Many telephone plans allow for economical long-distance calling. Using the Internet and social media sites can also help you maintain relationships; some sites specialize in the over-50 crowd and will also provide access to local resources and problem solving. Some high-tech features, such as Skype, will allow the advantage of face-to-face communication using the Internet.

Shut-ins and seniors without easy transportation find computers to be a big asset towards communication with other like-minded individuals.

Depending on your skills, you can probably find mentoring situations. Use your years of work know-how, knowledge of languages and even life experiences to mentor those younger than you or teach new immigrants. You can also put those skills to work by volunteering at many local civic organizations. It’s never too late to learn new skills for yourself either; check with your local community college or high school for available adult education courses, and pursue an interest no matter how impractical it might have seemed decades earlier.

There are plenty of fun activities to keep you busy. If you are physically able, join a gym or bowling league, play golf, go hiking, or play any other sport that interests you. Many active seniors find square dancing to be fun. Less physically active pursuits can include book clubs, knitting circles, bridge games and more. Find out whether your town has any active senior citizen clubs; churches and libraries may also sponsor some of these groups. Travel may be a viable option at this time of your life; several senior groups offer group travel options. No matter what your town or local groups offer, you can create your own special interest group and use resources like Meetup.com to find others who share similar interests.

Don’t be afraid to admit when you've outgrown your home. If you are no longer able to drive yourself places and your location doesn’t make public transportation easy, it may be time to look into moving. Sometimes, instead of placing senior citizens in a senior residence community, well-meaning relatives keep a senior citizen at home with a busy family whose routine doesn't afford a lot of attention or shared interests. Thorough research can help the senior citizen (and his/her family) find an environment that will allow the senior to maintain an active and productive life, preferably close to the kids, with people whose interests and years of experience would provide friendships and opportunities. Many of these senior communities will often have medical services available to accommodate changing levels of physical needs.

Celebrate growing older by living life to the fullest.
The Senior News
July 2015

How to Combat Summer Cabin Fever
by Lisa M. Petsche

When we think of summer, we usually envision spending plenty of time outdoors, at home and visiting at friends’ homes as well as in parks and other public places.

Unfortunately, allergens, poor air quality, intense heat, rain showers and thunderstorms can end up keeping us indoors more often than we would like.

The following are some ideas for warding off cabin fever for you and the person you care for, when the weather is less than favorable.

Ideas for Enjoyment
- Prepare or purchase special summer treats to enjoy - for example, lemonade, iced tea, strawberry shortcake and blueberry pie.
- Buy colorful, acrylic dishes and matching placemats for serving food and beverages. You don’t need to spend much: check out the offerings at the local dollar store or discount department store.
- Snack on fresh fruit and vegetables from your garden or the local farmers’ market. Or pick up pre-sliced, ready-to-serve watermelon, pineapple and other refreshing offerings in your supermarket’s produce section.
- Enjoy ice cream novelties, such as popsicles and ice cream sandwiches, purchased in bulk from the grocery store or individually from the local convenience store. Or make your own ice cream floats and sundaes.
- Order take-out food for a change of cuisine. Try something different, but not too heavy, such as an apple pecan chicken salad, for example.
- Bring a bit of nature into your home: nurture some plants, keep vases filled with flowers from your garden or buy fresh flowers.
- Burn candles with novel summer scents, such as raspberry lemonade and peach Bellini.
- Read a magazine about a favorite summer pastime - gardening or golf, for example.

Practical Activities
- Organize your collection of photos, music or movies.
- Do some de-cluttering around your home (kitchen drawers, closets, spare rooms, basements and -attics are typical hot spots). Pack up unwanted items for donation to a local charity.
- Rearrange the furniture in one or more rooms, or swap furnishings and accessories among rooms. Or start planning a major room redecorating or home renovation project.

Take a taxi or book accessible transportation if necessary, to ensure door to door service.

Some ideas for projects:
- Start a new hobby, such as sketching or scrapbooking, or revive an old pastime - for example, knitting or crocheting.
- Get a bird feeder and seed, binoculars and a bird watching guide.
- Go to the mall, even if you’re not looking to buy anything. Window shopping and people watching can be enjoyable pastimes. Have a snack or a meal while you’re there.
- Plan an outing to a favorite restaurant or an indoor concert or play.

- Read a new book or reacquaint yourself with an old favorite you have on hand.
- Start a daily journal.
- Watch a summer-themed movie.
- Try out a new recipe.
- Work on a jigsaw puzzle or word puzzles.
- Play card games or board games together. Go with classic board games such as checkers or chess, or be adventurous and try one of the latest offerings on the market. For even more fun, invite friends over for an afternoon or evening of games and socializing.

ATTORNEY DOUGLAS M. TOOT
Wills, Trusts, Medicaid Planning, Estate Administration and Probate
WPA Memorial Building ● 132 S. Broad Street Suite 302 ● Canfield, Ohio 44406
330-533-9810

SAV+ON Medimart

Affordable CASH & CARRY Home Medical Equipment & Supplies for those with no Insurance or High Deductibles.

Savon Medimart BOARDMAN
404 Boardman Canfield Rd.
Boardman, OH 44512
330-965-5010

Savon Medimart GIRARD
300 N. State St Suite 100
Girard, OH 44420
330-545-6685

1-855-545-6685 www.savonmedimart.com

Certified Specialist

CASH & CARRY
Ask for a Frequent Buyer Card!
“WE SERVICE WHAT WE SELL”

Must Show Coupon
Limited Time Offer
Get Up & Out for a Summer Stroll
$75 OFF Scooter or Lift Chair
Free Local Delivery
* Up to 10 mile radius of store

GOLDEN TECHNOLOGIES

Briefly mentioned:
ATTORNEY DOUGLAS M. TOOT
Wills, Trusts, Medicaid Planning, Estate Administration and Probate
WPA Memorial Building ● 132 S. Broad Street Suite 302 ● Canfield, Ohio 44406
330-533-9810

SAV+ON Medimart

Affordable CASH & CARRY Home Medical Equipment & Supplies for those with no Insurance or High Deductibles.

Savon Medimart BOARDMAN
404 Boardman Canfield Rd.
Boardman, OH 44512
330-965-5010

Savon Medimart GIRARD
300 N. State St Suite 100
Girard, OH 44420
330-545-6685

1-855-545-6685 www.savonmedimart.com

CASH & CARRY
Ask for a Frequent Buyer Card!
“WE SERVICE WHAT WE SELL”

Must Show Coupon
Limited Time Offer
Get Up & Out for a Summer Stroll
$75 OFF Scooter or Lift Chair
Free Local Delivery
* Up to 10 mile radius of store

GOLDEN TECHNOLOGIES

Briefly mentioned:
The Senior News
July 2015

How to Combat Summer Cabin Fever
by Lisa M. Petsche

When we think of summer, we usually envision spending plenty of time outdoors, at home and visiting at friends’ homes as well as in parks and other public places.

Unfortunately, allergens, poor air quality, intense heat, rain showers and thunderstorms can end up keeping us indoors more often than we would like.

The following are some ideas for warding off cabin fever for you and the person you care for, when the weather is less than favorable.

Ideas for Enjoyment
- Prepare or purchase special summer treats to enjoy - for example, lemonade, iced tea, strawberry shortcake and blueberry pie.
- Buy colorful, acrylic dishes and matching placemats for serving food and beverages. You don’t need to spend much: check out the offerings at the local dollar store or discount department store.
- Snack on fresh fruit and vegetables from your garden or the local farmers’ market. Or pick up pre-sliced, ready-to-serve watermelon, pineapple and other refreshing offerings in your supermarket’s produce section.
- Enjoy ice cream novelties, such as popsicles and ice cream sandwiches, purchased in bulk from the grocery store or individually from the local convenience store. Or make your own ice cream floats and sundaes.
- Order take-out food for a change of cuisine. Try something different, but not too heavy, such as an apple pecan chicken salad, for example.
- Bring a bit of nature into your home: nurture some plants, keep vases filled with flowers from your garden or buy fresh flowers.
- Burn candles with novel summer scents, such as raspberry lemonade and peach Bellini.
- Read a magazine about a favorite summer pastime - gardening or golf, for example.

Practical Activities
- Organize your collection of photos, music or movies.
- Do some de-cluttering around your home (kitchen drawers, closets, spare rooms, basements and -attics are typical hot spots). Pack up unwanted items for donation to a local charity.
- Rearrange the furniture in one or more rooms, or swap furnishings and accessories among rooms. Or start planning a major room redecorating or home renovation project.

Take a taxi or book accessible transportation if necessary, to ensure door to door service.

Some ideas for projects:
- Start a new hobby, such as sketching or scrapbooking, or revive an old pastime - for example, knitting or crocheting.
- Get a bird feeder and seed, binoculars and a bird watching guide.
- Go to the mall, even if you’re not looking to buy anything. Window shopping and people watching can be enjoyable pastimes. Have a snack or a meal while you’re there.
- Plan an outing to a favorite restaurant or an indoor concert or play.

- Read a new book or reacquaint yourself with an old favorite you have on hand.
- Start a daily journal.
- Watch a summer-themed movie.
- Try out a new recipe.
- Work on a jigsaw puzzle or word puzzles.
- Play card games or board games together. Go with classic board games such as checkers or chess, or be adventurous and try one of the latest offerings on the market. For even more fun, invite friends over for an afternoon or evening of games and socializing.

ATTORNEY DOUGLAS M. TOOT
Wills, Trusts, Medicaid Planning, Estate Administration and Probate
WPA Memorial Building ● 132 S. Broad Street Suite 302 ● Canfield, Ohio 44406
330-533-9810

SAV+ON Medimart

Affordable CASH & CARRY Home Medical Equipment & Supplies for those with no Insurance or High Deductibles.

Savon Medimart BOARDMAN
404 Boardman Canfield Rd.
Boardman, OH 44512
330-965-5010

Savon Medimart GIRARD
300 N. State St Suite 100
Girard, OH 44420
330-545-6685

1-855-545-6685 www.savonmedimart.com

CASH & CARRY
Ask for a Frequent Buyer Card!
“WE SERVICE WHAT WE SELL”

Must Show Coupon
Limited Time Offer
Get Up & Out for a Summer Stroll
$75 OFF Scooter or Lift Chair
Free Local Delivery
* Up to 10 mile radius of store

GOLDEN TECHNOLOGIES

Briefly mentioned:
FRIENDS
Make friends, live longer
By Sharon Naylor

How many close friends do you have? How many pleasant acquaintances? It's a factor of good health and longevity to enjoy enriching friendships, with many studies supporting the theory that you'll enjoy greater health and happiness if you regularly spend time with friends who uplift you and share your interests.

According to the Mayo Clinic, friends "prevent loneliness, increase your sense of belonging and purpose, boost your happiness, reduce stress, improve your self-worth, help you cope with traumas such as serious illness, the death of a loved one, or divorce and encourage you to change or avoid unhealthy lifestyles."

Friends add a dimension of fun to your life, as well, if you join them in evening walks or swim with them at the town pool (which you might not go to alone). You get to indulge in your love of entertaining when you invite them over for tea or dinner. You get to indulge in evening walks or swim with them to your life, as well, if you join them.

But how? It can be very difficult to make new friends, especially if you're shy by nature. But that, too, will turn out to be easier than you expect. Just follow these tips:

--Talk to people where you are. If you regularly go to the gym, take a class and say hello to the people around you. Some people will engage in conversation naturally, and some will be cordial but then return to focusing on what they're doing. You haven't embarrassed yourself. You're learning how to make friends. 
--Give it time. According to Irene S. Levine, clinical psychologist and author of "The Friendship Blog," you shouldn't "expect too much too soon. Friendships take time, but if you are welcoming to potential friends and pursue your own passions, you'll be able to turn new acquaintances into deep friendships. If you come across as desperate or clingy, it might be a turnoff to a future friend-to-be."
--Take your grandchildren or pets to the park. While there, you'll connect with other grandparents or pet owners with whom you have a great interest in common. As an icebreaker, give a compliment or ask a question, such as "Do you know where there's a good frozen yogurt place around here?" Others like to be helpful, and they too may be at the park hoping to make new friends.
--Volunteer. You'll meet other people who share your giving nature and dedication to the cause, which is a strong foundation on which to build a friendship.
--Join groups. Check your regional magazine or website to find out about existing clubs like nature lovers groups, gardeners' groups, cooking clubs, book clubs and other free social gatherings where you will, over time, connect with the other members. Included in this are faith communities.
--Extend invitations and accept invitations. You'll experience more success in friend-making if you're proactive in your goal rather than waiting for your phone to ring. Plan an afternoon tea and invite potential friends to attend, asking them to invite friends of theirs. When you're asked to attend a neighbor's get-together, make every effort to attend. "I'm normally very tired in the evening and don't usually go out," says recent widow Elizabeth Rose. "But when I was asked to go to a friend's book club, I just pushed through my hesitancy, put on some makeup, and went. I perked up once I got there."
--Be pleasant to be with. This is a big one. If you have a bad habit of complaining, others won't want to spend time with you. Your best friends can certainly provide emotional support, but new friends need to feel happy and light in your presence.
--Take it to the next level with regular "dates." As your friendships grow, you might establish an every-Wednesday lunch or an every-Sunday morning walk. When a friendship achieves routine, it becomes an even greater health boost.
--Use social media. According to AARP, women older than 55 are the fastest-growing demographic on Facebook, connecting with old friends and making new ones online. Use this, though, as a tool to facilitate in-person activities and not as a replacement for them.
Study: Statins Probably Do Not Cause Memory Loss

June, 2015 – Previous studies – mostly limited research – have indicated memory lapses resulting after taking statins. Whoa, that may not be the case, says new research involving about a million patients. These researchers suggest you stick with your statins.

Cholesterol-lowering statin drugs most likely do not cause short-term memory loss, according to this Rutgers University and University of Pennsylvania study.

Limited previous studies and some statin-drug takers have anecdotally reported memory lapses after taking popular lipid-lowering drugs (LLDs) called statins, said Brian L. Strom, chancellor of Rutgers Biomedical and Health Sciences (RBHS) and lead study author. The result has been that some people have stopped taking their statins, inappropriately, Strom said.

About 610,000 people die of heart disease in the United States every year - that's 1 in every 4 deaths, according to the Centers for Disease Control. One in four Americans over age 45 take statins, drugs that inhibit cholesterol synthesis and lowers a liver enzyme that controls the synthesis of cholesterol and lowers LDL, known as "bad cholesterol."

Cholesterol-lowering statin drugs have proven very effective at lowering high cholesterol, one of the major risk factors for heart disease, and preventing heart attacks and deaths. If a statin drug alone is not effectively reducing cholesterol numbers or a patient doesn't tolerate the drug, nonstatins are often prescribed, Strom said.

The study, published in The Journal of the AMA - Internal Medicine, compared new users of statins with people not taking statins. New statin users also were compared to a second control group - patients taking nonstatin LLDs - which had not been done before.

More patients taking statins reported memory loss in the 30-day period after first taking the drugs, compared to non-users.

The same, however, was found with the nonstatin LLDs.

"Either it means that anything that lowers cholesterol has the same effect on short-term memory, which is not scientifically credible because you're dealing with drugs with completely different structures," Strom said. Or, he said, "detection bias" is more likely the reason, meaning patients taking a new drug visit their doctors more frequently and are highly attuned to their health.

"When patients are put on statins or any new drug, they're seen more often by their doctor, or they themselves are paying attention to whether anything is wrong," Strom said. "So if they have a memory problem, they're going to notice it.

Even if it has nothing to do with the drug, they're going to blame it on the drug."

Other studies have confirmed that statins improve long-term memory, so Strom said the findings indicate short-term memory loss is not a concern either: "You shouldn't worry about short-term memory problems from any statins and, long-term, we know they improve memory."

The upshot: "People who have high cholesterol should be on statins," Strom said. Statins include atorvastatin, cerivastatin, fluvastatin, pravastatin and simvastatin, while nonstatin LLDs include cholestyramine, colestipol hydrochloride, clofibrate and gemfibrozil.

"This is a very effective therapy, which is very safe," Strom said. "No drug is completely safe. But it has an opportunity to dramatically reduce heart disease. People shouldn't steer away from the drug because of false fear of memory problems."

The study, "Statin Therapy and Risk of Acute Memory Impairment," compared 482,542 individuals taking statin medications to 482,543 not taking any LLDs. The second control group included 26,484 users of nonstatin LLDs.

The upshot: "People who have high cholesterol should be on statins,” Strom said. Statins include atorvastatin, cerivastatin, fluvastatin, pravastatin and simvastatin, while nonstatin LLDs include cholestyramine, colestipol hydrochloride, clofibrate and gemfibrozil.

"This is a very effective therapy, which is very safe," Strom said. "No drug is completely safe. But it has an opportunity to dramatically reduce heart disease. People shouldn't steer away from the drug because of false fear of memory problems."

The study, "Statin Therapy and Risk of Acute Memory Impairment," compared 482,542 individuals taking statin medications to 482,543 randomly selected individuals not taking any LLDs. The second control group included 26,484 users of nonstatin LLDs.

The study, published in The Journal of the AMA - Internal Medicine, compared new users of statins with people not taking statins. New statin users also were compared to a second control group - patients taking nonstatin LLDs - which had not been done before.

More patients taking statins reported memory loss in the 30-day period after first taking the drugs, compared to non-users.

The same, however, was found with the nonstatin LLDs.

"Either it means that anything that lowers cholesterol has the same effect on short-term memory, which is not scientifically credible because you're dealing with drugs with completely different structures," Strom said. Or, he said, "detection bias" is more likely the reason, meaning patients taking a new drug visit their doctors more frequently and are highly attuned to their health.

"When patients are put on statins or any new drug, they're seen more often by their doctor, or they themselves are paying attention to whether anything is wrong," Strom said. "So if they have a memory problem, they're going to notice it.

Even if it has nothing to do with the drug, they're going to blame it on the drug."

Other studies have confirmed that statins improve long-term memory, so Strom said the findings indicate short-term memory loss is not a concern either: "You shouldn't worry about short-term memory problems from any statins and, long-term, we know they improve memory."

The upshot: "People who have high cholesterol should be on statins," Strom said. Statins include atorvastatin, cerivastatin, fluvastatin, pravastatin and simvastatin, while nonstatin LLDs include cholestyramine, colestipol hydrochloride, clofibrate and gemfibrozil.

"This is a very effective therapy, which is very safe," Strom said. "No drug is completely safe. But it has an opportunity to dramatically reduce heart disease. People shouldn't steer away from the drug because of false fear of memory problems."

The study, "Statin Therapy and Risk of Acute Memory Impairment," compared 482,542 individuals taking statin medications to 482,543 randomly selected individuals not taking any LLDs. The second control group included 26,484 users of nonstatin LLDs.

The upshot: "People who have high cholesterol should be on statins,” Strom said. Statins include atorvastatin, cerivastatin, fluvastatin, pravastatin and simvastatin, while nonstatin LLDs include cholestyramine, colestipol hydrochloride, clofibrate and gemfibrozil.

"This is a very effective therapy, which is very safe," Strom said. "No drug is completely safe. But it has an opportunity to dramatically reduce heart disease. People shouldn't steer away from the drug because of false fear of memory problems."

The study, "Statin Therapy and Risk of Acute Memory Impairment," compared 482,542 individuals taking statin medications to 482,543 randomly selected individuals not taking any LLDs. The second control group included 26,484 users of nonstatin LLDs.
Trish's Picnic

The great flavors of Buffalo chicken all mixed into a fabulous pasta salad!

8 oz. penne pasta
1 cup cooked, diced chicken
1/4-1/2 cup Frank’s Buffalo or Hot Sauce (or any brand)
1/4-1/2 cup prepared Ranch or Blue cheese dressing (your choice)
1/4 cup grated carrots
1/4 cup diced celery
1/4 cup diced green onions

Prepare the pasta according to package directions. Drain and add to a large bowl.

Add the remaining ingredients to the bowl, starting with 1/4 cup of both the hot sauce and dressing. Stir to combine. Refrigerate for at least 2 hours before serving.

Before serving, stir the pasta and taste. Add more hot sauce and dressing as desired.

Triple Berry Crisp

A much loved summer dessert using a variety of fresh fruits. You can substitute any fresh fruits of your choosing.

1 ½ cups fresh blackberries
1 ½ cups fresh raspberries
1 ½ cups fresh blueberries
4 tbsp. sugar
2 cups all-purpose flour
2 cups rolled oats
1 ½ cups packed brown sugar
1 tsp. ground cinnamon
½ tsp. ground nutmeg
1 ½ cups butter

Preheat oven to 350°. In a large bowl, gently toss together blackberries, raspberries, blueberries, and white sugar; set aside. In a separate large bowl, combine flour, oats, brown sugar, cinnamon, and nutmeg. Cut in butter until crumbly. Press half of mixture in the bottom of a 9x13 inch pan. Cover with berries. Sprinkle remaining crumble mixture over the berries. Bake in the preheated oven for 30 to 40 minutes, or until fruit is bubbly and topping is golden brown.

Food for Thought:
“Picnic is more than eating a meal; it is a pleasurable state of mind.”
— DeeDee Stovel, Picnic: 125 Recipes with 29 Seasonal Menus

Bacon Ranch Potato Salad

A staple at any picnic or outdoor gathering, the twist on classic potato salad is sure to be a crowd pleaser!

2 lbs. (4-5 cups) cubed red potatoes
2 cups sour cream
1 pkg. dry ranch dressing mix
Salt & Pepper, to taste
1 and 1/4 cup Colby Jack or Cheddar cheese, shredded
14-16 slices bacon

Green onions, chopped (optional)
Leave the peel on the red potatoes and cube. Put all cubes in a large pot and cover with 1 inch of water. Allow potatoes to come to a boil on high heat and then reduce the heat to medium low and cover. Allow to simmer for 15-20 minutes or until the potatoes are tender when pierced with a fork.

Drain the potatoes and run under cold water until they have completely cooled off. Meanwhile, mix the ranch dressing packet with the sour cream. Start by mixing only 1 1/2 to 3/4ths of the package and then add more depending on personal taste preference.

Cook the bacon, drain the fat, and crumble. Mix together the cooked potatoes and bacon, the shredded cheddar cheese, and sliced green onions if desired. Stir in the sour cream and ranch dressing mix. Add in pepper to taste. Chill, covered, in the fridge for at least 2 hours prior to serving.

Broccoli Slaw

Healthy and high in fiber, this quick and easy slaw is one of my favorites.

1 12oz. pkg. broccoli coleslaw mix
½ cup sunflower seeds or pine nuts
½ cup slivered almonds
1 3oz. pkg. Oriental-flavored ramen noodles, broken into small pieces
½ cup canola oil
¼ cup sugar
⅛ cup red or white wine vinegar
4 green onions, chopped

Combine broccoli coleslaw mix, sunflower seeds or nuts, almonds, and ramen noodles together in a bowl. Whisk canola oil, sugar, ramen noodle seasoning packet, and vinegar together in a separate bowl; pour over slaw mixture. Fold in green onions. Chill in refrigerator for 1 1/2 hours before serving.

As sunny skies and warmer temperatures move us into summer we instinctively gravitate towards all things outdoors. We trade our pants for shorts, our shoes for sandals and our kitchen stoves for our outdoor grill. We yearn for backyard cook outs, pool parties and bar-b-que. It’s time to pull out the red checkered tablecloth, paper plates and lemonade. It’s time for a picnic!

Picnic foods of course center on the main course of grilled beef, pork, chicken or fish...and we all know how fabulous the smell of these main entrees is cooking on the grill! But my favorites are the picnic sides, those wonderful summer salads, vegetables and desserts that will compliment your meal.

We all have our favorites from baked beans and potato salad with burgers to crisp cole slaws and corn salads with bar-b-que. I personally like a good pasta salad with chicken and any type of grilled vegetables with fish. Now is the time for lighter fare and cold foods. Grocery stores and farmer’s markets are brimming with the seasons bounty of fresh fruits and vegetables just waiting to be invited to your next picnic.

And let us not forget summer desserts, they should be easy to pack and transport such as cookies or brownies for the kids, (big and small) and perhaps something cool and creamy or fruity for the adults.

Whether you are hosting a picnic, having a party by the pool or simply packing a wicker basket and spreading a blanket on the lawn under a tree, give one of the following summer picnic sides a try.

Trish's Dishes

“A picnic is more than eating a meal; it is a pleasurable state of mind.”
— DeeDee Stovel, Picnic: 125 Recipes with 29 Seasonal Menus

 Buffal Chicken Pasta Salad

Caramel S’mores

Cute, quick and easy, these tasty treats are always a hit with the kids at any picnic!

1 16 oz. bag, box, or pkg. of chocolate chip cookie mix (can also use frozen cookie dough)
36 round chewy caramels in milk chocolate (like Rolos)
2 cups miniature marshmallows
½ cup chocolate chips
Heat oven to 375°F. Spray 36 round chewy caramels in milk chocolate (like Rolos)
36 mini muffin cups with cooking spray. Make cookie dough as directed on package. Shape dough into 36 (1-inch) balls. Place 1 ball into each muffin cup. Bake 8 to 9 minutes or until edges begin to brown. Remove from oven; firmly press 1 candy into center of each cookie until flush with cookie top. Top each with 3-4 marshmallows. Bake 2 to 4 minutes longer or until marshmallows are puffed. Cool 30 minutes. Loosen edges of cookie with small metal spatula and remove to cooling racks. Cool completely. Place chocolate chips in small resealable freezer plastic bag. Microwave on High about 1 minute or until softened. Gently squeeze bag until chocolate is smooth; cut off tiny corner of bag. Squeeze bag to drizzle chocolate over marshmallows. Let stand until hardened, about 10 minutes.

S’mores

Left the peel on the red potatoes and cube. Put all cubes in a large pot and cover with 1 inch of water. Allow potatoes to come to a boil on high heat and then reduce the heat to medium low and cover. Allow to simmer for 15-20 minutes or until the potatoes are tender when pierced with a fork.

Drain the potatoes and run under cold water until they have completely cooled off. Meanwhile, mix the ranch dressing packet with the sour cream. Start by mixing only 1 1/2-3/4ths of the package and then add more depending on personal taste preference.

Cook the bacon, drain the fat, and crumble. Mix together the cooked potatoes and bacon, the shredded cheddar cheese, and sliced green onions if desired. Stir in the sour cream and ranch dressing mix. Add in pepper to taste. Chill, covered, in the fridge for at least 2 hours prior to serving.

Bacon Ranch Potato Salad

A staple at any picnic or outdoor gathering, the twist on classic potato salad is sure to be a crowd pleaser!

2 lbs. (4-5 cups) cubed red potatoes
2 cups sour cream
1 pkg. dry ranch dressing mix
Salt & Pepper, to taste
1 and 1/4 cup Colby Jack or Cheddar cheese, shredded
14-16 slices bacon

Green onions, chopped (optional)
Leave the peel on the red potatoes and cube. Put all cubes in a large pot and cover with 1 inch of water. Allow potatoes to come to a boil on high heat and then reduce the heat to medium low and cover. Allow to simmer for 15-20 minutes or until the potatoes are tender when pierced with a fork.

Drain the potatoes and run under cold water until they have completely cooled off. Meanwhile, mix the ranch dressing packet with the sour cream. Start by mixing only 1 1/2-3/4ths of the package and then add more depending on personal taste preference.

Cook the bacon, drain the fat, and crumble. Mix together the cooked potatoes and bacon, the shredded cheddar cheese, and sliced green onions if desired. Stir in the sour cream and ranch dressing mix. Add in pepper to taste. Chill, covered, in the fridge for at least 2 hours prior to serving.

Broccoli Slaw

Healthy and high in fiber, this quick and easy slaw is one of my favorites.

1 12oz. pkg. broccoli coleslaw mix
½ cup sunflower seeds or pine nuts
½ cup slivered almonds
1 3oz. pkg. Oriental-flavored ramen noodles, broken into small pieces
½ cup canola oil
¼ cup sugar
⅛ cup red or white wine vinegar
4 green onions, chopped

Combine broccoli coleslaw mix, sunflower seeds or nuts, almonds, and ramen noodles together in a bowl. Whisk canola oil, sugar, ramen noodle seasoning packet, and vinegar together in a separate bowl; pour over slaw mixture. Fold in green onions. Chill in refrigerator for 1 1/2 hours before serving.

Best Idea Ever! Planning a large picnic or beach cookout this summer and want to cook everyone’s favorite corn on the cob? Boiling large amounts of corn on the stove in several pots can be very time consuming and now you don’t have to. Simply give that insulated cooler sitting in your garage a good scrub, fill it (1 1/2 to ¾) with fresh shucked corn, pour in copious amounts of boiling water, making sure to cover the corn, close the lid tightly and wait 30 minutes while you are working on other picnic fare, and when you are ready…so is your corn. Set up a slab of butter and some assorted flavored salts and you are go to go. Easy and no fuss, just the way we like it.

S’mores

Left the peel on the red potatoes and cube. Put all cubes in a large pot and cover with 1 inch of water. Allow potatoes to come to a boil on high heat and then reduce the heat to medium low and cover. Allow to simmer for 15-20 minutes or until the potatoes are tender when pierced with a fork.

Drain the potatoes and run under cold water until they have completely cooled off. Meanwhile, mix the ranch dressing packet with the sour cream. Start by mixing only 1 1/2-3/4ths of the package and then add more depending on personal taste preference.

Cook the bacon, drain the fat, and crumble. Mix together the cooked potatoes and bacon, the shredded cheddar cheese, and sliced green onions if desired. Stir in the sour cream and ranch dressing mix. Add in pepper to taste. Chill, covered, in the fridge for at least 2 hours prior to serving.

Broccoli Slaw

Healthy and high in fiber, this quick and easy slaw is one of my favorites.

1 12oz. pkg. broccoli coleslaw mix
½ cup sunflower seeds or pine nuts
½ cup slivered almonds
1 3oz. pkg. Oriental-flavored ramen noodles, broken into small pieces
½ cup canola oil
¼ cup sugar
⅛ cup red or white wine vinegar
4 green onions, chopped

Combine broccoli coleslaw mix, sunflower seeds or nuts, almonds, and ramen noodles together in a bowl. Whisk canola oil, sugar, ramen noodle seasoning packet, and vinegar together in a separate bowl; pour over slaw mixture. Fold in green onions. Chill in refrigerator for 1 1/2 hours before serving.
SWF – 70’s, attractive, petite, looking for trusting, caring, Christian man for companionship, traveling, snow birds/ time sharing, call 330-392-6597, must leave name and phone number.

SWF – 70, looking to meet man for companionship, to share walks in the park, go for lunch or movies. Call Sharon 330-799-0126

SWF – 73, Girard area, would like to meet SWM, 70 and older for companionship and fun. I like dining out with cocktails, (must drive), looks unimportant. 330-545-7316

SWM – NS, Would like to meet a SWF, 55 to 65 for companionship or more. If you like to hold hands, go for walks to the movies, nice dinners, and oldies music, call Jim at 330-942-3191

I will take free birds in my loving care in a good home. Call anytime 330-965-0194

For Sale – Kenmore Gas Range/white/3 yrs. old - $100 or BO, Whirlpool refrigerator/ off white/3 yrs. old - $100 or BO, Electric Clothes Dryer/ like new - $50 or BO, 2 Floor lamps - $20 each, Washer - $100 or BO. All offers considered – Must sell all – 330-397-7267

For Sale – 36” Round Glasstop Table $125; Charcoal Grill, clean used three times $25, call 234-855-0834 and leave call back number

For Sale – 98 Carter Circle unit #2 – Looking for a quiet tenant to occupy this 2 bedroom, 1 bath updated 1st floor apt. Features living room, dining room combo, equipped kitchen 1st floor laundry facility and a 1 car garage parking space. Currently there are 3 single retirees living there now and the apartment is smoke free and no pets. The rent would be $600.00 per month, plus electric. If this is the next place you would like to call home then call me for a private tour at 330-770-1791, Bob Roberts

HAM RADIO GEAR. Buying ham radio equipment. Whole estates or individual items. Radios, amplifiers, mics, morse code, etc. Call Mark at 330-424-9486

3 “M” YARD CARE – A Man A Mission, Mowing, Tilling, All your Lawn Needs, I’ll even let the dog out!! Let’s get your yard ready. 330-718-3137


For Rent – 2 bedroom Mobile Home, nice quiet park, no trouble, you pay utilities, I pay rental pad, lawn cutting, garbage, snow plowing, $490 month, 330-207-3492

For Rent – Time sharing, call 330-392-6597, must leave call back number.

Thank you Sacred Heart of Jesus and St. Jude. J. S.

Thank You Sacred Heart of Jesus and Blessed St. Jude. J.V.H.

Thank You Sacred Heart of Jesus and St. Jude. B.H.

Thank You St. Jude and Sacred Heart of Jesus. P.L.S.
Get Your Slovak On!

Tenth Annual Mahoning Valley Slovak Pow-Wow Festival! This year’s festival will be held on Sunday August 9, at St. Matthias Church, Our Lady of Sorrows Parish at 2800 Shady Run Rd, Youngstown.

The day starts with a Slovak/English Mass at 11am at St. Matthias Church (915 Cornell Ave) and continues after Mass until 9pm. Outside there will be Slovak food of all sorts available! There will be halušky, holubky (stuffed cabbage), pirohy, klobasa and kraut, roast pork sandwiches, BBQ chicken and even hot dogs, fries, ice cream and of course Slovak beer.

There will be kolače and kifles, and palacinky along with Slovak crystal and other Slovak items for sale. There is also a great Slovak Heritage corner showing authentic Slovak kroj (folk costumes), maps, corn husk dolls, photos, books, embroidery and informational items.

Musical entertainment will be provided by the Eddie Vallus band, the Del Sinchak Orchestra and Lučina Slovak folk dancers! Music continues until 8:30pm with room to dance!

So if you want to help celebrate the Slovak culture, come join us! And if you need more information just give me a call at 330.549.3760 or email me at loretta.ekoniak@gmail.com!

Hello Muddah Hello Faddah

YWCA of Youngstown Offering Summer Camps for Kids!

STEAM (Science, Technology, Engineering, Art, and Math) Camp

Camp Empower: Summer Care Camp for School-Age Children (ages 6 to 12 years). Daily and weekly rates are available. Runs through Aug. 28. Provides inclusive care for children with special needs.

Summer STEAM Camp: Camps for Children in Grades 4 to 6.

Stop Motion - July 13 - 17, 10 a.m. to noon
Young Artists - August 10 - 14, 9:30 a.m. to noon
RAD KIDS Self-defense - for preschool and school-age children - August 17 - 21
STOP! Hip Hop - Date TBD

For more information or to enroll, contact Jennie at 330-746-6361, x125.

Pow-Wow WOW!

Native American culture is celebrated at one of the best Pow-Wows in the country – The Great Mohican Pow-Wow. It was previously named one of the top 100 events in North America by the American Bus Association.

The setting is everything. These festival grounds are nestled in secluded wooded hills lending itself well to the authenticity and beauty of this annual celebration.

The 2015 show features MC RonColombe, Host Drum Wild Band, breathtaking tomahawk throwing and fire starting by Coyote Dog, dramatic hoop dancing by Lowery Begay and colorful ceremonial dancing, music of the Andes Mountains by Malkuri and mesmerizing fluteist Douglas Blue Feather.

There are also dance & drum competitions and powerful storytelling by Lance White Eagle. Throughout the festival grounds there are demonstrations of Native American living and customary food and artisans.

Don’t miss the touching Grand Entrance, group prayer and ceremony honoring our Veterans for their service.

Pow-Wows are celebrations that last for days and are remembered for a lifetime. It is a real cultural presentation – not a hobbyist show.

In addition to the Native foods, stories, music, dancing and competitions, there are original Native American creations by more than 40 traders, artisans and crafters. Wares on display and for sales include pottery, bead working, knife making, silversmithing, quill working, antler works, fur trading, wood and bone carving, leather work, basket weaving, clothes making and jewelry.

The Great Mohican Pow-Wow will be hosted by Mohican Reservation Campgrounds at 23270 Wally Road South in Loudonville, Ohio.

Admission is $8/adult and $4/child with discounts for two and three day passes as well as for colleges, groups, scouts, teachers, seniors and veterans.

For complete information or directions, phone 1-800-766-2267 or visit www.mohicanpowwow.com.

CORRECTION: Canning NOT Caning Classes

A Monthly “How To” Home Canning Series – through September. It’s home canning time again! For those planning to preserve food at home this summer season, it’s time to check out your equipment. Canning can be a safe and economical way to “put food by” as well as a source of enjoyment and pride for many.

There are some basic rules of thumb worth remembering that will help ensure a safe, quality preserved product. When canning low acid vegetables, meat or combination of vegetables (like spaghetti sauce), a pressure canner is the only way to preserve these foods safely. High acid foods such as fruits, pickles, salsa, jams and jellies can be safely processed using a boiling water bath canner. It is also recommended that the acidity level of low-acid foods such as tomatoes be raised by adding an acid to the product. This can be accomplished by adding lemon juice or citric acid to the jars.

Learn how to safely home preserve food using a water bath canner. This class is geared to teach those who are new to home canning, the basics and provide a refresher to experienced home canners. Participants may also have their pressure canners tested for safety and dial gauge pressure canners tested for accuracy before the programs.

Join us for one or all of the Food Preservation Program!

Program Series Details

Thursday July 30-Canning Basics
Wednesday August 12-Canning Tomatoes
Wednesday September 16-Drying & Dehydrating

Programs are from 1:00-2:30 pm.
Cost is $15.00 per session.
Classes are open to the public.
Location: Millennium Hall, Mill Creek Metroparks, 7756 Columbiana-Canfield Rd. Canfield, Ohio 44406
Drop off or mail registration to: OSU Extension, Mahoning County, 490 S. Broad St. Canfield, OH 44406 or call 330-533-5538.

Confuser Class

Senior computer classes offered at TCAP!

Senior computer classes are now available at Trumbull Community Action Program (TCAP). Keyboard and mouse skills to basic Internet usage are among the many topics covered during the free training.

Swing and Hustle Up Some Rhythm

This years National Ballroom Week Show & Celebration sponsored by USA Dance Youngstown Warren Chapter #2015 will be held on Saturday September 19.

Solo exhibitions should be ballet, Latin, rhythm, swing or hustle genres.

Groups and formations and performances are not limited.

Registration forms are due by August 1 and music is due no later than August 16.

For more info, or registration forms www.usadance2015.com or susanaryan2@aol.com

Free Is Good! Artisans at the Y

FREE ART SHOW! Now through July 17

Show open for viewing Monday-Saturday noon to 4 p.m. (Closed July 3 and 4 and all Sundays except July 12)

YWCA of Youngstown - 25 W. Rayen Avenue, Youngstown.

The YWCA Women Artists: A Celebration! annual art exhibition showcases works by local, regional, and national women artists age 18 and older. The juried show features 128 works of art by 63 artists, including paintings, drawings, photographs, sculpture, ceramics, jewelry, and metal work.

For info 330-746-6361, x102.
**Pasghetti Dinner**

Benefit Spaghetti Dinner will be held for Bob Pope & Family to assist with medical expenses and living expenses as Bob undergoes treatment for cancer. The event will take place at the Aut Mori Grotto Banquet Hall, 563 N. Belle Vista Ave, Youngstown, Ohio on Sunday July 19, 2015 from 12 noon thru 4pm or until sold out. A chinese basket auction, 50/50 raffle will be available as well as take out orders. Cost is $10.00 per adult and $5.00 for children under 12. 100% of proceeds will benefit the Pope family. For advance ticket or information contact Sean Craig @ 330-629-8146.

**The Only Exercise I Get Is When I'm Running Late**

The Ursuline Center is accepting new participants to its Healthways SilverSneakers® Fitness Programs. SilverSneakers® land and water classes provide an environment where mature adults can stretch and exercise at their own pace while socializing with their peers. No wonder its motto is, “Get fit, have fun, make friends!”

The Ursuline Center is located at 4250 Shields Rd., Canfield, and offers two types of SilverSneakers® classes: Land and Water. In Muscular Strength and Range of Movement classes, participants use weights, elastic bands and balls to improve strength and agility. In the Cardio Circuit classes, the fitness equipment is used coupled with non-impact aerobic activity.

All classes are led by a certified instructor. Classes are offered Mondays and Wednesdays from 8:30-9:30 a.m. and 10-11 a.m. SilverSneakers® participation is covered by many health care plans. For those who are self-pay, the cost is minimal.

Participants at The Ursuline Center can opt to take aquatic classes as part of the SilverSneakers® program. These are held on Tuesdays and Thursdays from 10:45-11:45 a.m. or 12 noon-1 p.m. in the Motherhouse Pool.

To learn more about the program or to sign up, contact The Ursuline Center at 330-799-4941.

**Fetivus For The Rest of Us**

Summer Festival of the Arts, July 11 and 12 at and around YSU. The Summer Festival of the Arts, presented by Youngstown State University, is in its 17th year of celebrating the fine and performing arts, local culture and community collaboration, and occurs yearly at and around the University. The event is a part of a weekend of special events including the Downtown Jazz Concert, a Gospel concert, the St. Nicholas Greek Orthodox Summerfest and this year, an unveiling of an original Abraham Lincoln portrait at the Mahoning County Courthouse.

More information is available by calling the Summer Festival of the Arts office at 330-941-2307 or emailing Lori Factor at lfactor@ysu.edu.

**Earn Your Wings**

Come and see how rewarding volunteering can be! The Guardian Angels of Ohio, a volunteer program of the Trumbull County Probate Court, is looking for new volunteers! Angel volunteers receive training to become advocates who reach out as friends to seniors who may need a friendly phone call, a visit in a nursing home, or a visit at home. Please join us for our next meeting on July 7, at 5:30 pm at Shepherd of the Valley, 4100 North River Road, Warren. RSVP if you will be arriving at 5:00 pm for dinner for $6.50. For info call 330-675-2521 or go to www.trumbullprobate.org.

**I Thought I Heard A Whistle From Below**

Salem Historical Society. July activities;

- July 8 & 9 - Museum gift shop and office open, 239 South Lundy Avenue, open 9 to 12 a.m.
- July 12 – Museum tours and Garden Gift Shop open 1 – 4 p.m.
- July 12 - Underground Railroad Trolley tour –1:15 – reservations at 330-337-6733 or trolley239@aol.com
- July 12 - History Roundtables – “Church Chat” Dale Shaffer Library, 4-5 p.m. 239 South Lundy. Contact 330-337-8514 for further information.

**Rummage with Champions**

Saint William Parish, Champion, is hosting their annual rummage sale staring Thursday August 6th, 7th and 8th. Sale hours on Thursday Aug 6 and Friday Aug 7 are 9:00 to 4:00 P.M. Saturday Aug 8th Bag Day 8:00 to 10:00. The huge sale, located at 5431 Mahoning Ave, Champion, is held in the large social hall and adjoining classrooms. Parishioners save all years to have a great choice of items. Lunch counter available.

**I Went To A Garden Party**

Free, Hands-On Vegetable Gardening Programs in Youngstown!

Growing local foods is a way to make communities vibrant and teach youth about gardening. Urban farming and community gardens are a big part of revitalization in Youngstown and the surrounding areas.

OSU Extension will be hosting the Local Flavor: Learn to Grow Vegetables program at community gardens and urban farms again this year. This is the fourth year for this successful program. Many are in the city, but two of the sessions are out in the county this year.

The programs are every Monday night through August 17, from 6-8pm. Each Monday, the public is invited to gather at these community gardens and urban farms. Experts will answer questions and share details about plants, crops and growing conditions.

The schedule for the summer is:

- July 13 Jubilee Garden - 150 Lafayette
- July 20 Southern Park Stables 4-H Community Garden - 126 Washington Blvd., Boardman
- July 27 East High Garden - 474 Bennington Ave
- Aug. 3 St. Paul’s Community Garden - 3906 E. Calla Rd, New Middletown, off Rt. 170 s. of Poland
- Aug. 10 Fairgreen Neighborhood Garden 230 Fairgreen Ave (on corner)
- Aug. 17 Flying High Urban Farm & GROW 100 Broadway, Enter Broadway & Bryson, drive to end

[http://go.osu.edu/localflavor2015](http://go.osu.edu/localflavor2015) or call 330-533-5538.

**Running Late**

Fetivus For The Rest of Us Festival of the Arts, July 11 and 12 at and around YSU. The Summer Festival of the Arts, presented by Youngstown State University, is in its 17th year of celebrating the fine and performing arts, local culture and community collaboration, and occurs yearly at and around the University. The event is a part of a weekend of special events including the Downtown Jazz Concert, a Gospel concert, the St. Nicholas Greek Orthodox Summerfest and this year, an unveiling of an original Abraham Lincoln portrait at the Mahoning County Courthouse.

More information is available by calling the Summer Festival of the Arts office at 330-941-2307 or emailing Lori Factor at lfactor@ysu.edu.

Running Late is hosting their annual rummage sale staring Thursday August 6th, 7th and 8th. Sale hours on Thursday Aug 6 and Friday Aug 7 are 9:00 to 4:00 P.M. Saturday Aug 8th Bag Day 8:00 to 10:00. The huge sale, located at 5431 Mahoning Ave, Champion, is held in the large social hall and adjoining classrooms. Parishioners save all years to have a great choice of items. Lunch counter available.

**Be A Group-er**

Programs and support groups are offered at the following ValleyCare Health System of Ohio facilities: Hillside Rehabilitation Hospital, 8747 Squires Lane NE, Howland; Northside Medical Center, 500 Gypsy Lane, Youngstown; and Trumbull Memorial Hospital, 1350 E. Market St., Warren.

The Hillside Rehabilitation Hospital Stroke Support Group meets the first Thursday of every month from 2:30 to 4 p.m. in the Boardroom at Hillside. Stroke survivors, their family members and friends are welcome to attend. For more information or to register, call 330-841-3891.

The Alzheimer’s Association Caregiver support group meets the first Tuesday of every month at 10 a.m. in Medical Office Building A, at Northside Medical Center. Meetings are free and open to all caregivers and family members of a loved one living with Alzheimer’s or other forms of dementia. For more information or to register, call 800-272-3900.

Diabetes HELPF™ - targeting adults 18 years and older with Type 1, Type 2 or Gestational diabetes and their family members or caregivers.

The Outpatient Group class series at Northside Medical Center is designed for people newly diagnosed with diabetes or for those who’ve never had formal classes. There is a fee for these classes, and a doctor’s referral and registration are required. Classes are held monthly at Northside. For more info or to register, call 330-884-3115.

The Alzheimer’s Association support group meets the third Wednesday of every month at 10 a.m. in Conference Room F on the ground floor of Trumbull Memorial Hospital. These support group meetings are free and open to all caregivers and family members of a loved one living with Alzheimer's or other forms of dementia. Registration is appreciated but not required. For more information or to register, call 800-272-3900.

The Trumbull Memorial Hospital Diabetes Education Support Group meets the second Monday of every month from 1 to 2 p.m. in Conference Room F on the ground floor of Trumbull Memorial. This support group is open to anyone in the community with diabetes, their family and friends. It is provided free of charge and registration is appreciated but not required. For more information or to register, call 330-841-9689.
The idea of Go Figure is to arrive at the figures given at the bottom-right-hand corners of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

**DIFFICULTY:** ★ ★★

* Moderate ★★ Difficult

**Problem:**

```
<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>7</td>
<td>5</td>
<td>3</td>
<td>1</td>
<td>6</td>
<td>9</td>
<td>8</td>
<td>2</td>
</tr>
</tbody>
</table>
```

Place a number in the empty boxes in such a way that each row, across, each column down and each small 9-box square contains all of the numbers from one to nine.

---

**SCRAMBLERS**

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the guy!

1. **LOW**
2. **ROSE**
3. **TRIC**
4. **LIMB**

```
1  6  2  3  5  1  2  3  4  5
```

TODAY’S WORD: __________

---

**EXCHANGE**

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Flag maker Ross __ __ __ S __ __ __ __ T
2. Composer Debussy __ __ __ D __ __ __ __ __
3. Gibraltar or Magellan __ __ T __ __ __ __ __
4. Soldier’s holiday __ __ V __ Rent __ __ __ __
5. City official __ __ Y __ __ Military rank __ J
6. Margarine’s rival __ __ T __ __ __ __ __ __
7. Yosemite and Central __ __ S __ __ Hooded jacket __ __
8. Physical well-being __ __ L __ __ __ __ __  __
9. Ice cream spoon __ __ G __ __ Nose around __ N
10. Dad __ __ F __ __ Shaving foam __ L

---

**DON’T BE CROSS WORD**

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>22</td>
<td>18</td>
<td>26</td>
<td>34</td>
<td>55</td>
<td>30</td>
<td>24</td>
<td>23</td>
<td>36</td>
<td>35</td>
</tr>
</tbody>
</table>

---

**HANDB CRAFT MARKETPLACE**

3761 1/2 Main Street • Mineral Ridge, Ohio

**UNIQUE GIFTS & MORE**

Tue - Fri 10 to 4, Sat 10 to 2

---

**Business Card Advertisement in The Senior News**

**Only $30 for over 50,000 Business Cards**

PLUS...We Distribute Them For You! As Low As $50 per month!

---

**Sandy Court Apartments**

150 Sandy Court • New Middletown, Ohio

330-542-0618

---

This institution is an equal opportunity provider and employer.

Low Income • New Accepting New Applications

Emergency Call System

Please Call for an Appointment

82 years of age or older, handicapped/disabled, regardless of age.
**SENIOR WORD SEARCH ORDERS**

<table>
<thead>
<tr>
<th>A</th>
<th>D</th>
<th>A</th>
<th>X</th>
<th>U</th>
<th>R</th>
<th>P</th>
<th>M</th>
<th>J</th>
<th>G</th>
<th>D</th>
<th>A</th>
<th>X</th>
<th>V</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q</td>
<td>N</td>
<td>K</td>
<td>I</td>
<td>F</td>
<td>D</td>
<td>A</td>
<td>X</td>
<td>I</td>
<td>T</td>
<td>Q</td>
<td>O</td>
<td>M</td>
<td>J</td>
<td></td>
</tr>
<tr>
<td>H</td>
<td>C</td>
<td>A</td>
<td>Y</td>
<td>W</td>
<td>B</td>
<td>U</td>
<td>E</td>
<td>R</td>
<td>P</td>
<td>N</td>
<td>L</td>
<td>J</td>
<td>H</td>
<td></td>
</tr>
<tr>
<td>F</td>
<td>D</td>
<td>B</td>
<td>T</td>
<td>Z</td>
<td>I</td>
<td>X</td>
<td>V</td>
<td>L</td>
<td>G</td>
<td>T</td>
<td>R</td>
<td>Q</td>
<td>O</td>
<td></td>
</tr>
<tr>
<td>M</td>
<td>K</td>
<td>W</td>
<td>R</td>
<td>I</td>
<td>T</td>
<td>T</td>
<td>E</td>
<td>N</td>
<td>H</td>
<td>F</td>
<td>G</td>
<td>T</td>
<td></td>
<td></td>
</tr>
<tr>
<td>D</td>
<td>B</td>
<td>Z</td>
<td>T</td>
<td>Y</td>
<td>U</td>
<td>W</td>
<td>V</td>
<td>P</td>
<td>I</td>
<td>T</td>
<td>P</td>
<td>R</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Q</td>
<td>O</td>
<td>H</td>
<td>N</td>
<td>E</td>
<td>L</td>
<td>O</td>
<td>K</td>
<td>H</td>
<td>K</td>
<td>I</td>
<td>Y</td>
<td>O</td>
<td></td>
<td></td>
</tr>
<tr>
<td>H</td>
<td>L</td>
<td>F</td>
<td>D</td>
<td>K</td>
<td>C</td>
<td>C</td>
<td>O</td>
<td>C</td>
<td>E</td>
<td>E</td>
<td>A</td>
<td>T</td>
<td>H</td>
<td></td>
</tr>
<tr>
<td>Z</td>
<td>X</td>
<td>I</td>
<td>W</td>
<td>L</td>
<td>V</td>
<td>R</td>
<td>G</td>
<td>N</td>
<td>I</td>
<td>D</td>
<td>N</td>
<td>A</td>
<td>T</td>
<td></td>
</tr>
<tr>
<td>U</td>
<td>S</td>
<td>R</td>
<td>A</td>
<td>Q</td>
<td>A</td>
<td>O</td>
<td>E</td>
<td>P</td>
<td>I</td>
<td>O</td>
<td>N</td>
<td>A</td>
<td>M</td>
<td></td>
</tr>
<tr>
<td>K</td>
<td>J</td>
<td>I</td>
<td>H</td>
<td>M</td>
<td>F</td>
<td>T</td>
<td>G</td>
<td>M</td>
<td>E</td>
<td>S</td>
<td>M</td>
<td>D</td>
<td>B</td>
<td>B</td>
</tr>
</tbody>
</table>

Find the longest words in the diagram. They run in all directions: forward, backward, up, down and diagonally.

**SENIOR SNOW FLAKES**

By Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.

**CRYPTOQUOTE**

By Terry Stickeler

Here is a scrambled 15-letter word that is known to all. See how long it takes you to unravel it.

**STICKELERS**

By Terry Stickeler

HocUs - focUs

By Hal Kaufman

Senior WoRD seARCHeR

By Fifi Rodriguez

1. ADVERTISEMENTS: What kind of product did the animated character Toucan Sam sell?
2. LITERATURE: Who wrote the novel "Watership Down"?
3. MOVIES: Who plays the title character in "Nanny McPhee"?
4. ANATOMY: The temporal bone would be found in what part of the human body?
5. MEASUREMENTS: How long is a cubit?
6. ASTRONOMY: Which planet in our solar system is closest to Earth?
7. MUSIC: What is an anthem?
8. INVENTIONS: Who invented the modern-day assembly line?
9. LANGUAGE: What is the only word in English that has three consecutive double letters?
10. GEOGRAPHY: What is the capital of Arkansas?

**SENIOR FLOSS**

**SENIOR FLOSS**

By Japheth Light

**SENIOR HOBBY FOCUS**

**SENIOR HOBBY FOCUS**

Find at least six differences in details between panels.

**STICKELERS**

By Terry Stickeler

HocUs - focUs

By Hal Kaufman

Senior WoRD seARCHeR

By Fifi Rodriguez

1. ADVERTISEMENTS: What kind of product did the animated character Toucan Sam sell?
2. LITERATURE: Who wrote the novel "Watership Down"?
3. MOVIES: Who plays the title character in "Nanny McPhee"?
4. ANATOMY: The temporal bone would be found in what part of the human body?
5. MEASUREMENTS: How long is a cubit?
6. ASTRONOMY: Which planet in our solar system is closest to Earth?
7. MUSIC: What is an anthem?
8. INVENTIONS: Who invented the modern-day assembly line?
9. LANGUAGE: What is the only word in English that has three consecutive double letters?
10. GEOGRAPHY: What is the capital of Arkansas?

**SOLUTIONS**

**SOLUTIONS**

By Hal Kaufman

**SOLUTIONS**

By Hal Kaufman

**SOLUTIONS**

By Hal Kaufman

**SOLUTIONS**

By Hal Kaufman

**STICKELERS**

By Terry Stickeler

HocUs - focUs

By Hal Kaufman

Senior WoRD seARCHeR

By Fifi Rodriguez

1. ADVERTISEMENTS: What kind of product did the animated character Toucan Sam sell?
2. LITERATURE: Who wrote the novel "Watership Down"?
3. MOVIES: Who plays the title character in "Nanny McPhee"?
4. ANATOMY: The temporal bone would be found in what part of the human body?
5. MEASUREMENTS: How long is a cubit?
6. ASTRONOMY: Which planet in our solar system is closest to Earth?
7. MUSIC: What is an anthem?
8. INVENTIONS: Who invented the modern-day assembly line?
9. LANGUAGE: What is the only word in English that has three consecutive double letters?
10. GEOGRAPHY: What is the capital of Arkansas?

**TRIVA**

By Fifi Rodriguez

1. ADVERTISEMENTS: What kind of product did the animated character Toucan Sam sell?
2. LITERATURE: Who wrote the novel "Watership Down"?
3. MOVIES: Who plays the title character in "Nanny McPhee"?
4. ANATOMY: The temporal bone would be found in what part of the human body?
5. MEASUREMENTS: How long is a cubit?
6. ASTRONOMY: Which planet in our solar system is closest to Earth?
7. MUSIC: What is an anthem?
8. INVENTIONS: Who invented the modern-day assembly line?
9. LANGUAGE: What is the only word in English that has three consecutive double letters?
10. GEOGRAPHY: What is the capital of Arkansas?

**SOLUTIONS**

**SOLUTIONS**

By Hal Kaufman

**SOLUTIONS**

By Hal Kaufman

**SOLUTIONS**

By Hal Kaufman

**STICKELERS**

By Terry Stickeler

HocUs - focUs

By Hal Kaufman

Senior WoRD seARCHeR

By Fifi Rodriguez

1. ADVERTISEMENTS: What kind of product did the animated character Toucan Sam sell?
2. LITERATURE: Who wrote the novel "Watership Down"?
3. MOVIES: Who plays the title character in "Nanny McPhee"?
4. ANATOMY: The temporal bone would be found in what part of the human body?
5. MEASUREMENTS: How long is a cubit?
6. ASTRONOMY: Which planet in our solar system is closest to Earth?
7. MUSIC: What is an anthem?
8. INVENTIONS: Who invented the modern-day assembly line?
9. LANGUAGE: What is the only word in English that has three consecutive double letters?
10. GEOGRAPHY: What is the capital of Arkansas?

**STICKELERS**

By Terry Stickeler

HocUs - focUs

By Hal Kaufman

Senior WoRD seARCHeR

By Fifi Rodriguez

1. ADVERTISEMENTS: What kind of product did the animated character Toucan Sam sell?
2. LITERATURE: Who wrote the novel "Watership Down"?
3. MOVIES: Who plays the title character in "Nanny McPhee"?
4. ANATOMY: The temporal bone would be found in what part of the human body?
5. MEASUREMENTS: How long is a cubit?
6. ASTRONOMY: Which planet in our solar system is closest to Earth?
7. MUSIC: What is an anthem?
8. INVENTIONS: Who invented the modern-day assembly line?
9. LANGUAGE: What is the only word in English that has three consecutive double letters?
10. GEOGRAPHY: What is the capital of Arkansas?

**STICKELERS**

By Terry Stickeler

HocUs - focUs

By Hal Kaufman

Senior WoRD seARCHeR

By Fifi Rodriguez

1. ADVERTISEMENTS: What kind of product did the animated character Toucan Sam sell?
2. LITERATURE: Who wrote the novel "Watership Down"?
3. MOVIES: Who plays the title character in "Nanny McPhee"?
4. ANATOMY: The temporal bone would be found in what part of the human body?
5. MEASUREMENTS: How long is a cubit?
6. ASTRONOMY: Which planet in our solar system is closest to Earth?
7. MUSIC: What is an anthem?
8. INVENTIONS: Who invented the modern-day assembly line?
9. LANGUAGE: What is the only word in English that has three consecutive double letters?
10. GEOGRAPHY: What is the capital of Arkansas?
Where Do You Read Yours?

Africa  Mexico  Russia  Italy

The Senior News
.com
Focus for People Aged 50 and Better!

A nationally syndicated columnist describes The Senior News on her website as "The Boomer Zine That is Hip, Slick and Cool!"

We couldn't have said it better ourselves.

To subscribe or advertise... 330.270.5442
or visit www.TheSeniorNews.com

Ireland  Egypt  Antarctica  France