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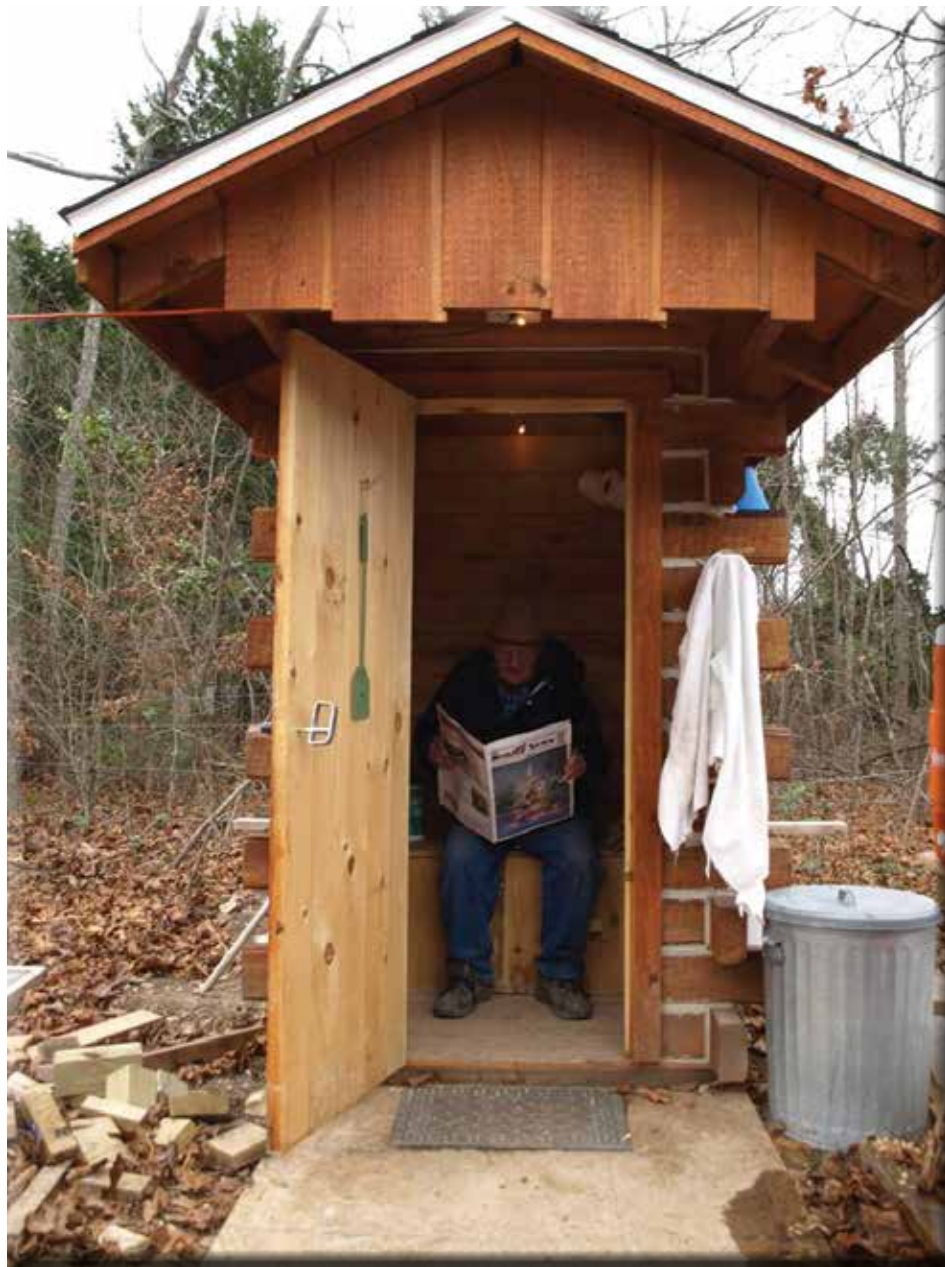
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WE'VE GOT MAIL!



Editor's Note:
 Charlie shelters-in-place and follows the guidelines for being safe. Be like Charlie! Send in a photo of where you read your Senior News (at home, of course) so we can share them with everyone. C'mon, we're waiting!
 The (albeit small) Senior News Staff

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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, **email or send your photo in to us** (Mark@TheSeniorNews.com). That's all there is to it! You might even make the cover!

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

Winners may receive a \$25.00 check in lieu of actual gift 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, blah...yada, yada, yada.

SAVVY SENIOR

by Jim Miller

BEWARE OF CORONAVIRUS SCAMS

Dear Savvy Senior,

Amid all the troubling coronavirus news, I've also read that there are various coronavirus scams going around right now taking advantage of innocent people who are afraid of getting sick or are worried about those that have. What can you tell me about coronavirus scams and what can I do to protect myself?

Scared Senior

Dear Scared,

Unfortunately, coronavirus scams are spreading nearly as fast as the virus itself, and seniors are often the most vulnerable.

These con artists are setting up websites to sell bogus products, and using spoofed phone calls, emails,



texts, and social media posts as a ruse to take your money and get your personal information.

The emails and posts may be promoting awareness and prevention tips, and fake information about cases in your community. They also may be asking you to donate to victims, offering advice on unproven treatments, or contain malicious email attachments.

Here are some tips to help you keep the scammers at bay.

Click carefully:

Don't click on coronavirus-related links from sources you don't know in an email or text message. The same goes for unfamiliar websites. When you click on an email or download a file, you could get a program on your computer that could either use your computer's internet connection to spread malware or dig into your personal files looking for passwords and other information.

Ignore bogus product offers:

Ignore online offers for

coronavirus vaccinations or miracle cures. There are currently no vaccines, pills, potions, lotions, lozenges, or other prescription or over-the-counter products available to treat or cure coronavirus online or in stores. If you see or receive ads touting prevention, treatment, or cure claims for the coronavirus, ignore them because they're not legitimate.

Beware of CDC spoofing:

Be wary of emails, text messages or phone calls claiming to come from the Centers for Disease Control and Prevention (CDC) and/or the World Health Organization (WHO). These scams could take several forms – such as fake health agency warnings about infections in your local area, vaccine and treatment offers, medical test results, health insurance cancellation, alerts about critical supply shortages, and more.

For the most up-to-date information about the coronavirus, visit [CDC.gov/covid19](https://www.cdc.gov/covid19).

Beware of fundraising scams:

Be wary of emails or phone calls asking you to donate to a charity or crowdfunding campaign for coronavirus victims or for disease research. To verify a charity's legitimacy use [CharityNavigator.org](https://www.charitynavigator.org). But, if you're asked for donations in cash, by prepaid credit card or gift card, or by wiring money, don't do it because it's probably a scam.

Beware of stock scams:

The U.S. Securities and Exchange Commission (SEC) is warning people about phone calls and online promotions, including on social media, touting stocks of companies with products that supposedly can prevent, detect or cure coronavirus. Buy those stocks now, they say, and they will soar in price.

But the con artists have already bought the stocks, which typically sell for a dollar or less. As the hype grows and the stock price increases, the con men dump the stock, saddling other investors with big losses. It's a classic penny-stock fraud called "pump and dump." Making matters worse: you may not be able to sell your shares if trading is suspended.

When investing in any company, including companies that claim to focus on coronavirus-related products and services, carefully research the investment and keep in mind that investment scam artists often exploit the latest crisis to line their own pockets.

HOW TO GET HELP WITH MEDICARE COVERAGE

Dear Savvy Senior,

I'll be 65 in a few months and could sure use some help sorting through all the confusing Medicare options that are available to me. Where can I get help with my Medicare decisions?

Approaching 65

Dear Approaching,

The options and choices available to Medicare beneficiaries today can be overwhelming.

In addition to original Medicare (Part A and B) that has been around for 54 years, you also have the option of enrolling in a Part D prescription drug plan, and a supplemental (Medigap) policy – both of which are sold by private insurance companies. Or, a Medicare Advantage plan which covers health care, prescription drugs and extra services all in one. These plans, which are also sold by private insurers, are generally available through HMOs and PPOs.

To help you figure out the best Medicare plans for you, there are a variety of resources, services and tools available today depending on how much help you need. Here are several to get you started.

Tools and Resources

A good starting point to get familiar with Medicare is the "Medicare & You" 2020 handbook that overviews the program and your options. You can download it and read it online at [Medicare.gov/medicare-and-you](https://www.Medicare.gov/medicare-and-you), or you should receive a free copy in the mail one month before your 65th birthday.

The Medicare website also offers a free "Find a Medicare Plan" tool at [Medicare.gov/plan-compare](https://www.Medicare.gov/plan-compare) that can help you find and compare health plans, supplemental policies and prescription drug plans in your area. Or, if you don't have Internet access, or don't feel confident in working through the information on your own, you can call Medicare at 800-633-4227 and a customer service representative will do the work for you over the phone.

Other free resources that are very helpful include the Medicare Rights Center ([MedicareRights.org](https://www.MedicareRights.org)), which staffs a hotline at 800-333-4114 to help answer your Medicare questions. Your State Health Insurance Assistance Program (SHIP) provides free Medicare counseling in person or

over the phone. To find a local SHIP counselor see [ShiptaCenter.org](https://www.ShiptaCenter.org) or call 877-839-2675. And Medicare Matters ([MyMedicareMatters.org](https://www.MyMedicareMatters.org)), a resource created by the National Council on Aging that provides an online guide to your coverage options.

In addition, you can also find free tips on choosing a top Medicare Advantage plan through the HealthMetrix Research Cost Share



Report at [MedicareNewsWatch.com](https://www.MedicareNewsWatch.com). This resource lists the best Advantage plans by area based on your health status.

And for a good tool to help you choose a Medicare supplemental (Medigap) plan, consider getting a personalized report from Weiss Medigap for \$99 at [WeissMedigap.com](https://www.WeissMedigap.com).

Get Help

If you want or need more help than the previously listed resources provide, you can also call on independent insurance agents or Medicare consultants to help you figure things out.

If you're interested in using an agent, be aware that they are compensated by insurance companies, so make sure to choose an independent agent that specializes in health insurance and works with a number of Medicare providers, not just one. For example, [eHealthMedicare.com](https://www.eHealthMedicare.com) will connect you to a licensed agent that will help you compare Part D, Medicare Advantage and Medicare supplemental plans in your area from multiple providers.

Medicare consultants, which are usually not affiliated with insurance companies or the government, typically charge a flat fee for their services. For example, 65 Incorporated (65incorporated.com) charges \$499 for an hour-long personalized Medicare enrollment consultation.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](https://www.SavvySenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



The Senior Citizens League Legislative Update

LEGISLATIVE UPDATE

The Senior Citizens League
www.SeniorsLeague.org

Without any fear of contradiction, we can tell you that there was a lot of important news coming out of Washington. There was also important and very disturbing news coming from cities and states across the nation.

The bill passed by the Senate and the House was the third in a series of economic stimulus bills hurriedly passed by Congress in response to the coronavirus pandemic. There is talk of a fourth stimulus bill, but the Senate has recessed until April 20 so that bill may be down the road a little way.

While this report is longer than usual, we've tried to give you the highlights of the issues that affect seniors. But because it's such a massive bill we might miss a few things or have to change our understanding of the legislation when there's been more time to digest the bill.

Issues that affect seniors in the Congressional bill passed end of March

For individual taxpayers, the relief measure includes direct payments of \$1,200 for each adult and \$500 for each child, with the payment phasing out for individuals making more than \$75,000 per year and couples making more than \$150,000.

Those without income, or with income solely from government benefits, like seniors on Social Security, are eligible.

Individuals making above \$99,000 and couples making more than \$198,000 receive no payment.

In the days leading up to the passage of the bill President Trump was advocating for a cut in the payroll tax, which is the tax that funds Social Security and Medicare. TSCl opposed that idea because both programs are already on a path

to insolvency in the not-too-distant future. Cutting or eliminating the payroll tax, even if only temporarily, would bring the date of insolvency even closer, with no plan on how to shore up the programs other than the ever-increasing calls by some politicians to cut benefits.

Under this legislation, the employers' portion of the payroll tax is deferred for this year. Half of it will then come due in 2021 and the other half in 2022. So, unless a business would fold before those due dates, the money would eventually be put back into the programs.

In addition, the measure appropriates funds to cover any shortfall in revenue to the Social Security and disability insurance trust funds and Social Security Equivalent Benefit Account that might result from the suspension of the tax this year.

TSCl is very happy to see this last aspect of the legislation in order that the trust fund is not further diminished.

Cuts in Medicare and Medicaid temporarily suspended

Many seniors were not aware that there were, and still are, cuts scheduled to be made in certain aspects of Medicare and Medicaid this year and in the future.

However, this new legislation will suspend automatic Medicare payment cuts to hospitals and doctors from May 1 through Dec. 31 of this year.

Because of that, however, it extends for one year, through 2030, broader cuts in funding currently in law which reduced Medicare payments by 2% annually, including \$15.3 billion for fiscal 2020. The point being that Medicare payments to health care providers will continue to be cut every year through 2030.

Hospitals will receive a 20% increase in their Medicare payments for treating a patient with Covid-19 during the coronavirus emergency.

There are other measures in the bill that give financial relief and/

or help regarding certain Medicare payments to hospitals and other health-care related services and equipment that will benefit many seniors.

Funding for several Medicare provisions scheduled to expire May 22 will be extended through Nov. 30, including:

- State health insurance assistance programs.
- A contract with the National Center for Benefits and Outreach Enrollment.
- Area Agencies on Aging.
- Aging and Disability Resource Centers.

The package also would extend until Dec. 1 funding for a floor on the geographic index used to calculate provider payment rates under Medicare.

The legislation will extend through Nov. 30 the Money Follows the Person demonstration grant program, and a protection against spousal impoverishment when a married individual is receiving home and community-based services.

The measure also delays until Dec. 1 a scheduled \$4 billion reduction in Medicaid funding for disproportionate share hospitals (DSH), which have large numbers of low-income and uninsured patients.

Expands telehealth that can help seniors

The legislation will remove a requirement from the first coronavirus response measure that a doctor had to have treated a patient within the last three years to use expanded telehealth authorities under Medicare.

Federally qualified health centers and rural health clinics can furnish telehealth service to beneficiaries in another location during the coronavirus emergency and be reimbursed at a rate that is similar to the national average for comparable services under the Medicare physician fee schedule.

Individuals receiving home dialysis wouldn't need to have periodic in-person assessments to qualify for telehealth services during the coronavirus emergency. Face-to-face encounters for re-certifying eligibility for hospice care could be conducted via telehealth during the emergency period instead of in person.

Medicare Part B, which provides general medical insurance, will fully cover a Covid-19 vaccine without any cost-sharing. Drug plans would have to allow Part D prescription

drug beneficiaries to receive a 90-day supply of medication during the public health emergency.

The requirement that patients at inpatient rehab facilities receive at least 15 hours of therapy per week during the emergency period will be waived. It also will direct HHS to waive a payment adjustment for long-term care hospitals that don't have at least a 50% discharge payment percentage.

In addition, the legislation will:

- Allow physician assistants and nurse practitioners to order home health services for Medicare beneficiaries.

- Allow state Medicaid programs to cover home and community-based services that are provided in acute-care hospitals.

- Delay by 30 days a requirement in the second coronavirus response package that a state maintain premiums to receive the 6.2 percentage point increase in Medicaid funding.

Upgrades the health care system in case of future virus epidemics

While not applying specifically to seniors, the bill will expand the Strategic National Stockpile to include personal protective equipment and supplies such as swabs used for Covid-19 testing.

It also provides that manufacturers of drugs that are critical to public health during an emergency will have to notify the FDA of supply chain interruptions for active pharmaceutical ingredients. Device manufacturers will have to make similar disclosures.

Makers of covered drugs, active ingredients, and related devices will have to maintain risk management plans for facilities to evaluate supply risks.

Drug makers will also have to report annually on the amount of each drug they create for commercial distribution. The FDA could require the information to be submitted during a public health emergency.

While these last measures, and there are others too numerous to list here, are too late for this health crisis, we are glad to see them put into place. In the past decade or two new viruses have appeared that we do not have immunity against, but we were lucky that, until now, our scientists were able to quickly combat them without the need for our nation to take the drastic actions we are now experiencing.

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The over-the-counter drug industry is about to get overhauled.

Congressional lawmakers tucked a long-stalled package of reforms to the multi-billion-dollar Over-The-Counter drug industry into its \$2 trillion coronavirus stimulus package after the industry argued that it could play a key role in the country's coronavirus response.

Here's the information we've received from Bloomberg News on the new measure:

"The bill just passed by Congress will modify the FDA's regulatory framework for nonprescription drugs and establish user fees to support the new process. The user fees would be authorized from fiscal 2021 through 2025 and include facility fees and fees for administrative order requests.

"The measure would create an administrative order process for determining whether a nonprescription drug is 'generally recognized as safe and effective. It would include opportunities for public comment and dispute resolution. There would also be expedited procedures for drugs that pose an imminent public health hazard and for safety labeling changes.

"Final orders that are issued in response to a drug maker request would include 18 months of exclusivity."

Just what that means regarding how it will affect individuals is a bit unclear at this point. When TSCL gets more information about this new change we will pass it along.

Prescription Drug Relief and Surprise Billing measures get left out

High on TSCL's list of legislative priorities this year has been passage of legislation to reduce the cost of prescription drugs and legislation to stop the unfair practice of surprise medical billing.

Unfortunately, because of the coronavirus pandemic and the subsequent emergency legislation that has been passed in response, it appears that legislation dealing with both issues is dead for this year.

Congressional advocates of legislation to deal with these two issues were looking to use the extension of the federal community

health centers and the National Health Service Corps programs as a vehicle for other health legislation.

However, both programs were given short-term extensions in the new legislation which will likely delay and could doom efforts to pass surprise medical billing and drug pricing legislation in coming months.

Nonetheless, TSCL will continue our fight for legislation to deal with these issues, regardless of how long it takes.

Government Issues Fraud Warning

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes that are related to the novel coronavirus (COVID-19).

Scammers are offering COVID-19 tests to Medicare beneficiaries in exchange for personal details, including Medicare information. However, the services are unapproved and illegitimate.

Fraudsters are targeting beneficiaries in several ways, including telemarketing calls, social media platforms, and door-to-door visits.

These scammers use the coronavirus pandemic to benefit themselves, and beneficiaries face potential harms. The personal information collected can be used to fraudulently bill Federal health care programs and commit medical identity theft. If Medicare or Medicaid denies the claim for an unapproved test, the beneficiary could be responsible for the cost.

Protect Yourself

- Beneficiaries should be very cautious of unsolicited requests for their Medicare or Medicaid numbers.

- Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If your personal information is compromised, it may be used in other fraud schemes.

- Ignore offers or advertisements for COVID-19 testing or treatments on social media sites.

- A physician or other trusted healthcare provider should assess your condition and approve any requests for COVID-19 testing.

- If you suspect COVID-19 fraud, contact National Center for Disaster Fraud Hotline (866) 720-5721 or disaster@leo.gov



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My Dead French Grandfather Helped Me With COVID-19

By Ted Rall

After my mother died on Feb. 7, I gathered her valuables and photo albums and drove home to New York. But there wasn't enough room in the car for everything I wanted to keep.

There were tchotchkes such as a silly white ceramic saltshaker and pepper shaker in the shape of Arab kings. They weren't my taste, but they had been there my entire life, so I wanted them. There was a box of birth certificates and other official documents from her parents and grandparents back in France. And her bike. She had bought a wooden chair for \$5 at a garage sale, stripped off the hideous paint and discovered it was an early 19th-century Shaker; I didn't want to let that go.

One more trip to Dayton, Ohio, was all I needed.

Her house sold faster than I expected. Closing is in a month. The buyers want to move in then, so I have to get my stuff out before then. My Realtor was generous. She offered to pack everything up and store it for me until the end of the coronavirus crisis. But I prefer to do it myself. Things you care about get lost and screwed up when you leave them to others.

COVID-19 be damned, I packed up to drive from New York to Ohio.

It was going to be a cannonball run: 12 hours from New York to Dayton, one day to pack, 12 hours back. I'd only need to get gas once each way. If I needed to urinate, I'd do it on the side of the Pennsylvania Interstate 80. As Gary Numan noted, the automobile is the epitome of social distancing.

Aside from the possibility of contracting the coronavirus, my plan entailed the risk of being trapped at some checkpoint or forcibly quarantined as lockdowns continue

to spread. Ohio has a shelter-in-place order. There are rumors that nonessential travel verifiable by documentation has been prohibited. The White House wants anyone who leaves New York to self-quarantine for 14 days. As of this writing, the highways are supposedly open. But will they be on Friday?

I couldn't sleep last night.

What if I were to get sick somewhere in western Pennsylvania or eastern Ohio? I wouldn't have any clue where to go. Would I be able to drive the remainder of the way to Dayton? Would I get stuck there? If I were on my way back, would I be in good-enough shape to make it back to New York? There are too many variables to feel good about it.

It's not like I am particularly risk-averse. I've filed conflict reports, including from Afghanistan. But something kept telling me I was being stupid.

Then my grandfather spoke to me. Not literally. He died over 30 years ago. But I could hear him in my mind, telling me a story for the umpteenth time, so clearly that I remembered the timbre of his voice.

The story concerned his best friend.

When France fell to the Germans in 1940, the country was partitioned. The western Atlantic coast and northern France including Paris were subjected to direct Nazi occupation. The center and the south became known as the absurdly misnamed "Free Zone," governed for the first couple of years of World War II by the treasonous collaborationist regime of Marshal Philippe Petain. My grandfather and his family lived in the free zone. His boyhood best friend lived in Paris.

A member of the French Resistance, he learned that Jews and others deported to Eastern Europe would never return, that they

were being mass murdered by the Germans. He determined to save his friend, a Jew living in Paris.

Using forged papers that could have gotten him shot on the spot had they been discovered, he illegally crossed the line of demarcation into the occupied zone and made his way to his friend's apartment in Paris.

"You and your family," he told his friend as they smoked together, "must leave at once. I have arranged forged documents for you. I will take you over the mountains to Spain, where you will be safe."

His friend trusted him implicitly. "I understand," he said. Then he went to talk to his wife.

After a time, his friend returned to the living room to inform him that they would not be leaving with my grandfather. They had a beautiful rent-controlled apartment, nice furniture. He specifically mentioned a fine china cabinet. Holocaust rumors seemed so over-the-top. Perhaps, he told my grandfather, everything will be all right.

After liberation, my grandfather returned to Paris and learned that

months after their meeting, his friend, his friend's wife and their two daughters had been deported to Auschwitz. They were almost certainly gassed upon arrival.

The apartment was bare, the door wide open. Someone — neighbors, probably — had taken everything, even the china cabinet.

"My friend died over an apartment and some stuff," my grandfather remembered. He was still angry, saying: "Never die over stuff. Society can collapse in an instant. Accept the truth. Pivot. And never look back. It's the difference between life and death. Never risk death over a stupid china cabinet."

COVID-19 isn't World War II, and driving to Ohio is hardly on par with waiting out the Nazi occupation of Paris. Yet my grandfather's lesson was pertinent. I nearly risked myself and everyone that I came into contact with over stuff.

Stuff doesn't matter. People matter.

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REGRETS: WE'VE HAD A FEW

Learn from the mistakes of seniors who share their biggest regrets

By Chelle Cordero

Some dreams become realities, and some don't. We all try to live our lives without regrets, but oftentimes other obligations get in the way of our goals. Regret is seemingly inevitable. In fact, a 2014 study from the National Association of Area Agencies on Aging, the National Council on Aging, United Healthcare and USA Today, found that only 17% of senior adults were regret-free. What are some of the most common regrets among seniors?

Joyce wishes that she and husband, Andy, had traveled more in the early years of their marriage. Now, in their retirement years, she says their health doesn't allow them the freedom to see faraway places they always dreamed of going to. Her advice: "Do it when you're young and have the stamina. If it's a matter of cash, it's easier to forego

some of the comforts when you are young."

Malcolm had a full list of special things to do with his wife, Sandy. They were thrilled to see their children finish school and begin their own lives when he retired. A few years before his retirement, Sandy died suddenly of a heart attack. A couple of years later, Malcolm was fortunate enough to meet another woman he enjoyed being with. While he never forgot Sandy, he was determined not to make the same mistake, and he retired a year early. His advice: "Don't wait for tomorrow; it may not happen. Carpe Diem. Take today and run with it."

David and Maggie remembered a trip they took to Atlantic City, New Jersey -- just before the casinos were built -- to see the old boardwalk one last time as it was during Maggie's childhood. While they were down there, they saw a few rundown properties that were for sale well below the market value and joked about buying one of them and selling it to one of the casinos planning to move in. It would be tight, but they thought they could afford it. Then they started to worry about the risk. They returned a few years later to see the revitalization of the area and

hear all the stories about land deals and development. The property they had considered was bought by someone else and sold for 10 times the amount. Their advice: "Be willing to take a chance, especially when you are young and don't have the responsibility of young children. Check things out thoroughly, but don't be scared to take a risk; it could pay off big time."

Jonathan and his brother Sam had a huge argument early in both their married lives, and they never spoke again. They missed out on each other's company, watching their families grow and being there for each other when their parents passed. Sam wasn't well for several years; Jonathan never knew about it.

When Sam succumbed to his illness, his widow called her brother-in-law. Jonathan came to the funeral and afterward to the house, where he met his niece and nephew for the first time. His advice: "Don't hang on to your grudges. The sad thing is I remember we were angry at each other, but I don't remember what the argument was about. And now my brother is gone. I'll never get the chance to speak to him again."

What were some of the other regrets folks had as they reached their senior years?

-- Say "I love you" every day. Don't put off telling your loved ones how you feel about them.

-- Staying in a job you hate will only make you miserable and leave you feeling unfulfilled. And don't be afraid to apply for a better job and or go after a promotion. Believe in yourself.

-- Be sure to spend time with your children when they are young. Before you know it, they'll be grown and off on their own.

-- Work to live; don't live to work. Remember your priorities are at home. Don't miss out on family time.

-- Take care of yourself when you're young. With today's medicines and advancements, it is almost a sure thing that you're going to live longer, so why not live healthier?

-- Spend time with your parents while they are still here.

-- Don't go through life without ever standing up for someone in need. Be proud of who you are.

-- Life only happens once. Be sure to make the most of it!

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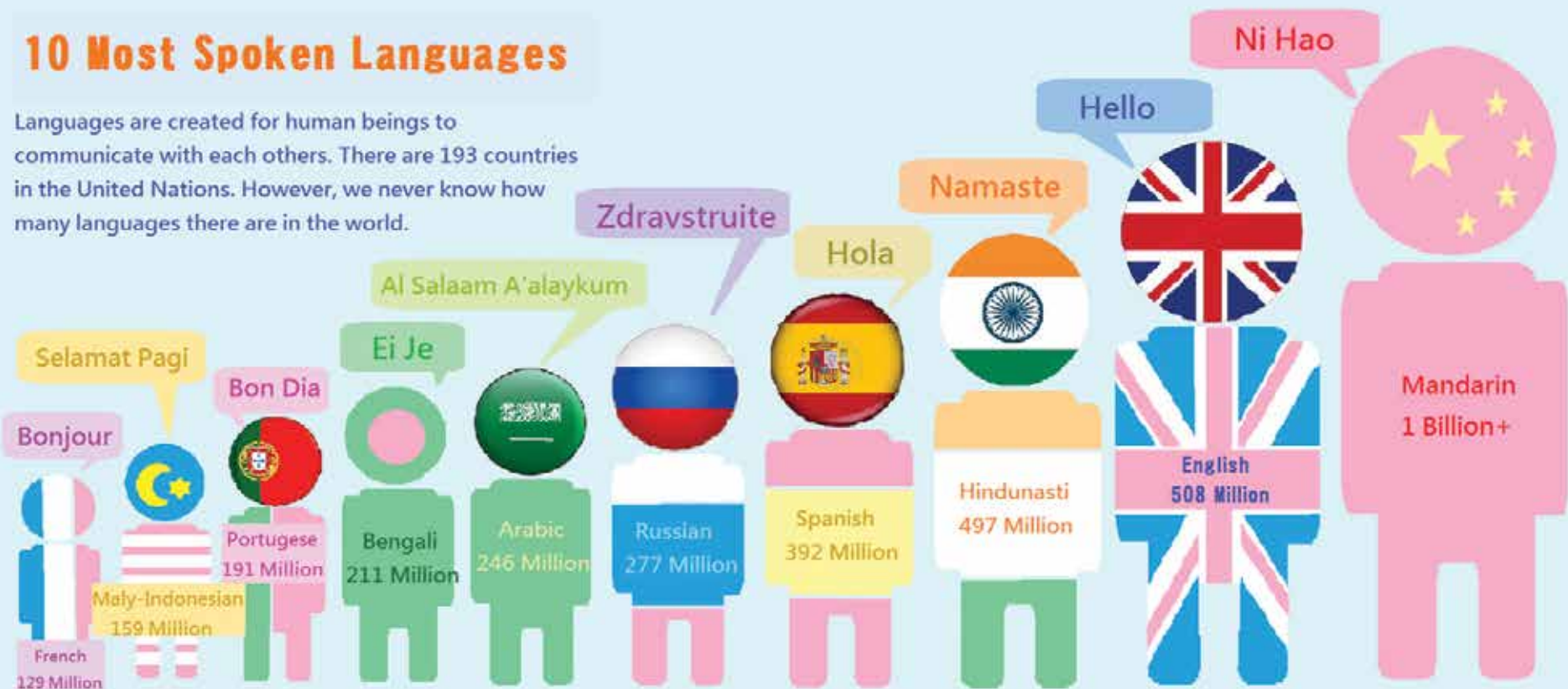
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WRTAonline.com

Giving The Valley a Lift

10 Most Spoken Languages

Languages are created for human beings to communicate with each others. There are 193 countries in the United Nations. However, we never know how many languages there are in the world.



VOULEZ-VOUS HELP YOUR BRAIN?

Learning a new language is possible at any age

By Marilyn Murray Willison

I live in South Florida, which is frequently referred to as the home of the silver tsunami. This phrase

describes the fact that people like me, the baby boomers (there are 74.9 million of us, born between 1946 and 1964), are beginning to hit retirement age. Unfortunately, this happens to be the precise age when most cases of Alzheimer's disease begin to manifest.

In her book "Wordstruck! The Fun and Fascination of Language," Susanna Janssen says: "The Alzheimer's Foundation reports one in nine people sixty-five and older (11 percent) has Alzheimer's disease. Today's count of nearly five and a half million sufferers could explode to fourteen million by 2050 when the number of senior citizens will have doubled in the United States."

Full disclosure: This entertaining and informative book about the wonderful world of words was written by the younger sister of my best (and first) friend from high school. When we were teenagers, Suzi and I had many of the same language-obsessed teachers in the late 1960s, but we lost touch after I went to college at UCLA in Southern California and she attended the University of California, Davis in Northern California.

Thanks to "Wordstruck!" I learned about some very encouraging research regarding Alzheimer's disease. According to studies by the American Academy of Neurology and York University, dementia symptoms appear at 71.4 years of age for adults who speak only one language. But for those who are bilingual, the onset is delayed until 75.5 years of age. According to The Alzheimer Association website, even the best Alzheimer drugs delay symptoms by only six to 12 months. So studying a second language could be a much more effective alternative.

We now know that the brain is actually like a muscle, and learning a new (or additional) language can provide a strenuous mental workout. The more you use your thinking muscle, the better it gets at storing and recalling information. Switching

back and forth between languages is known to improve what scientists call "executive functioning," and the more often we use those functions, the greater chance there is of decreasing or slowing the rate of age-related cognitive decline.

The good news is you don't need to be fluent for your brain to benefit from speaking or studying a foreign language. According to a 2014 Medical Daily report, taking the time to learn just three foreign words a day can help your brain, and by the time you've assimilated 100 core words of a language (which should only take three months), you'll have 50 percent of the words needed to conduct a day-to-day conversation. Scientists have used MRIs to compare the brains of people who study foreign languages with those who study non-language subjects, and what they've discovered is surprising. One Swedish study discussed in Science Daily showed that brain size actually increased among those who were studying languages, but not for the others.

Suzi just retired after a rewarding career as a college-level language instructor, and she shares in her delightful book much of what she has experienced as a well-traveled polyglot. "If you dream of speaking a second language, you've put it off long enough in the hopes of finding the 'right time'," she says. "Just start now already. The brain loves big challenges, fruitful frustrations, and bold new beginnings."

I don't know about you, but Suzi's enthusiasm (as well as the convincing linguistic research) is just the push I needed to sign up for a local adult language class. Willst du dich mir anschliessen?

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By Randal C. Hill

Iacocca's Little Secret

The debut of the Ford Mustang—named after the famed WWII P-51 Mustang fighter plane—took place at the New York World's Fair on April 17, 1964. That same day, 22,000 people, undoubtedly fueled by ads on all three TV networks and in 2,900 newspapers, bolted to their local dealers to secure a shiny new 1964½ Mustang for themselves. The car became such an overnight hit that a New York diner posted a sign in its window that read:

OUR HOTCAKES ARE SELLING LIKE MUSTANGS!

In 1959, after Ford's Edsel died a quiet death (the automaker had failed to accurately gauge the potential market for such a vehicle), the company honchos were determined not to repeat such a costly blunder.

By the early 1960s, a young Princeton-educated Ford executive named Lee Iacocca had become the head of the product-development division and supervised a 20-person market-research group with its eyes fixed on the prize. "We have experts who watch for every change in the customer's pulse-beat," Iacocca explained, adding, "For a long time now, we have been aware that an unprecedented youth boom was in the making."

It was obvious to Iacocca that Ford needed to offer a "youth car"—something stylish yet affordable—aimed squarely at the upcoming generation that longed to own a car that was different from that of their parents. It was almost as if Baby Boomers were saying, "Please, we don't want another ho-hum four-door sedan. Give us something exciting! Something unique! Something for us!"

Related statistics revealed other important data to Iacocca. The number of women drivers had soared 53 percent between 1956 and 1964, and recent college grads were now making 46 percent of all new-car purchases.

Iacocca's team knew that their product must offer a sporty



Henry Ford II revealing the 1964 1/2 Mustang at the World's Fair in Flushing Meadows, New York

look, be an early type of "muscle car," be appealing to women and, perhaps most important to Iacocca, be affordable.

The Mustang's style had been influenced by low-slung British roadsters such as the MGB and the Sunbeam Alpine, and Ford's product offered a comparable elongated hood and a chopped rear deck.

The Mustang could seat a family of four (okay, so it offered only a token back seat) and it was affordable, priced at \$2,368 for the basic models. To lower costs, Mustangs were built on the same platform as Ford's boring old Falcon, which lent its engine—and a host of other items—to the new vehicle. Customers could choose from a list of 50 different—and seductive—options.

Mustangs graced the covers of Newsweek and Time. Assembly plants ran 24-hour shifts—and still couldn't keep up with the demand. By 1966, 1 million Mustangs had found their way into the garages of enchanted owners. Not since the

1928 Model A had Ford hammered such a sales home run.

Yet for a long time, Iacocca kept silent about something: The Mustang

couldn't be too idiosyncratic. "The American public doesn't [really want] a sports car," he said. "It wants one that looks like a sports car."



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Ten Great Gigs For Boomers

(NAPS)—For Baby Boomers looking to keep active, supplement their income, meet people and learn new things, the gig economy is a major boon. What's more, many of these jobs can be done remotely.

Consider these popular gigs suggested by Mark Silverman, Founder and CEO, of Amava, a website dedicated to keeping members active and socially engaged through flexible jobs, volunteer gigs, unique experiences and services. According to Silverman, "to take



advantage of the gig economy, consider your skills, passions, time and financial requirements."

- Enjoy wine? Hello, Tasting Host. Winemakers want to create a pleasant environment for guests and need the right person to host tastings.
- Get paid to play with pups. A love for dogs and a willingness to take care of one or more at home or in other people's homes equals a great opportunity. Workers set hours and pay and, perhaps best of all,

spend time with dogs.

- Support a student as a tutor. Guide someone's educational journey in-person or online.

- A technical writer. Many industries are looking for strong writers able to simplify complex information.

- Looking for a new way to apply those training or teaching skills? What about as a software onboarding guide? The hours are flexible and the work is largely remote though the social engagement is high.

- Keep the record straight as a transcriptionist. The main skills? Accuracy and the ability to hit deadlines.

- Connect people and opportunities as a recruiter. Use your honed judgment, wide networks and people skills to match candidates and opportunities.

- Are you a problem solving people person? As a customer service representative you'll help folks all day.

- With the right skill set, a handyperson is always in demand. And with so many handy apps to choose from, gigs are a short click away.

- Debits on the left, credits on the right, right? An Accountant can keep it all straight on a contract basis. Whether it's working the software, characterizing expenditures or understanding tax implications, accountants are crucial to getting things done.

Learn More You can find further ideas and information at www.amava.com.

Senior News Line

By Matilda Charles

Stay Put to Stay Out of Harm's Way

A show of hands, please: How many of us are getting nervous since the Centers for Disease Control and Prevention announced that seniors and those with medical conditions should stay at home as much as possible due to the coronavirus? (Those medical conditions include heart disease, diabetes and lung disease.)

I've spent several days wondering whether I actually have to go out as often to get the things I need. I've learned:

- * Petco, PetSmart and Chewy, the pet food and pet supplies companies, will deliver. If you get on a repeat delivery schedule, the prices are lower than at the stores, and the heavy packages come right to your door.

- * Instead of standing in line at the always-crowded post office, I can order stamps online at usps.com. Call 1-800-782-6724 to learn more.

- * My grocery store still doesn't deliver, but if I order online they will at least bring my purchases out to the car.

- * CVS, however, does deliver, and as of now, it's free. In my area, either the post office or a courier will make the delivery. I decided to have my prescriptions sent by mail.

- * I made a few calls and two restaurants in my area will now deliver when they didn't before.

- * There's even a mobile oil-change company that will come to my house to service my car.

So, what will I do with all my non-shopping spare time, now that I don't need to go out as often? My list looks like this: order puzzles and paperbacks from Amazon, start spring cleaning, begin outlining a novel to write this summer, sign up on Duolingo [www.duolingo.com] for free language lessons on the computer, and order seeds (and all the supplies) to get a head start on growing a few vegetables on the porch this year.



Deja Vu, Again

By Mark Ludwick

April 1, 1984 - American entertainer Marvin Gaye was shot and killed by his father in Los Angeles.

April 3, 1860 - The Pony Express mail delivery system was launched. Continuous horse-and-rider relays along a 1,800-mile route.

April 4, 1968 - Martin Luther King, Jr., a leader of the American civil rights movement, was assassinated by James Earl Ray.

April 7, 1947 - American industrialist Henry Ford died in Dearborn.

April 9, 1682 - René-Robert Cavelier, sieur (lord) de La Salle, claimed the Mississippi River basin for France, naming it Louisiana.

April 12, 1961 - Russian cosmonaut Yury Alekseyevich Gagarin became the first human in outer space.

April 14, 1865 - U.S. Pres. Abraham Lincoln was shot by John Wilkes Booth while attending a production at Ford's Theatre in Washington, D.C., and died the next morning.

April 15, 1912 - The British luxury passenger liner Titanic sank en route to New York City from England, after striking an iceberg during its maiden voyage; 1,500 people died.

April 18, 1775 - The midnight ride of Paul Revere. Paul Revere, on this night in 1775 made a dramatic ride on horseback to warn Boston area residents of a British attack.

April 19, 1775 - Launched with the Battles of Lexington and Concord, the American Revolution was started.

April 25, 1990 - The Hubble Space Telescope was placed into operation by the space shuttle Discovery.

April 26, 1986 - A devastating catastrophe when an explosion and fire at the Chernobyl nuclear power plant in Ukraine released large amounts of radioactive material into the atmosphere.

April 28, 1945 - Italian dictator Benito Mussolini, "Il Duce," who became unpopular even among his fellow Fascists, was captured and executed.

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Ignite Immunity, Clean Naturally

(NAPSI)—If you're among the increasing number of Americans keen on natural solutions to boost immunity these days, you may be glad to know the answer may be right in your refrigerator—or should be. Loaded with vitamin C and zinc,



and with key antioxidant qualities, Limoneira Lemons can play a vital role in helping the immune system adapt to new threats and conditions.

Experts have cited lemons as a way to “reduce the risk of complications from a cold or flu, and reduce inflammation in the body.” Experiments have also found that lemon juice can destroy the bacteria of malaria, cholera, diphtheria, typhoid and other deadly diseases.

Lemons are also a boon to any kitchen or DIY beauty routine—plus, they're a handy sustainability tool. Use them to make life simpler without investing in potentially toxic chemicals or overpriced solutions. In fact, beyond their immunity-boosting benefits, lemons provide natural antibacterial and antiseptic properties that let you clean and disinfect your home, naturally.

Here's how to create a useful all-purpose cleaner for your kitchen and bathroom that can help your house smell spring fresh all year: Combine equal parts lemon juice and water in a spray bottle. You can use it nearly anywhere. For wood surfaces, create a polish by mixing one cup of olive oil and one-half cup of lemon juice. Test it first on a small spot.

For other “green cleaning” with lemon tips, visit www.Limoneira.com/cleaning.

Expressing Sympathy During This New Normal

While experiencing the loss of a loved one is always difficult, these days in the environment of social distancing due to COVID-19, it can be particularly so. If someone you care about is mourning, it's still the time to connect to family, friends and co-workers.

While many people are adapting to new everyday routines, the etiquette of expressing sympathy by and large has not changed.

What You Can Do

Here are a few helpful tips from the experts at 1-800-Flowers.com:

- Even if you don't know the person well, saying “I'm sorry for your loss” is always appropriate and meaningful. It's acknowledging what has happened in an honest and direct way. And it lets the person know they have permission to experience any uncomfortable emotions.

- Regarding social media etiquette, follow the lead of the person who is grieving. If they haven't said anything on Facebook, neither should you. But if they have posted about it, it is appropriate to comment.

- Due to the regulations on large gatherings in many places due to COVID-19, many funeral services are being postponed or livestreamed over the Internet, making it an extraordinarily stressful time for the immediate family. If you aren't able to express your condolences in person at this time, a delivery of a gourmet food basket, houseplant or sympathy flowers to their home is an appropriate way to let them know you are thinking of them.

- Remember to also support those who have experienced the loss of a loved one, perhaps not so recently, and may be feeling a bit more aware right now, be it due to social distancing or an upcoming important date or anniversary. (NAPSI)



"Yesterday the twig was brown and bare; To-day the glint of green is there; Tomorrow will be leaflets spare; I know no thing so wondrous fair; No miracle so strangely rare.

I wonder what will next be there!"

- L.H. Bailey

"The cool wind blew in my face and all at once I felt as if I had shed dullness from myself. Before me lay a long gray line with a black mark down the center. The birds were singing. It was spring."

- Burl Ives

APRIL WEATHER LORE

An April flood carries away both the frog and his brood.

April showers bring May flowers.

April is half March, half May.

April weather: rain and sunshine both together.

April weather likes to repeat the April Fool's Day.

April wet, good wheat.

A cold April brings us bread and wine.

Oak before Ash and we're in for a splash, Ash before Oak and we're in for a soak.

Forgive Me When I Whine

Today upon a bus, I saw a lovely maid with golden hair; I envied her-she seemed so gay, and how, I wished I were so fair; When suddenly she rose to leave, I saw her hobble down the aisle; she had one foot and wore a crutch, but as she passed, a smile. Oh God, forgive me when I whine, I have two feet-the world is mine.

And when I stopped to buy some sweets, the lad who served me had such charm; he seemed to radiate good cheer, his manner was so kind and warm; I said, “It's nice to deal with you, such courtesy I seldom find”; he turned and said, “Oh, thank you sir.” And then I saw that he was blind. Oh, God, forgive me when I whine, I have two eyes, the world is mine.

Then, when walking down the street, I saw a child with eyes of blue; he stood and watched the others play, it seemed he knew not what to do; I stopped a moment, then I said, “Why don't you join the others, dear?” He looked ahead without a word, and then I knew he could not hear. Oh God, forgive me when I whine, I have two ears, the world is mine. With feet to take me where I'd go; with eyes to see the sunsets glow, with ears to hear what I would know. I am blessed indeed. The world is mine; oh, God, forgive me when I whine.

Forgive Me

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**Notes from
the
Lilly Pad**

**By Pastor G. Coleman Lilly
Restoration Church**

uncertain at best, and people who haven't prayed in years are giving it serious consideration!

I wish I had the cure. I hope scientists and doctors find a solution quickly, and this nightmare soon comes to an end. Every citizen ought to take seriously the guidelines and directions given by those in authority. We each have a responsibility to use every possible precaution so that we don't contract the virus, or pass it on to anyone else. We all need to be

industry, education, and prosperity – our greatest asset has always been the family altar. The evidence that "God shed His grace" on us, are the faithful prayers of righteous believers in every village, town, and metropolis. Believing fathers, praying mothers, and God-fearing Americans of every generation have stemmed the tide of evil, resisted the powers of tyranny, and dissipated the horrors of darkness with the shining light of the gospel of Jesus



By Lucie Winborne

* Ever wondered why those athletic lace-ups on your feet are called sneakers? The moniker came about in the late 1800s, from their rubber soles that allowed people to walk or "sneak" around without a sound.

* Laura Ingalls Wilder's "Little House" books were once used as post-World War II propaganda. Gen. Douglas MacArthur's occupation headquarters chose "The Long Winter" as one of the first American books to be translated into Japanese, in an effort to boost the morale of defeated, starving citizens. German translations soon followed, with a similar goal.

* During the mid-1970s, author Anne Fine walked by a shop selling jewelry and old furs, the proprietor of which was a Madame Doubtfire. Fine recalled the name in 1986 when she wrote her novel "Madame Doubtfire." Her one request to makers of the film starring Robin Williams and Sally Field was that they "not make the children bratty, and they did indulge me in that."

* Believing he had been cursed for killing two canines, a man in India married a third as an act of atonement.

* Michelangelo, renowned painter of the Sistine Chapel and brilliant sculptor to boot, was surprisingly averse to personal hygiene. He also rarely changed his clothes. One of his servants remarked that the artist would spend so much time in his shoes that when he finally did take them off, "the skin came away, like a snake's, with the boots."

* You might experience "optophobia" while watching a terrifying scene in a horror flick -- it's the fear of opening one's eyes!

* Zebras are responsible for more injuries to U.S. zookeepers than any other animal.

* Your left lung is smaller than your right to make room for your heart.

Thought for April:
*"Books can be dangerous.
 The best ones should be labeled
 'This could change your life.'"*
 -- Helen Exley

Prayer

exceptionally high proportion of the population. (Merriam Webster Dictionary) I am writing this article on Friday, March 20, 2020 at four o'clock in the afternoon. Already today I have heard dozens of warnings, along with stern but compassionate admonitions from government leaders, medical professionals, and even close personal friends. We are in a PANDEMIC of epic magnitude. Everyone's life is impacted. Vacations are being canceled, employees are being laid off, people are hoarding food and health-care products, parents are teaching their children at home, college student's futures are

compassionate, and helpful to those less fortunate than ourselves.

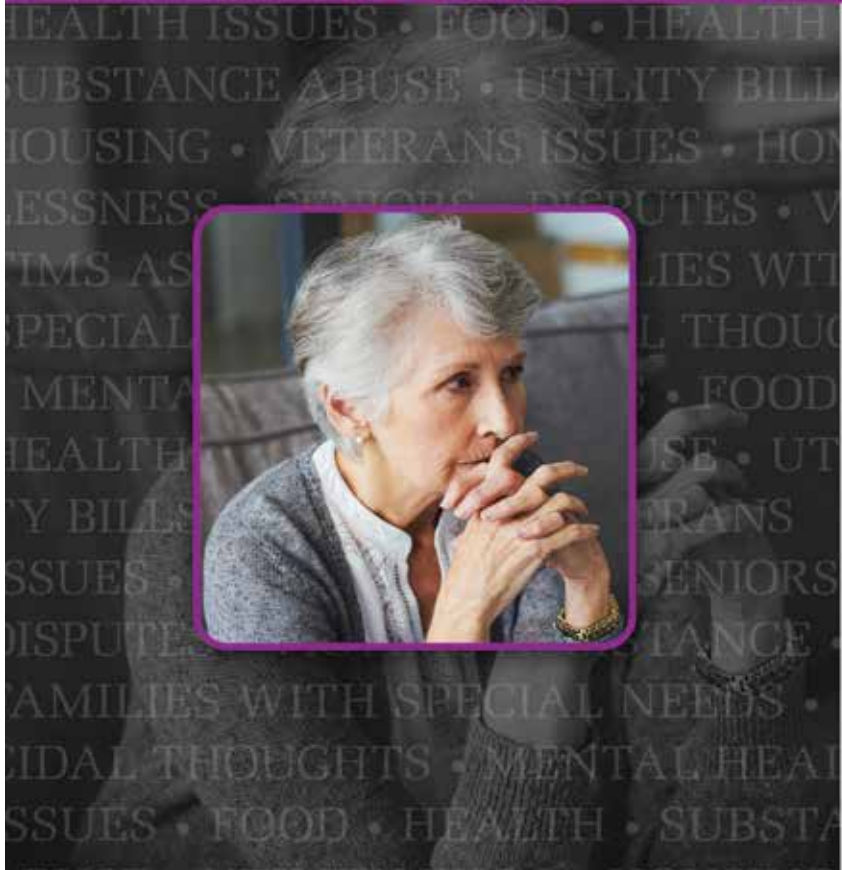
But I would like to remind all of us of a very rich and powerful weapon used by Americans for centuries. From the colonial days, to Valley Forge, to The Battle of New Orleans, to the Civil War, to two World Wars, to Korea and Vietnam, to the assassinations and unrest of the 1960's, and to the devastation of the terrorist's attack on 9-11 – millions of Americans have prayed to the God of heaven for deliverance, protection, and victory.

As great as our beloved nation is in military power, commerce,

Christ. Faith in a living, loving, and almighty Redeemer can bring our nation through this present crisis.

The surest way through this pandemic starts on our knees. Create an altar in your home. Clean your hands with sanitizer, then fall on your knees and lift up those hands to the God of heaven and earth. He promised this if you do: 2 Chronicles 7:14 "If My people who are called by My name humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven, will forgive their sin and will heal their land."

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Heathen

Once I saw this guy on a bridge about to jump. I said, "Don't do it!"

He said, "Nobody loves me." I said, "God loves you. Do you believe in God?"

He said, "Yes."

I said, "Are you a Christian or a Jew?"

He said, "A Christian."

I said, "Me, too! Protestant or Catholic?"

He said, "Protestant."

I said, "Me, too! What franchise?"

He said, "Baptist."

I said, "Me, too! Northern Baptist or Southern Baptist?"

He said, "Northern Baptist."

I said, "Me, too! Northern Conservative Baptist or Northern Liberal Baptist?"

He said, "Northern Conservative Baptist."

I said, "Me, too! Northern Conservative Baptist Great Lakes Region, or Northern Conservative Baptist Eastern Region?"

He said, "Northern Conservative Baptist Great Lakes Region."

I said, "Me, too! Northern Conservative Baptist Great Lakes Region Council of 1879, or Northern Conservative Baptist Great Lakes Region Council of 1912?"

He said, "Northern Conservative Baptist Great Lakes Region Council of 1912."

I said, "Die, heretic!" And I pushed him over.

Ruh-Roh

A man, shocked by how his buddy is dressed, asks him, "How long have you been wearing that bra?" The friend replies, "Ever since my wife found it in the glove compartment."

Misspelt

A priest, a minister and a rabbit walk into a bar. The rabbit says, "I think I might be a typo".

Coffee, Tea, or...

For his birthday, an old man's grandsons secretly hire a call girl for him. When he answers the door she's standing there in a slinky black dress. She says, "I'm here to give you super sex."

After thinking for a minute the old man replies, "I guess I'll have the soup."

DOH!

A young monk arrives at the monastery. He is assigned to helping the other monks in copying the old laws of the church by hand. He notices, however, that all of the monks are copying from copies, not from the original. So, the he goes to the head monk, pointing out that if someone made even a small error in the first copy, it would never be picked up! The error would be in all of the subsequent copies.

The head monk, says, "You make a good point, my son."

He goes down into the dark caves underneath the monastery where the original manuscripts are held. Hours go by and nobody sees the head monk. The young monk gets worried and goes down to look for him. He sees him banging his head against the wall and wailing.

"We missed the R! We missed the R! We missed the R!"

"Father!" cries the young monk. "What's wrong?"

The head monk with tears in his eyes replies, "The word is celebrate!"

I See

Two guys were out walking their dogs on a hot day when they pass by a bar. The first guy says, "Let's go in there for a pint."

The second guy says, "They won't let us in with our dogs."

First guy: "Sure they will, just follow my lead."

He goes up to the pub, and sure enough, the bouncer says, "I can't let you in here with that dog."

He replies, "Oh, I'm blind and this is my seeing-eye dog."

The bouncer says, "Ok then, come on in."

The second guy sees this and does the same thing. The bouncer says, "You can't come in here with a dog."

He replies, "I'm blind and this is my seeing-eye dog."

The bouncer responds, "You have a Chihuahua for a seeing-eye dog?"

The second guy exclaims, "They gave me a Chihuahua?"

No Parking

A man is struggling to find a parking space. "Lord," he prays. "I can't stand this. If you open a space up for me, I swear I'll give up the drink and go to mass every Sunday."

Suddenly, the clouds part and the sun shines on an empty parking spot. Without hesitation, the man says: "Never mind, I found one!"

Shed Some Light

A guy walks into a dentist's office and says, "I think I'm a moth."

The dentist replies "You shouldn't be here. You should be seeing a psychiatrist..."

The guys replies, "I am seeing a psychiatrist."

The dentist says, "Well then what are you doing here?"

And the guy says, "Your light was on."

Ring-A-Ling

A Canadian park ranger is giving some ramblers a warning about bears, "Brown bears are usually harmless. They avoid contact with humans so we suggest you attach small bells to your rucksacks and give the bears time to get out of your way. However, grizzly bears are extremely dangerous. If you see any grizzly-bear droppings leave the area immediately."

"So how do we know if they're grizzly bear droppings?" asks one of the ramblers.

"It's easy," replies the ranger. "They're full of small bells."

This Means WAR

"I come from a stupid family. During the Civil War, my great uncle fought for the west!"

Ya, Sure

As a Russian prepares to cross the Ukrainian border, the border guard asks, "Occupation?"

"No," says the Russian. "Just visiting."

Don't Quote Me

"Do you know what I love most about baseball? The pine tar, the resin, the grass, the dirt. And that's just in the hot dogs." - David Letterman

"Here's a picture of me with REM. That's me in the corner." - M. Jones

"My therapist says I have a preoccupation with vengeance. We'll see about that." - S. Francis

When I was a kid my parents moved a lot, but I always found them. Rodney Dangerfield

Rice is great when you're hungry and you want 2000 of something. Mitch Hedberg

Don't be so humble – you are not that great. Golda Meir

This suspense is terrible. I hope it will last. Oscar Wilde

I live on a one-way street that's also a dead end. I'm not sure how I got there. Steven Wright

I did not attend his funeral, but I sent a nice letter saying I approved of it. Mark Twain

That's why they call it the American Dream, because you have to be asleep to believe it. George Carlin

My esteem in this country has gone up substantially. It is very nice now that when people wave at me, they use all their fingers. Jimmy Carter (US president 1977 to 1981)

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MAINTAINING RELATIONSHIPS

Long-lasting friendships take time and effort

By Diane Schindwein

Writer John Leonard had it right when he said, "It takes a long time to

grow an old friend."

Simply put, old friends know us well and like us anyway. We need friends to get us out of the house, to listen when life gets rough and to help us find joy in each day. And, as it turns out, friends can even keep us healthy.

In a recent finding, The National Academy of Sciences notes how being isolated socially can be very harmful. Specifically, "Social isolation increased the risk of inflammation by the same magnitude as physical inactivity during adolescence, and the effect of social isolation on hypertension exceeded that of clinical risk factors such as diabetes in old age." Who knew?

Some friendships fall by the

wayside, but some can survive even if it has been years since we have seen or heard from a person. And just as it is with dating, sometimes you have to make the first move to rekindle a friendship flame.

Today's seniors have kept in touch by letter and phone calls -- or met up at school reunions -- but thanks to social networks, more older individuals are catching up with one another after decades of being apart. Remember, however, that being friends on Facebook isn't the same as spending time with that friend in person.

Marlene Mulford knows it takes some effort to keep good friendships going. She is now in her late 60s, retired and spending more free time with the people she cherishes, including her high school classmates.

"I've been blessed with lifelong dear friends, some as far back as grade school. There wasn't always the opportunity to get together through the years due to distance, family and careers. With the help of Facebook and Messenger, I've joined a group of high school friends who have reconnected since retirement,"

Mulford says.

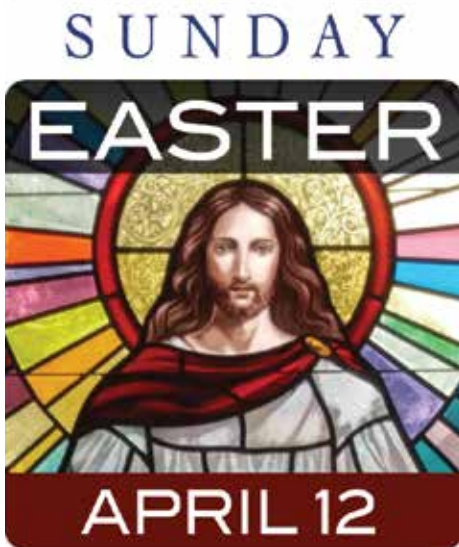
"Just recently I had a 'bunking party' -- an older term for 'sleepover.' Seven girlfriends traveled (across state lines) for a weekend at my house," she says. "With pillows, overnight bags and the gift of friendship, we spent time together in endless conversation, laughter, shopping and dining out. The evening ended a bit earlier than it would have 50 years ago. We all agreed it was an incredible time and we vowed to repeat this event annually, with get-togethers in between."

About once a year, Barb Tschacher, 65, travels across the country to see her family and meet up with her childhood friends. Sadly, one of her best friends passed away a few years ago, but that only makes her appreciate her other long-time friends even more.

"My remaining best friend from childhood, Mary, and I keep in touch through phone calls and text messages throughout the year, especially on birthdays and Christmas," she says, adding that they've been together through both happy and very sad life events. "You know, Mary is one of those people who can talk to anyone and people are comfortable around her. She has always been like that and that is one of the best things about her."

Even when life gets tough, maintaining close relationships with others is the best way to get through it. And as the research proves, what warms our hearts -- love, laughter, reminiscing -- is also healthy for our hearts.

"I always look forward to visiting with all my friends from my childhood when I go home -- to catch up on what is new in their lives, look at pictures of their grown kids and any grandchildren," says Tschacher. "We laugh so much. It's really true. Old friends are the best friends!"



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Things I've Learned in Life...

I've learned - that you cannot make someone love you. All you can do is be someone who can be loved. The rest is up to them.

I've learned- that no matter how much I care, some people just don't care back.

I've learned- that it takes years to build up trust, and only seconds to destroy it.

I've learned- that it's not what you have in your life but who you have in your life that counts.

I've learned- that you can get by on charm for about fifteen minutes. After that, you'd better know something.

I've learned- that you shouldn't compare yourself to the best others can do.

I've learned- that you can do something in an instant that will give you heartache for life.

I've learned- that it's taking me a long time to become the person I want to be.

I've learned- that you can keep going long after you can't.

I've learned- that we are responsible for what we do, no matter how we feel.

I've learned- that either you control your attitude or it controls you.

I've learned- that regardless of how hot and steamy a relationship is at first, the passion fades

and there had better be something else to take its place.

I've learned- that heroes are the people who do what has to be done when it needs to be done, regardless

of the consequences.

I've learned- that money is a lousy way of keeping score.

I've learned- that my best friend and I can do anything or nothing and have the best time.

I've learned- that sometimes the people you expect to kick you when you're down will be the ones to help you get back up.

I've learned- that sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel.

I've learned- that true friendship continues to grow, even over the longest distance. Same goes for true love.

I've learned- that just because someone doesn't love you the way you want them to doesn't mean they don't love you with all they have.

I've learned- that maturity has more to do with what types of experiences you've had and what you've learned from them and less to do with how many birthdays you've celebrated.

I've learned- that you should never tell a child their dreams are unlikely or outlandish. Few things are more humiliating, and what a tragedy it would be if they believed it.

I've learned- that your family won't always be there for you. It may seem funny, how people you aren't related to can take care of you and love you and teach you to trust people again. Families aren't always biological.

I've learned- that no matter how good a friend is, they're going to hurt you every once in a while and you must forgive them for that.

I've learned- that it isn't always enough to be forgiven by others. Sometimes you are to learn to

forgive yourself.

I've learned- that no matter how bad your heart is broken the world doesn't stop for your grief.

I've learned- that our background and circumstances may have influenced who we are, but we are responsible for who we become.

I've learned- that just because two people argue, it doesn't mean they don't love each other And just because they don't argue, it doesn't mean they do.

I've learned- that we don't have to change friends if we understand that friends change.

I've learned- that you shouldn't be so eager to find out a secret. It could change your life forever.

I've learned- that two people can look at the exact same thing and see something totally different.

I've learned- that no matter how you try to protect your children, they will eventually get hurt and you will hurt in the process.

I've learned- that your life can be changed in a matter of hours by people who don't even know you.

I've learned- that even when you think you have no more to give, when a friend cries out to you, you will find the strength to help.

I've learned- that credentials on

the wall do not make you a decent human being.

I've learned- that the people you care about most in life are taken from you too soon.

I've learned- that it's hard to determine where to draw the line between being nice and not hurting people's feelings and standing up for what you believe.



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Self Quarantine

Special to The Senior News
By Norbert Rug

Donna, my wife, and I have gone into self-imposed quarantine. It's not that we have the corona virus or any of the symptoms, it's just that we are trying to avoid any possibility of us contracting this virus. Donna and I are both in our 70's and I have underlying health conditions. We are the target group for contracting this virus.

Before I retired I was an OSHA-authorized outreach trainer. This meant I could teach safety programs throughout the United States. One of the courses that I taught was "Active Shooter". This class taught people how to react if there was threat in their workplace, school or public building. I think this relates very much to the current pandemic affecting the world.

Covid-19 seems to me to be like an active shooter. Both of these situations are dynamic, evolve rapidly and are unpredictable.

The first thing I would teach people was to make a plan and not to panic. Make a plan with your family and coworkers and ensure everyone knows what they should do if confronted with a threat. Panicking will only make a bad situation worse. Getting away from the shooter or shooters is the top priority in an active shooter situation and distancing yourself from other people during this pandemic is the best way to prevent getting sick.

An active shooter is a person who is engaged in killing or wounding people in a confined and populated area and there is no pattern or method to their selection of victims. Covid-19 is a virus that is harming or killing people in confined and populated areas and it is indiscriminant in selecting it's victims. Unfortunately there is no place that you can go to avoid the Corona virus, it is a global problem.

If escape is not possible in active shooter circumstances, you are supposed to lock doors, close blinds, and turn off the lights. Once you are in such a location you should also close and lock all the windows.

At home, Donna and I are now sheltering in place with our doors and windows closed. They are also locked in response to the pandemic. Nobody in, nobody out. If you come over for a visit, we will be happy to see you, but we will talk to you thru the window in the door, kind of like visiting someone in prison.

Fortunately, we are well stocked with toilet paper, tissues and paper towels. We had just done a bulk buying run recently. Our larder is well stocked also so, we should be able to hole up for a month or so. We may not be eating what we want but we will be eating.

Unless you've been in a coma for the last month, I am sure you are familiar with the other CDC guidelines to help stop the spread of Corona. I am not going to rehash them here. If you are unfamiliar with them, just turn on your television.

Donna has done child care from our home for decades. There was always a tribe of characters running around that gave our home life. She currently watches our eight year old twin grandsons and one of our daughter's friend's four year olds. We have had to suspend this until this crisis passes. In our self-imposed isolation we are now bored, very bored. There are no small children running amok and we miss it.

The first day we watched one movie from Netflix. Two television shows that we missed and played four games of euchre...and wasn't even 4:00 in the afternoon. We are also getting addicted to games on our devices. Neither one of us ever played many electronic games but desperate times call for desperate measures. Donna doesn't even have to take the time to make dinner because her sister left dinner for us on our back porch. Is it too early to go to bed? I would take a nap but then I would be up half the night.

After dinner, we gave up and went to bed. We decided we could watch television from bed just as easily as we could in our living room. Unfortunately, we got a little too comfortable and fell asleep by 8:00. Around 3:00 in the morning I was wide awake and watching old game shows from a station in Batavia.

On day six, we were sleeping in until 10:30. What was the point of getting up? We ate in bed, watched television in bed and spent much of the day napping. We get 57 stations off of our roof antenna so we had many programming sources. Unfortunately many of them were showing the same programs that they showed yesterday... and the day before. We did manage to change out of our night time pajamas into out daytime pajamas. It wasn't like we were going anywhere or receiving guests. The high point of our day was a video chat with our grandsons.

Norb and his wife Donna are sequestered in an undisclosed location in Western New York.



Taking Care

by Lisa M. Petsche

12 Ways To Help A Housebound Senior Stay Involved In Life

When someone is confined to their home due to convalescence from an illness, recovery from surgery, or chronic illness or disability, their world shrinks considerably. It's easy to become disconnected from others and the world in general.

Unfortunately, family support for seniors in such situations is often limited. Societal trends that include delayed marriage, decreased family size, and increased mobility contribute to elder isolation. Even if adult children live nearby, they're likely to be busy juggling careers and families of their own.

The following are some things that you, as a friend or relative, can do to show support to someone who is homebound and help him or her stay engaged in life.

1. Remember that you may have to be the one who makes most of the effort in the relationship. Plan to call or visit when you're not rushed for time. Arrange a regular date to get together, and when you do, treat the person the way you always have.

2. Allow the person to express emotions freely. Illness and disability affect people physically, mentally, emotionally and spiritually. But although there may be similarities, no two people experience their situation the same way. Listen attentively, demonstrate compassion, and provide words of encouragement.

3. Encourage them to practice self-care by eating nutritiously, exercising (if appropriate), getting adequate rest, and avoiding unnecessary stress. Also encourage the person to keep medical appointments. Do whatever you can to help make this happen. For example, bring over a meal or offer to drive them to an appointment.

4. Ask, rather than guess, what kind of practical help you can offer. Perhaps it's dusting and vacuuming, doing laundry or running errands. If your assistance is declined, continue to express your desire to help. Meanwhile, take it upon yourself to deliver a casserole or muffins or, if you're a neighbor, sweep both walks



or bring in both sets of garbage cans. Encourage the person to ask for and accept help rather than struggle alone.

5. Bring a surprise gift, such as a favorite movie, magazine or food treat, fresh flowers or a plant, or a gift certificate to a favorite restaurant that has takeout and delivery service. If you're on a limited income, sign out reading material, movies, or music the person would enjoy from the public library.

6. Help a female friend feel good about her appearance. Offer to set her hair or do her nails, or bring her a pretty new accessory. Put together a pamper kit of items to give her a lift when she's alone – for example, a relaxation CD containing soothing sounds of nature, scented candles, fragrant shower gel or body lotion, foot balm, or gourmet coffee or tea.

7. Encourage the person to cultivate some solitary pastimes - such as taking up word puzzles, jigsaw puzzles, writing, sketching, or a handcraft – that bring pleasure or fulfillment and enable them to enjoy her own company.

8. Facilitate connections to the outside world by sharing news about family, friends and current events. Bring a newspaper or newsmagazine with you. Better yet, arrange a subscription for the person.

9. Encourage your friend to get a computer and teach them how to use it. Internet access can help them stay connected to loved ones, keep up with local and world news, and gather health-related information, among other things. They can also take online education courses, play games like chess and bridge, and connect with others in a similar situation through Internet message

boards and chat rooms.

10. If mobility issues are preventing the person from getting around in the community, encourage them to rent or buy a walker, electric scooter, or wheelchair and help facilitate this. Also help them register with the local accessible transportation service if appropriate.

11. Offer to get information about community resources, such as home health care services, friendly visiting programs, shopping services,

meals on wheels, and accessible recreation and leisure programs.

12. Encourage your friend to seek help from their primary physician or a counselor if they continually feel sad, angry, or overwhelmed. There is no need to suffer, because depression is treatable.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in boomer and senior health matters.

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Trish's Dishes

These are certainly trying times, instead of gearing up for the Easter holiday, lovely spring-like weather and upcoming April activities that we might have been looking forward to, we find ourselves quarantined at home, glued to our televisions for the latest updates on the pandemic created by the Coronavirus and praying that our family and friends are safe and well.

By now we all know that the senior population is one of the most vulnerable to this virus so adhering to the current guidelines set forth by our government is critical to our health. I know these are scary times but we will get through them.

One key to keeping our sanity is to try and keep things as normal as possible, and what is more normal than cooking and eating. Food is the cornerstone of life, it keeps us centered, connected to each other, and actually feeds the soul as well as the body. In this time of fear and uncertainty, making and eating food can perhaps give us a focus and a small measure of pleasure at the normalcy of the task itself.

So in the coming weeks, "shelter-in-place and follow the guidelines", take joy and comfort in the small things like walking in your yard and seeing the glorious signs of spring, talking on the phone to family and friends, and cooking or baking some of your favorite recipes. Be well and stay safe dear readers, this too shall pass. *Trish*

Strawberry Banana Salad

Kinda like a banana split, but without the calories!

- 3 ripe bananas
- 1/2 lemon, juiced
- 1/3 cup sugar
- 14oz crushed pineapple drained
- 1 1/2 cups diced strawberries
- 1/2 c chopped maraschino cherries
- 1 cup plain Greek yogurt or (sour cream)
- 1 tub whipped topping (8 oz)
- 1/2 cup chopped pecans

Place bananas in a large bowl and mash. Stir in juice from 1/2 of a lemon. Add sugar, pineapple and Greek yogurt. Stir until smooth. Stir in cherries and strawberries. Fold in whipped topping. Refrigerate until serving.



BLT Pizza

A lovely twist on traditional pizza!

- 1 prebaked 12-inch pizza crust
- 1/2 c Miracle Whip or mayo
- 2 tsp. dried basil
- 1/2 tsp. garlic powder
- 1/8 tsp. onion powder
- 12 bacon strips, cooked/crumbled
- 3/4 c shredded cheddar cheese
- 3/4 c shredded mozzarella
- 1-1/2 cups shredded lettuce
- 2 med. tomatoes, thinly sliced

Place the crust on an ungreased 12-in. pizza pan. In a small bowl, combine the Miracle Whip, basil, garlic powder and onion powder; spread over crust. Set aside 1/4 cup bacon. Sprinkle cheeses and remaining bacon over crust. Bake at 425° for 8-12 minutes or until cheese is melted. Top with lettuce, tomatoes and reserved bacon. Cut into wedges.

Asparagus Ham Skillet

Perfect for a Spring dinner!

- 2 cups uncooked corkscrew or spiral pasta
- 3/4 pound fresh asparagus, cut into 1-inch pieces
- 1 medium sweet yellow pepper, julienned
- 1 tablespoon olive oil
- 6 med. tomatoes, diced
- 6 oz. boneless fully cooked ham, cubed
- 1/4 cup minced fresh parsley
- 1/2 tsp. salt
- 1/2 tsp. dried oregano
- 1/2 tsp. dried basil
- 1/8 to 1/4 teaspoon cayenne pepper
- 1/4 cup shredded Parmesan cheese

Cook pasta according to package directions. Meanwhile, in a large cast-iron or other heavy skillet, sauté asparagus and yellow pepper in oil until crisp-tender. Add tomatoes and ham; heat through. Drain pasta; add to vegetable mixture. Stir in parsley and seasonings. Sprinkle with cheese.

Chicken & Shrimp Skillet w/Rice

Too Yummy for words!

- 1 6.75 oz. pkg. Spanish rice pilaf mix
- 8 oz. skinless/boneless chicken breasts cut into 1 inch pieces
- 3/4 cup chopped green pepper
- 2 14.5 oz. cans chopped tomatoes with green chilies
- 1/2 cup chopped red onion
- 1/4 c dry white wine
- 1 clove garlic, minced
- 8 oz. large shrimp, peel/ devein
- 1 cup frozen peas, thawed
- 3/4 tsp. dried thyme, crushed
- Salt & pepper to taste

Thaw shrimp, if frozen. Prepare rice according to package, omitting any of the fat or cooking oil they suggest. Coat a large nonstick skillet with cooking spray. Cook the chicken, sweet pepper, red onion, and thyme in the skillet until the chicken is no longer pink and vegetables are tender. Stir in the undrained tomatoes, wine, and garlic. Bring to boiling; reduce heat. Simmer the mixture, uncovered, for about 10 minutes. Add shrimp and peas Cook and stir for 3 to 5 minutes or until shrimp turn pink. Serve over rice. Season with salt and pepper.

Spring Broccoli Salad

Crunchy & healthy, what more could you ask for?

- 8 cups fresh broccoli florets
- 1 bunch green onions, thinly sliced
- 1/2 cup dried cranberries
- 3 tbsp. canola oil
- 3 tbsp. seasoned rice vinegar
- 2 tbsp sugar
- 1/4 cup sunflower kernels
- 3 bacon strips, cooked and crumbled

In large bowl, combine broccoli, green onions and cranberries. In a small bowl, whisk oil, vinegar and sugar until blended; drizzle over broccoli mixture and toss to coat. Refrigerate until serving. Sprinkle with sunflower kernels and bacon.

Lemon Blueberry Cheesecake Bars

Super delish...could eat the whole pan!

- 2 tbsp. sugar
- 1/8 tsp. ground cinnamon
- 9 graham crackers, crushed
- 1/2 stick unsalted butter, melted
- For the filling:
- 16 oz. cream cheese, room temp
- 2 eggs
- 2 lemons, zested and juiced
- 1/2 cup sugar
- 1 1/2 cups fresh blueberries
- Powdered sugar, for dusting

Preheat oven to 325°. Grease the bottom of a 9x9" baking pan with butter. Place parchment paper over top, pressing down at corners. Mix sugar, cinnamon and graham crackers until at the texture of bread crumbs. Add melted butter and mix to fully incorporate. Pour into lined baking pan and gently pat down with the base of a glass. Bake for 12 minutes until golden. When done set aside to cool. In a bowl, with a mixer on medium, mix cream cheese, eggs, lemon zest, lemon juice and sugar until well combined. It should have a smooth consistency. Pour onto cooled base and cover with blueberries. They will sink slightly but should still be half exposed -- as the cake bakes they will sink a little more and break down. Bake for 35 minutes until the center only slightly jiggles. Remove from the oven and cool completely before refrigerating for at least 3 hours. Once set, remove from pan using the parchment lining and slice into 10 rectangular bars. Dust with powdered sugar.

Mashed Cauliflower w/Cheese

Fabulous for mashed potato lovers watching their weight!

- 1 large head cauliflower (about 2-1/2 lbs.), broken into florets
- 1 c shredded Parmesan, divided
- 1/3 cup heavy whipping cream or half-and-half cream

1 tbsp. butter
1/2 tsp. pepper
Minced fresh parsley, optional
Place 1 in. of water and cauliflower in a large saucepan; bring to a boil over high heat. Cook, covered, 10-12 minutes or until soft. Drain. Mash cauliflower to desired consistency. Stir in 1/2 cup cheese, cream, butter and pepper. Sprinkle with remaining cheese and, if desired, parsley.

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 - 66 Feeble
 - 67 Noncircular paths around bodies
 - 72 Homeland, affectionately
 - 75 Big name in dog food
 - 76 108-card game
 - 77 Toque or fez
 - 80 1967 hit for the Doors
 - 85 Infrequent
 - 86 "Star Trek" rank: Abbr.
 - 87 Pilfer from
 - 88 Singer Yoko
 - 89 Leaks slowly
 - 90 To no extent
 - 94 Mismatched collection
 - 99 Knife of old infomercials
 - 101 — Kippur
 - 102 Stream of electrons
 - 103 Witches in "Macbeth"
 - 107 Cantaloupe or honeydew
 - 108 Body gel additive
 - 109 "There's — haven't heard!"
 - 110 — prayer for
 - 111 Univ. Web site suffix
 - 114 Beach hills
 - 116 "77 Sunset Strip" actor, familiarly
 - 122 Mrs. Bunker
 - 123 Use an umbrella, say
 - 124 Posts again
 - 125 Hunter's lure
 - 126 Fusible alloys
 - 127 Bad-mouth
 - 11 Western treaty inits.
 - 12 Pope before Gregory XIII
 - 13 More nonsensical
 - 14 Prison, informally
 - 15 — and haw
 - 16 Pizza herb
 - 17 More irritated
 - 18 Rocker Winter
 - 19 Plow pioneer
 - 24 Noisy clamor
 - 29 Basic idea
 - 31 Actor Jimmy
 - 32 Granny, e.g.
 - 33 At — of (priced at)
 - 34 Item in a P.O. box
 - 35 Part of NATO: Abbr.
 - 36 Acne spot
 - 37 Performed on stage
 - 38 Lies in wait
 - 39 Apocryphal archangel
 - 43 With 115-Down, nervous and apprehensive
 - 44 Part of i.e.
 - 45 "... wife could — lean"
 - 47 Injure badly
 - 48 Jai —
 - 49 DEA agent
 - 53 "Shape — ship out!"
 - 56 Alphabet opener
 - 57 "May — of service?"
 - 58 Burglar's job
 - 59 Missile's path
 - 60 "Deathtrap" star Michael
 - 61 "For — us a child is born"
 - 62 Guitarist Paul
 - 64 "Green" sci.
 - 67 Sci-fi power
 - 68 Robert De —
 - 69 1990s exercise fad
 - 70 Bldg. units
 - 71 Virus, e.g.
 - 72 Not closed
 - 73 Jay of NBC
 - 74 Biblical verb
 - 77 Belittling frat brother
 - 78 Circus venue
 - 79 Touchy
 - 81 Bohemianism
 - 82 Meanders
 - 83 Question's opp.
 - 84 Turndowns
 - 85 Like Brutus
 - 89 Prince — von
 - 91 Go along with
 - 92 Christie's cry
 - 93 — many words
 - 95 Coloring stuff
 - 96 Caméra —
 - 97 Ones toeing the line
 - 98 Tag anew
 - 100 In the habit of
 - 103 Crossed a ford
 - 104 Get by
 - 105 Like a charged atom
 - 106 Cyclical, at the beach
 - 107 — tai (drink)
 - 110 "The — the limit!"
 - 111 Markey of Tarzan films
 - 112 Nixing mark
 - 113 Stalin's land
 - 115 See 43-Down
 - 117 English dramatist Thomas
 - 118 Lyrical verse
 - 119 Bruin Bobby
 - 120 Peru's Sumac
 - 121 Campaigned

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
20							21							22					
23							24							25					
26				27						28			29		30				
			31	32					33	34	35			36					
37	38	39						40				41							
42							43	44				45		46			47	48	49
50							51					52	53				54		
55					56	57				58	59			60	61	62			
63				64						65				66					
			67				68	69	70					71					
72	73	74					75							76			77	78	79
80							81					82	83	84			85		
86							87					88				89			
90			91	92	93			94	95	96				97	98				
			99					100		101				102					
103	104	105						106					107						
108					109							110					111	112	113
114				115		116			117	118	119				120	121			
122							123							124					
125							126							127					

Flashback

By Mick Harper

1. Name the bridge in Bobbie Gentry's 1967 hit "Ode to Billie Joe."
2. Which singer was born Jean Caliste? What was her only big hit single?
3. Who released "You Can't Always Get What You Want," and when?
4. Who was the first to release "Lawdy Miss Clawdy"?
5. Name the song that contains this lyric: "Boy, the way Glenn Miller played, Songs that made the hit parade. Guys like us we had it made."

Answers

1. The Tallahatchie Bridge, a wooden bridge near Money, Mississippi. It collapsed after being set on fire in 1972.
2. Jean Knight, with "Mr. Big Stuff," in 1971. She got a Grammy nom in 1972 for the song.
3. The Rolling Stones, in 1969, on their "Let It Bleed" album. The song was listed at No. 100 on the 2004 list of the "500 Greatest Songs of All Time."
4. Lloyd Price, in 1952, followed by Elvis Presley in 1956.
5. "Those Were the Days," the theme song to "All in the Family," with Archie Bunker played by Carroll O'Connor. The show ran from 1971 to 1979.

Top 10 Movie Rentals



1. Frozen 2 (PG) animated
2. Knives Out (PG-13) Daniel Craig
3. Dark Waters (PG-13) Mark Ruffalo
4. Ford v Ferrari (PG-13) Matt Damon
5. Midway (PG-13) Ed Skrein
6. A Beautiful Day in the Neighborhood (PG) Tom Hanks
7. Queen & Slim (R)
8. 21 Bridges (R) Chadwick Boseman
9. JoJo Rabbit (PG-13)
10. Joker (R) Joaquin Phoenix

Puzzles4Boomers

By Helene Hovanec

CRISSCROSS – “ET” WORDS

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.

3 Letters

- BET
- WET

4 Letters

- FEET
- SUET

5 Letters

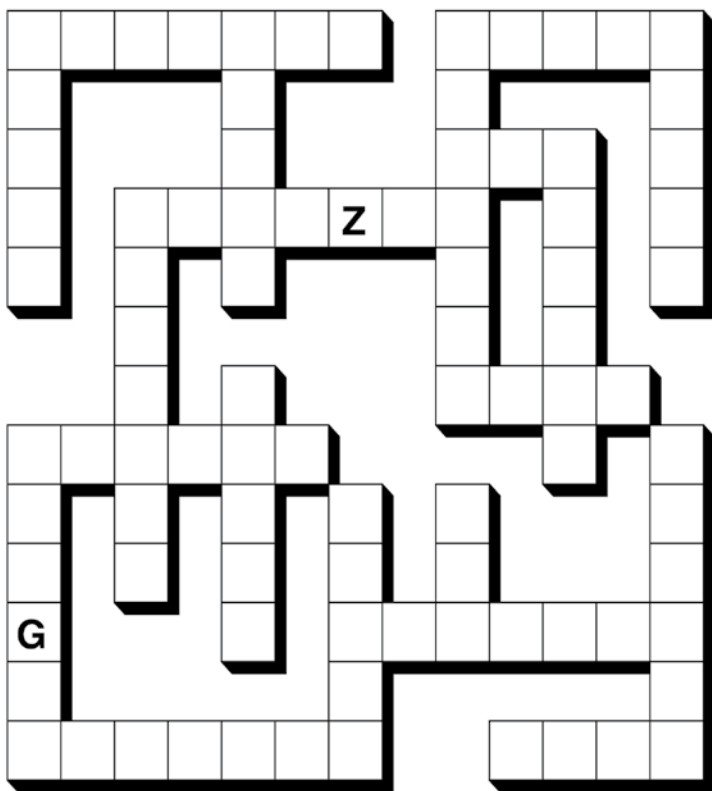
- CADET
- FETCH
- GREET
- SWEET
- TEETH
- TWEET

6 Letters

- BONNET
- BUDGET
- SUNSET
- TABLET

7 Letters

- DETAILS
- GOBLETS
- PETUNIA
- PRETZEL
- STRETCH
- TRUMPET



CryptoQuip

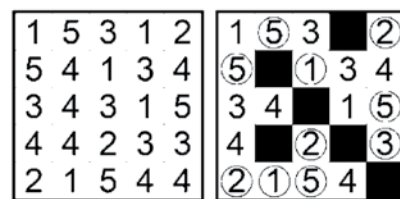
This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: U equals T

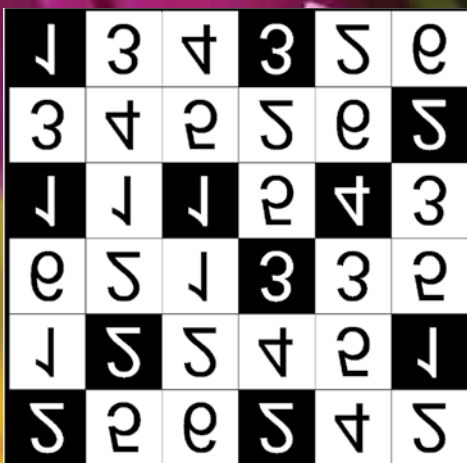
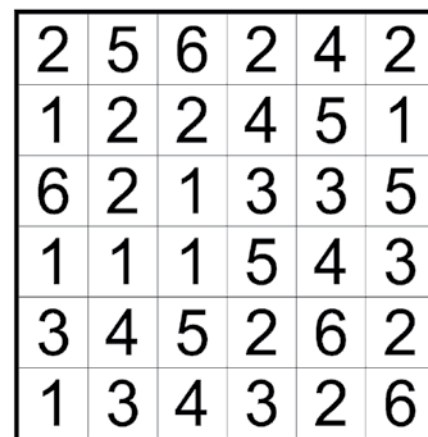
UX VXGN EIYYQVD LNXLJN, LANVV
 ZNTVXAVDQL GQYDU KN RNVZAQKNR
 IV EAQUNA'V ZJIGL.

Conceptis Hitori

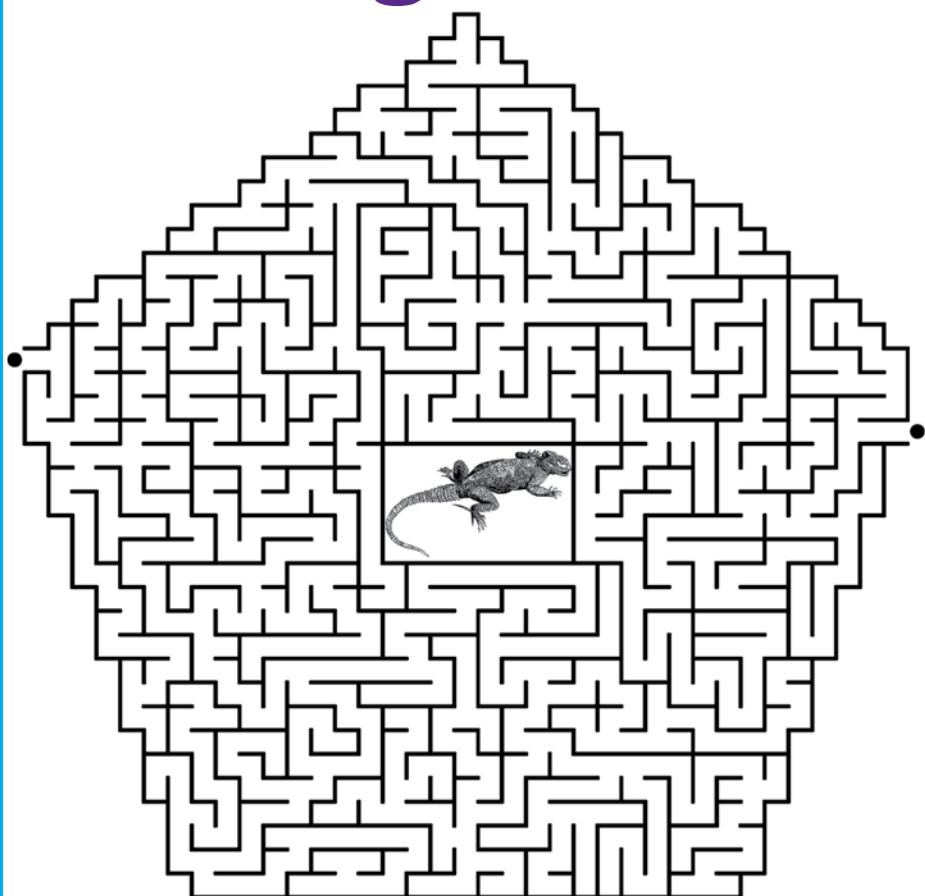
Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:



- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.



Mega Maze



Wishing Well

7	8	2	4	2	7	2	7	2	3	8	4	6
R	F	L	A	O	E	V	L	E	M	O	P	Y
7	3	6	7	6	4	3	5	3	5	2	7	3
A	O	O	T	U	E	R	A	E	L	E	I	T
6	8	3	6	3	8	3	4	7	5	7	8	5
T	L	I	H	M	L	E	R	V	O	E	O	V
4	6	4	2	3	4	5	8	3	8	4	2	7
S	R	O	X	T	N	I	W	O	I	A	T	S
8	7	4	3	6	7	8	3	2	3	8	7	6
N	V	L	D	I	I	T	A	E	Y	U	S	V
2	5	8	7	4	5	8	6	7	2	8	5	8
N	N	I	I	V	G	T	E	T	D	I	E	O
4	2	8	4	5	4	2	5	4	5	4	5	4
I	E	N	C	V	T	D	E	O	N	R	T	Y

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

GO FIGURE!

By Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns 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.

	x		-					31
+			-					
		-		x				28
x		x			x			
	x		x					42
26		21						35

1 2 3 4 5 7 8 8 9

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

SENIOR SUDOKU

By Linda Thistle

	3			8				5
1			7	2				8
8	4				9	7		
5					8	3		
		2		7			9	8
	7		6			1		
	4			3			6	
		3	2			5		
9	6				4			7

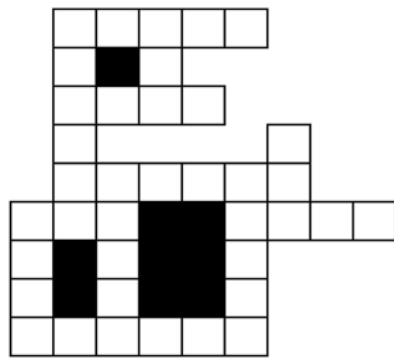
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

FEAR KNOT

By: rj johnson

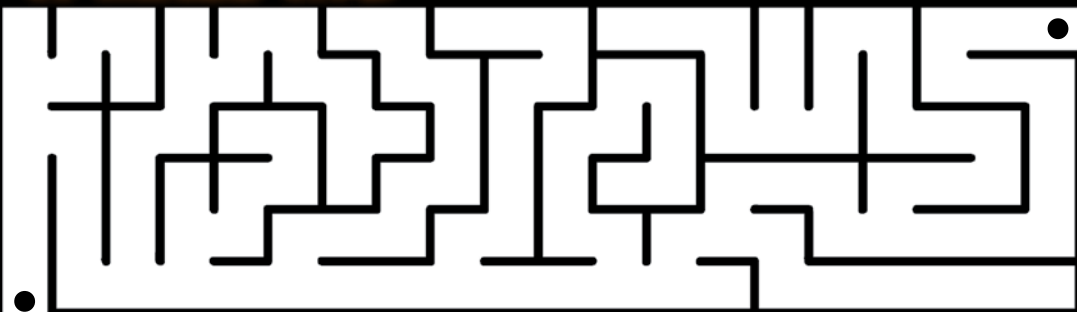
DOUBT? ...OR DARE!

- IXN
- SAGNIE
- ♥RONGE
- ♥ESGA
- KETIAL
- ♥AGL
- TENX
- ♥ARCEN
- GEG
- LUNICE
- ALAXI
- ♥ACLO



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

A-MAZE-ING



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 gag!



"When my wife told me that my birthday gift was something I could use outdoors, I thought she meant a _____."

Blanket
RELAY

Outrage
RANGE

Irritation
AGRINCH

Clarion
BULGE

TODAY'S WORD

Don't Be CROSS WORD

ACROSS

- 1 Sacred wading bird
- 5 Suitable
- 8 Morse "T"
- 12 Created
- 13 Meadow
- 14 Erstwhile Peruvian
- 15 Series of missed calls
- 17 Celebrity
- 18 Pair
- 19 Consecrate with oil
- 21 Cognizant
- 24 Huffed and puffed
- 25 Shrewd
- 26 Lunch holder
- 30 Tokyo's old name

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
				18				19	20			
21	22	23				24						
25					26					27	28	29
30						31					32	
33			34							35		
				36					37			
38	39	40						41				
42					43	44				45	46	47
48						49				50		
51						52				53		

- 50 Car
- 51 German city
- 52 Finish
- 53 Encounter
- 8 Drop from a will
- 9 Opposed
- 10 Read cursorily
- 11 Rodgers collaborator
- 16 Lamb's mama
- 20 Salamander
- 21 Dogfight participants
- 22 Gully
- 23 Awestruck
- 24 Pipe type
- 26 Loaf of French bread
- 27 Wild party
- 28 Sheltered
- 29 Paraphernalia
- 31 Halt
- 34 It's handy if you have to break your word
- 35 Religious retreat
- 37 Handle
- 38 Uppity one
- 39 Takeout phrase
- 40 Deserve
- 41 On in years
- 44 Charged bit
- 45 Regret
- 46 Corroded
- 47 Obtained

DOWN

- 1 Mischievous tyke
- 2 "Humbug!"
- 3 Altar affirmative
- 4 Guard
- 5 Chorus member
- 6 Shooter
- 7 Annoying follower

EVEN EXCHANGE

By Donna Pettman

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. More secure | ___ F ___ | Curved sword | ___ B ___ |
| 2. TV accessory | ___ T ___ | Get rid of | ___ V ___ |
| 3. Roberts or Child | ___ A ___ | Actress Christie | ___ E ___ |
| 4. Food cupboard | ___ N ___ | Measly | ___ L ___ |
| 5. Small rivers | ___ S ___ | Actress Shields | ___ E ___ |
| 6. Interfere | ___ E ___ | Center | ___ I ___ |
| 7. Tremble | ___ H ___ | Miner's claim | ___ T ___ |
| 8. Mockery | ___ A ___ | Energy | ___ O ___ |
| 9. Germany's capital | B ___ | Arthurian wizard | M ___ |
| 10. Rocker or recliner | ___ R ___ | Series of links | ___ N ___ |

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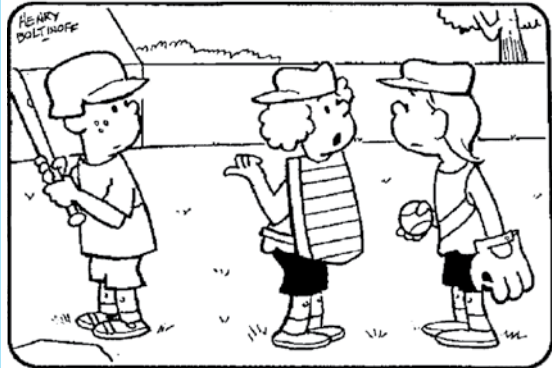
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HOCUS - FOCUS



Find at least six differences in details between panels.



Differences: 1. Bat on the ground. 2. Ball has turned. 3. Umpire's hat is different. 4. Batter's pants are different. 5. Tree is gone. 6. Pitches has no socks.

WORD SEARCH

KNIGHTS OF THE ROUND TABLE

E V S Q N K I F D A G X G G V
 T Q O M T O L E M A C J E A H
 F C A **K I N G A R T H U R** L Y
 W U R P L L N E N O L J A A H
 F D B Z E A T Y R L A V I H C
 X V T G T H M R Q E I O N A M
 K I E S H F D O B C V Z T D Y
 W N I A W A G V R N T I Y R Q
 D R O N S I R E H A G A D L K
 T I H F D C P O A L K Z X E W
 V U S R Q O N M T K J I H F B

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: King Arthur's Castle and Court

Bedivere	Gareth	King Arthur	Percival
Chivalry	Gawain	Lamorak	Tor
Gaheis	Geraint	Lancelot	Tristan
Galahad	Kay	Legend	

CryptoQuote

AXYDLBAAXR is LONGFELLOW
 One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

FLHDOAL G HDJJVS MV LNLGX-
 SIGJY, G UGWW JVS CLROAL
 SV MV SIL AVTLSIGJY SIDS
 G HDJ MV.
 - LMUDCM LNLCLSS IDWL

STICKELERS

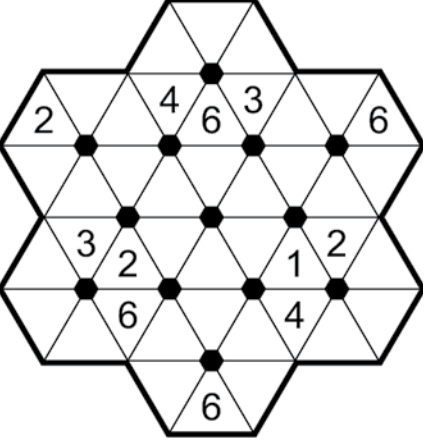
MONDAY is the only day of the week that has an anagram, "DYNAMO."

Are there any month names that have anagrams? If so, what are they?

By Terry Stickeler

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.



TRIVIA

By Fifi Rodriguez

- TELEVISION:** Which show was a spinoff of the 1970s show "The Six Million Dollar Man"?
- U.S. PRESIDENTS:** Which president had a personal retreat at Warm Springs, Georgia?
- GEOGRAPHY:** Which river runs through the city of Paris, France?
- MOVIES:** Who was the young female star of the movie "Firestarter"?
- SCIENCE:** What is the largest living structure on Earth?
- FIRSTS:** Who is the first (and only so far) football player to win the Heisman Trophy twice?
- HISTORY:** How many people were officially executed in the Reign of Terror after the French Revolution?
- BIBLE:** How many proverbs did King Solomon compose?
- BUSINESS:** What is the unit of currency used in South Africa?
- U.S. STATES:** Which three states have four-letter names?



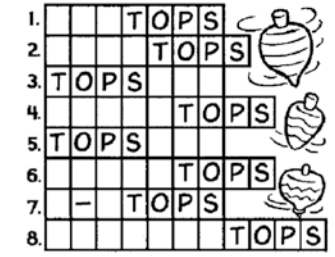
YOU'RE THE TOPS! Well, you will be if you can spot the two tops above that are exactly alike. The time limit is one minute.

Question #3. "Can you think of a four-letter word that, when three of its letters are removed, the meaning will remain the same?"

A TRICKY WORD-SQUARE! See if you can make the correct words appear in this puzzle. To solve this word-square, you must find the four five-letter words that match the definitions below. All words must read the same both across and down.

- The art of conjuring (MAGIC, in place).
- A place for sports.
- A costume.
- Accustom to unpleasantness.
- A plan for robbery.

SENIOR WHIRL



Illustrated by David Coulson

SPIN-N-SPELL
 You'll be "tops" if you can figure out the words asked for in the hints given below. Each word contains the word "tops" either at the beginning or at the end.

- Businessmen love them.
- Famous in WWII.
- Found on boats.
- Needed in baseball.
- A must for farmers.
- Runs coast-to-coast.
- Found on cameras.
- The baddest animal of all.

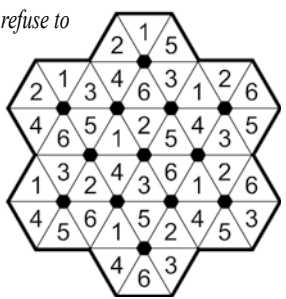
TRIVIA

- "The Bionic Woman"
- Franklin Roosevelt
- The Seine River
- Drew Barrymore
- The Great Barrier Reef
- Archie Griffin, Ohio State
- Almost 17,000
- 3,000
- The rand
- Ohio, Iowa and Utah

SCRAMBLERS:

- Layer
 - Anger
 - Chagrin
 - Bugle
- April Word: HARLEY
- CryptoQuote**
 Because I cannot do everything, I will not refuse to do the something that I can do.
 - Edward Everett Hale
- Sticklers**
 March, April and May.
 Charm, Pilar and Yam.
- Even Exchange**
- | | |
|-------------------|-------------------|
| 1. Safer, Sabor | 6. Middle, Middle |
| 2. Remote, Remove | 7. Shake, Stake |
| 3. Julia, Julie | 8. Farce, Force |
| 4. Pantry, Paltry | 9. Berlin, Merlin |
| 5. Brooks, Brooke | 10. Chair, Chain |

SOLUTIONS



6	3	7	4	8	1	9	2	5
1	5	9	7	2	3	4	8	6
8	2	4	5	6	9	7	1	3
5	9	6	1	4	8	3	7	2
4	1	2	3	7	5	6	9	8
3	7	8	6	9	2	1	5	4
2	4	5	9	3	7	8	6	1
7	8	3	2	1	6	5	4	9
9	6	1	8	5	4	2	3	7

5	x	8	-	9	31
+		-		-	
8	-	1	x	4	28
x		x		x	
2	x	3	x	7	42
26		21		35	



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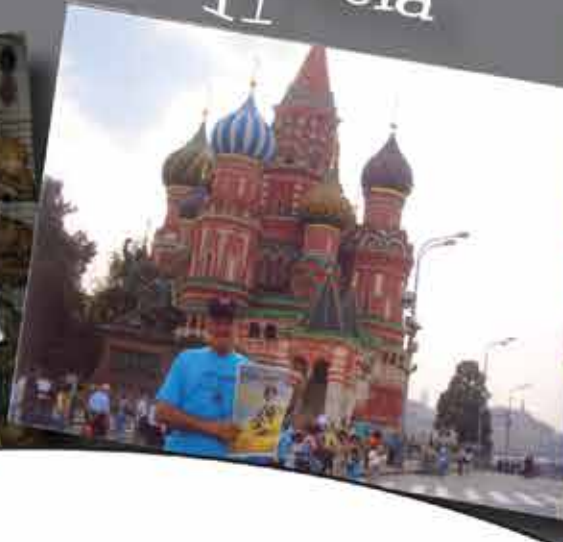
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Africa

Mexico

Russia

Italy



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