

VITAL INFORMATION FOR A VITAL LIFE!



Vital!

THE MAGAZINE FOR ACTIVE OLDER ADULTS®

**"Smart"
Technology
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World to
Possibilities**

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KARYN CORTEZ AND LINDA PRITCHETT

As I write this, all I can think is that I remember there used to be a round yellow object that I saw most days, there in the sky. What WAS that thing? Oh yes! The sun! Hopefully by the time you're reading this it's back. And just in time, too because Spring (and daylight savings time!) is right around the corner!

Celebrate Spring by getting out and getting moving. The votes are in and outdoor exercise beats indoor exercise just about every time! Want to know why? Find out on the next page. Your garden is reawakening now, too, and is calling your name. Burn 200-300 calories an hour while you get your spring gardening to-do's handled. Page 11 has a handy checklist to get you started.

To us, Spring means new beginnings and new opportunities for growth. That's why we love our Words of Wisdom this month – they're little reminders to keep your hearts and minds open to all the possibilities that lay before you, and that you'll never know if you like or can do something unless you try. Cut them out, tack them up on your calendar or corkboard, or maybe tuck them

into a book to reread whenever you feel "stuck" or need a little inspiration.

Talking about inspiration, putting together the list of apps for smart-phones and tablets made us fall in love with our iPads all over again (see pages 8 and 9). If you're one of the millions of people that now use one of these devices, you already know that apps put worlds of knowledge at your fingertips (literally) and that there's pretty much an app for anything you want to do. If you haven't taken the plunge yet, maybe it's time to reconsider. Just as the world opens up for you when you embrace technology, when you resist, little by little your world contracts. Whether to connect with friends and family, to feed a hunger for lifelong learning, or to make the tasks of daily living just a little easier...it might be time to "spring forward."

Do you have a favorite app (or 10)? Help us add to our list! Email us at karyn@vitalmagonline.com or visit Vital Magazine on Facebook and share your favorites!

Happy March!

Karyn and Linda

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ASK YOUR PHARMACIST

Fish Oil? What Is It and Why Do I Need It?

Fish oil supplements are dietary supplements that contain oil from cold water fish such as mackerel, salmon, black cod, albacore tuna, sardines, and herring. The active ingredients in fish oil supplements are essential fatty acids known as omega-3 fatty acids. They typically include eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).



Fish oil uses

Although fish oil supplements have been used to treat conditions including arthritis, colitis, and other diseases, the most reliable information about them has been collected on their effects in people with high cholesterol and heart disease. Medical research shows that eating one gram of fish oil daily can reduce the risk of heart attack and stroke in people who have heart disease. Research suggests it may also have protective effects on otherwise healthy people.

"Good" cholesterol

Fish oil has been reported to increase HDL cholesterol (a "good" form of cholesterol) and lower the amount of triglycerides, or dissolved fat, in the blood. But, it can increase LDL cholesterol, the "bad" cholesterol. Since many people who have high triglycerides also have high LDL cholesterol, fish oil supplements are not a good choice without knowing your health status. You should not substitute fish oil supplements for prescription medicines without first discussing this with your doctor.

Choosing a fish oil supplement

You can choose fish oil supplements based on their active ingredients. Since most of the medical research about fish oil has used products that contain both EPA and DHA, it's a good idea to choose a fish oil product that contains both. It is not a good

idea to use cod liver oil as a fish oil supplement because it contains very high levels of vitamin A. High doses of vitamin A can cause headache, dry skin, itching, and liver damage.

The dose of fish oil required to reduce triglycerides in the bloodstream is five to twenty grams (or 5,000 to 20,000 mg) a day. Be sure to read the bottle to make sure you are getting the proper amounts of EPA and DHA that you are expecting. You will see a greater risk for side effects at the higher dosages.

Side effects of fish oil

The most commonly reported side effects of fish oil supplements include fishy odor on the breath, upset stomach, and greasy stools. A more serious side effect can be an increase in LDL cholesterol, a harmful form of cholesterol. Large doses of fish oil supplements may also cause weight gain and decrease the absorption of vitamins A, E, D, and K from the stomach. If you have diabetes, use caution when taking fish oil supplements since they are reported to increase blood sugar.

Dangers of overdose and cod liver oil

Taking large amounts of fish oil supplements over a long period of time may increase the risk of mild bleeding, resulting in nosebleeds and bruising.

Source: Walgreens.com



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ASK DR. KAPLAN

Leonard M. Kaplan, DDS

Dear Dr. Kaplan,

My teeth have suddenly become very sensitive to both hot and cold, but my mouth is otherwise healthy. What could cause this?

Answer: Receding gum tissue could be the cause of sensitivity. As gum tissue pulls back away from teeth, the root of the tooth becomes exposed. A soft tissue graft would be the recommended treatment. Other treatment suggestions might include using a fluoride mouth rinse or switching to a toothpaste made specifically for sensitive teeth.

Visit your dentist to so that you can be diagnosed and treated properly.

Dear Dr. Kaplan,

Are seniors more at risk for oral cancer?

Answer: Yes, the risk of oral cancer increases with age. Any lesion found on the tongue or anywhere in the mouth needs to be examined and closely watched. Smoking or drinking alcoholic beverages is also associated with oral cancer. Visit your local dentist for an annual oral cancer screening, as early detection is most important.



Leonard M. Kaplan, DDS practices General Dentistry in Greensboro, NC. For more information email questions@vitalmagonline.com.

The Many Benefits of Strength Training

The benefits of strength training go beyond just having a stronger and more beautiful body—building lean muscle through strengthening exercises helps increase your metabolism, too.

This means by adding some form of strengthening workouts to your weekly routine, you can burn more calories and lose weight. If what you are looking for is a leaner and toner body, then strengthening exercises will get you the results you want.

But there are so many other benefits to strength training, as well. One of the more obvious and talked about benefits is increased bone mineral density. As we age, we lose bone mass and this creates a problem for many, especially women, who tend to be more prone to Osteoporosis. By adding strength training to your

regimen, you can not only slow down the process, but reverse it in many cases.

Strength training does not reverse aging, per se, but it can help slow down the aging process.

The benefits of strength training in seniors are vast and include faster healing from injuries, reduced risk of injury through improved balance, improved heart condition, lower blood pressure, increased flexibility, better sleep, reduced body fat, and improved overall health and state of mind.

So why not start today. As with anything, consult with your physician and let him or her know you'd like to at strength training to your lifestyle. You'll be glad you did.

6 Groceries You Can Make at Home

by Jessica Harlan

Whether you're after a thrill of achievement or you want to reduce your impact on our environment, you can't deny the fun in creating something from scratch that you'd normally buy packaged from the supermarket. So next time, instead of heading to the store, try making these six foods from scratch. Less packaging, fewer additives and artificial ingredients, and less energy expended on transportation all mean that these fun projects could reduce your carbon footprint.



Yogurt: Make your own plain yogurt, then stir in honey, jam, or fresh fruit to make a flavored version far lower in sugar than commercial varieties. You can find a good yogurt maker for under \$50, but really, you don't even need a specialized appliance. Yogurt-making involves heating milk to a certain temperature, then cooling it, inoculating it with a little bit of yogurt, and then incubating the yogurt at a low heat for 4 to 6 hours, or until it's properly thickened. You can find a yogurt maker with individual glass jars, so you have the convenience of an individual serving in a reusable container. It's more earth-friendly than the disposable plastic container of the supermarket versions (yogurt containers are usually made of #5 plastic, which isn't always accepted by curbside recycling programs).

Butter: All you need is a stand mixer, heavy cream and a bit of salt and you're set!

Granola: Making granola from scratch is simply a matter of tossing together a few ingredients and baking them at a low temperature. You can find healthy granola recipes that have less fat and sugar than the store-bought varieties. Most of the ingredients, such as oats, nuts, and dried fruit, can be bought in bulk, which helps minimize packaging waste.

Cheese: The first time you turn milk into mozzarella, ricotta, or another kind of cheese, it's like magic!

You can buy a book or find instructions online; the process is not complicated. Seek out a local milk supplier (try your farmers market) and find an online source for some of the special ingredients you'll need, such as cheese salt, citric acid, and rennet.

Bread: Homemade bread has none of the preservatives and additives that are in just about any loaf of supermarket bread, and you can keep the loaves in a reusable bread container, which is so much better than the double layers of plastic that sheathe the store-bought versions. King Arthur Flour is a great online resource for bread recipes and tutorials, as well as for specialty flours and other ingredients.

Ice Cream: There's nothing quite like homemade ice cream. While the process is a bit involved and time-consuming, it's not difficult to make, and coming up with different flavors and inclusions is lots of fun. You can get an electric ice cream maker with a freezer bowl, a model that has a built-in refrigerator compressor, or an old-fashioned hand-crank unit (talk about feeling like Laura Ingalls Wilder!). And out of all the from-scratch foods on this list, ice cream might be the one that will give you the greatest environmental benefit, when you think about how ice cream is transported in energy-guzzling freezer trucks and stored in lit freezer cases at retail.

Once you start experimenting with making certain foods from scratch, chances are it'll become a fun challenge to find more and more things that you can make at home, rather than driving to the store.

The Truth About Genetically Modified Foods



By Dr. Chad Laurence

GMOs, or "genetically modified organisms," are plants or animals created through genetic engineering, which merges and alters DNA from different species, creating different types of foods not found in nature. Consumers are fearful that GMO's are unhealthy, and can lead to future ailments.

Proponents and GMO manufacturers such as Monsanto corporation (inventor of Saccharin) argue several reasons why many companies have chosen to use GMO's, including longer shelf lives, less insecticides, more tolerance to adverse weather, less crop disease, and higher sales. Adversaries argue much differently. Some say that a rise in auto-immune disease, fertility issues, inflammatory diseases, digestive disorders, and chronic illness are elevated partly because the body's natural immune system and DNA make-up is not prepared for adverse DNA in food from genetically altered plants, animals, and seed. In fact, GMOs are in up to 80% of conventional processed food in the U.S. alone. Here are some other startling statistics:

- The USDA reports in 2010 that 80% of corn, 90% of soybeans, 90% of Canola seed (used in canola oil), and over 50% of sugar beet crops (used to make sucrose and food colorings) are genetically modified.

- Over 60 countries, including Australia, Japan, and all countries in the European Union have banned or restricted GMO seeds and food. The U.S. government has approved GMO sales, based upon studies performed by the actual manufacturers of the GMO companies.

- 17% of dairy cattle are injected with rBGH. It is best to buy your dairy products from a local farm or a trusted source that serves non-

GMO offerings.

Even though 64 other countries have GMO labeling laws, the U.S. does not (although approximately 20 states are trying). Polls show that the majority of Americans want non-GMO foods and supplement labeling, to the tune of 91%, and a CBS/New York Times poll showed that 53% of consumers said they would not buy food that has been genetically modified.

Many companies are committed to serving foods that are non-GMO in nature. Some companies include: Chipotle, Amy's Organics, Applegate Farms, Ciao Bella Gelato, Stoneyfield Organics, Wild Harvest. Most recently General Mills has removed GMO's from its original Cheerios cereal (however, not the rest of Cheerio lines).

There are several non-GMO advocacy groups and labels, including the Non-GMO Project (www.nongmoproject.org), GMO Action Alliance (www.gmoactionalliance.com), GMO Free USA (www.gmofreeusa.org), and Citizens for GMO Labeling (www.citizensformgmolabeling.org) should you like to learn more about this growing shift in food processing and health.



Dr. Chad Laurence is one of fewer than 500 doctors in the world to be recognized as a Distinguished Fellow of Chiropractic Biophysics. Dr. Laurence can help relieve symptoms for individuals suffering with many physical problems, including neck and low back pain, carpal tunnel syndrome, headaches, arthritis, and extremity pain. Dr. Laurence practices at Corrective Chiropractic, 7503-A Lancaster Pike, Hockessin, DE. Contact him at 302.234.1115, via email at: drchad@correctivechiro.net, or on the web at Correctivechiro.net.

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Social Security Survivor Benefits A Plan for the Future

It seems obvious: If a worker is in poor health, he should claim Social Security benefits as early as possible, right? Not so fast.

If the worker is single, this strategy makes sense. Because he doesn't expect to live very long, he wouldn't expect to get back the benefits lost from delayed claiming.

But what if the worker is married and his spouse may outlive him by many years? Holding off on claiming Social Security benefits can help protect the long-term financial security of the surviving spouse. Since wives outlive husbands by seven years, on average, this is a particularly important financial issue for woman.

Survivor's Benefits Vary Depending On Circumstances

If the husband is collecting benefits based on his own work record, and the wife is collecting a **spousal benefit** based on his record, then upon his death the wife will start to collect his larger benefit (aka, the **survivor's benefit**). Whether the wife is collecting a reduced spousal benefit because she claimed spousal benefits on his record before her full retirement age, or if she waited to get her full spousal benefit at her full retirement age has no effect on the amount of the survivor's benefit. The key determinant of the survivor's benefit is *when the husband claims*. If he waits until 70 to claim his benefit, the benefit will be 76% higher than it would have been if he claimed at 62, and his widow will receive this higher benefit the rest of her life.

The situation is somewhat different if both members of the couple are receiving benefits based on their own earnings record. Then when the first spouse passes, the surviving spouse can claim the higher of these two benefits. (For three exceptions to this



last statement, go to socialsecuritychoices.com.) In this circumstance, the highest earning spouse should wait until age 70 before claiming to maximize the survivor's benefit.

While Social Security survivor's benefits are substantial, a widow or widower will receive less from Social Security than the couple received when they were both alive. According to a white paper on the subject by Karen C. Holden and Cathleen Zick, a surviving spouse over age 60 will typically have expenses that are about 79% of the expenses of the couple. When planning for future financial contingencies, keep in mind that other financial resources may be needed by a widow or widower to maintain an equivalent standard of living.

Look at the Big Picture

Given the challenges the surviving partner will face, it is particularly important for workers not to jump to the wrong conclusion about when to claim Social Security. The timing of the claiming decision, for better or worse, impacts the future financial situation of the surviving spouse.

If benefits have already been claimed, however, one might want to look at a way to replace the inevitable lost income. Annuities and life insurance are the most obvious choices for most people.

Dr. Jeffrey B. Miller is Professor of Economics Emeritus at the University of Delaware and a specialist in Social Security Benefits.

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It's Yours To Lose If You Start Collecting Social Security at the WRONG TIME or use the WRONG STRATEGY!

Top Five Misconceptions about Social Security

- 1 It's best to take benefits as early as possible.
- 2 Benefit amounts are too small to bother with.
- 3 Social Security personnel can give advice.
- 4 You have to have your own record to collect.
- 5 The system is going broke.



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* You will need your most recent Social Security statement

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Medicare & You

Finally, people under age 65 and on Medicare due to disability can purchase a Medigap policy (aka Medicare supplement).

Beginning January 1, 2014 Medicare Supplement companies will be required to sell Medigap policies to persons under age 65 regardless of pre-existing conditions within 6 months of their Medicare effective date. Individuals already enrolled in Medicare will have until June 30, 2014 to purchase a policy regardless of pre-existing conditions.

The Health Insurance Marketplace

If you are seeking health coverage through the Health Insurance Marketplace, be sure to apply before the end of the open season on March 31, 2014.

If you haven't enrolled by March 31, you won't be able to apply until the next open season, unless you qualify for a special enrollment period or experience a qualifying life event. Open season for 2015 will likely begin on November 15, 2014.

Remember—The Marketplace is not for people with Medicare.

The Marketplace is for people who are under age 65 and uninsured, underinsured, or looking for more insurance options. If you are aged 65+ and already have Medicare, you are protected from the mandate penalty. Bottom line: You don't have to do anything.

For more information, visit www.medicare.gov.



Diamonds are "Forever" . . . We are Not.

by Ash Harrison

For several years now, I've written on subjects from coins, to gold, to investing without ever bringing up the subject of diamonds. Diamonds are a very interesting subject, especially since so much jewelry contains them. And over the last three years selling old gold and silver jewelry has been quite the rage worldwide. There is a major misconception about the actual resale value of diamonds though and I am going to address it.

Jewelry stores operate on a business model that is quite unique. They do maybe 25% of their yearly business from January to September and about 75% from October through December. This means that all the beautiful cabinets and furniture, as well as some well-trained staff must be paid for 9 months out of the year on the profits of 25% of the yearly sales. There must be significant markup on the jewelry in order to make ends meet. That is the bottom line for the retail market.

Over the years I've heard the term "investment grade" diamonds, but I have yet to see a diamond that I truly thought was a sound investment. Diamonds are given with the intent of never having to return them or resell them, however, a myriad of reasons exist for why they come available to sell. Not to mention, the diamond business is absolutely loaded with what I would consider questionable sales tactics. Now, before I get dozens of calls from jewelers all over, it needs to be stated that there are definitely jewelry businesses that you can count on to provide you top quality merchandise out there, but there are at least four to every one that show pictures of diamonds in their advertising that are of astounding quality, and yet the real items sold are truly substandard at best. If you are buying an engagement ring, use a quality source and do not buy into any type of investment pitch. Do your homework and

learn about diamond grading if you are going to make "the plunge." You will likely never get even half of what you pay for a stone in resale, and more than likely you'll get less than 1/5th of what was paid.

So, if you own jewelry that you are no longer using, expect very little if anything on stones less than 1/3rd of a carat when reselling, and for larger stones, often 1/5th to 1/10th of an insurance appraisal will be a likely return. If you were fortunate and purchased from an outstanding jeweler, you have a much better chance of doing okay on your larger stones, and the smaller ones will have SOME value to add to the gold. If you are using a very reputable gold and jewelry buyer, he will make sure you are treated fairly on your diamonds and sometimes even on colored stones. He will also be openly willing to help you understand all the ins-and-outs of the business.

If you have a much larger stone—1 carat or more, and you have 3rd party certification of the stone, such as from the Gemological Institute of America, you will get up to 50% more for your diamond than without. If there is anything considered investment level discussion in this article, that is one of the most important facts I can provide.

It is still a very good time to bring your gold, silver, coins, jewelry, and diamonds to your reputable buyer, and there is no time like the present to get started on that project. Hopefully, you will never need to sell a single piece of jewelry while you are its original owner, but if you do, it is always good to have a little knowledge up front. Cheers!

Ash Harrison is the owner of Ashmore Rare Coins and Metals in Greensboro on the corner of Friendly Avenue and Guilford College Roads. It is right next to the Hess station on the corner. He has been Vital Magazine's collectibles/metals contributor for 3 years.

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BEST APPS FOR SENIORS

According to a Pew Research Center report, adults age 50+ are the fastest growing demographic adopting tablets like the Apple iPad, a device that in their childhood would have seemed like a science fiction fantasy. This powerful but lightweight touchscreen computer is the size of a notepad and so intuitive that even a two-year-old can use it. With over 475,000 apps designed for the iPad, there's almost nothing you can't do with it! We conducted an informal survey of friends to learn their favorite iPad apps (find them in the iTunes Store). Here are the results. Most of these are free; download them on your smartphone, too!

Silver Surf: This free web browsing app features large navigation buttons, text zoom and high-contrast page viewing.

Red Panic Button (\$1.99): If you live alone, or if your daily activities make you prone to injury, this app is a must. With the tap of a big red button, a text message and email alert with GPS coordinates are automatically sent to a pre-selected list of medical contacts. **Prime Alert** is another similar option.

Socializing and Staying in Touch

Skype: Skype is for face-to-face video conferencing. Chat with grandchildren, friends and family anywhere in the world.

Vtok: Vtok, an alternative to Skype, brings free calls, texts, chat, and video for Google Talk and Voice, to the iPad.

Postcards: Designed for seniors, this simple app allows your older loved one to easily view photos and videos that family members have shared.

News and the World Around Us

NPR: Public radio fans are sure to enjoy the NPR iPad app.

Flipboard: Discover, collect and share the news you care about. Add your favorite social networks, publications and blogs to stay connected to the topics and people closest to you.

WeatherChannel: Get the weather, plan your day. Forecasts, maps and video from around the world.

Google Earth: Explore the world all the way down to street level! Search for cities, places, and businesses.

WeatherBug: Although it has ads, WeatherBug is a great addition to the weather app that comes with your device. Get forecasts, view the local radar, and get alerts from the National Weather Service.

Living Earth (\$1.99): This is a visually stunning

app for weather and world-time. It shows a bright and beautiful simulated image of the Earth as it looks at this very moment, incorporating the latest satellite imagery to illustrate cloud cover.



SCREEN SHOT OF LIVING EARTH, A WEATHER AND WORLD-TIME APP FOR THE IPAD.

Health and Fitness

WebMD: Health information and news.

MapMyWalk/MapMyRun/MapMyFitness: Create routes to walk/run/bike; track distance/calories/progress; keep track of what you eat to get a total picture of your health; connect with others.

HeartWise Blood Pressure Tracker (\$2.99): Take control of your health.

Elder 911 & Elder 411: An essential app for any family member or caregiver, this app is filled with suggestions and videos for caring for the senior population.

Pillboxie (\$.99): The easiest app on the market to keep track of medication.

Entertainment

Pandora, IHeartRadio, Spotify (all 3 are free): Listen to the music you already love, and discover new songs and artists.

Netflix: The Netflix app is free, but you'll need a \$7.99 Netflix subscription to access its library of movies and TV shows. Then, stream away. But before paying for Netflix or another streaming app, check with your TV provider to see if they offer a free app with access to on-demand movies. Ve-

rizon's FiOS TV app, Comcast's Xfinity TV Go app, and the Time Warner Cable app all have tons of free movies and shows on-demand (and you can use the app as a remote if yours is across the room!)

Pinterest: A pinboard-style photo-sharing website that allows users to create and manage theme-based image collections such as events, interests, and hobbies. Inspirational!

Sudoku 2: Play 3 levels (easy, mid, hard) of the popular puzzle game right on your mobile device.

Lumosity: Play popular brain games designed to help you exercise your mind and stay sharp.

CogniFit: Great tool with an array of brain games to test and challenge cognitive abilities.

Words with Friends (free/\$2.99): Play a clone of the popular board game, Scrabble, with friends across the world.

Virtuoso Piano 3: Play piano and other instruments with the touchscreen.

Candy Crush: Switch and match your way through hundreds of levels in this delicious puzzle adventure. It's addictive!

Lifelong Learning

Coursera (app is free/courses are free): From math to music to medicine, Coursera offers free online University courses from over 100 top-tier global universities and institutions.

TEDtalks: Watch free lectures and talks by scientists and thinkers of the 21st century.

iTunes U (app is free/some courses are free): iTunes U by Apple makes courses by a wide variety of educational institutions easily accessible.

iBooks (app is free/books must be purchased): iBooks turns an iPad into an eBook reader. Font size and brightness can be easily adjusted for people with impaired vision.

Goodreads: A book lovers dream. Users can read reviews of books they are considering reading, rate and write reviews of books they've read, keep a log of books read, and receive recommendations about books that match their interests.

Art (\$.99): Art is a virtual art museum and an art history course in one. View high resolution images of thousands of classic paintings and learn about the artists.

Travel

Expedia: Easily search flights and hotels and gets deals where you're going. It's essential for when you want to start your trip.

Yelp Travel: Search for places to eat, shop, drink, relax and play.

AAA: Combines maps, directions and roadside service features with member discount information, plus

Top Destinations travel guide—find the best things to see and do in select cities.

Your Money

Motley Fool: Stock information and investing advice.

Morningstar: Helping investors reach their financial goals, it's your first choice for independent investment research and insights.

Groupon: Groupon delivers unbeatable deals for 50-70% off the best stuff to do, see, eat and buy.

Mint: Track budget and manage your money all in one place to see where you're spending and where you can save. Add bank, credit loan and retirement accounts and Mint will automatically pull in and categorize your transactions.

Check: This app helps to track and

organize bills, and even supports online bill pay.

Retail Me Not: Save in stores and online with thousands of coupons and deals to the places you love to shop.

Gas Buddy: Find the cheapest gas near you by city/zip.

MyScript Memo: Take notes on the go using your finger as your pen. Converts them to digital text that you can export and share.

Clevermind (\$1.99): An interactive, easy-to-use and interesting way for seniors and people struggling with the cognitive impairments that accompany Alzheimer's and other forms of dementia to surf the Internet, connect with their loved ones and stay independently entertained while strengthening their cognitive proficiency.

Buying the Right Tablet

Ready to take the plunge? Before you lay out any cold hard cash, there are several things you might want to consider first.

Laptops and their smaller cousins netbooks are portable computers. Netbooks are much smaller than and do not offer as much computing power as laptops. Laptops and netbooks use computer operating systems. Depending on the model, they have keyboards, USB and HDMI ports, and DVD drives. Some laptops have a removable display screen that acts as a pseudo tablet.

Tablets provide most of the bells and whistles of a laptop with more processing power than a netbook. They can connect to the Internet using Wi-Fi or (in some models) cellphone 3G networks. The most popular tablet today is the iPad.

Tablets differ from laptops in that they typically have smartphone operating systems such as Apple's iOS or BlackBerry's OS. This means you interact with tablets like you would a smartphone rather than how you normally interact with a computer. Unlike laptops/netbooks, tablets use touch-sensitive screens as their primary input device. They don't have an external keyboard or mouse or DVD drive. Some do have cameras for

both still photos and video.

A tablet lets you do most things you can do on a laptop, such as read e-mail and view pictures, but it is different from a laptop in several key ways.

- The battery life on tablets is often longer than the average laptop, typically 10 hours or so.
- You use either your fingertip or a stylus on a touchscreen to provide input to your tablet.
- On a tablet you'll type on an onscreen keyboard to enter text. Many models also have wireless capability, which enables you to connect to a wireless or Bluetooth-enabled external keyboard.
- Tablets are both lighter (typically less than a pound to a couple of pounds) and smaller (screens range anywhere from 7 to 10 inches diagonally) than most laptops.
- Most tablets are available in both wireless only, and wireless plus 3G, models. Depending on the device you choose, you can connect through a wireless network or a cellphone network on a model that supports both.
- Thousands of apps are available for tablets.



These allow you to perform a range of functions, from video calling to playing games and playing digital musical instruments.

■ If you want a super lightweight device to browse the Internet, send and receive e-mail, and peruse content like ebooks, music, or movies, a tablet might be just right. If you need more of a workhorse to do a good deal of word processing or spreadsheets, for example, a laptop or netbook is probably a better bet.

■ The storage capacity of a tablet will almost always be smaller than a laptop and can range from 8 GB to 128 GB.

Visit a site such as www.TabletPCComparison.net to compare features and to help you decide if a tablet is right for you.

Source: By Nancy C. Muir from *Laptops and Tablets For Seniors For Dummies, 2nd Edition*



Outsmart the Weather – Tips for Staying Safe

With dangerously cold temperatures and severe weather becoming the norm this winter, now is the time to brush up on cold and severe weather tips.

Those over the age of 65 account for nearly half of all hypothermia deaths. As the body ages, the ability to maintain a normal internal body temperature decreases, creating an insensitivity to moderately cold temperatures. Seniors may not realize they are putting themselves at risk until symptoms appear. Symptoms include: shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech and drowsiness. If symptoms are present, immediate medical attention is necessary.

The leading reason for hypothermia in aging adults is due to poorly heated homes, which is entirely preventable. Follow these simple tips to ensure a warm household:

- Keep the thermostat at 65 degrees, at *least*. Consistently check it to make sure your home is sufficiently warm.
- Put a carbon monoxide detector near where you sleep.
- Maximize energy. Ensure that there is adequate insulation, and check and clean the fireplace and furnace. Furnace filters should be replaced monthly.
- Minimize drafts by filling old socks with sand and using them in drafty windowsills and door jams. Weather-strip around windows and doors. Keep doors to unused sooms closed and close curtains at night.
- Add an extra blanket to the bed and warm the bed in advance with a hot water bottle. Never use an electric blanket—it may be difficult to operate the controls if the temperature needs to be adjusted

in the night.

- Dress in layers of loose fitting clothing. If you go outside, make sure your head is covered.
- Fill the cupboard. Stock the staples and groceries you will need in the event of a large snowstorm or cold spell.
- Dress warmly. As we age, our circulation decreases. Wear an extra sweater or sweatshirt, and sweat pants during the winter.
- Avoid slips. Make sure driveways and walkways are cleaned. Salt and sand should be available to speed melting.

Every year, more than 1.6 million seniors end up in the emergency room because of a fall. With icy conditions, the chances of falling are even greater.

Preventing Falls

- Take a couple minutes per day

and stretch your limbs in order to loosen muscles.

- Stay inside—make arrangements for someone to shovel and salt driveways and walkways. Get assistance with to-do items, such as bringing in the mail and/or picking up groceries.
- Wear shoes or boots with a non-skid sole.
- Have handrails installed on outside walls for frequently used walkways.
- If you use a cane or walker, check the rubber tips to make sure they are not worn smooth.

Home Instead Senior Care is the world's largest provider of compassionate, reliable one-on-one, non-medical assistance. The Greensboro, NC Home Instead Senior Care office is located at 4615 Dundas Drive, Greensboro, NC 27407. You may reach them at 336-294-0081 or visit their website at www.homeinsteadseniorcare/311.

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IN THE GARDEN

March's To-Do List

March is the month when many of the beautiful spring flowering perennials and shrubs begin to bloom. With Spring just around the corner, it's time to get serious and get the garden ready! The fickle weather of March makes it impossible to set exact dates and schedules for planting, so proceed with caution!

Shrub and Tree Care

- ✿ In most areas it's still possible to do dormant spraying of fruit trees until the 15th. After that date dilute the spray by 1/2. Spraying should only be done on a still day with the temperature above 40 degrees F.
- ✿ You can still safely transplant azaleas and other small shrubs as long as the flower buds haven't swelled or broken open.
- ✿ Fertilize shrubs and trees if this wasn't done in February. Use an acid type rhododendron fertilizer to feed evergreens, conifers, broad leaf evergreens, camellias, rhododendrons and azaleas. Use an all-purpose fertilizer to feed roses and other deciduous trees and shrubs. If you use granular type fertilizers, be sure to water it in thoroughly.
- ✿ Finish pruning fruit trees this month—before the buds swell!

Annuals, Perennials and Bulbs in the Garden

- ✿ There is often a strong temptation to start removing winter

mulches from your flower beds....

WAIT! Pull the mulch off gradually as the plants show signs of new growth. The purpose of winter mulch is to act as a protector from sudden changes of temperature and chilling winds, so keep in mind that it is still winter. Acclimate your plants by removing the mulch over a period of days, allowing the light and air to reach the new growth slowly. It is much better to remove the mulch a little later than to remove it too early.

- ✿ Roses can be pruned this month. Severe pruning results in nicer long-stemmed flowers and more compact bushes.
- ✿ Begin to spray roses for blackspot.
- ✿ Feed roses.
- ✿ Alternating thawing and freezing can tear plant roots and even force the plant right out of the ground. If you notice any plants that have heaved, push them back into the soil, and tamp the dirt lightly with your foot.
- ✿ Divide and transplant summer blooming perennials and fertilize established ones as soon as new growth appears.
- ✿ Plant tender bulbs and tubers like gladiolas, lilies and dahlias. You can continue planting additional bulbs every two weeks until mid-June to ensure a continuous source of bloom.

Fruit and Vegetable Gardening

- ✿ Take a little time to prepare the



vegetable garden soil for planting.

- ✿ Peas and sweet peas may be planted right now as well as perennial vegetables like asparagus, rhubarb, horseradish and artichokes. Eggplant, brussels sprout, cauliflower, celery, leek, onions, radish seeds and early potatoes can be planted in the garden about mid month.
- ✿ Spinach, chard, cabbage, cauliflower, and other hardy vegetables can be seeded or set out late in the month.
- ✿ Plant strawberries, blueberries, currants, loganberries, boysenberries, grapes and fruit trees.
- ✿ It's time to start tomatoes, lettuce, and many other vegetable seeds indoors.

Odds and ends

- ✿ The most dreaded task of all is weeding, but it is one that really needs to be accomplished before the weeds have a chance to flower and go to seed. Remember once the weeds go to seed you can be fighting that weed seed for up to seven years or more. Most weeds can simply be pulled or cultivated out of the garden while they are young.
- ✿ Repair damaged areas of the lawn...dethatch, rake or aerate. Apply Dolomite Lime to sweeten the soil if needed. Most lawns will need a spring feeding but if thatching or liming needs to be done, do those jobs first. If moss
- is a problem, a combination fertilizer and moss killer can be applied, to do both jobs in one easy application. Over-seeding can be done as the last step, after the lawn has been fertilized.
- ✿ Test your soil for pH to see if any amendments are necessary. A general rule of thumb is to add 4 lbs. of lime per 100 sq. ft. of garden for every pH point below 6.5, or 1 lb. of sulfur per 100 sq. ft. for every pH point above 7.5. Sawdust, composted oak leaves, wood chips, peat moss, cottonseed meal, and leaf mold lower the pH while ashes of hardwoods, bone meal, crushed marble, and crushed oyster shells raise the pH. The best way to adjust pH is gradually, over several seasons.
- ✿ March is a good time to note areas of poor drainage. If there are pools of water in your yard that do not drain, fill in the low spot or scoop out a channel for the water to drain away.
- ✿ Clean out all of your birdhouses now, so that they will be ready when the birds return.
- ✿ Repair any fencing, arbors, or trellis work that is weak or has broken over the winter...before you get too busy!
- ✿ Check the plants under the eaves of the house and under tall evergreens to see that they have sufficient moisture.

Source: thegardenhelper.com

Independent Living for Seniors

As we age, many of us are faced with the prospect of revising our living arrangements. If you feel overwhelmed by home upkeep, cut off from transport and social amenities, or simply want more companionship with others your age, an independent living facility or retirement home may be a good option.

What is independent living?

Independent living is simply any housing arrangement designed exclusively for seniors, generally those aged 55 and over. Housing varies widely, from apartment-style living to freestanding homes. In general, the housing is friendlier to older adults, often being more compact, with easier navigation and no maintenance or yard work to worry about.

While residents live independently, most communities offer amenities, activities, and services. Often, recreational centers or clubhouses are available on site to give seniors the opportunity to connect with peers and participate in community activities, such as arts and crafts, holiday gatherings, continuing education classes, or movie nights. Independent living facilities may also offer facilities such as a swimming pool, fitness center, tennis courts, even a golf course or other clubs and interest groups. Other services offered in independent living may include onsite spas, beauty and barber salons, daily meals, and basic housekeeping and laundry services.

Is independent living right for me?

Four questions to ask yourself

1 How easy is it for me to maintain my current home?

Maintaining a home may be a long-standing source of pride for you, but it can also become a burden as you age. Perhaps your home has a large yard which requires constant maintenance, or maybe it's becoming more difficult to clean those extra rooms that are rarely used or perhaps your home is difficult to access, such as on a steep hill or up several flights of stairs. Or increased crime may mean that your neighborhood is now too dangerous to walk around safely.

If you'd like a place that does not require a lot of maintenance and upkeep,

independent living may give you more freedom and flexibility in the long run.

2 Is it difficult for me to connect to friends and family?

The more isolated you are, the greater your risk for depression and other mental health problems. You may have a difficult time getting out of the house, perhaps due to trouble driving or increased mobility issues. Or your friends and neighbors may be busy with other work or family commitments. While the phone and Internet can help, nothing can take the place of face-to-face human connection.

Independent living facilities can give you a built-in social network of peers, while many also provide structured activities such as sports, arts, or field trips.

3 How easy is it for me to get around?

You may live in an area where you have to drive to attend social activities, visit friends, and shop. If you find yourself less comfortable with driving, you may find yourself relying more and more on public transportation or family and friends to get around. It may be harder to visit others, go to activities you enjoy, or keep doctors' appointments.

As well as onsite amenities, many independent living or retirement communities also offer convenient transportation options to outside activities.

4 How is my health (and the health of my spouse)?

It's important to consider your current and future health. For example, if you have a health condition that makes it difficult to stay active and will most likely worsen with time, it's good to consider your options carefully. It's also important to consider the health of your spouse if you are married. Can you manage the activities of daily living, such as washing, showering, and eating? Can you manage your finances? Can you manage medications and doctor appointments?

If you see needing only minor assistance with activities of daily living, independent living may be right for you.

Source: helpguide.org



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Adult Care Homes: The Many Advantages



Adult care homes (also called residential care homes and adult family homes) are private homes licensed by the state to care for from 2-8 residents. They offer an attractive living option for individuals who might benefit from a homelike setting with a small number of residents.

An alternative to the larger setting of assisted living, care homes offer residents the opportunity to interact with the entire household, which often includes the operator's family, children, pets, the other residents and their families.

Residential Setting Benefits Many

Adult care homes provide room, board and care much like assisted living facilities, but in a smaller, more personal setting. In contrast to assisted living with its more active social opportunities, care homes specialize in more hands-on care and personal attention. As with other care communities, the level of care and focus varies. But many care homes

specialize by design and staffing to attend people with memory care issues such as Alzheimer's and Parkinson's.

Due to the nature of adult care homes' familial relationship, the providers cultivate an "age in place" environment, often keeping residents through the "end of life." By offering continuity and avoiding multiple moves, residents and their families enjoy reduced stress and avoid trauma.

Depending on residents' needs, adult care homes provide family-style meals, supervision, assistance with medications and Activities of Daily Living (ADLs) and social activities. Most care homes offer private/semi private rooms and 24-hour personalized care.

Choosing an Appropriate Adult Care Home

As with other, long-term care options, a number of factors should be considered when selecting an adult care home, including physical, men-

tal and financial factors. During the evaluation stage, for example, meet with residents and talk to their family members. It is also a good idea to check with the long-term care ombudsman, who oversees the quality care in a residence. Ask if a care home is in compliance or if it has had complaints and how they were resolved. Placement services can often help match the individual with the right community.

When evaluating an adult care home, research the provider's credentials and background as well as observe if they are kind, compassionate individuals. Do they provide a true family environment in a residential neighborhood? Another tip is to look for an adult care home where the residents are satisfied and the resident and his or her family members are invited to join in a partnership with the family.

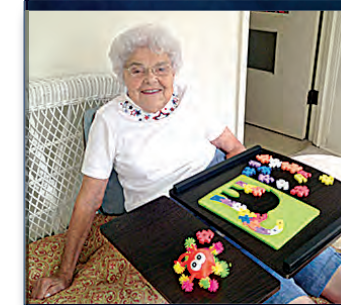
Here in the Triad, we are fortunate to have The Perryman House. The two-bedroom ranch home is nestled in the heart of Thomasville's most established residential development. Among the neighbors is Thomasville Mayor Joe Bennett, who has lived in Wallcliff Park since 1975.

The company, Almost Home Group, has 10 employees, an even mix of full and part time, along with an assigned physician with dementia expertise. There are in-house caregivers around the clock, with the co-founder, Kathy Hatfield living across the street. There are cameras and motion sensors in every room and on the back porch, all accessible to the residents' families via the Internet.

For more information on The Perryman House call Kathy at (336) 391-5638.

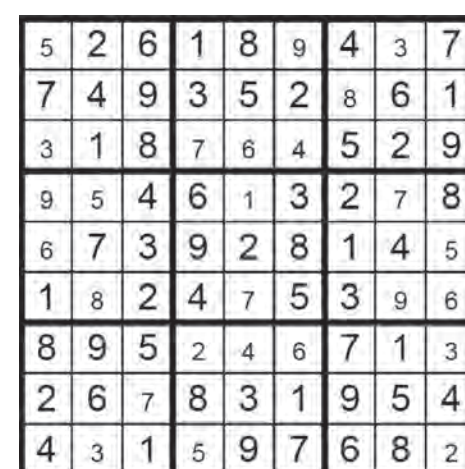
The Perryman House

- Residential Care for Seniors with Memory Loss
- Lovely neighborhood is convenient to Winston-Salem, Greensboro, and High Point
- One dementia trained CNA/Caregiver for every Two residents
- Personalized Daily Activities
- Registered Nurse, Medical Doctor, and NCCAP Certified Activity Professional on Staff
- We accept Private Pay and Long Term Health Care Insurance
- NC licensed family care home
- A great alternative to large facilities



The
Almost Home
Group

Contact: KATHY HATFIELD, The Almost Home Group
(336) 391-5638 kathy@almosthomegroup.com
www.almosthomegroup.com



CURRIED COCONUT CHICKEN

Curried chicken simmered in coconut milk and tomatoes makes for a mouthwatering hint of the tropics! Goes great with rice and vegetables.



- INGREDIENTS**
- 2 pounds boneless skinless chicken breasts, cut into ½-inch chunks
 - 1 teaspoon salt and pepper, or to taste
 - 1 ½ tablespoons vegetable oil
 - 2 tablespoons curry powder
 - ½ onion, thinly sliced
 - 2 cloves garlic, crushed
 - 1 (14 oz) can sweetened coconut milk
 - 1 (14.5 oz) can stewed, petite diced tomatoes (partially drained)
 - 1 (8 oz) can tomato sauce
 - 3 tablespoons sugar

- DIRECTIONS**
1. Season chicken pieces with salt and pepper.
 2. Heat oil and curry powder in a large skillet over medium-high heat for two minutes. Stir in onions and garlic, and cook 1 minute more. Add chicken, tossing lightly to coat with curry oil. Reduce heat to medium, and cook for 7 to 10 minutes, or until chicken is no longer pink in center and juices run clear.
 3. Pour coconut milk, tomatoes, tomato sauce, and sugar into the pan, and stir to combine. Cover and simmer, stirring occasionally, approximately 30 to 40 minutes.

WORDS OF WISDOM

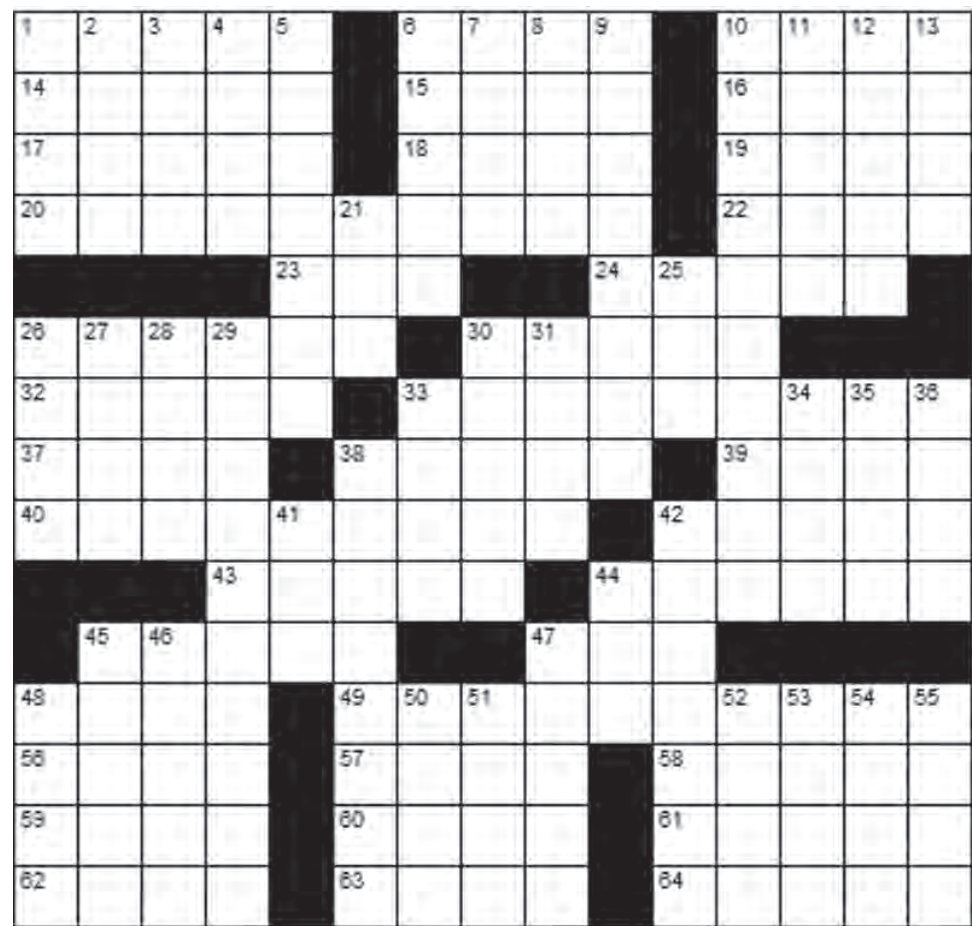
When in doubt, make a fool of yourself. There is a microscopically thin line between being brilliantly creative and acting like the most gigantic idiot on earth. So what the hell, leap.

—C. S. Lewis

Crossword

By Dave Fisher

Answers on page 13



©www.mirreoreyes.com

ACROSS

1. Kicks
6. Obtains
10. Accomplished
14. Eskimo
15. Wings
16. False god
17. Sometimes, works with lions
18. Gangly
19. Seats oneself
20. An abatement in intensity
22. Unadulterated
23. A gesture of assent
24. Climate
26. Badmouth
30. Not earlier
32. Severe pain
33. Plunges
37. Focusing glass
38. Jeweler's glass
39. Ripped
40. Dreamers
42. A river through Paris
43. Jottings
44. Concealed
45. Strike
47. Louse-to-be
48. 12 inches
49. Tatterdemalion
56. Aquatic plant
57. Throat-clearing sound
58. Without company
59. Gloomy
60. Anagram of "Note"
61. Inserts
62. Unique
63. Visual organs
64. Be

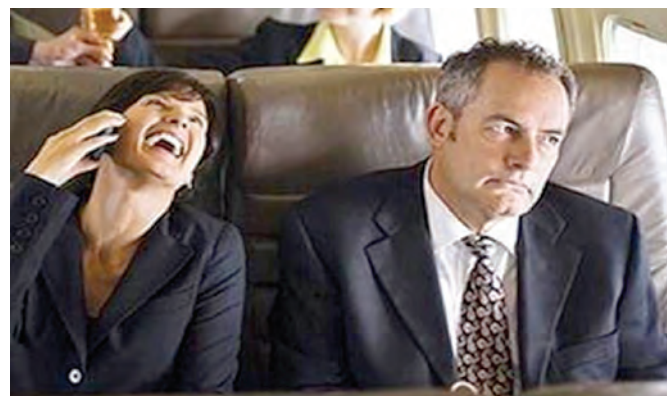
DOWN

1. Quarries
2. Two-toed sloth
3. Deaden
4. Fastens
5. Sinewy
6. Like some communities
7. Distinctive flair
8. After-bath powder
9. Chosen person
10. Demoralized
11. Ignominy
12. French for "Our"
13. If not
21. Put clothing on
25. Directed
26. A landlocked African republic
27. Matured
28. Solitary
29. Unhygienic
30. Lummoxes
31. Vipers
33. Schnozzola
34. Cancel
35. Sea eagle
36. Observed
38. Educated
41. A parcel of land
42. Place
44. Not her
45. Sage
46. Tycoon
47. What we are called
48. Portuguese folksong
50. Greeting at sea
51. Heredity unit
52. In constant change
53. Central points
54. Writing fluids
55. Where a bird lives

THE FUNNY BONE

An older woman was sipping on a glass of wine while sitting on the patio with her husband. She then says, "I love you so much, I don't know how I could ever live without you". Her husband asks, "Is that you, or the wine talking?"....She replies, "It's me...talking to the wine."

A couple were sitting in the lawyer's office working on their will. The lawyer tells them they should discuss end of life issues and how they want to be treated. The man turns to his wife and says, "Please promise me that if I am ever dependent on machines and bottled fluids to keep me alive, you will take action and put an end to it right away." She smiled and agreed and when they got home, she proceeded to unplug the TV and pour his beer down the drain.



After a tiring day, a commuter settled down in his train seat and closed his eyes.

A young woman sat down next to him, and, as the train rolled out of the station, pulled out her cell phone and started talking in a loud voice:

"Hi sweetheart. It's Sue. I'm on the train."

"Yes, I know it's the six thirty and not the four thirty, but I had a long meeting."

"No, honey, not with that Kevin from the accounting office. It was with the boss."

"No sweetheart, you're the only one in my life."

"Yes, I'm sure, cross my heart!"

Fifteen minutes later, she was still talking loudly.

The man sitting next to her had now had enough. He leaned over and said into the phone,

"Sue, get off the damn phone and come back to bed."

Sue no longer uses her cell phone in public.

Fun Facts About Spring



If you stand at the equator on the first day of spring, you will see the sun pass directly over head. This is only true two times a year; the first day of spring and the first day of Autumn.

An area along the California and Oregon border between the Harbor-Brookings bench of Oregon and the Smith River area of California is often called the "Easter Lily Capital of the World" as it produces 95 percent of all bulbs grown in the world for the potted Easter lily market which is more than 11 million bulbs each year.

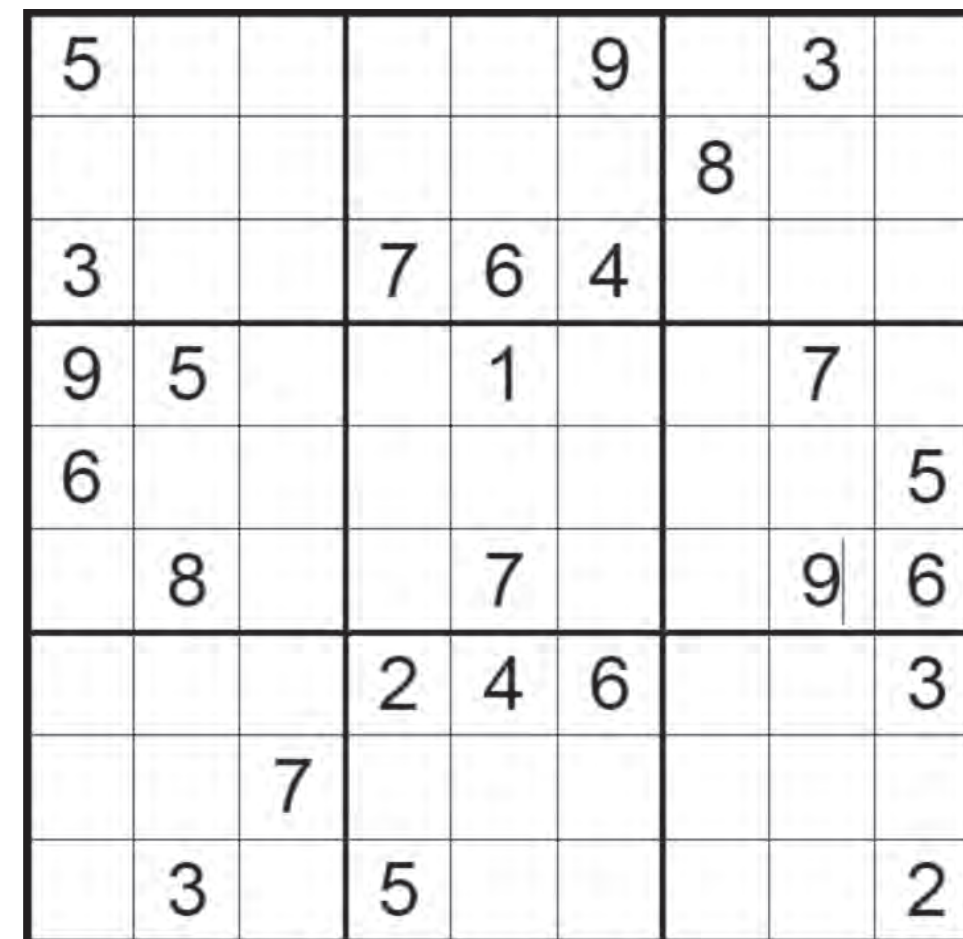
Arbor Day celebrated on the last Monday in April; however, each state can select its own date, depending on weather conditions. The first Arbor Day Celebration was held on April 10, 1872 in Nebraska.

Spring fever is real, commonly occurring when a sudden warm spell follows a long cold period. When the temperature rises, there's a dilation or expansion of the blood vessels so that blood can be carried to the body surface where heat can be lost quickly. Some people experience an energetic feeling to this reaction.

Birds fly back northward to settle and have their families. Approximately 1800 of the world's 10,000 bird species are long-distance migrants.

Sudoku

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.



Answers on page 13

(courtesy of KrazyDad.com)

Over Half of Americans Say Crooked Teeth Make You Look Older

Almost half of American adults (47%) say that crooked teeth leave a negative first impression, according to results of a U.S. survey released today by Align Technology, Inc. Further, almost three quarters (72%) of the survey respondents agree that people with healthy straight teeth are typically treated better in social situations than those with noticeably crooked teeth. Over half (62%) say it can make a person look up to five years younger.

The survey, conducted by Roper Public Affairs, of more than 1,000 American adults (aged 18 and over) found that 84% agree that healthy straight teeth are a sexy physical feature. Contrary to common social stereotypes, nearly six in 10 women (58%) agreed that straight teeth are more important to a man's good looks than a full head of hair.

"We live in a very image-conscious society and impressions are made within a few seconds," said Mark Montano, host of TLC's makeover show, 10 Years Younger. "Straightening crooked teeth makes a difference and can ultimately make or break your chances of getting certain opportunities - especially in the dating scene or workplace."

The study also indicated that despite societal pressures to be thin, adult Americans believe straightening crooked teeth would improve a person's appearance as much as losing those extra ten pounds. In fact, among survey respondents, men were even more likely than women (50% versus 44%) to select "straightening crooked teeth" over "losing those 10 extra pounds" as a means for improving attractiveness.

Other major survey findings include:


- 77% of Americans agree that straightening crooked teeth is one of the best investments a person can make in improving his or her appearance.
- 82% of Americans say straight teeth make a person look healthier.
- More than six in ten Americans (62%) say straightening crooked teeth makes an adult look younger, with 41% saying straight teeth can make a person look up to 5 years younger.
- 86% of Americans believe that people hold back their smiles if they have crooked teeth
- More than eight in ten (83%) adults think straight teeth make a person look more confident.

always a desirable option for adults who want to straighten their teeth, more than a quarter million people have turned to the Invisalign(R) system, a proprietary method of straightening teeth without wires and brackets. The Invisalign system uses a series of clear, removable aligners to straighten teeth without anyone having to know. Invisalign also allows those in treatment to remove the aligners for special events and to eat, drink, brush, and floss as usual.


"Let's face it, straight teeth are better and can make you look younger," continued Montano. "Fixing crooked teeth doesn't even need to affect your lifestyle anymore and has such a positive impact afterwards, so why wouldn't you make the investment?"

Since traditional metal braces are not

Source: prnewswire.com



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