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4556 Simon Road  
Wilmington, DE 19803  
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This year I took up golf. Again. I hadn't played for over 15 years. I don't know if it's because I'm older, wiser, more serious—or less serious?—about the game, but it's much more fun this time around. I'm trying to really educate myself about the game, not just go out and hit balls around the course for the social aspect of it (although what's not to love about the social aspect of sports!).

One thing I've always found compelling is how the lessons of sports correlate to lessons on life. Mindset, commitment, striving for excellence, grace under pressure, even risk-taking and responsibility for your actions are integral to improving your game—and improving your life. If you don't actively participate in any sports, maybe this summer is the summer to try. It doesn't matter which sport; it doesn't matter if it's a team sport or individual sport; it only matters that you put yourself out there and try, and try to be your best. The most important competition you'll face is against yourself, and as you gain in competence, you'll gain in confidence. The list of benefits is long, but the best? Having gotten up and gotten out, just by putting yourself out there, you'll know yourself as a WINNER!

If you do choose to participate in an outdoor sport—or are hitting the pool or beach, make sure to read about EWG's Sunscreen Hall of Shame. I was shocked to find out that the "protection" I used daily was on their list of "shameful products." Who knew? Then check out the articles on pages 10 and 11 about the nutrients we need as we age, and why we need our sleep. You'll want make sure you're at your physical best for your new endeavors! And if you find yourself saying you're past your prime to try anything new, meet Harriette Thompson, on page 16. Seriously. Anyone can do it!

Thank you for your responses to the questions about what you'd like to see more of in the magazine. This month, I'd like to thank Joyce and Jimmy Teague for their request for information on rheumatoid arthritis. We hope the articles we've included are helpful to you! Keep your ideas coming. What questions keep you up at night? What information is hard for you to find? We want to help! Send emails to [karync@vitalmagonline.com](mailto:karync@vitalmagonline.com) to let me know what's on your mind—and how your new sports are coming along!

Happy July!

Karyn

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# EWG Sunscreen Hall of Shame

There are a lot of sunscreens on the market: some good, some bad and then the shameful. These last are not only a waste of money but also potentially harmful. According to the Environmental Working Group, you would do well to banish many well-known products from your beach bag.

In particular, read labels to identify products that include the ingredients oxybenzone and retinyl palmitate. Oxybenzone penetrates the skin, gets into the bloodstream and acts like estrogen in the body, which can disrupt your hormone system. It can also trigger allergic skin reactions. Some research studies, while not conclusive, have linked higher concentrations of oxybenzone to disorders including endometriosis in older women and lower birth weights in newborn girls.

Many sunscreens, SPF-rated moisturizers, and SPF-rated lip products contain retinyl palmitate, a form of

vitamin A. Night creams with this chemical may help skin look more youthful. But government studies show that on sun-exposed skin, retinyl palmitate may speed development of skin tumors and lesions. Although the FDA allows this "inactive ingredient" in sunscreens intended for use in the sun, you're better off without.

### Spray Sunscreens

People like sprays because they're easy. But they may pose serious inhalation risks, and they make it too easy to apply too little or miss a spot. The worst are aerosol sprays with SPF's above 50+ and the harmful additives oxybenzone and retinyl palmitate, and include offerings from Banana Boat, Coppertone Sport, CVS and Neutrogena.

### Lotions with High SPF's

SPF stands for "sun protection factor," but that outdated term refers only to protection against UVB rays that burn the skin. It has little to do

with a product's ability to protect skin from UVA rays, which penetrate deep into the body, accelerate skin aging, may suppress the immune system and may cause skin cancer.

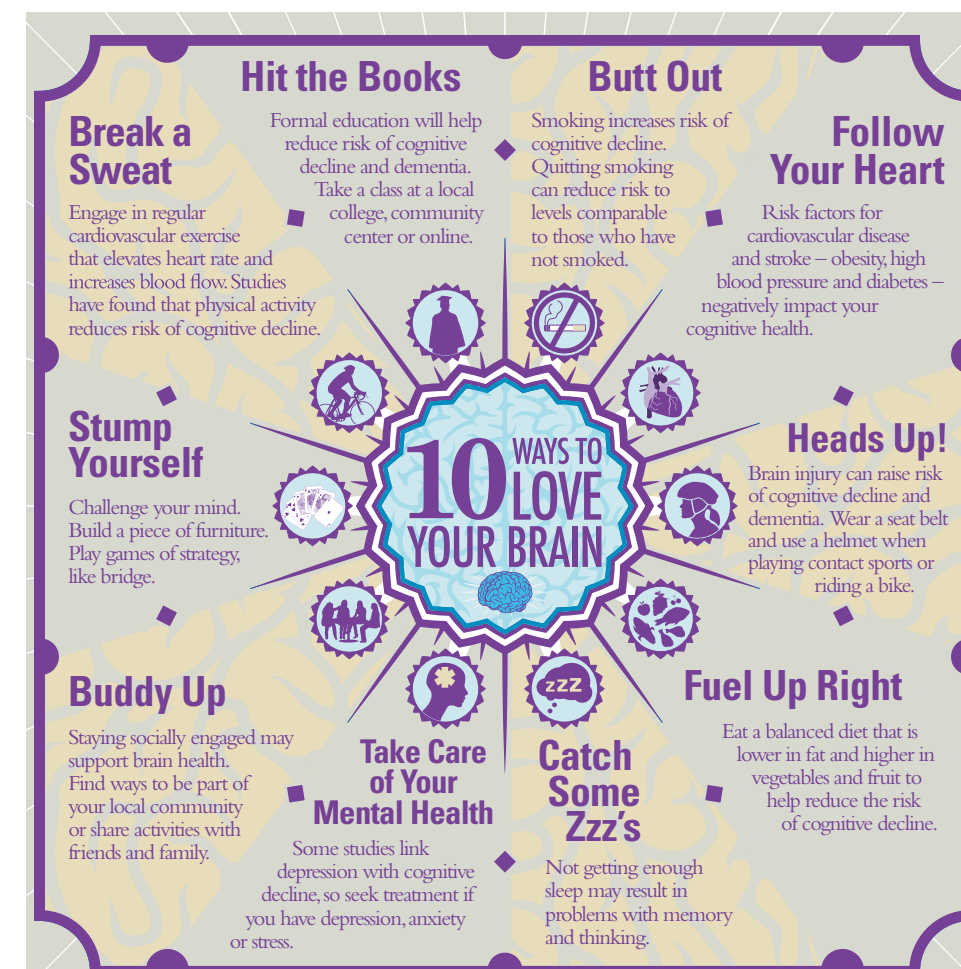
The worst thing about high-SPF products is that they give people a false sense of security and tempt them to stay in the sun too long. They suppress sunburns but raise the risk of other kinds of skin damage. The FDA is considering barring SPF above 50+.

### Sunscreens for Kids

The worst kid and baby sunscreens have at least three strikes against them: 1) oxybenzone, 2) retinyl palmitate and 3) SPF's above 50+. Some even have a fourth strike: they're aerosol sprays that can harm sensitive young lungs. Convenient? Yes. Good for kids? Absolutely not. Read labels on Banana Boat Clear, Coppertone Kids/Water Babies, Equate Kids, Kroger's Baby/Kids, Neutrogena Wet Skin Kids and Up &

Up Kids Sunscreen Stick.

To read more and to see the lists of best and worst sunscreens visit [www.ewg.org/2015sunscreens/](http://www.ewg.org/2015sunscreens/).



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## Naturopathic Options for Rheumatoid Arthritis

By Melissa Coats, ND

Rheumatoid arthritis (RA) is a chronic systemic disease that causes inflammatory changes primarily in peripheral joints (wrists, hands, elbows, shoulders, knees and ankles) that lead to destruction of cartilage and adjacent bone. Typically the joints on both sides of the body become inflamed, leading to progressive destruction of the joints. The result is pain, stiffness, swelling, and ultimately loss of function and deformities of the affected joints. The disease occurs more commonly in women than men, and onset typically occurs between ages 35 to 50. The exact causes of RA are unknown, although it is most likely triggered by a combination of factors, including an abnormal autoimmune response, genetic susceptibility, and some environmental or biologic trigger, such as a viral infection or hormonal changes. Unfortunately, as the disease pro-

gresses, most people suffer a reduction in their ability to perform the activities of daily living, and many people are unable to continue to work.

Some of the signs and symptoms of RA include general fatigue, loss of appetite, low-grade fever, morning joint stiffness and muscle aches and weakness, as well as joint pain, warmth, and/or swelling and stiffness in the joints after inactivity. RA is conventionally treated with medications, but natural therapies, when started early, can also be quite effective.

Some great natural therapies include exercise, hydrotherapy (alternating hot and cold to the joints and body), rice bucket therapy, orthotics, massage and rest. Implementing an anti-inflammatory diet can also be a huge help. This would include avoiding gluten, dairy, eggs, soy, corn, peanuts, sugar, and artificial sweeteners, eliminating caffeine, increasing your

intake of olive oil and maintaining a healthy weight. You'll also want to increase your intake of antioxidants such as vitamins C, A, and E, and make sure you're getting adequate amounts of selenium and essential fatty acids.

RA can be very complicated, but if lifestyle modifications are made, progression of the disease can be slowed. If you haven't seen a naturopathic physician before, visit [www.naturopathic.org](http://www.naturopathic.org) to find a licensed naturopathic doctor near you with whom to discuss options for RA, or consult with your physician.



Sources and references available by emailing [questions@vitalmagonline.com](mailto:questions@vitalmagonline.com). Dr. Melissa Coats is a licensed naturopathic physician in Scottsdale, AZ at Naturopathic Specialists, LLC ([www.listenandcare.com](http://www.listenandcare.com)). If you have a question for Dr. Coats, email her at [questions@vitalmagonline.com](mailto:questions@vitalmagonline.com).

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## Managing Rheumatoid Arthritis with Exercise

Rheumatoid arthritis is an autoimmune disease in which the body attacks the lining of the joints, causing pain, inflammation, swelling and joint destruction.<sup>1</sup> This inflammation can result in bone and cartilage erosion, which thereby reduces movement and ability.<sup>2</sup> Although there is no cure for rheumatoid arthritis, physical activity has been shown to improve symptoms and allow people suffering from this condition to live active and enjoyable lives.

*Why is Physical Activity helpful for someone with Rheumatoid Arthritis?* By strengthening the muscles and tissues around the joints you can protect them from further damage. Strong supporting musculature around a joint will take the pressure off the bones, alleviating some of the pain caused by the condition. Mobility exercises will decrease stiffness and pain in joints, allowing for an

increased pain-free range of motion. Research has now shown that a gradual progressive exercise program encompassing endurance, strength and mobility training can produce favorable results in arthritic clients.

### Aerobic Activity

Research on aerobic activity and rheumatoid arthritis shows individuals suffering from RA are less fit than the general population. This is likely due to an avoidance of activity because of the pain experienced in the joints. To be effective, aerobic activity must be performed a minimum of twice a week for no less than 20 minutes. Low impact activities such as cycling, water exercise, and walking are suggested<sup>3</sup>.

### Resistance Training

Resistance training must be carefully approached, and high impact, high intensity or quick movements should be avoided. Isometric exer-

cises (where there is no movement at the joint), elastic bands, machines, and free weights are all safe modes of resistance exercise when used at a low to moderate intensity with proper form and technique. General guidelines suggest light- to moderate-intensity activity performed 2-7 days a week is beneficial. The number of sets and repetitions of each exercise will differ based on individual symptoms and tolerance<sup>3</sup>.

### Flexibility Training

Stretching is considered safe if done slowly and carefully. Gentle static stretching at a moderate intensity should be performed at least twice a week for all major muscle groups<sup>3</sup>.

### Aquatic Exercise

For some people with rheumatoid arthritis, traditional land-based exercise programs are not tolerated well and aquatic exercise is a great alternative. Exercising in the water

provides a low-impact and warm environment, thereby removing excess stress on the joints while still allowing for the benefits of conventional exercise<sup>3</sup>.

Please consult a medical professional before starting this or any other exercise program. This article does not constitute medical advice.

<sup>1</sup>The Arthritis Society. (2015) Rheumatoid Arthritis. Retrieved from <http://www.arthritis.ca/page.aspx?pid=982>

<sup>2</sup>Clark, K. (2004). Training Clients With Arthritis. IDEA Fit. Retrieved from <http://www.ideafit.com/fitness-library/training-clients>

<sup>3</sup>Cheatham, Scott W. & Cain, (2015) Rheumatoid Arthritis: Exercise Programming for the Strength and Conditioning Professional. Strength & Conditioning Journal. 37(1):30-39



Kate Maliha, MA (HKin) has a Master's degree in Human Kinetics and has conducted aging research at the University of British Columbia. She is the owner of Love Your Age ([www.LoveYourAge.ca](http://www.LoveYourAge.ca)), a fitness company specializing in the exercise needs of seniors.

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TO YOUR WEALTH

## Don't Get Scammed!

What would you do if you received a check for a few thousand dollars in the mail? Deposit it quickly, hoping it's genuine? Send back the "overpayment" portion requested? If you do, your account will lose the entire amount of the check, the "overpayment," and possibly incur charges as well. You'll have been taken by a con artist or scammer. The scary part is that these tempting checks look like authentic documents.

The number of offers by mail, telephone and email is staggering. In spite of "do not call" registration, we're bombarded with marketing offers of products "essential" for the older adult's comfort, wellness, financial investment, safety, entertainment, or gift-giving. One person in the news documented 82 such offers in one month!

Some of the offers are blatantly obvious, such as the letters from overseas with news of sweepstakes winnings or

inheritances, written with such poor grammar and spelling they are laughable, but others? Not so much.

What can we do about it? AARP is launching a Fraud Watch Network to help seniors avoid becoming victims of con artists who want to steal their identity and their money.

The Fraud Watch Network is:

- **An Educator**, giving you alerts about the latest scams and how to spot them.
- **A Watchdog**, tracking scams and citing real instances in your area to help you recognize and beat con artists. Get your free Con Artist Playbook featuring stories about how thieves steal your money and the "AARP Watchdog Alert Handbook—13 Ways Con Artists Steal Your Money."
- **A Resource**, to a live person on a hotline, or a forum in your community.
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## The Scam Jam/Shred Event

If you have old tax documents, credit card bills, bank statements and the like, bring them to the YMCA/AARP Scam Jam and Shred Event July 11 to have them destroyed safely and securely. There is no charge to have bags or boxes of personal documents shredded at the event.

The event will feature MIX 92.9 radio, refreshments and fun. You'll get a giveaway item when you sign up for the Fraud Watch Network, and your name will be entered into a raffle. We'll draw for raffle prizes, including an AARP Real Pad, at 11 a.m., right before an informative Q&A session with our panel of experts. You'll hear all about current scams in Delaware from speakers including:

- Alan Rachko, Division of Fraud, Delaware Attorney General's Office
- Nick Morici, Delmarva Power
- Alex Sylvester, U.S. Postal Inspectors Service

Get there early to dispose of your sensitive documents, sign up for the Fraud Watch Network, and then join us in the lobby for some information and FUN.

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# When to Claim Social Security? How Long Will You Live?

My client, an otherwise steady 60-year-old woman asking advice on when to claim Social Security benefits, teared up when I asked her to estimate her life expectancy and that of her beloved husband.

While her reaction may have been a little extreme, she isn't alone in not wanting to think about her demise. If you're planning for retirement, however, you should focus on death for a few moments so that your remaining days are financially more secure. An educated guess at life expectancy of both partners is important when it comes to choosing when to claim Social Security benefits.

Social Security projects that a man alive at 60 years of age has a 75% probability of living until 74 and a 50% chance of living until 82. A woman alive at 60 has a 75% probability of living until 77 and a 50% chance of celebrating her 86th birthday. These projections give a profile of the average man and woman, but since you aren't average, you can improve on these forecasts for the purposes of retirement planning.

To estimate your personal life expectancy, modify these general statistics to your specific circumstances, particularly your health. When Social Security actuaries look at causes of death, they focus on heart disease, cancer, vascular disease, respiratory disease (smoking) and diabetes. If you have any of these health problems or you have a family history of these diseases, your life expectancy might be shorter than the norm, and claiming your So-

cial Security benefits somewhat earlier may make sense. On the other hand, if you are in good health, you can reasonably bet that you will live longer than the norm.

Recent studies have also shown that the life expectancy of the upper half of the income distribution is six years longer than someone in the bottom half. If you fall into this category, you are likely to live longer than the general projections.

When evaluating the situation for a couple, the important question is if one member of the couple is likely to live a long time. The probability that one member of a couple will reach 92 is 50%. This calculation doesn't take into account the adjustments in longevity for income described above. If we adjusted for the effect of income differences, the probability that one person in an upper income couple will live to 92 would be even higher.

Delayed claiming of Social Security is most advantageous for the legions of workers and their spouses who will live long lives. The annuity aspect of Social Security means that benefits will continue until both the worker and spouse pass away. The longer the benefits are paid, the greater total lifetime benefit. The monthly amount of that benefit can rise 76% if a worker waits until 70 instead of claiming at 62, but at what cost? To answer this question, a break-even analysis is often employed.

The break-even age is the point when an individual begins to benefit from delayed claiming. It is the age when high-

er benefits later make up for the lack of benefits earlier. Depending on the duration of delay claiming, the break-even age can vary between 77 and 84. When comparing the Social Security life expectancy projections with the break-even age for healthy women, in particular, delayed claiming seems like a very good bet. Even with the most conservative assumptions — age 84 break-even and life expectancy of 86 — our average single woman has a greater than 50% chance of receiving two years of enhanced Social Security benefits as a bonus for delayed claiming.

The bet is even stronger for couples because of the way Social Security configures survivor's benefits. If one partner dies, the surviving spouse will receive the higher of the two retirement benefits. If the higher paid spouse delays claiming to receive a larger monthly benefit, he/she cannot only increase the benefits the couple will receive during their life together, but will also provide more income for the spouse after passing away.

In the case of couples, it is not appropriate to use the break-even analysis in the same way as for individuals, since analysis based on individual factors doesn't take into account the joint probabilities of a longer life expectancy and claiming options open only to couples. In a 'break-even' analysis for individuals, the largest cost of delayed claiming is the lost benefits from waiting. Married couples, however, can use restricted application and file and suspend strategies where one member of the couple receives spousal benefits starting at full retirement age (66 for

people retiring now).

For example, suppose there is a couple where the husband and the wife are the same age and the husband's full retirement benefit is \$2,000 and the wife's is \$1,500. By having the husband file and suspend and the wife receive spousal benefits before claiming her own benefit at 70, the couple can reduce the break-even age from nearly 84 to less than 80. Furthermore, after the break-even age, this couple will receive a monthly benefit that is 32% higher than the benefit they would have received if they both claimed at 66. For this sample couple, delayed claiming with file and suspend is a very good bet indeed.

The truism that life is uncertain isn't diminished by attempting to put brackets around the chances of dying young or old. When deciding on claiming Social Security benefits (or purchasing a private annuity), you can be smarter in your decision-making by making an educated guess at longevity. If you do so, with luck you will reap long-term financial gains.

To find out exactly how to maximize YOUR Social Security benefits, order a personalized claiming report at [www.socialsecuritychoices.com](http://www.socialsecuritychoices.com). **Vital! readers, get your discount by using coupon code VitalMag.**

Jeffrey B. Miller is Professor of Economics Emeritus at the University of Delaware and a founding partner of SocSec Analytics ([www.socialsecuritychoices.com](http://www.socialsecuritychoices.com)), a financial advisory service specializing in Social Security issues. Email questions to [questions@vitalmagonline.com](mailto:questions@vitalmagonline.com).



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# Social Security Q&A

**Question:**  
How do I know if I meet the eligibility requirements to get Social Security disability benefits?

**Answer:**  
To qualify for Social Security disability benefits, you must have worked long enough in jobs covered by Social Security (usually 10 years). You must also have a medical condition that meets Social Security's strict definition of disability. We consider an adult disabled under our rules if he or she has a medical condition, or combination of medical conditions, that are expected to last for at least one year or result in death, and that prevent the performance of any type of work. If you think you may be eligible to receive disability benefits and would like to apply, find the online application at [www.social-security.gov/applyfordisability](http://www.social-security.gov/applyfordisability).

**Question:**  
Can I refuse to give my Social Security number to a private business?

**Answer:**  
Yes, you can refuse to disclose your Social Security number, and you should be careful about giving it out. But be aware, the person requesting your number can refuse services if you don't give it. Businesses, banks, schools, private agencies, etc., are free to request someone's number and use it for any purpose that doesn't violate a federal or state law.

**Question:**  
If I get Social Security disability benefits and I reach full retirement age, will I then receive retirement benefits?

**Answer:**  
Social Security disability benefits automatically change to retirement benefits when disability beneficiaries reach full retirement age. In most cases, the payment amount does not change. The law does not allow a person to receive both retirement and disability benefits simultaneously on one earnings record.



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# The Nutrient Connection

By Gina Deney



Eating right and staying fit are important no matter what your age. As we get older, though, our bodies have different needs, so certain nutrients become especially important for good health.

## Calcium and Vitamin D

As we age, our bodies need more calcium and vitamin D (which promotes calcium absorption)

to help maintain bone health. Shoot for three servings of vitamin D-fortified low-fat or fat-free milk or yogurt each day. Other calcium-rich foods include fortified cereals and fruit juices, dark green leafy vegetables and canned fish with soft bones. If you take a calcium supplement or multivitamin, choose one that contains vitamin D. The added bonus? Vitamin D is also a natural mood elevator.

## Vitamin B12

Vitamin B12 affects the development and maintenance of red blood cells, nerve cells, and normal myelination (covering) of nerve cells. It also aids in the production of DNA and RNA, and the production of neurotransmitters. Many people older than 50 do not get enough vitamin B12 so ask your doctor

if you need a supplement. Fortified cereal, lean meat, and certain fish and seafood are great sources of vitamin B12.

## Fiber

Fiber has also been shown to lower your risk for heart disease, control your weight and prevent Type 2 diabetes. Eating whole-grain breads and cereals, more beans and peas, and fiber-rich fruits and vegetables can also help you to stay regular.

## Potassium

Increasing your potassium intake (fruits, vegetables and low-fat or fat-free milk and yogurt are good sources) while at the same time reducing sodium by selecting and preparing foods with little or no added salt may lower your risk of high blood pressure.

## Your Fats

Foods that are low in saturated fats and trans fat help reduce your risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Check the Nutrition Facts panel on food labels for total fat and saturated fat.

## Talk to Your Physician

Before implementing any dietary changes consult your doctor to discuss your specific needs and whether or not any foods might interfere with your medications or any existing health issues.

*Gina Deney is president of Your Own Home In-Home Senior Care. For more information on senior care, please call her at 302-478-7081, email gdeney@yourownhomecare.com or visit www.yourownhomecare.com. Sources: Academy of Nutrition and Dietetics and Andrew Weil, MD.*

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# No Sleep, No Chance to Dream



Each night thousands of men and women turn off the lights, get into bed and wait for the sweet relief of sleep that doesn't come. Thirty percent of adults in the U.S. have symptoms of insomnia—it's more common in women, and occurs more frequently with age.

"We need the restorative power of sleep," says Sleep Neurologist Rachel Salas, MD, assistant professor at the Johns Hopkins University School of Medicine. "It's during deep sleep when our brains imprint information—review and remember what occurred during the day. Without it, we may suffer lack of concentration and decrease in quality of life."

There are several different forms of insomnia, Salas explains. "Some people have difficulty falling asleep, others can't stay asleep, and some suffer from early morning awakening. Many of us will occasionally have a bout of short-term insomnia. But when it becomes chronic, you should visit your primary care provider."

Your physician will first rule out an illness that may be causing insomnia, Salas says. "There are a number of chronic diseases that can result in insomnia and your doctor should screen for these and other more serious sleep disorders before treating the insomnia."

More often than not, treatment won't

include medication, Salas adds. "I rarely need to prescribe medications because many times insomnia will improve with behavioral modifications. People build up a tolerance for drugs—they simply stop working. Over-the-counter medications and herbal remedies aren't approved for use for insomnia, may cause serious interactions with other medications and, ironically, may cause sleeplessness."

The best way to resolve the problem is by changing your sleep hygiene. "That's our bedtime ritual," Salas explains. "When we were kids, we most likely had a bedtime routine of washing our faces, brushing our teeth, putting on our PJs, then going to our bedrooms to go to sleep."

"Today, many of us sleep in the 'sweats' we put on after work, watch television or use computers from bed and then try to fall asleep. Our brains are conditioned to recognize our bedrooms as a place for activity, not sleep." In fact, Salas says, the blue light from computer screens and TVs may suppress melatonin, a chemical that we need in order to fall asleep, in our brains.

So how can we retrain our brains to get a good night's sleep?

■ Rule number one, says Salas, is the "3 S's." The bedroom is just for sleeping, sex or when you are sick.

Rid your bedroom of all electronic devices.

■ Avoid exercise, heavy meals, smoking and caffeine before bed.

■ Set a regular sleep and awakening time.

■ Don't be a clock-watcher—turn the clock around so you can't see it from your bed.

■ Create a cave-like environment in the bedroom, with low light and cooler temperatures.

■ If you find yourself worrying about things as you try to fall asleep, start a "worry journal." Write your troubles down earlier in the day and keep the journal in another room. If you start worrying, tell yourself you already wrote about these things, and there is nothing you can do about them now.

■ Or keep a "happy journal" to list everything for which you are grateful so you go to sleep with happy

thoughts rather than stressors.

■ If you can't fall asleep, leave the bedroom and go into another room. Read something soothing in low light and when you begin to feel drowsy, go back into your bedroom and try again.

■ If changes in routine don't do the trick, cognitive behavioral therapy by a sleep specialist can help you determine causes and resolve the insomnia.

Lastly, says Salas, "It's a myth that we need less sleep as we age. All of us need between seven and a half to eight hours of sleep to be at our best during the day."

For more information about insomnia and other sleep disorders, visit [www.sleepeducation.com](http://www.sleepeducation.com).

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# Lower Your Average On Par 3s

By Kent Thomas, PGA Director of Golf,  
DuPont Country Club

Looking to improve your handicap? Each month, keep your average score for par 3s. For most of you, shooting par or even an average of 3.5 on these holes will have a big impact on your scorecard. To get started, this month track your average score on par 3s. Next month, make a conscious effort to improve that average.

### Strategy 1: Knowing Your Distances Allows Better Choices

Learn how far you hit each club. Determine what your *best* distance is, and what your *regular* distance is with each club.

Learn to calculate the impact on your distances if you're hitting to a green either 10 yards above or below the tee. (Hint: Club selection and ball trajectory play important roles.) Learn to identify a one-club, two-club and greater wind (wind speed/direction).

### Strategy 2: Don't Leave It Short

Wherever the flag is on a par 3, always select a club that will reach the back, or back half of the green. Few of us hit our clubs out of the sweet spot every time.

Your #6 iron might go 150 yards, but let's allow for a slight mis-hit and the fact that it's only going to reach 142 yards.

This strategy is based on the fact that most of the trouble on par 3s is in front of the hole. That's obviously not the case every time. If there's water behind the hole, you don't want any chance of reaching that.

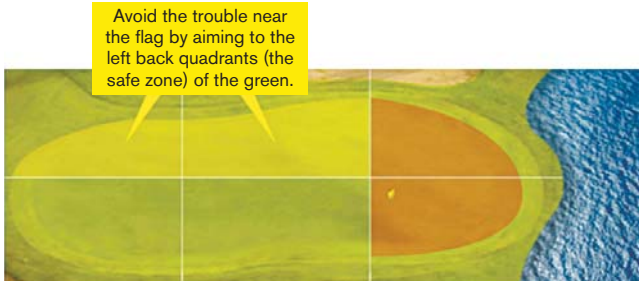


### Always use a tee

While some of the 'experts' might disagree about how high to tee the ball, they ALL AGREE that you should in fact tee up the ball. You need to create the perfect lie to give yourself the chance of making the best strike possible.

### Strategy 3: Remove Any Chance of a Disaster

Think about the effect of a poor shot and remove the chance of that damaging your card. Example: Aim at



the back left quadrant here to avoid a poor shot drifting into the water. It might leave you a long putt, but at least you won't be playing 3 from the drop zone.

### Find a target you're confident of making

It's not unusual to find some par 3s in the 210+ yards range with the green surrounded with trouble.

That's a difficult range for most golfers. What is the percentage shot here?



So before you take on the trouble, consider laying up and outsmarting the designer.

# DESTINATION: Deerfield

If you're a long-time Delaware resident then surely you remember Louviers Country Club. It's now known as Deerfield, though, and Deerfield has become Delaware's most elegant, prestigious and breathtakingly beautiful special events venue and spectacular Sunday brunch destination (the 111-foot brunch has won Delaware's Best every year since 2010). Oh, and they happen to offer great golf too! (In fact GOLF WEEK named Deerfield greater Wilmington's top public golf course in 2012.)

Are you planning a reunion this summer? A golf outing, gala, wedding or shower? A business or club meeting? How fun would it be to include a clinic, putting contest or long drive contest at your next event? Or a nature tour at White Clay Creek State Park plus shopping trips for your out-of-town guests? From

start to finish, the team at Deerfield designs elegant and refined, unique and memorable events for 5 to 500, leaving no detail to chance.

If golf is your passion, forget about high country club membership fees. Over 30,000 rounds of golf are played here each season, but the best part is that you can play here as a season passholder and enjoy all the amenities private clubs offer, including club championships. Stick around for their specialty dining events (a Luau in July, pig roast in August, steel drums and tiki torches every Friday night!) to make the day complete.

If you haven't been to Deerfield lately, make it a point to see what's new here this summer. You'll be planning your next visit before you even leave!



L	U	R	C	H	P	O	D	S	D	U	M	A
O	P	E	R	A	E	X	A	M	I	R	I	S
C	O	N	E	S	R	E	D	O	M	I	N	K
I	N	T	E	S	T	I	N	A	L	E	N	D
B	A	S	I	C	S	A	R	E	A	S		
A	B	A	C	K	S	M	A	R	M	I	E	S
N	E	R	O	M	E	A	N	S	O	A	T	H
S	L	I	N	K	I	E	S	T	E	N	S	U
O	I	N	K	S	E	S	S	E	N	E		
T	A	C	T	S	O	F	T					
D	E	L	L	T	H	E	A	T	R	I	C	A
U	R	I	A	R	E	S	T	A	D	A	G	E
E	R	A	S	E	R	N	E	D	E	B	U	T
L	A	S	T	L	E	E	R	E	A	S	E	S

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

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# GRILLED SCALLOPS AND NECTARINES WITH CORN AND TOMATO SALAD

With its corn, tomatoes, basil, and unexpected nectarine, this recipe sings out “summer.”

Makes 6 servings

### INGREDIENTS

**Dressing:**


- 3 tablespoons fresh lime juice
- 1 ½ teaspoons finely grated lime peel
- ⅓ teaspoon (generous) piment d’Espelette or chili powder
- 3 tablespoons extra-virgin olive oil
- Fleur de sel\*

**Salad:**

- 24 large sea scallops, side muscles removed, patted dry
- 3 firm but ripe nectarines (white or yellow), each cut into 6 wedges
- Olive oil, for brushing
- 1 ½ cups fresh corn kernels, cut from 2 large ears of corn
- 24 grape or cherry tomatoes, halved
- ⅓ cup thinly sliced basil leaves
- Fleur de sel

**Basil Puree:**

- ¾ cup (loosely packed) fresh basil leaves
- ¼ cup extra-virgin olive oil
- Fleur de sel



### PREPARATION

**For dressing:**

Whisk lime juice, lime peel, and piment d’Espelette in small bowl. Gradually whisk in oil. Season with fleur de sel and pepper. **DO AHEAD:** *Can be made 1 day ahead. Chill. Bring to room temperature before using.*

**For basil puree:**

Blanch basil in small pot of boiling salted water 30 seconds; drain. Squeeze to remove as much water as possible, then coarsely chop. Puree basil and oil in blender until smooth. Transfer to small bowl. Season to taste with fleur de sel. **DO AHEAD:** *Can be made 1 day ahead. Cover and chill. Return to room temperature before using.*

**For salad:**

Prepare barbecue (medium-high heat). Brush scallops and nectarines with oil; sprinkle with salt and pepper. Grill scallops until slightly charred and cooked through, about 2 minutes per side. Grill nectarines until slightly charred, about 1-1/2 minutes per side. Transfer scallops and nectarines to plate. Arrange 4 scallops on each of 6 plates. Toss corn and 2 tablespoons dressing in medium bowl. Toss tomatoes with 1 tablespoon dressing in another bowl; season to taste with salt and pepper. Spoon corn around scallops. Scatter tomatoes over corn. Arrange nectarine wedges decoratively on plates. Drizzle some dressing over scallops, then spoon some basil puree over. Sprinkle sliced basil and fleur de sel over corn and tomatoes and serve.

\* A type of sea salt; available at some supermarkets and at specialty foods stores.

Ingredient tip: Piment d’Espelette is the ground powder of a small, dried, hot red chile grown in Espelette, France, available at specialty foods stores.

Source: *Bon Appétit*

# 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.

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

Answers on page 13

(courtesy of KrazyDad.com)

# THE FUNNY BONE

Kentucky is not known as a state that has many hang-gliding enthusiasts. But Billy Bob Joe Hicks always wanted to try it and saved up enough money to buy a hang glider. He took it to the highest mountain near his home, and after struggling to the top, he got ready to take flight. He took off running, reached the edge of the cliff, jumped into the wind, and was airborne!

Meanwhile, Maw and Paw Hicks were on the porch swing talking about the good old days when Maw spotted the biggest bird she had ever seen. “Look at the size of that bird, Paw!” she exclaimed.

Paw straightened up and said, “Fetch my gun, Maw.”

She ran into the house and brought out his shotgun. He took careful aim. Bang! Bang! Bang! Bang!

The monster-sized bird continued to sail silently over the treetops.

“I think you missed him, Paw,” Maw said.

“I did,” he replied, “but at least he let go of Billy Bob Joe!”

# Crossword

By Dave Fisher

Answers on page 13

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
56						57					58			
59						60					61			
62						63					64			

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### ACROSS

1. Stagger

6. Seedcases

10. Russian parliament

14. A drama set to music

15. Test

16. Colored part of an eye

17. Type of retinal cells

18. Start over

19. Furry mammal

20. Enteric

22. Terminates

23. Petroleum

24. Units of force

26. Fundamentals

30. Territories

32. By surprise

33. Most insincere

37. Roman emperor

38. Intends

39. Pledge

40. Most seductive (dress)

42. Follow as a result

43. Pig sounds

44. Ancient ascetic

45. Sensitivities

47. Frequently, in poetry

48. A small wooded hollow

49. Excessively dramatic

56. Murres

57. A musical pause

58. Maxim

59. Historical periods

60. Sea eagle

61. Unveiling

62. Not first

63. Lascivious look

64. Relieves

### DOWN

1. Hubs

2. Atop

3. Lease

4. Algonquian Indian

5. Ottoman

6. Risk

7. Beasts of burden

8. Early 20th-century art movement

9. Burns slowly

10. Proportions

11. Pee

12. Attends to

13. Requests

21. It is (poetic)

25. Sweet potato

26. Prohibits

27. Cain’s brother

28. Indian dress

29. Image breaker

30. Accumulate

31. Deliver a tirade

33. Search

34. Alleviate

35. Render unconscious

36. You (archaic)

38. Troubadour

41. Paraphernalia

42. A dais

44. Eastern newt

45. Latin name for our planet

46. Assumed name

47. Cowboy movie

48. Affaire d’honneur

50. Not there

51. Feudal worker

52. Notion

53. Taxis

54. Chills and fever

55. Permits

# Summer Reading

Back in school, “summer reading” meant having to read whatever was required by your teachers. Now, though, summer reading means whatever we want it to mean! Different people have different ideas about what makes an ideal summer book, but there are lots of good choices to enjoy during the lazy days of summer:

### Light, Funny Books

*Lots of people like to keep their summer reading light and fun. Here are some great choices:*

- ☀ The *Stephanie Plum* series by Janet Evanovich – you can rely on Evanovich for fast-paced suspense with plenty of laugh-out-loud moments. Her latest in the series, **Top Secret Twenty-One**, was released in May.
- ☀ Author Bill Bryson’s nonfiction books are always good for a laugh. His childhood memoir, **The Life and Times of the Thunderbolt Kid**, is one of his best, both amusing and informative.
- ☀ If you like irreverent, slightly silly humor with a heart, then you will probably enjoy Christopher Moore’s novels. I liked the hilarious **A Dirty Job**, about an ordinary, slightly neurotic dad whose new job title is Death (this one contains profanity).

### Mysteries & Suspense

*Some people like their summer reading with a hefty dose of suspense and mystery. A few series to try:*

- ☀ The *Jack Reacher* series by Lee Child is a favorite suspense/thriller series. **Personal** was his latest book.
- ☀ If you prefer your protagonists younger (and precocious), you might enjoy the *Flavia de Luce* novels by Alan Bradley, featuring the adolescent amateur detective. The series begins with **The Sweetness at the Bottom of the Pie**.
- ☀ You might get hooked on Tana French’s award-winning series featuring the Dublin Murder Squad that begins with **In the Woods**. Her latest novel is **The Secret Place**.

### Big Books

*For some, summer is the time to lose yourself in the big books that you don’t have time for the rest of the year. A few to try:*

- ☀ **The Pillars of the Earth** by Ken Follett. He also wrote *The Century Trilogy* that starts with **Fall of Giants**. All are long yet engrossing books.
- ☀ **The Outlander** series by Diana Gabaldon (recently made into a TV show), about a young woman in 1940’s Scotland sent back in time, delivers adventure and romance in very big books.
- ☀ George R.R. Martin’s *A Song of Ice and Fire* series begins with **A Game of Thrones**, a massive, epic fantasy set in a Medieval-type world.

Whatever your preferences, enjoy your summer reading!

*Find more of Suzan Jackson’s blog about books, featuring reviews, book news, and more, at [www.bookbybook.blogspot.com](http://www.bookbybook.blogspot.com).*



# Anyone Can Do It!



Jerod Harris, Getty Images for Rock 'n' Roll Marathon Series

By Théoden Janes

Harriette Thompson has told her 10 grandchildren plenty of stories over the years. But on May 31, the 92-year-old Charlotte, NC resident did something so remarkable that her grandkids will someday be telling *their* grandkids about it.

For 7 hours, 24 minutes and 36 seconds, Thompson hurried—as quickly as she could—along Southern California streets and highways, eventually crossing the finish line of the San Diego Rock 'n' Roll Marathon to become the oldest woman ever to complete a 26.2-mile race.

Dressed in a purple Team In Training T-shirt and ball cap, purple shoes and purple shorts over white tights (concealing bandages that covered wounds from radiation treatment for squamous cell carcinoma), Thompson was welcomed at the finish line outside the San Diego Padres' Petco Park by confetti cannons and a throng of reporters.

"I can't believe I made it!" Thompson said a few hours later. "I was really tired at one point. Around Mile 21, I was going up a hill and it was like a mountain," she said, laughing, "and I was thinking, 'This is sort of crazy at my age.' But then I felt better coming down the hill."

Nearly 19,000 people were entered in the 18th running of the Rock 'n' Roll event. Thompson has completed the race 16 out of those 18 years, each time on behalf of the Leukemia & Lymphoma Society and Team In Training. Her fundraising efforts have generated more than \$100,000.

Thompson says she is loyal to the San Diego race—the only marathon she has ever done—because of its dedication to the Leukemia & Lymphoma Society. The three-time cancer survivor has watched both parents and three broth-

ers die of cancer; her husband of 67 years, Sydnor, died in January at age 90, also after a long battle with the disease.

Besides 1998, the inaugural year, the only time Thompson has missed the race was in 2013, because she'd recently had all but one of her upper teeth removed as a result of an oral cancer that also took her upper jawbone. In 2010, 2011 and 2012, she raced while the disease was eating away at her mouth.

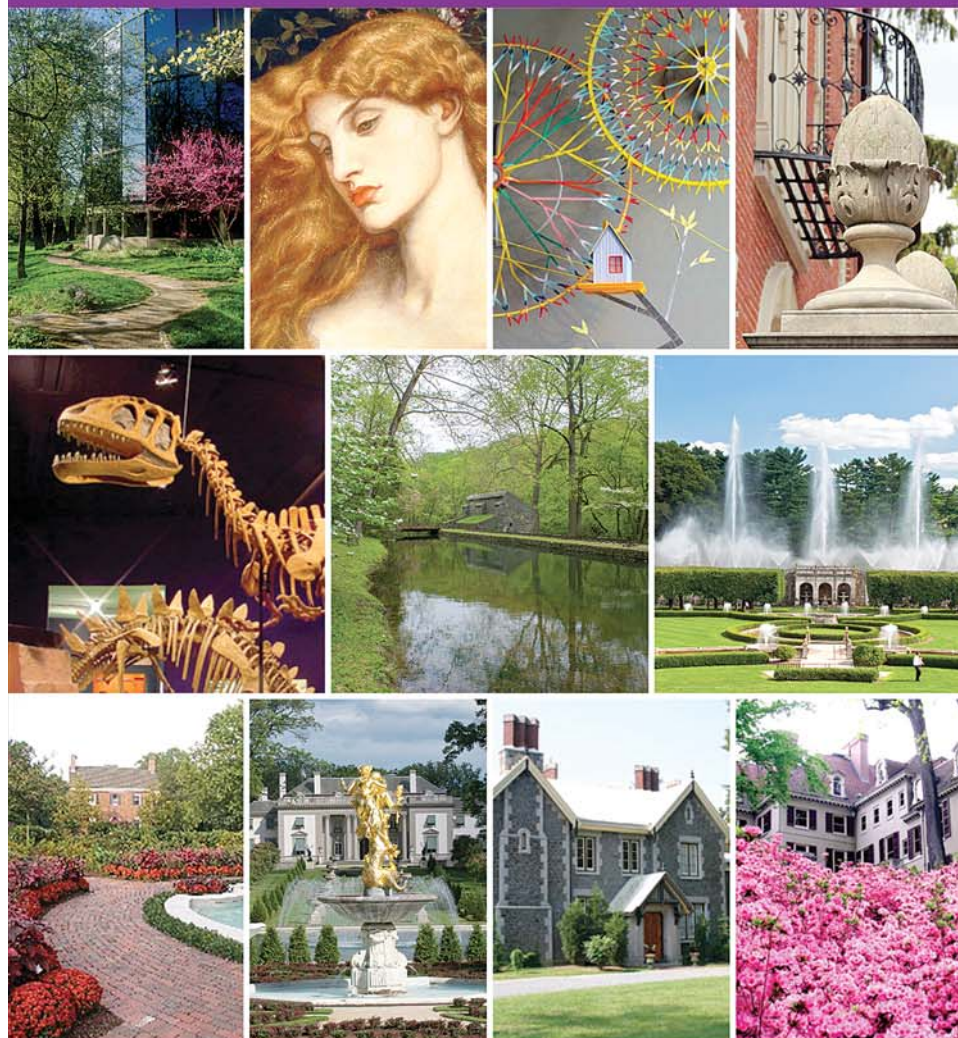
Thompson had been a legendary figure within Team In Training locally for years, but in 2014 became a cult-hero of sorts among national media. This year, race organizers flew her to San Diego first class, chauffeured her around the city and created a special poster featuring an illustration of Thompson running along the ocean with her name and the quote "Anyone Can Do It!" as part of its "Why Running Rocks" campaign.

Previously, the oldest female marathon finisher on record was Gladys Burrill, who ran the 2010 Honolulu Marathon in 9:53:16 at the age of 92 years, 19 days old. Thompson turned 92 three months ago. Thompson did fall shy of another world record: Her time of 7:07:42 at last year's race remains the fastest marathon finish ever by a 90- to 94-year-old woman.

Asked about whether she'll try again next year, she said "it's possible." "(The) Leukemia & Lymphoma (Society), that's the main reason I do run," Thompson said. "But then I was thinking, I probably wouldn't be here if I didn't do this run every year, because it keeps me active all year. So I'm sort of being paid back for my efforts. People wonder how I can do it at my age, and that may be it."

source: *The Charlotte Observer*

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