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Road Trip!

The Summer of Beaches and Bulls

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JULY 2017



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This summer, the code word (phrase, really) is Relax, Get Out and Have Fun (and maybe learn a little something along the way). If there's one thing my son and I have realized, it's that time slips through your fingers, so we're making a concerted effort to wring every possible moment of fun out of our

free time this summer. We're not getting bogged down in multiple "to-do" chore lists. Instead, we're putting ourselves out there, taking all kinds of lessons, making plans to go places (planning is half the fun!), and participating. It takes a little bit of organization, but it's totally worth it.

A day after one of our nature hikes, we did find a tick on his thigh. It was a little harder to remove than I would have liked, but it couldn't have been there more than a day, so luckily we were still in the "grace period." I have a cousin who got Lyme disease; not something I'd wish on anyone. If you're the outdoorsy type, learn more about staying safe outdoors on page 3.

For something a bit more far-flung, check out this month's Bucket List on page 15...Olé! Whether you're traveling to another town or another continent, put a little extra cash in your pocket before you go. It's simple! Just turn to page 6 to find out how.

SAVE THE DATE! Delaware's 7th Annual Caregivers Conference is September 20 at Executive Hall in Newark, DE. If you're caring for a loved one, this is the one event this year you do NOT want to miss—it's a day is designed just for you. Learn about all the resources available to you and all the help you might qualify for to make life easier, meet with panels of experts who'll share their wisdom and answer your questions on multiple topics of interest, and network with fellow caregivers in a fun, warm and welcoming atmosphere. You'll walk away with new knowledge, new friends, and renewed energy, ready to tackle the world. If you provide care for another, you owe it to yourself to be here. Best of all, it's free! For more information or to register call 302-221-2087.

Looking forward to seeing you there in September, and in the meantime,

Happy July!
Karyn



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Safeguarding Yourself Against Ticks

By Jill Porter

Disease-bearing ticks are out and about. Dr. Robert Fischer is an infectious disease doc at Einstein Healthcare Network in Philadelphia and he once had Lyme disease and didn't know it. Waking with a severe headache, fever of 102 and aching all over, Dr. Fischer thought he had the flu. Finally feeling better 5 days later, he found bright red blotches all over his body and realized he had Lyme disease. And no, he didn't have a red bulls-eye rash, the symptom that's usually cited as evidence of Lyme. "Typically, it's a big red blotch, maybe 2 inches across, but more likely 6 to 12 inches," he says; only one third of the time does the rash appear to be a bulls-eye.

He realized he'd probably been bitten by a disease-bearing tick the previous week on a canoeing trip. He didn't follow rule one after potential exposure: examining himself for ticks

when he got home. That's a key to prevention, because there's a two- to three-day "grace period" before ticks can cause an infection.

The good news is, Lyme is curable with antibiotics, even if it's not treated immediately. "There's a wealth of incorrect information on the internet about the consequences of chronic Lyme disease," Dr. Fischer says. "The internet spreads the misperception that once Lyme digs in, you'll never get rid of it. There's no current scientifically valid evidence that is true."

Although it's possible to get Lyme disease more than once, if antibody tests are consistently negative, then Lyme disease is effectively ruled out. Testing is not extremely accurate, so the problem is mostly with positive tests in people who don't have Lyme rather than negative tests in people who do. Another misperception? Ticks jump out of trees or bushes to

get to you. In fact, you need to brush against them. They crawl out to the tip of a twig or leaf of grass and then hold on with their 4 hind legs while waving their 4 front legs in the air looking for a passing animal to grab onto. This behavior is called "questing." They don't fly, jump, or hop.

Tick Tips

Keep From Being Bitten in the First Place. Ticks like warm, humid environments, including wooded and grassy areas. If you're on a trail, stay toward the center; avoid walking through tall vegetation. Wear long pants and long-sleeved shirts. Apply a DEET repellent on your skin, and permethrin on whatever you're wearing or gear you're carrying.

Check to Make Sure You Haven't Been Bitten. Check yourself for ticks after you've been outdoors. You probably won't feel a tick bite, so this should be a full-body examination:

under your arms, around your waist, between your legs, around your ears, behind your knees—even your belly button. And absolutely check your scalp and areas of body hair. If any part of your body is hard to check, use a mirror, or enlist the aid of a partner.

If You've Been Bitten. Remove ticks as soon as you notice them. Using fine-tip tweezers, grip the tick with the tips close to your skin. Pull with steady, even pressure. Don't squeeze the tick, and don't twist it. Cleanse the area and your hands with an antiseptic solution. **NOTE:** Smearing the tick with petroleum jelly, applying a hot match against the bug's back, dousing it with gasoline and other home remedies are not effective.

After You've Been Bitten. Be alert for a fever or rash. Call your health care provider if either one develops.

Sources: CDC, lymedisease.org, Einstein Health



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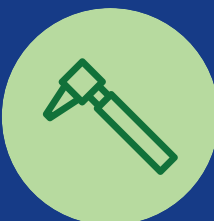
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TO YOUR HEALTH



S-T-R-E-T-C-H

Your Way to a Leaner-Looking Body

What's the best way to improve posture, reduce joint pain and redistribute fat folds for a leaner-looking body? Stretch your muscles! Try these simple moves when you get up every morning to preset your muscles to their proper length before you begin your day. Spending just 50 seconds per exercise, with 10 seconds to transition to the next, means you're done in 5 minutes. Easy!

Pec Major Mobility

Place your elbows and hands in front of you, with your elbows and hands touching in a 'prayer-like' position, but with your elbows at chest height and hands at forehead height. From this position, move your arms out to your sides by slowly squeezing your shoulder blades together until your chest is wide open and you feel a stretch along the entire front of your chest and abdomen. Return slowly to the starting position and repeat.



Pec Minor Mobility

Begin with your elbows straight and arms crossed in an 'X' down in front of you, squeezing your pecs together and rounding your shoulders forward. From this position, extend your arms upward and outward, while depressing your shoulders and retracting your chin into a double-chin position. You will be in a 'Y-like' position at the top. Return slowly to the starting position and repeat.



Rotator Cuff Tennis Ball Release

Lie on your back and place a tennis ball just behind your shoulder, about 2 inches from the outermost point of your arm. From here, place your arm into the beginner (external rotation) or advanced (internal rotation) position, and gently rock side to side; gradually increase the amount of weight you're pressing into the tennis ball. Increasing pressure releases your fascia, improving your muscle's ability to move freely.

Position of tennis ball:



Reduced Tension (Beginner) Position:



Increased Tension (Advanced) Position:



Thoracic Air Slides (Thoracic Extension)

Starting position:



Ending Position:



Femoral Triangle Tennis Ball Release (25 seconds right leg, 25 seconds left leg)

In the z-sit position, roll the ball about 2 inches or 2 revolutions up from your knee, until you find the soft spot in your leg. Now press down and gently roll the ball until you find the sensitive area; focus on slowly increasing pressure as you progress through this exercise in order to, as above, release the fascia.

Position of tennis ball



Close up:



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Put \$500 In Your Pocket This Year! Here's How

Name a hobby that puts money *in* to your pocket instead of the other way around? There aren't many, that's for sure. But "couponing" does. In fact, if you're not couponing, you're leaving money on the table. Free coupons abound; these days you can even print coupons from your phone. If you're a fanatic about it, couponing definitely takes time, but isn't saving big (or small) bucks worth it? In fact, plenty of people out there have it down to a science, and are adept at getting tons of items for free...or even "making" money on their groceries!

Here are a few ways to find deals and steals:

Couponing Websites and Apps. If you haven't already, it's time to investigate sites like Groupon, Living Social, Retailmenot, Coupons.com, Ibotta, Checkout51, BevRage, KrazyCouponLady, and Shopkick. Groupon and Living Social have 50% off deals on everything from restaurants to massages to vacations to sheets. Coupons.com lets you print coupons to take to the store. Ibotta and Checkout51 allow you to select various offers, even fresh produce and cents off "no specific brand", and get cash back by sending in a photo of your receipt. BevRage gives you cash back on alcohol bought in a store or at a bar or restaurant. Just take a pic of your receipt and put money in your pocket!

Newspapers. Most "couponers" scour their local Sunday paper, but some have found that by driving a little further and grabbing another city's newspaper, they can reap higher rewards, especially if they have access to a major metropolitan city's paper. These tend to have better offers than their local papers.

Company Websites. To find deals on a specific brand or item, search for the item name plus "coupon." For example, searching "Godiva Chocolate Coupons" finds deals on both the Godiva website and Groupon. Make sure the website address is either for the brand or a reputable site/company that carries the brand, and remember "if it sounds too good to be true, it usually is."

Take Pictures. Snap a pic of restaurant signs to remind you which restaurant

offers which deal on which particular day to save big on dining out.

Other Ways to Save:

\$ Stack Deals. Coupons, sales, rebate apps—any one of them alone will save you money, but the real magic happens when you combine promotions, manufacturer coupons, store coupons, and more.

\$ Sign up for your grocery store's reward program. This one's a gimme.

\$ Take a picture of what's in your fridge and pantry before shopping. Combine items already in your fridge with sale items to create super budget-friendly meals, and avoid the dreaded double-buy.

\$ Buy in-season produce. Get creative with your recipes, and substitute out-of-season fruits and veggies with ones that are in season now.

\$ Don't waste food by not consuming it before it expires. The average American throws away \$2,000 of food per year. Yikes! Take regular inventory of what you have so you're not letting food go bad. If you notice something about to expire, use it before you lose it. Organize items by expiration date so you're grabbing the one next to expire. Freeze leftovers for weeknight dinners, and fruit that's on its way out for smoothies.

\$ Find great grocery deals at drug-stores or ethnic markets. Drug-stores like Walgreens and CVS and discount stores like T.J. Maxx are just two of the unexpected places to find grocery deals. Spices and fresh vegetables often cost less at your local Asian or Hispanic market. When weather permits, browse your local farmers' market.

\$ If you're over 50, there are plenty of websites that list savings on everything from airfares to hotels to groceries. Check out Free4-seniors.com, AARP, and the-seniorlist.com to get started.

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Retiring Single? Plan Smart.

If you or a parent are one of 17 million Americans retiring single, it may be inspiring to know that you're in the majority. More than half of American adults are unmarried—50.2% to be exact.¹ And while that number does include millennials, it's interesting to note that divorces tripled among those 65 and older between 1990 and 2012.² Whether you're single by choice or circumstance, here are some key considerations to help you stay on the path to a confident retirement.

Living single

Singles typically need to allocate their resources differently than married persons. For instance, a single person usually spends more income on housing, transportation, food and even travel than someone sharing expenses, while saving on items like insurance, particularly if they don't have dependents. Consider:

■ Singles may be able to save on life insurance if they don't have any dependents, and estate planning in general can be simpler for those who never married or had children. If you'd like to leave a legacy, remember that there can be tax benefits to giving money to charities.

■ Pay attention to other types of insurance, though, if friends and family may not be available to help with daily activities later in life. Long-term care insurance covers in-home help and a variety of assisted living options, allowing you to maintain independence in retirement. Disability income insurance in conjunction with an emergency fund is crucial for singles in case of temporary inability to work.

■ In lieu of a spouse to speak on your behalf, engaging someone you trust to serve as your power of attorney is important in case you encounter health issues.

Suddenly single?

If divorce or a spouse's death is a recent event, you may want to take up residence in the "no-decision zone" for the next 12 months—hold off selling your home, rethinking your portfolio or making any big gifts or purchases while you grieve. That said, some actions should be taken soon after a life-changing event. A financial advisor can help prioritize items that need immediate attention from those that can wait.

If you're recently divorced

■ Revisit your retirement plan as soon as possible after a divorce. You may want to set different goals for your new life and adjust savings rates accordingly. Couples often have "built-in" diversification simply through holding different types of accounts. Adjusting your asset allocation appropriate to your personal risk tolerance is sometimes necessary.

■ Did your marriage last at least 10 years? An unmarried, divorced spouse age 62 or older may be entitled to Social Security benefits on their ex-spouse's record equal to one-half of the ex-spouse's full retirement amount. (Note: If you are eligible for retirement benefits on your own record *and* divorced spouse's benefits, Social Security pays your retirement benefit first. If the benefit on your ex-spouse's record is higher, you will get an additional amount on your ex-spouse's record so that the combination of benefits equals that higher amount.)

■ Consider whether it's appropriate for your ex-spouse to be a beneficiary on your accounts. Make updates to reflect your current wishes.

For widows and widowers

■ If your spouse has passed away, don't assume you should simply roll over their retirement accounts into your own. If you take distributions from their retirement

account, the 10% IRS early withdrawal penalty is waived because it's considered a distribution due to death. However, if you consolidate the accounts and you're not yet 59 ½, you'll have to pay a 10% early withdrawal penalty on any distributions you take.

■ Social Security survivor benefits can be collected as early as age 60. Once age 62 is reached, a widow/widower can switch over to their own benefits if they are

higher (you'll receive the greater of your own or your spouse's benefit, but not both).

■ Update your will, your account beneficiaries, health care proxy and power of attorney. You may want to appoint a neutral third party to help take some of the emotion out of decisions about your estate.

Courtesy of Arlene Wilson, Ameriprise Advisors. References available upon request.

Social Security Q&A

Question:

My doctor said he thinks I'm disabled. Who decides if I meet the requirements for Social Security disability benefits?

Answer:

We first will review your application to make sure you meet some basic requirements for Social Security disability benefits, such as whether you worked enough years to qualify. Then we will send your application to the disability determination services office in your state, often called the "DDS" or "state agency." Your state agency completes the disability decision for us. Doctors and disability specialists in the state agency ask your doctors for information about your condition. They consider all the facts in your case. They use the medical evidence from your doctors and hospitals, clinics, or institutions where you have been treated and all other information.

The state agency staff may need more medical information before they can decide if you are disabled. If more information is not available from your current medical sources, the state agency may ask you to go for a special examination. We prefer to ask your own doctor, but sometimes the exam may have to be done by someone else. Social Security will pay for the exam and for some of the related travel costs. Learn more about disability benefits at www.socialsecurity.gov/disability.

Question:

How are my retirement benefits calculated?

Answer:

Your Social Security benefits are based on earnings averaged over your lifetime. Your actual earnings are first adjusted or "indexed" to account for changes in average wages since the year the earnings were received. Then we calculate your average monthly indexed earnings during the 35 years in which you earned the most. We apply a formula to these earnings and arrive at your basic benefit. This is the amount you would receive at your full retirement age. You may be able to estimate your benefit by using our Retirement Estimator which offers estimates based on your Social Security earnings. You can find the Retirement Estimator at www.socialsecurity.gov/estimator.



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TRAVEL

On The Road This Summer?
Getting There Safely

“People know distracted driving is dangerous,” says Paul Atchley, Ph.D., professor of psychology at the University of Kansas. “They do it anyway because they believe they’re different, that they can handle it.”



The facts:
1 in 3 collisions is estimated to be linked to cell phone use. Hands-free talking still quadruples the risk of injury due to a crash, making any kind of phone use while driving comparable to driving at a .08 blood alcohol level.

50% of what's in front of them — that's how much drivers using cell phones can fail to see. Meaning they may never notice stop signs, traffic signal changes, pedestrians and other cars.

4.6 seconds is how long (on average) your eyes leave the road when you send or receive a text behind the wheel. Doesn't sound like much, but at 55 mph, you'll zoom the entire length of a football field. So why do we keep texting and chatting while driving? “Cell phones are like tiny slot machines,” says David Greenfield, Ph.D., founder of the Center for Internet and Technology Addiction at the University of Connecticut School of Medicine: “You override rational thinking and check your phone because your brain anticipates the possible reward of an interesting message—and a hit of the pleasure chemical dopamine.”

How You Can Drive More
Safely Right Now

Switch your phone to Airplane mode. Who doesn't check texts while waiting for a light to turn green? Don't! “When the light changes, it takes the brain about 20 seconds to reorient and focus on the road,” says Atchley.

Arm your car with a safety app. Cellcontrol automatically blocks texting and other actions like hands-free calling, selfies, social media and app use once a car is moving. The system isn't perfect—for instance drivers, like your teens, can disable it on their phones (although you'll be notified). But you can program it to respond to incoming texts with one that says “[Your name here] is driving and will respond when her trip ends,” which gently reminds others to be responsible, too.

Keep your hands off your car's hands-free features. Cars look more and more like cockpits, with voice-activated controls and touchscreens that let us dictate texts and tweets, stream music and even make dinner reservations while we cruise. “All these distractions add to the cognitive workload on the brain,” says National Safety Council CEO Deborah Hersman. “And there's a limit to how much we can process while we're driving.”

Listen to books and music. No one's asking you to suffer in your car in utter silence! Music, podcasts and audiobooks are considered relatively low-risk, since passive listening doesn't demand much from the brain. So sing and enjoy your ride—and get there safely.

Source: Good Housekeeping

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Delaware Adult Protective Services

All calls are confidential.

Dealing with Caregiver Stress

By Carol Barnett

Caregiving has both its rewards and challenges. One study revealed that as many as one in three caregivers rate their stress levels as too high. Family caregivers often devote 20 hours a week or more to caring for loved ones, doing everything from housekeeping to meal prep to nursing duties. The stress can take a toll on their physical and mental health. Caregivers who have their own problems, such as job loss, alcoholism, depression or chronic pain may find themselves taking it out on the person they are caring for.

If you're a caregiver, it's critical that you take care of yourself first. These suggestions may help you keep your own stress in check so that you can be an effective and loving caregiver:

1 Care for yourself first. Eat healthfully, get enough sleep, exercise. Seek help if things aren't right in your own life.

2 Connect with friends. Regularly scheduled social interactions will help keep you from feeling isolated.

3 Ask for help. Make a list of things that need to be done and ask friends or family to assist. Many people will gladly agree to pick up the milk, the bread, the prescription you need, or the dry cleaning that's been waiting.

4 Use community resources. Call or visit your local caregiver resource center. In Delaware, call the Aging and Disability Resource Center at 800-223-9074 or go to the web site at www.dhss.delaware.gov/dsaapd to find local caregiver resource centers and the services and supports they offer.

5 Take breaks to relax. Enjoy yourself by taking a class, practicing meditation or yoga, visiting a museum, listening to music, reading a book or taking a respite break. Call Easterseals in Delaware to apply for a respite voucher so they can assist you in finding and paying for some respite hours for a much needed break. Contact Easterseals at 302-324-4444 or visit their caregiver resource center in either New Castle or Georgetown.

6 Express your feelings. Join a caregiver support group or visit a professional counselor to share your experiences and/or feelings of frustration or anger before they become overwhelming.

7 Get organized. Keep a calendar, whether on paper or on your phone, and a daily to-do list. Keep your lists reasonable so you can indeed complete the tasks!

8 Practice saying no (it becomes easier with practice). Explain honestly why you can't do something and resist the urge to feel guilty.

Caregiver stress may lead to abuse and neglect if a caregiver becomes overwhelmed. Focus on being the best caregiver you can be, taking it one day at a time. I speak from experience; I've been a caregiver for over 15 years and look forward to continuing in that role for many more, to help my brother live the best life he can. Remember to find the positive things in every day to keep yourself going, and be kind to yourself!

Carol Barnett is a Senior Planner with Delaware's Division of Services for Aging and Adults with Physical Disabilities (DSAAPD). Article based on points included in an AARP 2011 article on caregiver stress.



RELATIVE RESPITE

Need a Break? We Can Help!

If you are a grandparent or other relative (not a parent) and you are:

- over the age of 55 and caring for a child 17 or younger,
- responsible for a majority of the child's care,
- related to the child by blood, marriage, or adoption, and
- living in Delaware

YOU could qualify for Relative Respite!

Administered by Easter Seals, and partially funded through the Division of Services for Aging and Adults with Physical Disabilities, Relative Respite can help. Caregivers may apply for funding to pay a friend, neighbor, camp or agency to provide respite care to your loved one. In addition, our case manager will connect you with the resources you need.

Caregiving is a full time job that requires an immense amount of time and energy. Respite allows you to take a break from caregiving, refresh yourself, and return ready to give it your all. Respite is different for everyone; it could be:

- date night with your significant other,
- lunch with a good friend,
- or simply sitting outside and reading a book in the fresh air.

If it helps you relax, it's respite.

To apply, go to:

www.delrespite.com/relative-respite/
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Stay Cool in the Summer

July is typically the hottest month of the year for the Mid-Atlantic, so we need to be mindful of the extra stresses on our bodies high temperatures bring. Heat can be a very serious problem, especially for the elderly or those with chronic medical conditions like heart disease or diabetes. Every year around 400 people in the U.S. succumb to heat waves, and many don't even realize they're in danger. As we age and our circulation decreases, so does our ability to sweat effectively. Medications

such as blood thinners and diuretics can also affect our natural thermostats and need to be considered when enjoying the sun.

To beat the heat this summer:

☼ **Stay hydrated with water!** Naturally sweet fruit juice can also be diluted for a refreshing drink. Caffeinated and alcoholic beverages will actually dehydrate you.

☼ **Wear loose, light-colored cool clothing.** A loosely-woven wide-brimmed hat helps with direct sunlight, but it's best to find shade when possible.

☼ **Stay indoors during the hottest hours, usually between 10 a.m. and 6 p.m.** If you don't have air conditioning at home, leave windows cracked with drapes closed. A few well-placed fans will help circulate air.

☼ **Find activities that are fun and keep you cool.** Many pools and community centers have air-conditioned facilities and offer programs designed specifically for seniors.



CAREGIVER'S CORNER BROUGHT TO YOU BY



☼ **Stock up on fruit with high water content** such as watermelon and make fruit juice into pop-sicles.

Heat exhaustion is an urgent medical condition that can lead to heatstroke, so know the signs. Symptoms include, but aren't limited to fatigue, confusion, rapid pulse, dizziness and headaches. If somebody displays these symptoms, get the person out of the heat and rehydrated with plenty of cool water. Have them remove any tight-fitting clothing and take a lukewarm shower or bath. If this isn't available, use cool damp towels to speed evaporation from the skin and to lower the person's temperature. If conditions don't improve or the person becomes confused or unconscious, call 911 immediately for emergency assistance.

This summer, keep an eye on family and neighbors who might need help adjusting to the high temperatures. A friendly reminder of "cool foods for the summer" posted on the refrigerator can encourage fun activities while staying indoors. So enjoy the warm weather, drink plenty of water, and don't forget the sunscreen!

**SATURDAY, JULY 29, 5-9 p.m.
AT GLASGOW PARK**



**Learn the National Dance Day Routine!
Dance Demos and Instruction, 6-8 p.m.
Dance Party with DJ EA, 8-9 p.m.**

More than 30 Local Food Truck Vendors, 5-9 p.m.

Individuals, families, dance teams and dance studios are invited to join in the fun!
Rain date: Sunday, July 30. Bad weather check (day of event only): (302) 395-5659

**For more information visit nccde.org/specialevents
or call (302) 395-5652**



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Calling All Beachgoers!

Summer's here, the kids are out of school, and family and friends are here for a visit. What to do? Road trip! Now's the time to sit back and relax and head to one of Delaware's many great beaches. You heard right: sit back, relax, enjoy free Wi-Fi, and let DART, Delaware's public transportation provider, do the driving, because the 305 Beach Connection is back in action!

The Beach Connection bus operates through Labor Day on Fridays, Saturdays, Sundays and holidays with stops at the Wilmington train station, Christiana Mall, Odessa Park & Ride in Middletown, Scarborough Road Park & Ride in Dover, the new Lewes Park & Ride and Rehoboth Park & Ride. With one-way fares running just \$6-\$10.00 – or just \$2.40-\$4.00 for those age 65 or older or with a disability (the bus

has 2 wheelchair positions) – you'll have money left in your pocket for boardwalk treats. Want to beach-hop? Use your 3-Zone Anywhere Pass (\$12.60) on all DART's Beach Bus routes once you're at the beach. Just remember: there's no reserved seating, so it's first come, first served.

If you do end up doing the driving, DART offers two Park & Rides. You can park in Rehoboth on Shuttle Road, just off of DE Route 1, for just \$10 a day and catch a ride from there; up to 4 occupants of your vehicle get a free daily pass valid on all Beach Bus routes. The new Lewes Park & Ride is located near Five Points, south of DE Route 9. Parking is free, cost to ride the bus is \$2.00 per trip or \$4.20 for a daily pass.

If you're already at the beach, keep your car parked. The Beach Bus

runs daily from 7 a.m. to 2 a.m. through September 10 and can take you most anywhere you want to go: Lewes, Tanger Outlets, Rehoboth Beach and boardwalk, Dewey Beach, Indian River Campground, Bethany Beach, Fenwick Island, Ocean City, MD, Long Neck, Pot-Nets and Georgetown. All buses are equipped with wheelchair lift, bike rack, and air conditioning.

Who needs the hassles of traffic and parking? Ride more, save more and do more with DART. Download the DeDOT App for DART's Real-Time bus information and select any bus stop to receive bus arrival times and live updates. For more information on the Beach Bus and other DART services, visit Dart-FirstState.com or call 1-800-652-DART.



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

NEXT TIME, DART TO THE BEACH

More buses, running more often



DART Beach Bus Download the DeDOT app and get real-time maps, stops and schedule information.
DartFirstState.com / 1-800-652-DART

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Per Friendly



Crossword By Dave Fisher Answers on page 12

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20							21				22			
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53						54			55		56	57	58	59
60						61			62					
63						64				65				
66						67				68				

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- ACROSS
- Champion
 - Behold, in old Rome
 - A flat circular plate
 - Eagle's nest
 - Alumnus
 - Ancient Peruvian
 - Composition board
 - "Cut that out!"
 - Record protector
 - Menagerie
 - Brace
 - Heron
 - Flora and fauna
 - Hawaiian strings
 - Anagram of "Rioted"
 - Disquiet
 - Delineate
 - Indicate
 - Clothing
 - Introductory
 - Insecticide
 - Not the youngest
 - Plate
 - Hold responsible
 - Sows
 - Roman moon goddess
 - And so forth
 - Pass by
 - Air force heroes
 - Indestructibility
 - Storage cylinder
 - Mining finds
 - Craze
 - Biblical garden
 - Anagram of "Meat"
 - SSSS
- DOWN
- Hats
 - Make well
 - Backside
 - Small amount
 - Annoy
 - Conceit
 - Maniacal
 - Neck artery
 - Cocoyam
 - Demoralized
 - Foreword
 - Dash
 - 10th Greek letter
 - Implore
 - Confederate soldier
 - Fasteners
 - Style of hairdo
 - Retain
 - Sea eagle
 - He works with rocks
 - Rip
 - Practical
 - Cleave
 - Short skirt
 - Colored part of an eye
 - Engineering school
 - Motion of hands
 - Consumed food
 - Hush-hush
 - Nonchalantly unconcerned
 - Clear
 - Anoint (archaic)
 - Cotillion girl
 - Ooze
 - Biblical kingdom
 - "Oh my!"
 - Skittles
 - Anagram of "Ties"
 - Nestling hawk
 - An Old Testament king

SPANISH PAELLA DE MARISCO

Paella de Marisco is a summer favorite in Spain for good reason—paella is the perfect base for whatever's tantalizingly fresh from the sea. While not considered the most traditional of paellas, it's one of our absolute favorites—both for the stunning presentation and the delicious, coastal flavor. If you have an opportunity to cook your paella outside over a wood fire, do it! This will give your paella the smoke it needs for the absolute best texture and flavor.



- 1 hour 55 minutes
 - 4 servings
- INGREDIENTS
- 6 cups clam or seafood broth
 - 1 tsp thread saffron
 - 1½ pounds firm-fleshed fish, cut in bite-sized pieces
 - 1 dozen mussels
 - 1 dozen small clams
 - 12 large shrimp in shells
 - Spanish sea salt
 - 2 tbsp parsley, minced
 - 8 cloves garlic, minced
 - 1 tbsp fresh thyme
 - 2 tsp sweet smoked paprika
 - 8 tbsp olive oil
 - 1 medium onion, chopped
 - 6 scallions, chopped
 - 1 red bell pepper, finely chopped
 - 1 large tomato, chopped
 - 2 cups Bomba paella rice or Calasparra paella rice
 - Lemon wedges
 - Alioli (garlic mayonnaise)

PREPARATION

STEP 1 Heat broth in a large pot. Stir in saffron. Pat fish and shrimp dry with paper towels. Sprinkle with salt and let sit 10 minutes. Use a mortar and pestle to mash parsley, garlic, thyme and 1/8 tsp salt into a paste; stir in paprika. Add water if necessary to form a paste.

STEP 2 Heat 6 tbsp of oil in 15" paella pan over medium high heat and quickly brown the fish 1-2 minutes. Do not fully cook. Remove to warm platter. Add remaining 2 tbsp of oil, onion, scallions and bell pepper to paella pan and cook until the vegetables are slightly softened. Raise heat, add tomato and cook until it becomes sauce-like, 2 to 5 minutes. Pour in the hot broth and bring to a boil. Sprinkle the rice evenly across the pan. Boil for 3 minutes, stirring rice and rotating pan occasionally. Add all reserved fish (but not shrimp). Stir in parsley paste. Taste for salt. Do not stir after this point. Lower the heat, continue to simmer until rice is no longer soupy but enough liquid remains to continue cooking the rice (about 10 min.). Add extra liquid if necessary.

STEP 3 Arrange shrimp, clams and mussels over rice, placing edges of mussel and clam shells so they open facing up. Cook, uncovered, for 15-20 minutes until rice is almost done. Remove pan from the heat and cover with foil. Let sit 10 minutes. Garnish with lemon wedges and serve with fresh alioli.

From La Tienda Kitchens, www.tienda.com

THE BUCKET LIST

Pamplona's Running of the Bulls

Every July, from the 6th-14th, a million revelers pack into Pamplona, Spain, for the raucous Festival of San Fermín. They come for music, fireworks, and merrymaking. But most of all, they come for the Running of the Bulls (the *encierro*), when fearless (or foolish) adventurers, called *mozos*, thrust themselves into the path of six furious bulls. The festival has something of a dark underbelly in many people's eyes, since all of the bulls that run in the event will later be used in bullfights as the day unfolds. However, there is no denying that the adrenaline rush-filled, culturally rich, colorful, and unique street fair and festival that springs up around the annual Running of the Bulls is one of Europe's true treasures.

Each morning, spectators start assembling at the crack of dawn. For many of these revelers, early morning is just the tail end of a night of partying. As onlookers pack the side alleys, the *mozos*, traditionally

dressed in white pants and shirts, with red bandanas tied around their necks and waists, jockey for position. Eight o'clock strikes. The sound of a rocket signals that the 6 bulls (plus 6 steer to keep them calm) are running. As the bulls charge down the street, the *mozos* scramble to stay out in front of the thundering herd, diving out of the way at the last possible moment.

Then, suddenly (the run is just 903 yards), the bulls are gone. People pick themselves up, and it's over. While 15 runners have been killed by bulls over the last century, far more festival-goers have been impaired from overconsumption of alcohol. The festival means party time in Pamplona.

The Festivities
Most Spanish festivals feature parading giants. (In Spanish, it's called *gigantes y cabezudos*, or giants and big heads.) Each morning, after the running of the bulls, 8 giant figures, about

13 feet tall, which were constructed by artist Pamplona Tadeo Amorena in 1860, are paraded through town, accompanied by men wearing 3-foot tall big head masks. They all groove to traditional Spanish music called *passacaglia*. The giants symbolize kings and queens from Africa, Asia, America and Europe.



PHOTO: RICK STEVES

After the bulls stomp and the big heads and giants strut, head to the Plaza de los Fueros. There you'll find a gathering of traditional Basque men who show the world their time-honored hombre sports, such as stone and hay bale hefting, and jai alai, the kind that's played as a real sport in the open courts of the city.

After running, about 1 million people party until 6:30 p.m., when bullfighting commences at a nearby bullring with the same bulls that ran that morning. Around 11 p.m., after the bullfights, partying continues through the night until the next running. In between, around midnight,

they celebrate with a huge fireworks display.

Nine days into this non-stop semi-controlled chaos, at midnight on July 14, grab a candle, the final fire of the festival, and light the night with the somber notes of "Pobre de Mi," which means "poor me," the traditional way to end the life-affirming San Fermin festival.

Excerpts by Rick Steves

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.

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

Answers on page 12

(courtesy of KrazyDad.com)

THE FUNNY BONE

Clever Fun

Why are horse-drawn carriages so unpopular?
Because horses are rubbish at drawing.

I hate Russian dolls. They're so full of themselves.

When my wife said she was leaving me because of my Monkees obsession I thought she was joking. And then I saw her face.

What can think the unthinkable? An itheberg.

"I love snow. Actually, I hate snow." – Bi-polar bear

"Describe yourself in three words." Lazy.

Don't you hate it when people answer their own questions? I do.

My dad's started peeing with the door open. Which is a bit inconvenient when I'm driving him home.

Make the little things count – teach math to midgets.

The past, the present and the future were having an argument. It was tense.

What if there were no hypothetical questions?

Pavlov is sitting at a bar when his phone rings. He exclaims, "Oh no, I forgot to feed the dogs."

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