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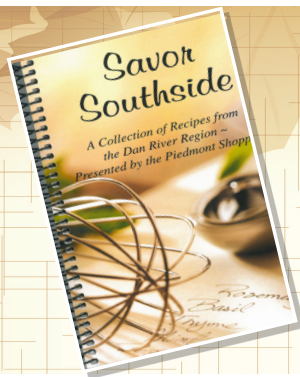


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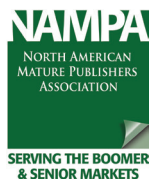
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What Will 2017 Bring to Elders and Persons with Disabilities?

We are now a month into the new year and President Trump has taken office in an election that has surprised many! Here are just a few key issues of interest to watch out for this year that affect seniors and their families as well as those persons with disabilities:

(1) Medicare Reform

As President-elect, Trump started by saying he was going to protect Medicare and Social Security. After meeting with House Speaker Paul Ryan, he said he will modernize Medicare. Reince Priebus, incoming chief of staff, recently insisted that Mr. Trump won't meddle with Medicare or Social Security. Instead, he has said he will focus on (a) improving the economy, which will reduce the debt and ease entitlement concerns and (b) save Medicaid, Medicare and Social Security without cuts while eliminating fraud, waste and abuse.

But he is already encountering resistance from Republicans, who for years have claimed that a major overhaul to Medicare and other entitlements are needed to ensure they don't go bankrupt; that entitlement reform is critical to reducing debt; and the longer they wait, the harder it becomes to solve the problems. Obama administration officials warned just last year that a central Medicare trust fund is projected to run out of money by 2028.

Yet Republicans are also encouraged by what some of Trump's Cabinet picks could mean for future entitlement reform. Representative Tom Price (R-GA), who replaced Paul Ryan as Budget chairman and sought to overhaul entitlement

programs, is Trump's pick for Health and Human Services secretary. Representative Mick Mulvaney (R-SC), a fiscal hawk and Freedom Caucus co-founder, will lead his White House budget office.

So, we will have to wait and see if President Trump, his Cabinet members and leading Republicans will find a way to agree. Some reforming of Medicare may be part of the 2017 budget reconciliation, but with Obamacare repeal and replace, tax reform and infrastructure as immediate priorities, solving the decades-long problem of deficits in Medicare and Social Security will likely have to wait until after 2017.

In the meantime, we are seeing a tilt toward Medicare Advantage plans. These managed care plans (offered through HMOs) often have lower costs and provide benefits not covered by traditional Medicare and Medicare Supplement Plans, such as health club memberships and preventative educational programs for those with diabetes and other chronic diseases.

A long-term goal for Medicare, which has been around since its founding in 1964, is premium support. Basically, the consumer would choose a plan from those offered through an exchange. The government would provide subsidies to companies, they would lower the premiums and then people would choose their plans. It's not likely that this will replace Medicare as we know it, but it is an idea being discussed.

(2) Medicaid Reform

Medicaid Planning is a key

concern to all of us as we age, as long-term care costs only continue to rise! President Trump has called for block granting Medicaid. House Speaker Paul Ryan has called for it, too, and Republicans are looking at whether they can reform Medicaid through budget reconciliation.

Those who want to reform Medicaid are focusing on the FMAP, the federal percentage match that states receive through federal funding. This is based on per capita income of the state. For example, a rich state like New Jersey is a 1:1 ratio, while a poor state like Mississippi is about a 3:1 ratio. This means for every one dollar that Mississippi spends on Medicaid, they will receive three free extra dollars from the federal government. This can impact states' budget decisions. For example, if the governor of Mississippi needs to cut costs, he will more likely cut education or infrastructure by one dollar, rather than cut Medicaid spending by one dollar and lose the three free extra dollars.

The idea of block grants has been around for about 30 years. They are attractive because there are fewer federal rules to comply with and the states can use the money however they wish. But block grants shift more costs onto the states, and governors tend to oppose that.

Another idea floating around is a per capita cap, which would give the states a fixed dollar amount per individual, based on Medicaid standard lines (the blind, aged, and disabled children and adults). It was first proposed by President Clinton, who also wanted block grants. A per capita cap may force

the states to control Medicaid costs over time, but there is also a demographic shift to consider—the medical needs and costs for an 85-year-old are much greater than for a 65-year-old. Nursing homes and aging disability provider groups have a huge stake in this and would likely oppose it, as would some governors.

The cost changes may not be felt right away, but they will be noticeable ten years from now and that is what Congress must plan for. There may be increased waiver flexibility for the states and provider taxes to offset states' losses. We may also see reforms to make it easier to manage care.

(3) Affordable Care Act

Republicans are already moving to repeal and replace Obamacare. The question is: How much will be repealed? There are several programs included in the ACA, not related to traditional health insurance, that are important to elder law attorneys and their clients. For example, Medicaid expansion, a kind of Medicaid reform, is part of the ACA.

The ACA also includes programs that work toward ending the institutional bias in Medicaid. One is *Community First Choice*, a state plan that provides home- and community-based services. Currently it has an extremely low-income threshold so it's a limited population, but it's a start.

Another is *Money Follows the Person*, which pays for transition services. For example, it could provide extra funds to help someone leave a nursing home, by paying for a housing coordinator to find an apartment, a roommate, buy basic furniture and so on.

We are moving toward home and community-based service, which many people favor. How will that interact with Medicaid reforms? Because they are optional, some fear that with per capita caps, these services will be among the first to go. There

Continued on page 6



ENJOY YOURSELF; IT'S LATER THAN YOU THINK

Enjoy yourself; you'll live longer, says the Association of Mature American Citizens. A new study, among nearly 10,000 subjects, by researchers at the University of London shows that those who have had "enjoyable" experiences in their lives lived longer than those who recalled fewer instances of "well being" in their lifetimes.

MORE POWER TO YOU

It seems that our children can stay glued to their cell phones for as long as the battery holds out. It can be a relief when their phones run out of power, says the Association of Mature American Citizens.

But now there is news that the techies are developing super-batteries that will more than double the time between charging. One company is touting its batteries' ability to power a smart phone for 32 hours of talk time or 26 hours of continuous video play.

BOXING DAY

Boxing has long been a preferred way to stay in shape for many young health enthusiasts. But, boxing as a fulfilling workout may now be attracting older fitness buffs, says the Association of Mature American Citizens.

In a recent Forbes Magazine article, Carolyn Rosenblatt, an expert on aging, reported that one California retirement community has been signing up residents as old as 94-years of age for a new boxing program. They've even got a few would-be pugilists in wheelchairs who are learning the ropes just for fun.

Says Rosenblatt: "It's easy to forget about the need for fun. We are in an ageist society, dismissive of too many of the best parts of being an older person. One of those best parts is the ability to learn something new."

WINNING THE WAR ON CANCER

The Association of Mature American Citizens says that Cancer care in the U.S. has taken a new, positive direction over the past two decades. AMAC cites the publication, Cancer Statistics 2017, that reports: "the overall cancer death rate dropped 25% [over the past 20 years], translating to approximately 2,143,200 fewer cancer deaths than would have been expected if death rates had remained at their peak."

RETIREMENT REDEFINED

Those who think they will retire at the age of 65 may have another think coming, says the Association of Mature American Citizens. The world is growing older and more and more of us are remaining in the workforce past the traditional retirement age thanks to the marvels of modern medicine. Some experts are even suggesting that we raise the retirement age to 75.

Government statistics show that in the year 1900, little more than four percent of the U.S. population lived past 65—just three million of the 62.5 million Americans who were around then. By the year 2050, nearly one quarter of the country - 90 million people - will be 65 and older.

LET'S HAVE ANOTHER CUP OF COFFEE

For many of us, there's nothing like the aroma of coffee percolating in the kitchen when we wake up in the morning. And, now there is evidence that your morning joe may be good for you, says the Association of Mature American Citizens.

A new study suggests that caffeine can protect those suffering from chronic state of inflammation. And, that is good news for older coffee drinkers, in particular, since, as Stanford University Professor David Furman puts it, "most of the diseases of aging are not really diseases of aging, per se, but rather diseases of inflammation."

DON'T GIVE UP ON that New Year resolution to get more exercise this year, says Association of Mature American Citizens. Let Edna Sheppard be your inspiration. She's a 94-year-old grandmother who has been dedicated to her daily exercise regimen for no less than 91 years. She started at the age of three and is still going strong as she prepares for her 95th birthday.

In fact, her hometown in Australia recently honored Edna for her dedication to health and fitness. "Many use excuses to avoid exercise and a healthy lifestyle; Edna proves that age is no barrier," says the town's Mayor.

BETTER TECHNOLOGY IS TO BLAME FOR RISING MEDICAL COSTS

We're living longer than ever before, but don't blame rising health care costs on senior citizens, says health economist Austin Frakt, reports the Association of Mature American Citizens.

Frakt puts the blame on new health care technologies. "Technology change is responsible for at least one-third and as much as two-thirds of per capita health care spending growth," he says.

A MOST CONVENIENT COMMUTE

Imagine the convenience of a half-hour commute to and from work each day—even though your place of employment is nearly 400 miles away. It may not be such a far-fetched notion, if the folks at Hyperloop Technologies Inc. are right, says the Association of Mature American Citizens.

HTI will be testing its tube-based intercity transport system at a test track it is building near Las Vegas. The company is already working with government officials in Abu Dhabi and the Czech Republic with the goal of making its vision a reality.

According to the HTI Web site its Hyperloop transportation system uses a capsule that "hovers inside a tube with low air pressure, and like a jet plane at high altitude, experiences little air resistance. The remaining air in front of the capsule is moved to the back using a compressor, allowing for speeds up to 760 mph, with very low energy consumption."

Coloring for Relaxation





Heartstrings

by: Elsee

Email any comments, suggestions or questions to elsee53@gmail.com

February - Just Feel Love in the Air

For as far back as I can remember, the month of February almost always stood for Month of Love. To those with significant others it could be even more expensive than Christmas as the idea is to do whatever it takes to show them how deep your love flows by showering them with expensive gifts. For many, the tradition includes showing up or coming home with a box of chocolates in one hand, a bouquet of flowers in the other and perhaps some sort of gift tucked under your arm. Next comes dinner at one of the finest restaurants around, never minding the astronomical bill that follows that delicious meal. After spending half or maybe even all of your paycheck on this day, sharing some alone time together usually follows. Hopefully at the end of the evening, you both are left feeling madly in love again. Oh this is such a great experience once a year!

On the other hand, what about those of us with no significant other? Is this day just set aside for couples only? I DON'T THINK SO!!! Here's what I consider a "successful" Valentine's Day. How about a "Family/Friendship Day?" You know a day where you call those special people in your life that you appreciate so much. You know the ones that go out of their way to make our lives easier. It doesn't require a lot of money to acknowledge them for being there when you need them the most. Just a simple call or card to say Thank you for being special to me or even an I Love You works wonders. We don't have to wait to hear from these special ones, we can act first and initiate that simple act of love.

The greatest gift that we can give to someone special is the gift of TIME. In these days when we are all so busy living by our hectic schedule, spending some of your time with another single person with a visit and nice conversation over a hot cup of coffee or tea is worth more than any of those costly gifts I mentioned above. I know I always enjoyed the day with my husband during my married years, but since my divorce time spent with family and friends is a wonderful alternative. The thing is that this type of caring and love should not just be on Feb. 14th, but year round. My idea of this day has changed drastically and to me it's ok if we don't have a significant other because most of us have loved ones that we can share this day with in some way.

To change up this column a bit, I'd like to share with you a recent study I read called 2015 National Retail Federation Study that shared some interesting or in my opinion rather startling statistics about Valentine's Day. Here are a few of them. 1) Americans spend more than \$19 BILLION on this one day alone. When you add up what the price of roses, candy, dinner and a "little" gift cost, I can clearly see how a person would get into debt for a couple months because of this day. 2) It was said that men spend twice as much on this day as women do. I guess one day out of the year won't kill them. 3) The age group that spends the most are adults between the ages of 25-34 who spend roughly \$196.00 on this day. By the way we seniors spend

the least. This stands to reason to me as most are on fixed incomes and are more content with simpler ways of showing love toward a loved one. 4) The nation will spend over \$1.5 billion on special cards alone. Not only do we buy a card for that certain someone, but we also get cards for the kids, grandkids, sons, daughters, well basically for everyone we love. Personally speaking at my age, I prefer a card with a thoughtful message hand written inside over anything else. I read them with confidence knowing that cards won't rot my teeth and I certainly don't have to water them either. 6) Let us not forget that children will also spend perhaps their allowance on a box of valentine cards for their classmates and PLEASE let us not forget a gift for their sweet and loving teacher. 7) This last one floored me. Dinner and a movie often times take the place of flowers and candy. These two treats have cost Americans across our nation over \$3.6 billion dollars. Many felt that the cost of a fancy dinner and a movie to top off the evening would be much more enjoyable, but unfortunately that came with a pretty hefty price tag as well.

The one downside to celebrating Valentine's Day is the fear that one may fail to meet the other's expectations leaving the day to be a major disaster instead of a day filled with love. I have had my share of special treats during my lifetime but as I have gotten more mature in age, I still say there's nothing better than spending TIME with those special people. There's nothing better than cooking a special meal at home whether it be shared with another or simply for yourself. In closing I'd like to say that whatever you do or however you see this day, just enjoy the true meaning of it. Enjoy the Love that is in the air on Feb. 14th. Remember we are never too young or too old to share some love with someone special. Happy Valentine's or Friendship Day!!!

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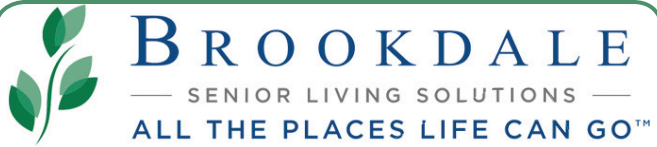


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BIBLE STORY TIME

Gatewood Baptist Church
Providence, NC
Pastor Adrian Moore

Daniel 3:1 - 30

One of my favorite stories in the Bible is found in Daniel Chapter Three. There is a decree that has been made by King Nebuchadnezzar that at a certain time, when the music is played, that all should bow down and worship this giant gold statue that was erected in the plain of Dura, a providence of Babylon. The penalty for not bowing down was death by being cast into a furnace of fire. That is an extremely compelling incentive to bow down when the music begins to play, but there were three Hebrew captives in the land that refused to bow. Their relationship with God and commitment to Him was more important than the dictates of man.

This is a great example for us today to stand firm in our commitment to God. There may be threats and decrees that are geared toward convincing us to compromise our biblical principles, but we should stand with God and we will see that God will stand with us, just as He did with these three young men in the story, God is faithful. Let us be faithful, too.

A thought to consider:

There is a higher calling for life than our own comfort and convenience

Read the story. It will bless you.

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This amazing studio musician helped create some of the best music of the century...

and I'll bet you never knew she existed.

Photos Courtesy of Carol Kaye

It's Carol Kaye's Guitar and Bass Genius You Hear on Some of the Top Hits Since the 1950's

Carol Kaye was born in Everett, Washington to musician parents, Clyde and Dot Smith, both professionals. She has played and taught guitar professionally since 1949, played bebop jazz guitar in dozens of nightclubs around Los Angeles with top groups (also in Bob Neal's jazz group with Jack Sheldon backing Lenny Bruce, with Teddy Edwards, Billy Higgins etc.), accidentally got into studio work late 1957 with the Sam Cooke recordings and other big recordings on guitar for the 1st 5 years of studio work in Hollywood.

In 1963 when a Fender bassist didn't show up for a record date at



Capitol Records, she picked up the Fender bass (as it was called then) and augmented her busy schedule playing bass and grew quickly to be the no. 1 call with record companies, movie & TV film people, commercials (ads), and industrial films. She enjoyed working under the direction of Michel LeGrand, Quincy Jones, Elmer Bernstein, Lalo Schifrin, David Rose, David Grusin, Ernie Freeman, Hugo Montenegro, Leonard Rosenman, John Williams, Alfred & Lionel Newman, etc. as well as the numerous hits she recorded for hundreds of recording artists.

Beginning in 1969, she wrote her first of many bass tutoring books, "How To Play The Electric Bass" effectively changing the name of Fender Bass to Electric Bass and began teaching 100's of Electric Bass students, many of them now famous themselves.

Notes from Carol... "I was raised by musician-parents and just sort of grew up around music, we were poor, but when music was played, you had a sparkle in your life. And the sparkle is still there years later after all the recording we did, for when you turn on the radio, there are all my fellow musicians. I grew fond of so many, we were all in it together, pulling together for a hit, and loved to groove together. The looks, the feel of the music, the inside quick joke, it was a warm feeling.

The coffee and vending machines got a work out too as sometimes we had to eat out of cans (no time to eat), sleep on our 5-minute break on the floor (get 8 hours sleep a night, are you kidding?), run to the next date. People used to ask how you got in the studios, we'd all say: "learn how to



grab a parking place, don't be late, and carry a pencil, don't be egotistical, oh and yes, know how to create, read music and play your --- off".

I almost feel embarrassed about all the credits but these tunes represent the work of *everybody*, not just me, not just the star, or the tune, but of mostly family-oriented musicians who were respected, in-demand, no-nonsense coffee-driven (yes) and there were some pretty funny moments too, plenty of one-liners at times.

It was an experience to be recording while 60s assassinations, Viet Nam War, racial strife, and marches were going on in the outside world. Altho' we were sort of "isolated" we were all affected by such dramatic changes in the world, the music reflects that.

We knew the music was being appreciated, and that mattered very much, plus the music helped many a film and TV Show too in those dark cavern-like studios with the big screens with a constant click-track on in your earphones in sync with the film.

Many a chase scene had the excitement of a Quincy Jones score (lots of bass), or a bedroom scene with sentimental trombone solos of a great David Grusin score,

soft pop-jazz or exciting music of Michel LeGrand, or the excitement of a car-truck duel ("Dual", Spielberg's 1st film, I was the "truck" sometimes, don't laugh, it paid well).

Who can forget the "Mission Impossible" and MASH music? "Airport", "Sweet Charity" & "Thomas Crown Affair" had their own great scores. And Bill Cosby would join in on tambourine for his TV show music. These are precious memories. The contractors would hire us (at the behest of the conductor, A&R man, arranger, or ?) and sometimes be a little strict (no talking etc.), so we'd get a quick relief at the water fountain on our "five", run for a minute to wake the blood up, call into the phone service which had lines in all the studios to take more record dates etc., it was frantic. Do I miss it? You bet I do, nothing like it, and we all miss each other too, they were the best!"

If you have listened to the radio or watched TV since 1958, you've heard Carol Kaye play.

Carol was one of the core group of anonymous studio musicians who lent her unique styles of studio Guitar and Electric Bass playing to many of the hits recorded by such popular artists like the Beach Boys, Ray Charles, The Righteous Bros., Johnny Mathis, Nancy Sinatra, Sam Cooke, Glen Campbell, Lou Rawls, Jan & Dean, Henry Mancini, The Lettermen, Paul Revere & Raiders, Monkees, Buckingham, April & Nino, Sonny & Cher, Chris Montez,



Andy Williams, Quincy Jones, Joe Cocker, Ike & Tina Turner, Mel Torme, Bobby Darin, Frank Zappa, Wayne Newton, Herb Alpert, O.C. Smith, Don Ho, Al Martino, and a few Motown (LA).

Numerous movie and TV credits including MASH, Mission Impossible, Brady Bunch, Addams Family, Cannon, McCloud, Room 222, 1st Bill Cosby, Ironside, Kojak, Hawaii

5-O, Wonder Woman, Soap; Thomas Crown Affair, Sweet Charity, Airport, In The Heat Of The Night, Plaza Suite, The New Centurions, Pawnbroker, Guess Who's Coming To Dinner, Change Of Habit, Le Mans, Walk Don't Run, On Any Sunday to name a few.

Some Guitar Hits

Unchained Melody, You've Lost That Lovin' Feeling - The Righteous Brothers
 La Bamba - Ritchie Valens
 The Beat Goes On (Dano bass guitar), He's A Rebel, I Got You Babe, Baby Don't Go, All I Want To Do (backbeat elec. guitar) - Sonny and Cher
 Surfin' USA - The Beach Boys (Elec. Rhythm Guitar, Billy Strange on Solo Lead Guitar - Union contract)
 What A Wonderful World, Summertime - Sam Cooke
 Almost In My Arms - Houseboat movie
 What The World Needs Now - Jackie DeShannon
 Bang Bang, Alfie, Needles and Pins - Cher
 Danke Shoen - Wayne Newton
 In the Misty Moonlight - Dean Martin
 Comin' In the Back Door - Baja Marimba Band
 Mexican Shuffle - Herb Alpert
 Do You Love Me - The Isley Brothers
 Little Old Lady From Pasadena, Dead Man's Curve, Surf City - Jan and Dean
 Long White Room - Nancy Wilson
 In Crowd (Dano bass guitar) - Dobie Gray
 Smooth Operator - Sara Vaughn
 Johnny Angel - Shelly Fabares
 My Cup Runneth Over, Try To Remember, Sunrise Sunset - Ed Ames
 Deep Purple - April and Nino
 Birds and the Bees - Jewel Akens
 Husbands and Wives - Roger Miller
 Let's Dance - Chris Montez
 Zippity Doo Da - Bob B. Soxx and the Blue Jeans
 Highland Fling - Marti Barris
 1st 2 Frank Zappa LP's (12-string)
 Needles and Pins - Jackie DuShannon
 Most of the Phil Spector-produced hits with The Righteous Brothers
 Ronny and the Ronettes
 The Crystals - And Then He Kissed Me ((Elec. 12-string guitar)
 The Paris Sisters
 The Blossoms
 Many of the early O'Jays hits
 Many other early hits with David McCullum (mostly el. 12-string guitar), Harry Nilsson, Chipmonks, Duayne Eddy, Dick Dale, Pat Boone, Rosemary Clooney, Ed Ames, Paul Anka, Sonny & Cher (mostly el. 12-string guitar fills), 25 Guitars lps,

Ray Charles, Willie Bobo, Bessie Griffin, Ike and Tina Turner, Ritchie Valens, Sam Cooke, Kris Kristofferson, Ann-Margaret, H. B. Barnum, Sarah Vaughn, Jan & Dean, Isley Bros., Fred Smith, lots of funky soul stuff, as well as the pop, and jazz with Chet Baker, Jack Milman band, Golden Boy lp (w/H.B.Barnum), Cannonball Adderly mid-60s, Mongo Santamaria, Howard Roberts, Rene Bloch, and some others...

Some of the Electric Bass Hits

Whipped Cream - Herb Alpert
 Spanish Eyes - Al Martino
 Good Vibrations, Help Me Rhonda, Sloop John B, I Get Around, Wouldn't It Be Nice (dano), Calif. Girls, God Only Knows, Pet Sounds lp, Heroes & Villains, Caroline No, Surf's Up, Child Is The Father Of The Man, Do You Like Worms?, Smile lp, Cabinesence, Fire sessions, I Was Made To Love Her, Let Him Run Wild - Beach Boys
 Little Green Apples, Hickory Hollar - O.C. Smith
 Goin' Out Of My Head/Can't Take my Eyes Off Of You medley, Hurt So Bad, Shangri-la, When I Fall in Love, More, Theme from Summer Place, etc. - Lettermen
 Something Stupid - Frank & Nancy Sinatra
 Boots, Sugar Town, You Only Live Twice theme, etc. - Nancy Sinatra
 Feelin' Alright - Joe Cocker
 The Way We Were - Barbra Streisand
 Tell Her You Love Her, The World We Knew (OD dano fuzz on "World"), How Do You Keep The Music Playing, etc. - Frank Sinatra
 Hold Me Thrill Me etc. - Mel Carter
 Godfather Theme, Love Story, Can't Take My Eyes Off Of You, etc. - Andy Williams
 In The Heat Of The Night, I Don't Need No Doctor, America The Beautiful, Eleanor Rigby, I Chose To Sing The Blues, Here We Go Again, Don't Change
 On Me, Feel So Bad, Understanding etc. - Ray Charles
 Romeo & Juliet Theme (A Time For Love), Willow Weep For Me, Godfather Theme, others & Doc Severinson lp etc. - Henry Mancini
 Mercy Mercy Mercy etc. - Buckingham
 Indian Reservation etc. - Paul Revere & Raiders
 Natural Man, Love Is A Hurtin' Thing, Unforgettable, Your Good Thing etc. - Lou Rawls
 John Gummo's Rhythm Of The Rain - Cascades
 Song Of Innocence - David Axelrod
 I Was Made To Love Her - Stevie Wonder



Amazing facts about the human heart

Every Valentine's Day homes and businesses dress up the décor with cupids and hearts to celebrate a day all about love and affection. The heart shape has been used to symbolically represent the human heart as the center of emotion and romantic love. Hearts symbolizing love can be traced back to the Middle Ages.

Those familiar with human anatomy realize that an actual heart bares very little resemblance to the ideographic heart shape used in art and imagery. Similarly, the human heart really has nothing to do with human emotions. Despite this, there are many interesting components of the heart, and a man or woman truly cannot love or live without one.

The heart as an organ is relatively small in size. It is roughly the size of a fist and weighs only 11 ounces on average. Although diminutive, the heart is responsible for pumping 2,000 gallons of blood through 60,000 miles of blood vessels each day. It accomplishes this by beating 72 times a minute in a healthy adult. All of the cells in the body receive blood except for the corneas in the eye.

The heart works harder than any other muscle in the body. In a fetus, it begins beating at four weeks after conception and will not stop until a person's time of death. Even then, sometimes the heart can be revived. A heart can also continue to beat outside of the body provided it has an adequate oxygen supply.

Although many people refer to all of the blood vessels in their body as "veins," they're actually a combination of veins and arteries. Veins carry fresh, oxygenated blood to the body through arteries. The main artery leaving the left heart ventricle is called the aorta, while the main artery leaving the right ventricle is known as the pulmonary artery. Blood traveling back to the heart flows through veins after it has passed the lungs to pick up oxygen. The thumping noise that

is heard while the heart is beating is actually the chambers of the heart closing and opening as blood flows through.

While the heart may not be the cornerstone of emotions, it can be affected by feelings. Studies have shown that a "broken heart" is a real occurrence, according to Live Science. Bad news or a breakup with a loved one can put a person at increased risk for heart attack. This type of trauma releases stress hormones into the body that can stun the heart. Chest pain and shortness of breath ensue but can be remedied after some rest.


Conversely, laughter and positive feelings can be beneficial for the heart. Research has shown that a good laughing fit can cause the lining of the blood vessel walls — called the endothelium — to relax. This helps increase blood flow for up to 45 minutes afterward.

Although having a big heart colloquially means that a person is loving and goes out of their way for others, physically speaking, a big heart is unhealthy. An enlarged heart can be a sign of heart disease and compromise the heart's ability to pump blood effectively. Left untreated, it can lead to heart failure.

There is good reason to get amorous with a loved one on Valentine's Day or other times during the month. Being intimate can provide a physical workout, in some instances doubling a person's heart rate and burning up to 200 calories. That's the equivalent of a brisk 15-minute run.

The heart is an amazing organ responsible for sustaining life. Although it is not directly tied to love and emotions, without the heart such feelings wouldn't be possible.

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What's Cookin'?

7-Layer Dip

- 3 cups refried beans
- 2 ½ cups sour cream
- ½ tablespoon chili powder
- 1 tablespoon lime juice
- ½ teaspoon cumin powder
- ¼ teaspoon cayenne pepper
- 3 ripe avocados
- 2 teaspoons lime juice
- ½ teaspoon kosher salt
- 2 cups salsa (homemade is best)
- 2 cups old cheddar cheese, shredded
- 2 ½ cups cherry tomatoes, halved
- 1 cup sliced black olives
- ½ cups green onions, sliced
- 1 jalapeno, finely sliced
- 1 cup fresh cilantro, roughly chopped



In a bowl, combine the sour cream, ½ tablespoon lime juice, chili powder, cumin, and cayenne, and mix well. Peel the avocados, transfer to a bowl, and mash with a fork. Mix together with the lime juice and kosher salt.

Start to build the dip in your serving dish, first with the refried beans, then top with a layer of sour cream, mashed avocados, and salsa. Top the salsa with the grated cheddar cheese, then the halved tomatoes, sliced olives, and green onions. Top with sliced jalapeño and cilantro, and serve immediately.

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**"When you are
dissatisfied and would
like to go back
to youth, think of
Algebra."**

- Will Rogers

Well its official.. I finally found Rock Bottom



**"You know you are getting old when your
pacemaker opens the garage door when
you see a pretty girl."**

BAKING FUN WORD SEARCH

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

WORDS

- ACID
- BAKING POWDER
- BEATING
- BLEND
- BROWNIES
- BUTTER
- CAKE
- COCOA
- COMBINE
- CONVECTION
- COOKIES
- COOL
- CORNMEAL
- DISSOLVE
- DRY
- FLOUR
- GREASE
- INGREDIENTS
- KNEADING
- MARGARINE
- MEASURE
- NONSTICK
- OILS
- PANS
- PASTRY
- PROCESSOR
- PROTEIN
- RISE
- SCRATCH
- SHEET
- STIR
- SUGAR
- TEMPERATURE
- WET
- WHISK
- YEAST

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

Continued from page 11



What'd I Say, A Little Less Conversation, Suspicious Minds etc. - Elvis Presley (this cut is claimed by 4 others too)
 Bless The Beasts And The Children - Perry Botkin
 Little GTO, Go Little Honda - Hondels
 Candy Man, Have A Little Talk, Mr. Bojangles, Legend In My Time, I'm Not Anyone - Sammy Davis Jr.
 Shaft Theme - movie OD MGM w/J.J. Johnson (credited on sheet music)
 You Gave Me A Mountain, To Each His Own etc. - Frankie Laine
 Games People Play, Happy Together, Comin' Home etc. - Mel Torme
 Wichita Lineman, Galveston, etc. - Glen Campbell
 Someday We'll Be together Again, Ain't No Mountain High Enough - Diana Ross (w/Temps, cut 1968 RCA, Paul Humphrey on drums released 1970, you hear my improvising on this after my music fell down on take)
 If I Could Build My Whole World Around You, Ain't Nothin' But The Real Thing - Marvin Gaye & Tami Terrell (Steiner's studio - LA)
 Don't Pull Your Love Out On Me baby - Hamilton, Joe Franks & Reynolds (ABC Paramount OD)
 It Must Be Him etc. - Vickie Carr
 12th Of Never, Alone Again, Memories, etc. - Johnny Mathis
 Tiny Bubbles etc. - Don Ho
 When I Die - Motherlode (Toronto)
 Batman Theme & others - Marketts
 I'm A Believer, Last Train To Clarksville & others - Monkees
 Homeward Bound, I Am A Rock, Scarborough Fair - Simon & Garfunkle
 Call Me etc. - Chris Montez
 Straight Life, Honey etc. - Bobby Goldsboro

River Deep, Mountain High - Tina Turner
 No Matter What Shape Your Stomach's In - T-Bones
 This Diamond Ring, Just My Style, etc. - Gary Lewis and Playboys
 Soul & Inspiration - Righteous Bros.
 Elusive Butterfly - Bob Lind
 Hickey Burr - Bill Cosby TV Theme/Quincy Jones (TV and single) "Livin' It Up" lp - Jimmy Smith
 Chump Change - Quincy Jones
 Red Roses For A Blue Lady etc. - Vic Dana
 Up A Lazy River (rock part) etc. - Bobby Darin
 It's A Small World - Mike Curb & Congregation (at Disneyworld too)
 Light My Fire - Doors (listed in book)
 In Crowd, Going To The Gogo, etc. (dano, el. bass) - Dobie Gray
 Bonnie Jean - Ed Ames
 Love Child, Baby Love, Stop In The Name

Of Love, Back In My Arms Again, You Can't Hurry Love, My World Is Empty Without You, Reflections, Love Is Here And Now You're Gone, You're All I Need To Get By etc. - Supremes
 GIT On Broadway TV Show - Diana Ross/Temptations cut 1969 NBC, Al Lapin contractor
 Come Together - Count Basie
 I Can't Help Myself, Bernadette etc. - 4 Tops
 Peace Of Mind, Out Of This World - Nancy Wilson
 Willow Weep For Me - Chad & Jeremy
 This Is My Song - Pet Clarke
 Joe Williams Live lp
 Big Man lp - Cannonball Adderly
 A Time For Love - Tony Bennett
 Northern Windows lp - Hampton Hawes Trio
 Get Ready, I Second That Emotion - Temptations
 Doo Ron Ron - Crystals
 Count Me In etc. - Bobby Vee
 Yellow Balloon - Gary Zekeley
 Baby The Rain Must Fall - Glenn Yarborough
 Midnight Confessions, etc. - Grass Roots
 Home Of The Brave - Jody Miller
 David Axlerod produced lps
 You Made Me So Very Happy - Brenda Holloway
 Sixteen Tons (60s recut heard now on radio, others) - Tenn. Ernie Ford
 Alone Again Or, Dailey Planet - Love
 Bang Bang, Gypsies, Tramps and Thieves - Cher

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King Crossword

ACROSS

- 1 Tavern
- 4 Tosses in
- 8 Slays, "Sopranos" style
- 12 Altar affirmative
- 13 Voice in an iPhone
- 14 Law office aide, for short
- 15 "Sinkers"
- 17 Caspian feeder
- 18 Teut.
- 19 Financial rescue
- 21 Decapitate
- 24 Fish eggs
- 25 Greek vowel
- 26 Coffee holder
- 28 Family member

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15			16						17			
		18			19		20					
21	22				23		24					
25				26		27		28		29	30	31
32			33		34		35		36			
37				38		39		40		41		
			42		43		44		45			
46	47	48				49		50				
51					52		53				54	55
56					57					58		
59					60					61		

- 32 Tatters
- 34 Physique
- 36 Grabbed
- 37 Astronaut John
- 39 Speck
- 41 Work with
- 42 Wet wriggler
- 44 Persistent attacks
- 46 Bug
- 50 To the — degree
- 51 Smell
- 52 Bafflers
- 56 Otherwise
- 57 Throw
- 58 "To be or — ..."
- 59 Start a garden
- 60 — Stanley Gardner
- 61 Wildebeest
- 10 Herr's wife
- 11 Shaker contents
- 16 "Golly!"
- 20 Debtor's letters
- 21 Ice mass
- 22 List-ending abbr.
- 23 Fix the sound-track
- 27 Deity
- 29 Cold symptom
- 30 Misplace
- 31 Stretches (out)
- 33 Showed disdain
- 35 Two, in
- Tijuana
- 38 Butterfly catcher
- 40 Feels pins and needles
- 43 Workshop machine
- 45 Ordinal suffix
- 46 Troubles
- 47 Not working
- 48 American Beauty, e.g.
- 49 Rain hard
- 53 Web address
- 54 A billion years
- 55 Disco fan on "The Simpsons"

DOWN

- 1 Auction action
- 2 Commotion
- 3 Fiber
- 4 Religious retreat
- 5 Cacophony
- 6 Defeat soundly
- 7 Shankar's instrument
- 8 Rich
- 9 Gambling game

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URW Arnett
Commonwealth PF
Heritage Towers
Go Docs
Marys Diner
Danville Womens Care
Roman Eagle
Ginas Restaurant
DOAR
Rubens 41
Angel Wings Homecare
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Winners Gas
Food Lion

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Old Dutch Chatham
Food Lion Gretna
Elbas Meat Mkt
Western Auto
Gretna Drug

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Ernies
Food Lion 501
Goodwill 501

MARTINSVILLE VA

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SENIOR NEWS LINE

By Matilda Charles

Drink Coffee, Live Longer

Coffee, specifically the caffeine in it, helps reduce the chronic inflammation that occurs in our bodies as we age, according to a recent study out of Stanford University. Chronic inflammation can cause any number of problems, such as cardiovascular issues, Alzheimer's disease, osteoarthritis and cancer, according to more than 1,000 research papers.

Chronic inflammation starts with the breakdown of molecules in the blood, called metabolites. Coffee apparently has its own set of metabolites that work against those breakdown metabolites. But again, it's the caffeine that does it, and researchers are confident that there's a link between caffeine intake and living longer.

Not everyone has a problem with inflammation, say the researchers, and those who don't are generally people who drink beverages containing caffeine.

For this study, researchers paired a large group of participants ages 20 to 30 with a group that's been part of a long-term Stanford study, those who are over 60 years of age and have been monitored and tested for 10 years. They compared portions of the blood in both group, and here is what they found:

--In the high-inflammation group, more people had high blood pressure, more free radicals running around the blood stream, and fewer relatives who'd live past the age of 90.

--In the low-inflammation group, they found an abundance of the metabolites found in coffee, tea and chocolate.

If you search online for sources of caffeine, you'll be surprised at how many foods and drinks contain at least some of it. Ask your doctor how much caffeine is appropriate for you.

Some prescription and over-the-counter drugs contain caffeine, and it can act as a diuretic and might have an effect on bone density.

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When they realized women were using their sacks to make clothes for their children, flour mills of the 1930's started using flowered fabric for their sacks.

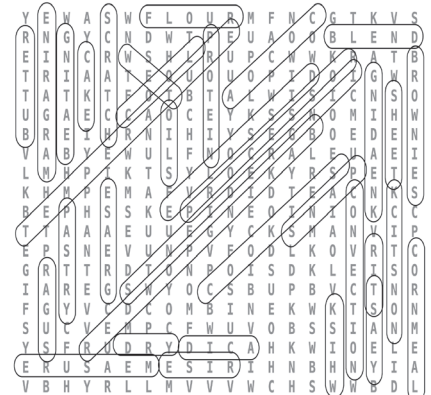


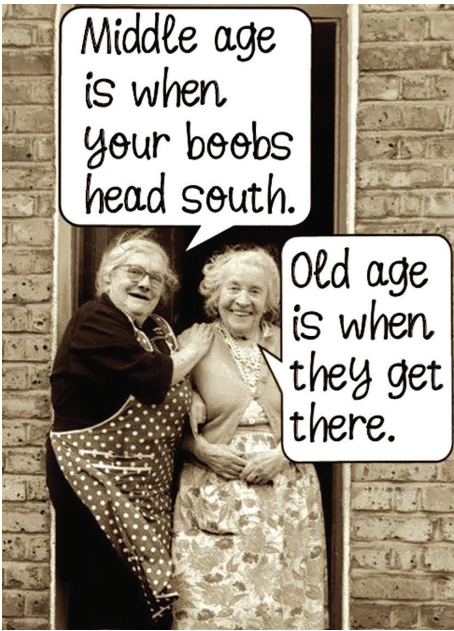
— King Crossword —

Answers

Solution time: 25 mins.

BAR	ADDS	OFFS		
IDO	SIRI	PARA		
DOUGH	NUT	URAL		
GER	BAILOUT			
BEHEAD	ROE			
ETA	MUG	UNCLE		
RAGS	BOD	TOOK		
GLENN	DOT	USE		
	EEL	SIEGES		
WIRE	TAP	NTH		
ODOR	TOUGHIES			
ELSE	HURL	NOT		
SEED	ERLE	GNU		





Middle age is when your boobs head south.

Old age is when they get there.

A dollar may not go as far as it used to, but what it lacks in distance, it makes up for in speed.

There's nothing wrong with teenagers that 30 years won't fix.

I know I'm beautiful on the inside ... I have the colonoscopy video to prove it.

In a recent poll, 60 percent of people believe their workplace is louder now than it was five years ago. The other 40 percent didn't hear the question.

Yeah, I'm a bird lover. Mostly chicken. Mostly fried.



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WORD SCRAMBLE

Rearrange the letters to spell something pertaining to baking.

E B D S L N

Answer: Blends



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