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JUNE 2017



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Vital! Magazine
4556 Simon Road
Wilmington, DE 19803
302-544-0684
www.vitalmagonline.com

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TO YOUR HEALTH

Celebrate Men's Health Awareness Month

By Jamie MacPherson

Father's Day is quickly approaching, a powerful reminder for men everywhere to take a good look at their health and lifestyle.

Studies have long shown that men are far less likely than women to seek medical help, whether it's to schedule an annual physical or to see an expert about a specific health concern. They are also less likely to be honest with their doctor, and as a result, they often suffer from illnesses that could have been detected earlier and treated more effectively.

As an example, 55 percent of men have not seen their primary-care physician for a physical exam within the past year. Nearly one in five men 55 or older has never had a colonoscopy, the gold standard in identifying early signs of colon cancer. About one in three says they "wait as long as possible" before seeing a doctor when they are sick, in pain or are concerned about their health.

Did you know?

■ While heart disease is the leading killer of both men and women, almost twice as many males will actually die of conditions that affect the cardiovascular system. One possible reason is that testosterone is linked to elevations of bad cholesterol, or LDL. According to the CDC, one in four males has some form of heart disease. Getting blood pressure and cholesterol levels checked regularly is important, as is living an active lifestyle and not smoking.

■ Lung cancer can be present in the body long before it shows up on an x-ray or causes any physical symptoms. It can spread quickly and aggressively. Tobacco smoke causes 90% of all lung cancers as well as heart disease, and

even though the number of U.S. smokers is declining, it is still the leading cancer killing men. If you don't smoke, don't start. If you do, note that the earlier you quit smoking the lower your risk of developing lung cancer and other related illnesses.

■ Prostate cancer is the most common cancer among men, affecting one in seven. It's rarely seen in men younger than 50, but like lung cancer, it can develop slowly and under the radar, only causing symptoms once it has already taken hold of the body. Prostate cancer can be diagnosed with routine testing via a simple rectal examination and blood test. The good news is that the cure rate for this form of cancer has increased and only 10% of cancer-related deaths among men are due to the prostate.

In addition to regular screenings, it is important to eat plenty of red foods like tomatoes, watermelon, and red peppers (which contain an antioxidant called lycopene), Omega-3s and isoflavones, which are found in tofu, chickpeas, and peanuts. Studies also show that a lack of vitamin D and/or high red meat intake

can increase chances of developing this disease.

■ Men are four times more likely than women to commit suicide. Men are less likely to openly show depression, and so may go undiagnosed and untreated. More than six million men suffer from depression each year, but for most men, depression shows up as anger, aggression, and substance abuse. Physical pain such as headache, backache, and sleep problems can also be a good indicator. Managing stress and sleep are great places to start, but if you feel depressed, get help.

■ Unlike the others on this list, erectile dysfunction is not life threatening, but is a common health issue in men. This problem is most often caused by atherosclerosis, which also causes heart attacks

and strokes. Frequent erectile dysfunction may be a sign that your body's blood vessels are in less-than-perfect health and may be an early warning sign of cardiovascular disease.

These health issues, and many more, can be diagnosed and treated with regular visits and honest conversations with your doctor. Celebrate the men in your life! Wear blue on the Friday before Father's Day, and encourage them to make an appointment for their annual physical and screenings.

Jamie MacPherson manages outreach at Your Own Home Home Care. With the help of the services offered by Your Own Home you can enjoy the independence and comfort of living at home, but not have to worry about all of the responsibilities. For more information on senior care, call 302-478-7081 or visit www.yourownhomecare.com.



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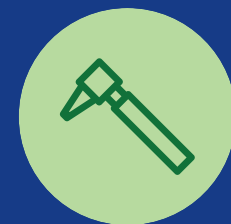
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TO YOUR HEALTH

Firm Up During Men's Health Month

By Mike Samuels

As men age, their testosterone levels start to decrease. Testosterone is the hormone responsible for muscle growth, meaning that once you're over 50, you lose muscle, your metabolism slows down and you gain fat. However, according to dietitian Ryan Andrews, co-founder of Precision Nutrition, this isn't a foregone conclusion. Exercising gives testosterone levels a huge boost and halts this decline. Don't belong to a gym? Then try these simple body-weight exercises in the comfort of your own home.*

Lunges

Many men over 50 suffer from joint aches and pains, particularly around the knees, hips and ankles. This is due to a weakening of the tendons, ligaments and muscles. While leg exercises like squats will help this, single leg exercises such as lunges are even better, says corrective exercise specialist Mike Robertson. By training each leg individually, you improve balance, proprioception, muscular strength and joint mobility. Lunge forward as far as you can with your right leg, keeping your knee behind your toes and bending your trailing knee so it almost brushes the floor. Use the heel of your right foot to push yourself off into the next lunge, this time leading with your left leg. Do four sets of 10 to 12 per leg, using just your body weight.

Pushups

If there's one area of the body where adding muscle can drastically improve a man's physique, it's the chest, and pushups are the ideal home exercise for this. Use a shoulder-width hand spacing and descend as far as you can using good form. Keep your elbows tucked in and don't let your hips sag. If your elbows flare, you risk shoulder injuries and by letting your hips sag, you're not activating your core. Build up to doing three sets of 15 full reps.



Plank

The plank is the ultimate core exercise. While people often choose situps and crunches to work the abdominals, these actually focus on the hip flexors and may strain the lower back. Planks, on the other hand, train your core muscles for their main function—stabilization. Ensure that your hips, upper back and head are in a straight line, and that your hips aren't too close to the floor or pushed up in the air. Squeeze your stomach tight and hold the position for as long as possible. Once you can do one minute, try planks with your feet elevated on a chair or low step.

Supermans

Supermans, or back raises, are essential for combating poor posture. If you have an office or desk-based job, chances are you spend your days hunched over a computer. This leads to tight pectorals and hip flexors, weak upper and lower back muscles, and bad posture, which can lead to injuries and back pain later down the line. Supermans stretch out your tight muscles, while strengthening your weak ones. Lie on your front, with your hands at the side of your head. Arch your back to lift your legs and torso off the floor as high as you can, pause for a second, then lower them again. Do three sets of 10 reps.

**Consult your physician before beginning any exercise program.*

Spotlight on Men's Health: A Preventive Maintenance Schedule

June 1 kicks off the 22nd annual Men's Health Month. This month is a reminder to talk to health professionals and to learn about important screenings that assist with finding conditions before they get worse.

Few men would drive a beloved sports car into the ground, ruining its engine for lack of routine oil changes, tune-ups or new belts. Yet many men don't think twice about neglecting their health, letting a decade or more slip by without scheduling a checkup. One-third of men have no regular doctor, and the same number say they visit a doc only when really sick.

"Men are used to maintaining their cars, but they aren't used to maintaining themselves," says Jeff Cain, a professor at the University of Colorado-Denver. "But it's just like taking your car to a regular mechanic: The same doctor who takes care of you when you're sick can take care of you when you're well, and hopefully prevent problems down the road."

A recent infographic from Georgetown University's online family nurse practitioner program details some of the starkest health issues facing men today. In terms of life expectancy, men live 4.8 years fewer than women. That's no wonder

considering that 42.2% of men do not meet federal exercise guidelines, 72.9% are overweight, 31.6% have high blood pressure, 20.5% are smokers, 17% are dependent on alcohol at some point in their lives, and 11.6% use illegal drugs.

Further, a survey by The Commonwealth Fund found that, in the last year, almost one-fourth of all men had not seen a doctor (compared to only 8% of women), that 1 in 3 men had no regular doctor (compared to 1 in 5 women), and that more than one-half had not gone in for a routine checkup or cholesterol test. Additionally, the survey revealed that nearly 40% of men would delay pursuing care for a few days if they were sick, with 17% saying they would wait a week.

In the United States, men do not live as long as women and tend to have poorer overall health. However, steps can be taken—in terms of awareness, preventive care, early detection, and treatment—to improve men's health and to prevent premature death.

A Healthy Life

The U.S. Department of Health and Human Services provides the following men's health recommendations to improve overall wellness throughout the lifespan. Health guidelines also include 30 minutes per day of moderate physical activity, weight loss, a healthy diet, and smoking cessation.

Age 18+

- Regular blood pressure, diabetes, cholesterol, and specific cancer screenings
- Annual flu shot
- Tetanus-diphtheria booster vaccination every 10 years
- Treatment for depression
- Dental exam and cleaning every year
- Eye exam every 1-3 years
- HIV and transmitted disease screening

Age 18 to 64

- Physical every 2 years

Age 45+

- Diabetes screening every 3 years

Age 50+

- Regular screenings for colorectal cancer
- Discuss osteoporosis screening
- Discuss prostate cancer screening

Age 55+

- Lung cancer screening for current and former smokers

Age 60+

- Discuss shingles or herpes vaccination

Age 65+

- Physical every year
- Pneumonia shot
- Abdominal aortic aneurysm screening if you have ever smoked

For informational purposes only. Individuals should consult their healthcare professionals before following any of the information provided.

Gone Phishing

Protecting Your Credit Online

As if understanding and managing your credit score isn't hard enough, scammers can make it even harder.

It's important to know that you're entitled to one free copy of your credit report every 12 months from each of the three nationwide credit reporting companies. Order online from www.annualcreditreport.com, the only authorized website for free credit reports, or call 1-877-322-8228. You'll get a free copy of your credit report, but if you also want to see your credit score (what creditors use to decide if you do or don't get credit and what interest rate you'll pay) you may have to pay extra for that.

There are several other reliable websites that offer free reports as well. These include CreditKarma.com, CreditSesame.com, and Mint.com (Mint also has a budgeting and credit score app for the phone or tablet). The problem with signing up on these sites is not the company itself, but the possible phishing scams that someone's interest in the site might attract. For instance, you might get an email telling you that your credit score has changed, and to click on a link in the email to find out more. Don't do it, even if it's possible that it's true. Instead, go to your service's company website and contact them directly.

Here are some reminders of other ways to protect yourself online:

1 Check the domain name on any email received. Make sure the email is from the company you've done business with. Check for slight misspellings, added letters or added words in the url.

2 Never give out credit card information to people who attempt to make contact through email or phone.

3 Don't click on any attachments or links in an email that claim to send you directly to a site. Instead, use your browser to visit the site they claim to be (or that you're already familiar with).

4 Don't enter personal information if the site isn't secure. Secure sites have web addresses starting with 'https' or 'https'.

5 Be vigilant. It's okay to share personal information over the internet—just make sure to share it with the right people.

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Social Security Q&A

Question:

I have diabetes and I have to take insulin. Is my insulin covered by Medicare?

Answer:

Medicare Part B does not cover insulin unless use of an insulin pump is medically necessary. However, certain Medicare Part D prescription drug plans may cover insulin and certain supplies used to inject insulin, like syringes. For more information, please visit www.medicare.gov/coverage/insulin.html.



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New Medicare Cards Are on the Way

By Andrew Johnson, Consumer Education Specialist, FTC

Changes are coming to your Medicare card. By April 2019, your card will be replaced with one that no longer shows your Social Security number. Instead, your card will have a new Medicare Beneficiary Identifier (MBI) that will be used for billing and for checking your eligibility and claim status. And it will all happen automatically—you won't have to pay anyone or give anyone information, no matter what someone might tell you.

Having your Social Security number removed from your Medicare card helps fight medical identity theft and protect your medical and financial information. But even with these changes, scammers will still look for ways to take what doesn't belong to them. Here are some ways to avoid Medicare scams:

- Is someone calling, claiming to be from Medicare, and asking for your Social Security number or bank information? Hang up. That's a scam. First, Medicare won't call you. Second, Medicare will never ask for your Social Security number or bank information.
- Is someone asking you to pay for your new card? That's a scam. Your new Medicare card is free.
- Is someone threatening to cancel your benefits if you don't give up information or money? Also a scam. New Medicare cards will be mailed out to you automatically. There won't be any changes to your benefits.

For more on the new changes to your Medicare card, visit Centers for Medicare & Medicaid Services. And report scams to the FTC.



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Think You Know the Value of Your Art? Think Again.



In case you missed it, in May a painting of a skull by Jean-Michel Basquiat sold for a mind-blowing \$110.5 million, the highest price ever paid at auction for a piece by an American artist. The late art collectors Jerry and Emily Spiegel bought the 1982 painting for \$19,000 in 1984. The Brooklyn-born Basquiat went from graffiti artist to an art collector darling in the span of a mere seven years. He died at 27 of a drug overdose in 1988.

Many people think they can accurately understand and price art, regardless of their knowledge of how the art market works. That's simply not the case. The art business is totally unregulated. Anyone can call themselves an artist or art dealer, anyone can open an art gallery, anyone can sell whatever they feel like selling and call it art, and anyone can price their so-called art however they please. Casual conversations about how much art may be worth are fine, but when things get serious, art appraisers, consultants or advisors have knowledge and experience worth paying for.

Let's say you either inherit or have owned art for years or even decades and decide to sell. Without current appraisals, you have no idea what your art is worth; unscrupulous buyers do. For them, taking advantage is simply a matter of gaining your trust. You can sell way too cheaply without any idea you're doing so, and once you do, you have little or no recourse for recouping your losses.

Figuring out how much art is worth and then whether to buy, sell, donate or trade based on those prices is by no means an easy task. Art appraisers evaluate art prices in much the same way stock brokers evaluate stock prices or real estate brokers evaluate home prices. An experienced art appraiser researches and analyzes specifics pertaining to the art itself, the artist's background information, and the current markets and trends for that art before determining how much it's worth. Typical research includes assessing the artist's resume and career accomplishments, reviewing the artist's recent auction and gallery sales histories, and evaluating qualities of the art itself including its size, subject matter, detail, level of craftsmanship, ownership history, age, condition, how it compares to other works by that artist, and so on. We're talking specifics here, way more than simply looking at the art and pulling a number out of a hat.

Here are some additional pointers to help you decide if, when and how to use appraisers in "art and money" situations:

- If you own original art and have never had it appraised or you lack current price information, have an appraiser value it, at least for insurance purposes should the art ever get damaged or stolen.
- Avoid getting appraisals from whomever sold you the art. A gallery that sells you a work of art has an obvious conflict of interest, and a tendency to appraise high in order to make that art, the artist and their gallery look as good as possible. You need values from someone with no conflicts of interest.
- Avoid free appraisals. Free appraisals are rarely free.
- Use an experienced art appraiser. Don't use your friend who's an artist or your aunt who has a booth at the local antique mall.
- Update appraisals every three to five years or before changing the disposition or ownership of any work of art you own. Art prices fluctuate over time. Updating appraisals is mainly done for insurance purposes.
- Beware of art price guides, auction records, online art prices or art price databases and other art price references if you don't know how to use them. They're fine for informal or entertainment purposes, but unless you know how to analyze and extrapolate their data, you risk seriously mispricing your art.
- Unless you know what your art is worth, never accept spontaneous or unsolicited cash offers from anyone who wants to buy it. These kinds of offers are usually low. Get current market values first.
- If you're not an experienced collector, get a professional opinion before buying from dealers or galleries you don't know or have never done business with before, especially if you're shopping online at either fixed price or auction sites where you may not even be sure who the real seller is.
- If you're not an experienced collector, get a professional opinion before buying art by artists whose names, artwork, or market histories you're not that familiar with. Knowing the artist's name or maybe reading an article or two is not nearly enough.
- Get a professional opinion no matter what kinds of art bargains sellers tell you that you're about to get, even when they seem to have price information that proves it. Remember—they want to sell whatever they're selling for as much money as possible.
- Unless you're an experienced auction bidder and buyer, ask an appraiser or advisor to inspect art you're thinking about buying before you bid on it. This is especially true when buying at online auctions. Online auctions can be extremely risky places to buy art.
- No matter what kind of art buying situation you find yourself in, if you're not 100% sure what you're doing, ask questions you have about the art, artist, or circumstances surrounding the purchase before you buy, not after. You'd be amazed how many people don't ask questions until after they've spent hundreds, thousands, and even tens of thousands of dollars. And by then it can be way too late. Saving your money in advance is far easier than trying to get it back after you spend it.
- Never give away, throw out or otherwise get rid of any art you own, no matter how bad you think it is, what you think of the person who gave it to you, what condition it's in or how unimportant you think the artist is. Always have an experienced professional inspect and evaluate it first.

Paying a few dollars for accurate art price information up front can easily save you hundreds or even thousands of dollars later.

www.ArtBusiness.com

Male Caregivers On The Rise

If you are a male family caregiver, know that you are not alone. If you know a man who is providing family care, see if he is getting the support he needs.

Increasingly men are taking on the role of caregiver, thanks to smaller family sizes (so the role falls more often to men), the tight economy (making men less able to outsource the role), and skyrocketing diagnoses of Alzheimer's disease (which affects women more than men, making many men spousal caregivers). There's also a growing proportion of men ages 60 to 74 in the population—prime caregiving years.

Although the role of caregiver tends to be handled differently by men vs. women, every caregiver is susceptible to caregiver burnout. No matter who's providing the care, know that getting help isn't a sign of weakness but a success strategy for improving the quality of care one can give.

Some differences: Men tend to view caregiving as a problem to be solved. Men focus more on tasks than relationships. Because setting feelings aside to work on discrete problems—how to keep someone with dementia busy, how to make bathing safer and more comfortable—helps a caregiver avoid getting bogged down by thoughts of loss, fear, and frustration, men are more likely to view caregiving positively than women.

Men tend to look for practical solutions to a caregiving dilemma. For instance, men might consider remote

technology as part of a care plan rather than something more hands on.

Men have shown a preference to manage care rather than administer care. A man may be more likely to hire someone to help with tasks such as bathing or dressing his wife or own father who needs help with these daily activities. Men quite simply are not as comfortable providing personal care as women might be. However, men tend to wait until there is a crisis—such as a hospitalization—before looking for professional care assistance; women are more likely to look for help after experiencing caregiver burnout.

Men are skimpier on self-care and less likely to ask for help. But caregivers risk compromising the level of care they can provide, or having to move a loved one from home care, if they become sick themselves.

Men are less inclined to talk about any caregiver stress they're experiencing, or share caregiving issues with other family members, co-workers, or friends. This, in turn, means that they do not actively seek support in the same way that some women in similar roles might. Although "sharing" may not come naturally to all, having an emotional outlet to vent frustrations and worries is known to be an important way to off-load stress.

Caregiver Respite is available from many organizations and nursing facilities. Don't be shy about asking for help! Your family will thank you for it.

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CAREGIVER'S CORNER

What Constitutes Elder Abuse?

World Elder Abuse Awareness Day (WEAAD) is held annually to bring greater recognition of mistreatment of older adults and to highlight the need for appropriate action. Today, more than ever, older adults are targeted: by telemarketers, fraudsters, and even their own family members. According to the National Council on Aging, scamming older adults is "the crime of the 21st century," and it's not just strangers; 90% of reported elder abuse is committed by the person's own family members.

What Is Abuse?

Abuse is a form of mistreatment by one individual that causes harm to another person. If you witness a life-threatening situation involving a senior or adult with disabilities, immediately call 911.

Commonly reported types of abuse* may include:

- **Physical abuse:** Slapping, hitting, beating, bruising, causing someone physical pain, injury or suffering. Ex: Confining an adult against his/her will, such as locking someone in a room or tying him/her to furniture.
- **Emotional abuse:** Creating emotional pain, distress or anguish through the use of threats, intimidation or humiliation. Ex: Insults, yelling or threats of harm and/or isolation, or non-verbal actions such as throwing objects or glaring to project fear and/or intimidation.
- **Neglect:** Failure to support the physical, emotional and social needs of adults dependent on others for their primary care. Ex: Withholding food, medications or access to health care professionals.
- **Isolation:** Restricting visits from family and friends or preventing contact via phone or mail.
- **Financial or material exploitation:** Misuse, mishandling or exploitation of property, possessions or assets. Includes using another's assets without consent, under false pretense, or through coercion and/or manipulation.
- **Abandonment:** Desertion by anyone who assumed caregiving responsibilities for an adult.
- **Sexual abuse:** Physical force, threats or coercion to facilitate non-consensual touching, fondling, intercourse or other sexual activities. This is particularly true with vulnerable adults who are unable to give consent or comprehend the nature of these actions.
- **Self-neglect:** Seniors or adults with disabilities who fail to meet their own essential physical, psychological or social needs, which threatens their health, safety and

CAREGIVER'S CORNER BROUGHT TO YOU BY



well-being. Ex: Failure to provide adequate food, clothing, shelter and health care for one's own needs.

The Senior Protection Initiative is a Delaware Department of Justice outreach effort committed to the prevention of elder abuse, financial exploitation, and financial scams. For every case of abuse that comes to light, about 23 remain hidden. Older adults often do not report being victimized out of fear, a desire to protect the abuser, social isolation, embarrassment, and/or an inability to report. That is why we all need to work together to S.A.V.E.—Stop Abuse of the Vulnerable and Elderly. Talk to us about coming to speak to your community, faith-based, or social organizations.

If you know someone who is being neglected, exploited, defrauded, mistreated, or otherwise abused, call Adult Protective Services at 1-800-223-9074 and your local police agency.

World Elder Abuse Awareness Day

June 15, 2017

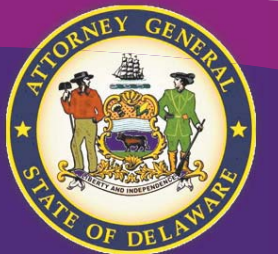
Attorney General Matthew P. Denn and the Senior Protection Initiative invite you to join us as we commemorate World Elder Abuse Awareness Day. Visit us at one of these four locations to get your "STOP Elder Abuse" ribbon, pick up valuable resources, and ask questions of various representatives from State agencies that provide services to older adults.

Carvel State Building Lobby
820 N. French Street
Wilmington, DE 19801
9am—3pm

Christiana Mall—near Target
132 Christiana Mall
Newark, DE 19702
10am—3pm

Dover Mall—near Macy's
1365 N. Dupont Highway
Dover, DE 19901
10am—3pm

Bethany Beach Boardwalk—near Clock
1 Garfield Parkway
Bethany Beach, DE 19930
10am—3pm



For more information, please call (302) 577-8600

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- Daily activities based upon The Five Dimensions of Wellness – Intellectual, Social, Physical, Emotional and Spiritual
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THE BUCKET LIST

The Oldest Trophy In International Sport: *The America's Cup*



If you thrive on high octane, seat of the pants racing with plenty of action and plenty of drama, the America's Cup needs to be near the top of your bucket list. Dean Barker, CEO and Skipper of SoftBank Team Japan calls it "unpredictable, a true test of machines, technology and people."

Beginning May 26, 2017, the eyes of the world turned to Bermuda's iconic Great Sound where the best sailors on the fastest boats will battle for the oldest trophy in international sport—the America's Cup. After a double round robin of qualifying matches amongst 5 teams, the top Challenger will meet Defending Champions ORACLE TEAM USA in the 35th America's Cup Match presented by Louis Vuitton beginning on June 17th.

Cutting-edge technology has been at the heart of the America's Cup since its inception and this year's sporting spectacle will be no different. The Yacht America, the original winner of The America's Cup in 1851 and the boat which gave its name to the trophy (true—it's not named after the country!), was a 101-foot monohull schooner which had nearly 5,300 sq. ft. of sail volume when sailing upwind. In races of the past, these monohulled yachts with traditional sails cruised far from watching spectators at a somewhat pedestrian 17 mph.

In stark contrast, the America's Cup Class (ACC) yachts that will race this year—50-foot carbon fiber catamarans manned by six crew (helmsman, wing trimmer, tactician/

grinder and three grinders)—feature wing-sails similar to the wings seen on airplanes or Formula 1 racecars (the main difference being that they're designed to provide lift on either side to accommodate boats sailing on either tack) and hydrofoil technology that enable the boats to 'fly' above the water. Using lift generated by winged daggerboards and rudders, the idea is to keep the hull off the water completely, sailing instead on a pair of inverted-L carbon-fiber foils that act as a lifting device. The result is that today's high-speed catamarans will 'fly' much closer to onlookers at speeds reaching almost 50 knots (93kph), or, to put it into context—almost three times the speed of wind!

See them in action at <https://www.facebook.com/americascup/videos/1490852620941166/>

Plan Ahead!

Hugely expensive, historically the race has not been contested on a predictable schedule. This is about to change. A vision for the future of the America's Cup has been agreed to by current competitors that would see long-sought stability and continuity.

"People who want to enter this race now know how much it will cost, what kind of boat they need to build and that the rules can't change on them," says Larry Ellison, the Team Founder of ORACLE TEAM USA and the visionary who has helped to steer the America's Cup into the foiling multihull era. "They are now able to plan ahead, build a boat, build a team and come out and compete for their country."

The 36th America's Cup (AC36) and

the 37th America's Cup (AC37) will be contested under terms that include:

- A two-yearly cycle for AC36 (2019) and AC37 (2021).
- Up to 12 international events over two years.
- AC45F foiling catamarans in the first year of the World Series.
- America's Cup Class (ACC) boats, the same technically-sophisticated class of boats raced in Bermuda, in the second year of the World Series.

The target cost to field a competitive new team? Grab your wallet—it's in the \$30-40 million range. The good news, though, is that that's a significant reduction from current team budgets!

THE JOURNEY TO THE 35TH AMERICA'S CUP

#RacetoBermuda

LOUIS VUITTON AMERICA'S CUP WORLD SERIES

AC45F

RACE DAY ONE	RACE DAY TWO
1st - 10 points	1st - 20 points
2nd - 9 points	2nd - 18 points
3rd - 8 points	3rd - 16 points
4th - 7 points	4th - 14 points
5th - 6 points	5th - 12 points
6th - 5 points	6th - 10 points

LOUIS VUITTON AMERICA'S CUP QUALIFIERS

America's Cup Class

The ranking positions from the Louis Vuitton America's Cup World Series events determine the seeding and bonus points for the Louis Vuitton America's Cup Qualifiers.

1ST PLACE - begins Qualifiers with 2 points
2ND PLACE - begins Qualifiers with 1 point

Each competitor races every other competitor twice, scoring one point per win. The top four challengers advance to the Louis Vuitton America's Cup Challenger Playoffs.

LOUIS VUITTON AMERICA'S CUP CHALLENGER PLAYOFFS

America's Cup Class

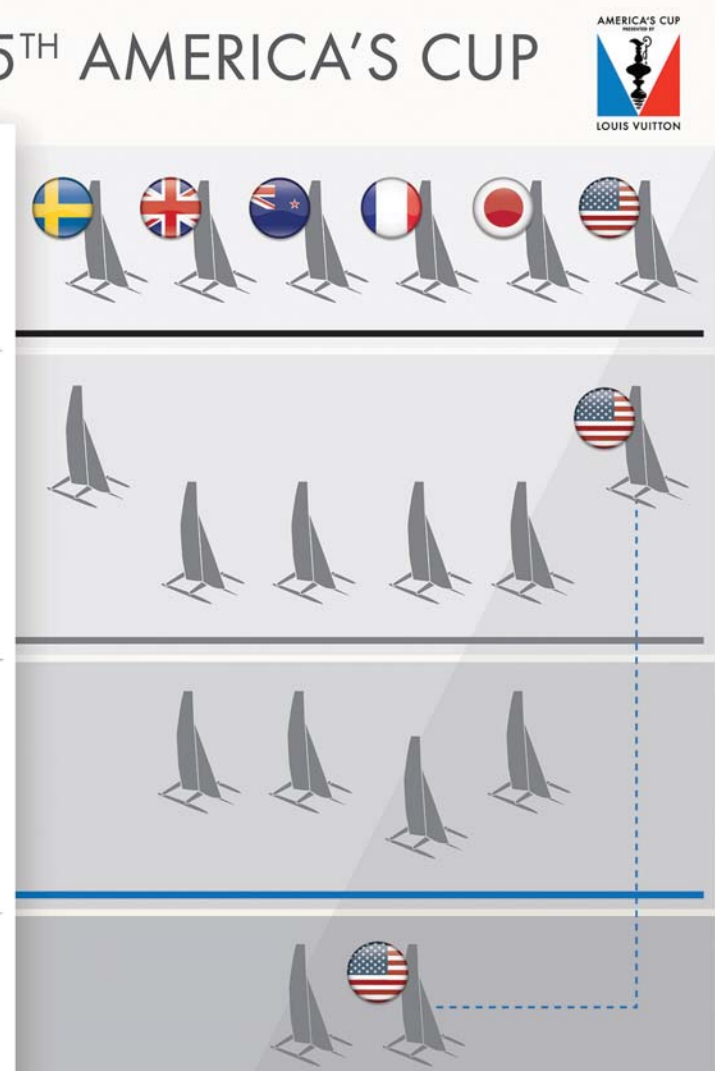
The top four challengers from the Louis Vuitton America's Cup Qualifiers are split into two semifinals. The winners then race in a final to determine the top challenger.

Each Louis Vuitton America's Cup Challenger Playoff round is a first to five series.

35TH AMERICA'S CUP MATCH, PRESENTED BY LOUIS VUITTON

America's Cup Class

The winner of the Louis Vuitton Challenger Playoffs goes up against the defender, ORACLE TEAM USA in the 35th America's Cup Match, presented by Louis Vuitton. If the team that wins the Qualifiers is in the Match, they will start with a one point advantage. **The first team to earn 7 points wins the 35th America's Cup Match, presented by Louis Vuitton.**



GRILLED CUMIN SHRIMP & AVOCADO GAZPACHO

Nothing will cool you down this summer quite like this refreshing gazpacho appetizer topped with spicy grilled shrimp.



Yield: 6 appetizer-sized portions

INGREDIENTS

- 6 cleaned, de-shelled shrimp with tail still on
- 3/4 cup cumin seeds
- 5 limes

- 3 tablespoons adobo sauce
- 1/2 cucumber
- 1 green bell pepper
- 1 white onion

- 3/4 red onion
- 2-3 cloves garlic
- 2 avocados
- 1 cup cilantro
- 1 pint water

INSTRUCTIONS

1. To make the shrimp, toast cumin seeds in a skillet until slightly brown. Rub shrimp with the juice of one lime and adobo sauce. Cover with toasted cumin seeds.
2. Skewer shrimp and place on grill for approximately 5 minutes a side or until slightly blackened.
3. To make avocado gazpacho, add cucumber, bell pepper, onion, jalapeño, garlic and water to a food processor. Puree until smooth.
4. With a fine strainer, separate liquid from the pulp in a bowl and set aside the aromatic water.
5. In a clean food processor, blend avocados, cilantro, juice of 5 limes and one cup of the aromatic water. Garnish with coarsely chopped red onion, avocado and bell pepper. Place the grilled shrimp on top.

The First Friday in June is NATIONAL DOUGHNUT DAY!


Each year on the first Friday in June, people celebrate National Doughnut Day to honor the Salvation Army Lassies, the women that served doughnuts to soldiers during WWI.

The idea for Doughnut Day began in 1917 on the battlefields of France during World War I when Salvation Army workers served coffee and doughnuts to soldiers in the trenches. Rations were poor so the doughnut idea was conceived as a means of bringing the soldiers cheer. With limited resources, the treats were fried, seven at a time. The Salvation Army's Ensign Margaret Sheldon and Adjutant Helen Purviance cleverly thought of frying doughnuts in soldiers' helmets (hence the term "dough-boys").

In 1938, during the Great Depression, the Salvation Army started National Doughnut Day as a way to raise funds and bring awareness to The Salvation Army's social service programs.

Ready to celebrate?

Krispy Kreme and others have been known to give out free donuts...get 'em while they're hot!



Crossword

By Dave Fisher Answers on page 9

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20							21				22			
				23		24				25				
26	27	28	29			30			31					
32				33	34			35				36	37	38
39									40					
41						42		43						
				44				45			46			
47	48	49				50			51	52				
53						54			55		56	57	58	59
60						61			62					
63						64				65				
66						67				68				

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ACROSS

1. Corridors
6. Awakened
10. Dines
14. Expect
15. Desiccated
16. Atop
17. Appalling
19. Walking stick
20. Acid neutralizer
21. Lyric poem
22. Operatic solo
23. Fairy tale character
25. Not white
26. Stigma
30. Every 7 days
32. Hostile
35. Sunken
39. Wears away
40. Hit the sack
41. Greek goddess of fertility
43. Pamper
44. Military barracks
46. Any day now
47. Christmas song
50. Fakes opponents
53. Food thickener
54. Passenger vehicle
55. Be against
60. Nil
61. Irregular
63. French for "State"
64. A feudal vassal
65. A heavy dull sound
66. Arid
67. Poems
68. Affirmatives

DOWN

1. Laugh
2. Absent Without Leave
3. Frolic
4. Former Italian currency
5. Supporting column
6. Direction
7. American songbird
8. Set afire
9. Border
10. Mallee
11. 3-banded armadillo
12. Quinine water
13. Move stealthily
18. Coniferous tree
24. A wise bird
25. Hemorrhage
26. Outbuilding
27. Concern
28. "Smallest" particle
29. Re-beautify
31. Composer Jerome ____
33. Relating to a fetus
34. Applications
36. Storage cylinder
37. Therefore
38. Adolescent
42. Made less in size
43. Writing liquid
45. Save
47. Flogs with a stick
48. Onyx
49. Radiolocation
51. Dawn goddess
52. Piquant
54. Western tie
56. Barbershop emblem
57. Burden
58. Rational
59. Large North American deer (plural)
62. Commercials

THE FUNNY BONE

Yes, many of us were Home Schooled in many ways!

My mother taught me **TO APPRECIATE A JOB WELL DONE**: "If you're going to kill each other, do it outside. I just finished cleaning."

My mother taught me **RELIGION**: "You'd better pray that will come out of the carpet."

My father taught me about **TIME TRAVEL**: "If you don't straighten up, I'm going to knock you into the middle of next week!"

My father taught me **LOGIC**: "Because I said so, that's why."

My mother taught me **MORE LOGIC**: "If you fall out of that swing and break your neck, you're not going to the store with me."

My mother taught me **FORESIGHT**: "Make sure you wear clean underwear, just in case you're in an accident."

My father taught me **IRONY**: "Keep crying, and I'll give you something to cry about."

My mother taught me about the science of **OSMOSIS**: "Shut your mouth and eat your supper."

My mother taught me about **CONTORTIONISM**: "Just you look at that dirt on the back of your neck!"

My mother taught me about **STAMINA**: "You'll sit there until all that spinach is gone."

My mother taught me about **WEATHER**: "This room of yours looks as if a tornado went through it."

My mother taught me about **HYPOCRISY**: "If I told you once, I've told you a million times, don't exaggerate!"

My father taught me the **CIRCLE OF LIFE**: "I brought you into this world, and I can take you out."

My mother taught me about **BEHAVIOR MODIFICATION**: "Stop acting like your father!"

My mother taught me about **ENVY**: "There are millions of less fortunate children in this world who don't have wonderful parents like you do."

My mother taught me about **ANTICIPATION**: "You just wait until we get home!"

My mother taught me about **RECEIVING**: "You're going to get it from your father when he gets home!"

My mother taught me **MEDICAL SCIENCE**: "If you don't stop crossing your eyes, they're going to get stuck that way."

My mother taught me **ESP**: "Put your sweater on; I know you're cold!"

My father taught me **HUMOR**: "When that lawn mower cuts off your toes, don't come running to me."

My mother taught me **HOW TO BECOME AN ADULT**: "If you don't eat your vegetables, you'll never grow up."

My mother taught me **GENETICS**: "You're just like your father."

My mother taught me about my **ROOTS**: "Shut that door behind you. Do you think you were born in a barn?"

My mother taught me **WISDOM**: "When you get to be my age, you'll understand."

My father taught me about **JUSTICE**: "One day you'll have kids, and I hope they turn out just like you!"

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.

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

Answers on page 9 (courtesy of KrazyDad.com)

PLATINUM PICNIC

68th Annual

Save the Date

JUNE 7, 9 A.M.-1 P.M.

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Department of Community Services
Division of Community Resources

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