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lead and advocate

TEAM HOYT

page 4

Dick Hoyt with his son Rick

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Massachusetts

Credit freeze bill closer to passage

By MIKE FESTA, STATE DIRECTOR
AARP MASSACHUSETTS

Consumers are now two steps closer to having meaningful protections from identity theft.

The Massachusetts House of Representatives recently passed An Act Removing Fees for Security Freezes and Disclosures of Consumer Credit Reports (H.B. 4241 and S.B. 2304), and the Senate has now referred the bill to the Senate Ways and Means Committee, awaiting recommendation.

On behalf of 800,000 AARP members in Massachusetts, we praise our legislators for their support of this important bill, and urge the Senate to take final action to pass the bill and send it on to the governor for his signature.

One of the key provisions of these bills will prevent a consumer reporting agency from charging a fee when consumers elect to place, suspend or remove a security freeze from their credit report, giving the residents of Massachusetts the power to control access to their credit report without cost.

Older adults are increasingly the target for identity theft, and one of the most effective ways to protect consumers is through a security freeze, which safeguards a person's credit report. Without access to this information, identity thieves would be unable to obtain credit in that person's name, minimizing potential for fraud. These bills will go a long way in reducing the threat of identity theft for consumers.

With more access to credit due to their longer careers and higher incomes, older adults are the most common targets of identity theft nationwide. Individuals age 50-59 filed more than 7,200 complaints of identity theft in Massachusetts alone

in 2016, according to the Federal Trade Commission.

Credit reporting firm Equifax revealed in 2017 that hackers stole financial and consumer data on at least 143 million customers in the U.S., including at least 3 million residents of the commonwealth. It's quite possible that the personal information — including birth date, Social Security number, driver's license number and address — of many of us in this room has fallen into the hands of criminals. And just this week, Equifax indicated an additional 2.4 million Americans were affected by the breach.

A security freeze allows an individual to voluntarily restrict access to their credit report so that new lines of credit cannot be opened. Enacting such a freeze can make it more difficult for criminals to steal an identity and open up new credit accounts or loans in someone else's name. A credit report security freeze does not affect a person's credit score, and can be removed at any time. Currently, firms like Equifax can charge consumers whenever they freeze or unfreeze their credit report, and consumers trying to protect their identities would have to pay each of the three credit agencies every time they freeze or unfreeze their credit.

We thank Representatives Tackey Chan (D-Quincy), Jennifer Benson (D-Lunenburg), and Senator L'Italien (D-Andover) for their leadership and urge final passage of this bill in the Senate. We strongly encourage AARP Massachusetts advocates to call their Massachusetts State Senator at 617-722-2000 to offer support for this bill.

This system of charging consumers just to protect themselves from criminals has to end. Consumers in Massachusetts shouldn't have to pay to control access to their credit reports. AARP Massachusetts hopes the Senate will act swiftly to advance H.B. 4241 and S.B. 2304.

We look forward to working with all interested parties to ensure the final legislation protects all Massachusetts consumers.



Mike Festa

Making life better for people with dementia and their caregivers

By ALICE BONNER, PH.D., RN, FAAN
SECRETARY, MASSACHUSETTS
EXECUTIVE OFFICE OF ELDER AFFAIRS

A top priority for the Executive Office of Elder Affairs (EOEA) is promoting the best possible quality of life for individuals living with dementia and their care partners.



Alice Bonner

Dementia may be an unfamiliar term or one that is misunderstood. It describes a variety of changes in thinking, memory, and behaviors that

are not a part of normal aging. Alzheimer's disease is the most common form of dementia, but any form of dementia can cause significant problems that can impact a person's life.

An estimated 5.3 million people age 65 and older in the United States suffer from Al-

zheimer's-disease or related dementia, including an estimated 120,000 right here in Massachusetts. The number of Massachusetts residents with Alzheimer's is expected to rise to 150,000 by the year 2025, and continue to grow in the decades that follow. Because of this, we must prepare for many more people in our families and our Commonwealth living with some form of dementia.

I know about this issue all too well because, in addition to leading EOEA, I'm also a care partner for my mother, who is 88 years old and has Alzheimer's. I've seen first hand the challenges and stress that dementia can bring -- both for the person with the condition and for those of us caring for them. However, being a care partner for someone with Alzheimer's also brings opportunities and rewards. For example, when we go out for lunch in my mother's hometown of Northampton, there are many restaurants where the staff and servers recognize us and are willing to take a little ex-

tra time for her to figure out the menu. They are kind and patient; even if my mother's behavior isn't always "typical," we still can enjoy going out to lunch together.

This example of kindness and understanding is representative of work many cities, towns, and individuals are doing in Massachusetts to make life better for people with dementia and their care partners.

Last summer, the Alzheimer's and Related Dementias Acute Care Advisory Committee, which I was honored to co-chair with the Massachusetts Department of Public Health, delivered a set of recommendations for improved care of people with dementia when they are admitted to hospitals, emergency departments, and other acute care settings.

This is critical because we know that people with dementia are at higher risk of injuries, illnesses, and hospitalizations because of their condition. Often a trip to a busy emergency room or

inpatient hospitalization is very disorienting for people with dementia, and the dementia-related communications challenges can often make treatment more difficult.

The Commission recommended better planning to provide for the special needs of individuals with dementia, and that hospitals include the knowledge and the needs of care partners in that planning, especially regarding transfers and discharge to home. The recommendations also call for better training for hospital staff on the needs of people with dementia and their care partners.

Residents living with dementia also benefit from numerous activities that are part of Dementia Friendly Massachusetts. This grassroots movement's goal is making our communities safe, inclusive and respectful of people with dementia. There are more than 20 cities and towns that are actively implementing comprehensive dementia-friendly efforts

MassOptions page 4



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TEAM HOYT

Legendary father-son duo continues to inspire, lead and advocate



PHOTOSUBMITTED

Dick and Rick Hoyt

By BONNIE ADAMS
MANAGING EDITOR

The words “heros,” “legends” and “icons” are used so often now, they have almost become trite. But those words are truly ways to describe the father-son duo of Dick Hoyt and Rick Hoyt. For over 40 years, the two have inspired millions around the world as they have watched Dick,

and his son, Rick, who has cerebral palsy, compete in over 1,000 road races, marathons and triathlons. In doing so, they have also become leaders in helping to pave the way for others with disabilities, emphasizing the importance of inclusion of these individuals in all facets of daily life.

The story of Team Hoyt has been told many times, yet never

fails to impress. When Rick was born, he suffered a lack of oxygen to his brain, leading him to be diagnosed as a spastic quadriplegic with cerebral palsy. His parents were advised to institutionalize him – there was little hope, they were told, that their son would live a “normal” life.

But what those experts didn’t know then – and what the world knows now – the Hoyts do not give up. Rather, they accept every challenge sent their way with an amazing blend of positive thinking, hard work and love. Indeed, their motto now of “Yes, you can” was their philosophy right from the start.

“There is no such thing as ‘no,’” Dick said emphatically.

Rick’s parents fought for years to get him integrated into public schools, finally achieving that goal when he was 13.

It was in 1977 that Rick told his father that he wanted to participate in a five-mile benefit run for a schoolmate who had

been paralyzed in an accident. Although Dick had been active in team sports as a high school player, he was, he admitted, “not a long-distance runner” at that time. But he nevertheless agreed to push Rick in his wheelchair in the race.

The two came in next to last. But instead of being discouraged, Rick was thrilled, noting to his father, that when they ran, it “feels like I’m not handicapped.”

That was enough to inspire Dick to want to do more so Rick would continue to feel that way.

Over time the two entered more road races, ultimately building up to marathons.

“Everyone who runs a race dreams of doing a marathon, right?” Dick said.

As time went on, Dave McGillivray, a local race director (and who is now the Boston Marathon race director), suggested the Hoyts try a new

Team Hoyt page 10

Making life better for people with dementia and their caregivers

MassOptions
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in their communities, including the new program ‘Dementia Friends’.

Additionally, there are now more than 75 communities in Massachusetts with “memory cafés.” Memory cafés provide a welcoming place for people with dementia, their family, and friends to visit, relax and connect with others who understand the challenges and joys of dementia and caring for someone with the condition.

Want to get involved? You don’t need to have dementia or be caring for someone who does to take part in making our state

more welcoming for people with this condition.

Dementia Friends Massachusetts offers a one-hour information session on what dementia is and the simple things that you can do to support people living with the disease in your community. To find out more about attending a Dementia Friends information session, visit www.DementiaFriendsMA.org.

If you’re caring for someone with dementia and looking for help or services, call MassOptions toll free at 1-844-422-6277 or visit massoptions.org. MassOptions is a free public service connecting older residents and those with disabilities to the services they need to live independently.

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april

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to age
positively

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Publisher: David Bagdon
Managing Editor: Bonnie Adams ext. 14
Creative Director: Tina Berthiaume

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Ten ways to age positively

By JANE KELLER GORDON
ASSISTANT EDITOR

Geriatrician Dr. Jerry Gurwitz's challenge is to help his older patients maximize their quality of life. Longevity is not the ultimate goal.

"Successful aging is not defined by how long you live," explained Gurwitz, 61. "It's maintaining a functional and healthy lifespan that's most important. A lot of people would trade living a shorter, healthier and more functional life, than living a longer life with multiple illnesses and impaired function."

Gurwitz knew that he wanted to be a geriatrician before he started medical school. Growing up in Worcester, he enjoyed spending time with his grandparents. When he was in high school, he volunteered at the former Jewish Home for the Aged on Pleasant Street.



PHOTO/JANE KELLER GORDON

Dr. Jerry Gurwitz

Today, he wears many hats: researcher, teacher and clinician. Among his many positions, he is chief of the Division of Geriatric Medicine at the University of Massachusetts (UMass) Medical School, and the execu-

tive director of the Meyers Primary Care Institute, which is a joint research and educational endeavor of UMass Medical School, Fallon Health and Reliant Medical Group.

As a researcher, Gurwitz

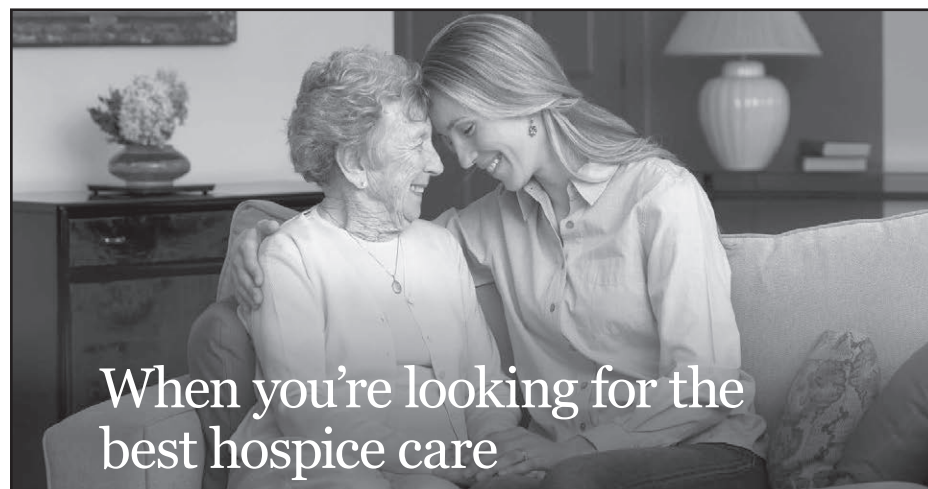
studies potentially preventable problems that occur in the routine use of medications in older adults in different clinical settings, including nursing homes.

As a clinician, he sees many patients who are living with multiple complex medical conditions, along with functional impairment, diminished cognitive ability, and limited supports. Many of these geriatric patients take numerous medications that may interact, producing difficult side effects and increasing healthcare costs.

"When I was training to be a geriatrician, one of my professors taught us that if you've seen one older person, you've seen one older person. People are so different and you can't generalize about the effects of aging," Gurwitz said.

"In the past, whether you were rich or poor, if you became functionally impaired, the only

Age positively page 7



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Ten ways to age positively

“Successful aging is not defined by how long you live, it’s maintaining a functional and healthy lifespan that’s most important.”

Dr. Jerry Gurwitz

Age positively

Continued from page 6

option was a nursing home or your family had to be totally committed to you,” Gurwitz said. “It’s better now that there are so many different options available, including a variety of home care services, assisted living, and Programs of All-inclusive Care for the Elderly (PACE) like Summit Elder-Care, to name a few.”

As for successful aging, Dr. Gurwitz emphasizes 10 things to maintain good health:

1. Exercise regularly.
2. Eat well.
3. Get a good night’s sleep, but don’t expect to sleep as long as when you were younger. Avoid sleeping pills and using alcohol to fall asleep.
4. Don’t smoke (including cigars).
5. Drink moderately, which means no more than two per night for a man, and one for a woman.
6. Maintain and foster relationships with friends and family.
7. Do something intellectu-

ally stimulating – take a course, attend public lectures, and read.

8. Follow health maintenance recommendations like periodic screening for diabetes, high cholesterol, high blood pressure, breast cancer and colon cancer. Make sure to get the flu shot and immunizations against pneumonia.

9. Help others.

10. Be an engaged member of your community.

Now that Gurwitz is approaching the age of many of his patients, he said, “I see them as my peers. I just need to make sure I start following all the advice I give to my patients.”



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A lifelong commitment to the military

By JANE KELLER GORDON
ASSISTANT EDITOR

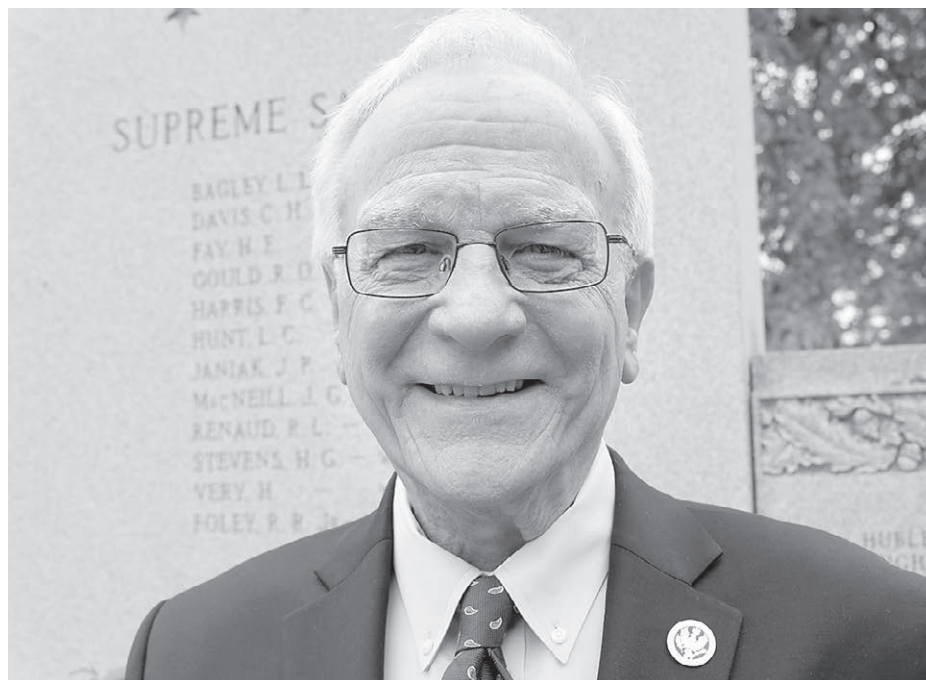
SOUTHBOROUGH – Chris Robbins, 74, believes that military training creates a lifelong backbone of leadership and character.

“We were trained in ways to optimize performance. I know that these skills carry over to business and government,” he said. “I can always tell when someone is military.”

Robbins served in the U.S. Army for 21 years: three years on active duty, and 18 in the Army Reserves, achieving the rank of major.

Serving in the military runs in Robbins’ family.

“My family’s service dates back before the Revolutionary War. My relatives served in the Battle of Bunker Hill (1775), the Battle of the Wilderness (1864), WWI, WWII, and the Korean Conflict,” he said.



Chris Robbins

PHOTO/JANE KELLER GORDON

Robbins grew up in Rye, N.Y., where he met his wife of 46 years, Terry, a retired English teacher. They have two children and three grandchildren. He and his wife have lived in Southbor-

ough since 1979.

A graduate of Defiance College in Ohio, Robbins received his master’s degree from Suffolk University. He embarked on a career as a teacher, which was

cut short in 1969. At the age of 25, Robbins was drafted at the height of the Vietnam War.

Robbins trained to be an infantry soldier and signal officer. His basic training was at Fort Dix in New Jersey, followed by advanced training at Fort Leonard Wood in Missouri, and officer’s training at Fort Benning, Ga.

While on active duty during the Cold War, Robbins served in the Army Security Agency, intercepting enemy information. He was the lead manager for a program called Spartan Pathfinder.

“We took recalcitrant soldiers through the rigors of leadership and an Outward Bound-like experience. After 30 days, they had the possibility of changing their impending discharge from dishonorable to honorable,” he said.

Towards the end of Rob-

Robbins page 9

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A lifelong commitment to the military

Robbins

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bins's active duty, he had orders to Vietnam. They were cancelled at the last minute; the war was winding down.

Unfortunately, that was not true for his close friend from Rye, who died in the U.S. of wounds sustained in Vietnam.

"I carry my friend close to

my heart in everything I do that's related to veterans. I think of him often," Robbins said.

During his time in the reserve, he worked in sales, marketing, training and consulting.

For his last few years in the Army Reserve, Robbins was the public affairs officer for a unit stationed at Hanscom Air Force Base.

Robbins is a former president and current board member of The Armed Forces Committee of Worcester County, a nonprofit that exists to honor and support area veterans.

"We are here to support area veterans," he noted.

In addition to his veterans' activities, Robbins is a member of the Economic Development

Committee in Southborough, and serves on the board of the Corridor Nine Area Chamber of Commerce. He is working on a fictional novel about terrorism in Boston.

Robbins is also on the board of Alliance Health and Human Services, a nonprofit that runs nursing homes and foster care programs.

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TEAM HOYT

Legendary father-son duo continues to inspire, lead and advocate

Team Hoyt

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challenge – triathlons. Rick was excited about doing one of those, too, Dick recalled.

“He is always so positive and willing to try anything,” Dick said.

But there was one problem – Dick didn’t know how to swim. He also had not been on a bike since he was 6 years old.

“I lived in a house on a lake so I had someone drop me off in the middle of that,” he recalled. “That’s how I learned to swim. Because you have to get back somehow!”

The two have competed in 257 triathlons (including six Ironman distances and seven half Ironman distances). While triathlons can be varied for the respective portion distances, the Ironman is particularly strenuous, requiring

“I have always loved sports. I just like to be moving and doing something. Even after I finish marathons I would come home and do yard work.”

Dick Hoyt

Dick pushing Rick 26.2 miles in a special racing wheelchair, towing him 2.4 miles in a dinghy while he swam, and pedaling 112 miles with Rick sitting in a special seat.

“We loved doing triathlons – we just love the challenge,” Dick said.


One of the many highlights of their storied career was meeting President Ronald Reagan. The former president had contacted Dick after watching an

self-confidence and self-esteem of America’s disabled young people through inclusion in all facets of daily life, including in family and community activities, especially sports, at home, in schools, and in the workplace. The Foundation also provides advice and support to groups and individuals who share this mission.”


For years, the Hoyts were familiar and beloved figures at the Boston Marathon but planned on 2013 being their last one. But the tragic bombings that day changed that. Although they themselves were not physically injured, their hearts were heavy. So they felt compelled to run again in 2014 as a way to honor those who had been killed or injured.

Rick has continued competing in Boston, running with family


Team Hoyt page 11



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Team Hoyt

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friend Bryan Lyons.

Last year was tough for Rick, as he was quite ill battling pneumonia. Thankfully he has made a complete recovery.

"He is in the best shape of his life now, he looks sharp and is very motivated," Dick said. "He just never gets discouraged or lets problems get to him. He is always positive."

As proud as Dick is of his son, he is equally proud of the eight Team Hoyt organizations around the country and Canada, which are set up to continue the mission of Dick and Rick - to enable those who cannot run the opportunity to run with the wind while being pushed in a running chair - to cross the finish line as Dick and Rick continue to do. Each group is made up of a board of directors that volunteers their time to assist these athletes.

At age 77, Dick is slowing now...a bit. He noted he is re-



Dick Hoyt pushes son Rick in the Marine Corps Marathon in Washington, DC in 1987

PHOTOS/SUBMITTED

covering nicely from back surgery that he had in December. He now works out in a gym most days but has been given the go-ahead to start running once the winter weather passes. He plans to run a 5K with Rick in April two days prior to the Boston marathon.

"I have always loved sports," he said. "I just like to be moving and doing something. Even after I finish marathons I would come home and do yard work."

He also continues to travel the country for corporate speaking engagements each year, as well as at local schools and other venues.

To Dick, age really is just a number. That "Yes, you can" attitude applies to everyone, no matter their age, he insists.

"You are never too old to do anything," he added. "You just have to have a positive attitude and try things."

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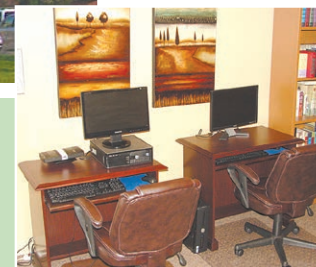
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travel and entertainment

Unusual town names from Allgood to Zig Zag

BY VICTOR BLOCK
TRAVEL WRITER

Vacationers seeking a double thrill enjoy an exciting whitewater rafting trip on the Colorado River followed by a zip line ride over the canyon through which the rapids race.

Eating rather than excitement is the goal of folks in North Carolina, while visitors to a tiny community in Minnesota have an immersion in Finnish culture.

If these travel experiences sound interesting, where they're located adds to their appeal. They're among countless towns and communities throughout the United States whose names are delightful and droll, sometimes comical and always curious.

Consider the Colorado destination. When Interstate 70 was being laid out there, a future exit was located near an unnamed village. Highway planners identified the off-ramp as "No Name" and the term stuck.

Despite this affront, No Name is not a no-show when it comes to attractions. Nearby parks offer hiking, biking, rock climbing and other outdoor pursuits as well as lovely waterfalls and breathtaking views.

The tale of the North Carolina community began when a settler thought that mist rising from a creek resembled meat-cooking pits he had seen. He called the

stream Barbeque and that name was adopted for the community which grew nearby. Visitors today may enjoy North Carolina-style barbeque in its chopped, sliced or pulled manifestations.

A small community in Minnesota holds the title of coldest place in the continental United States. When French animal trappers in the area had trouble navigating a river they called it "Embarras."

Later immigrants from Finland arrived in Embarrass (an "S" had been added) to work at mines and logging camps. They built houses, barns and saunas using traditional methods and

materials which provide tourists with an introduction to a slice of Finnish culture.

A very different lifestyle greets visitors to a community in Pennsylvania whose name has a double meaning. One explanation is that it was located at the intersection of two major roads. Another is that when the community was a British colony, social interaction among people -- called "intercourse" at that time -- was an important part of the culture.

The lifestyle of the Amish who live in Intercourse today has changed little over time. Manicured farms have no electric

wires, horses pull plows and buggies take the place of cars.

Other communities with enticing names have their own stories. A small town in New Mexico originally was called Hot Springs because of mineral-rich thermal waters which spas claimed could cure "anything that ails you." In 1949, the producers of the "Truth or Consequences" radio program sought a town willing to take on the show's name as a publicity stunt. The people of Hot Springs agreed and the rest, as they say, is history.

Countryside setting in Accident, Maryland



PHOTOS SUBMITTED

Travel page 13

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Unusual town names from Allgood to Zig Zag

Travel
Continued from page 12

No one is sure how Accident, Maryland, got its name. One story is that it came about, well, by accident. After British Lord Baltimore opened western Maryland for settlement in 1774, two men set out to survey the area. However they began to

chart the same tract of land “by accident,” and decided to call it that.

The name of Boring, Oregon, doesn’t describe what the community has to offer. Visitors find an antiques mall, pick-your-own-produce farms, and microbrewery tours and tastings, among other attractions. They

learn that a pioneer named William Boring settled in the area in 1856. Later town fathers, displaying a sense of humor, adopted the motto, “The most exciting place to live.”

Another idea to cash in on a town name came to an enterprising man in Georgia who sold pecans to people driving from the northeast to Florida. He incorporated his farm, named it Santa Claus and became its mayor. Later the land was developed as a housing community with street names like Candy Cane Road and Rudolph Way.

A very different story awaits visitors to a town in Michigan that was settled in 1838 by a man who operated a grist mill. When he was short of cash to purchase grain and he paid farmers with home distilled whiskey, some of them went on a several-day bender. Asked where their husbands were, wives often replied, “He’s gone to Hell again.”

According to local folklore, when townspeople were seeking an official name for the community the mill owner remarked, “Call it Hell. Everyone else does.” Hence a new industry was born, based on tourism. Today people are invited to “Bring your family for a little bit of Hell on Earth” to mail postcards from the Hell Post Office, and to drop by the Hell ice cream store.

If none of these humorously named hangouts prompts you to consider a visit, there’s an alphabet-long list of other alternatives, from Allgood, Alabama, to Zig Zag, Oregon. Not to mention Looneyville, Texas, and Little Heaven, Delaware; Money, Mississippi, along with Marmaduke, Arkansas, and Ding Dong, Texas, as well as Disappointment, Kentucky. The choices cover the country, tempt the imagination, and offer a different way to explore and experience the United States.



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Finnish architecture in Embarass, Minnesota



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Author shares joy of healthful green cleaning

By ED KARVOSKI JR.
CULTURE EDITOR

NORTHBRIDGE – Leslie Reichard of Northbridge often got sick in the 1990s when she owned a home cleaning service and used certain products. While her doctor diagnosed the frequent illnesses as possibly an immune deficiency, she stumbled upon a different solution. Green cleaning became her natural remedy.

Now as the author of “The Joy of Green Cleaning,” she spends much of her time publicly sharing a healthier way of doing daily chores.

“When you spray a cleaner, and feel it in your throat and eyes, that’s your body telling you there’s something wrong – you shouldn’t be using it,” she said. “Whenever I got sick, I wouldn’t just get a cold; I’d get pneumonia or bronchitis. One time, I got poison ivy in the



Leslie Reichard, author of “The Joy of Green Cleaning”

middle of winter.”

Also at that time, Reichard inherited her great-grandmother’s Bible. Tucked inside of it she found an old-fashioned laundry soap recipe consisting of four ingredients: baking soda, washing soda, oxygen bleach or borax, and Ivory soap grated flakes.

“It was unbelievable how well it worked,” Reichard declared. “It works differently than our laundry detergent today. It pulls the dirt out and leaves no residue. My clothes were getting clean without a funky smell or feeling stiff.”

Reichard compiled more recipes with common household ingredients and wrote “The Joy of Green Cleaning.” Her book explains how to clean without toxic chemicals. She recommends for homes to have four basic items stocked to use as ingredients.

Green cleaning page 15



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Author shares joy of healthful green cleaning

Green cleaning

Continued from page 14

“You can make a ton of different cleaners with vinegar, baking soda, salt and lemon juice,” she said. “The cleaning industry doesn’t tell you what’s in their products. They call it an ‘active ingredient.’ The government says its proprietary information.”

When Reichard encounters skeptics reluctant to invest time and energy into green cleaning, she challenges them to make a simple cleanser to replace commercial products such as Comet.

“Comet has seven carcinogens and 146 airborne allergens in it,” she noted. “We can make the same thing and it will work better, with only three ingredients: baking soda, table salt, and either oxygen bleach or borax. Mix a cup of each together. You can add seven to nine drops of essen-



Leslie Reichard on “The Dr. Oz Show”

tial oil for fragrance to trick your brain. If it doesn’t smell like a cleaner, you’re not going to use it.”

She shared green cleaning tips twice in 2015 with viewers of “The Dr. Oz Show.” First, she was among a panel of guests discussing various ways to use olive oil. Reichard

cleans refrigerators with it.

Several months later, she was invited back to “The Dr. Oz Show” along with inventor and entrepreneur Lori Greiner of ABC-TV’s “Shark Tank.” Greiner was asked to determine if Reichard’s green all-purpose cleaner is a “fix or fail.”

Reichard created her “happy hour cleaner” with vodka, white vinegar, lemon juice, essential lemongrass oil and castile soap. She demonstrated her cleaner on a dirty countertop. A member of the show’s medical team tested how effectively it disinfected the scrubbed area. The test results scored impressively well and Greiner deemed Reichard’s green cleaner “a fix.”

“It’s satisfying to be able to clean your home in a healthy way,” Reichard said. “It’s so ironic that some of the cleaners that we use have such nasty things in them. The joy comes from keeping your home, family and pets in a natural way.”

“The Joy of Green Cleaning” is available at online retailers in paperback and eBook. For more information, visit greencleaningcoach.com and on Facebook at [facebook.com/GreenCleaningCoach](https://www.facebook.com/GreenCleaningCoach).



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Nonprofit uses ancient custom of 'gleaning' to provide fresh produce for the hungry

BY VALERIE FRANCHI
CONTRIBUTING WRITER

Most of us don't think about what happens to surplus crops that are unharvested, but a Massachusetts nonprofit organization has made it its mission to ensure they are not wasted. Boston Area Gleaners, founded in 2004, coordinates with local farms to harvest and distribute crops that would otherwise go unused.

According to the organization's website, "gleaning" is the act of collecting surplus crops from farmers' fields. In ancient times, landowners invited peasants onto their fields after the main harvest to take what was left over. Gleaning was a method of improving food security for the poor.

"A large amount of food is wasted," explained Education



PHOTOBOB DURLING

Volunteers show off some of the produce they harvested from a local farm.

and Outreach Coordinator Jack Leng. "An average of 20 percent goes to waste on farms alone."

He noted that farmers have excess produce for various reasons, such as bumper crops, impending weather events, lack of staff or time to harvest, or imperfections that make produce

unmarketable.

"What is not harvested is eventually broken down and turned into soil so it's really not wasted," Leng said, "but farmers want to see their crops eaten. They've put time and energy into growing it, so our relationship with farmers is mutually beneficial."

Boston Area Gleaners was founded by Oakes Plimpton, who was retired from Waltham Fields Community Farm.

"He worked out of a mini-van," Leng noted, adding that the organization grew exponentially through word of mouth and outreach. It was incorporated in 2007.

By the end of 2017, Boston Area Gleaners volunteers will have harvested more than 600,000 pounds of crops from over 50 farms in eastern Massachusetts. Leng noted that it is the only organization that harvests food directly from farms in Massachusetts for distribution to hunger relief organizations, such as Boston-area food banks, pantries, meal programs and low-income markets.

"We work with 25 smaller relief agencies and three big

Gleaners page 17

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Nonprofit uses ancient custom to provide for the hungry



(Left) Volunteers glean surplus carrots from a local farm. Photo

(Below) A volunteer carries a box of produce packed for distribution.



PHOTOS/BOB DURLING

Gleaners
Continued from page 16

distributors who work with hundreds of other smaller organizations,” Leng said.

Since it began, Boston Area Gleaners has gleaned over 1.8 million pounds of fresh local produce for the benefit of people in need. By 2019, they hope to collect one million pounds of crops every year.

Leng said by next year they hope to be able to track the food from the farm all the way to the individuals who receive it so they

know exactly where the crops are going.

Like most nonprofit groups, Boston Area Gleaners depends on volunteers.

“We are only as strong as our volunteer force,” Leng admitted. “It’s not easy work; it’s intense labor. But we have a diehard following.”

Volunteers can “get outside, embrace a traditional work ethic, and meet people who believe in a common cause,” according to Leng.

The group has hundreds of

volunteers, but there’s always need for more – to harvest, transport, pack and deliver the crops.

In addition to individual volunteers, Boston Area Gleaners enlists groups from corporations, educational institutions

and faith-based congregations.

The organization’s ultimate goal, according to Leng, is to “leave no crop behind.”

To become involved or to donate, visit bostonareagleaners.org or call 781-894-3212.

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caregiving tips

Improve overall health with proper breathing

By MICHA SHALEV
MHA CDP CDCM

Deep breathing exercises just might save your sanity. The next time you feel angry, stressed or anxious, pay attention to your breathing. Chances



Caregiving Tips

are, when negative emotions run high, your breaths become short and shallow. In fact, I would bet that many of us rarely more than a couple deep breaths during an entire day, even when we're not feeling stressed (and when is that?). And if you're not taking deep breaths,

you could be missing out on one of the simplest ways to drastically improve your health.

Stress management is an important key for improving your health and quality of living, and I believe deep breathing exercises are a foundational principle of managing life's stresses. Whether you experience negative emotions or physical pain, the body responds in a similar way every time. You may experience a rapid heartbeat, tightening muscles, dilated pupils and perspiration in addition to short, quick breaths. This is not only an instinctual reaction, but a habit the body has developed over time in response to stressful situations. And any time you feel a twinge of anger or anxiety coming on, the body starts pumping out the juices (namely adrenaline and cortisol) that fuel this response

once again.

In Eastern cultures, great significance is placed on proper breathing techniques, and for good reason. Proper deep breathing lowers your heart rate; lowers blood pressure and cardiac output; increases blood oxygen levels; promotes clearer thinking; relieves stress; increases metabolism; improves circulation; and supports detoxification. Proper breathing can even help prevent heart attacks.

In Western cultures, however, little emphasis is placed on breathing methods, which can lead to, or exacerbate, many health problems. Fortunately, changing your breathing habits is something you can do quite easily once you understand how.

Here is a simple Far Eastern breathing exercise you can do to "train" your body to breathe in a more efficient manner. It will help your body better use oxygen, increase your energy levels, improve clarity, and promote an overall feeling of calmness.

1. Start by counting how many times you breathe each minute. In a relaxed sitting posture, most people breathe anywhere from 15 to 25 times a minute. (After practicing these exercises, your breathing rate may drop to as low as five times a minute, with a greatly increased level of oxygen use.)

2. Lie down on either a bed or the floor. Place a fairly heavy book (a large phone book works well) on your abdomen just below your navel.

3. Breathe through your nose, inhaling in such a manner that you raise the book. When you exhale, the book should lower.

4. Continue practicing this until this breathing pattern be-

comes natural.

Although this is exactly the way we breathe during sleep - by inflating and deflating our lower abdomen - for some reason our breathing becomes more labored and inefficient during our waking hours. We seem to shift everything up to our chest area and breathe more shallowly.

Here are some more general rules for more efficient breathing:

- Breathe through the nose as much as possible. The nose pre-warms, moistens, and filters the air before it reaches the lungs.

- Stand erect with your hands to the side. Begin to inhale slowly and concentrate on allowing the air to fill the lower portion of your lungs first. To do this you must relax your abdominal, or stomach, muscles.

- While still inhaling, let the air fill the middle portion of the lungs as you let the rib cage relax and expand.

- Continue inhaling as the upper part of the lungs fill. As this happens, gently raise your collarbone and pull your shoulders up and back.

- Now exhale reversing the above sequence - that is, let the air release from the upper lungs by relaxing the collarbone and shoulders, then the middle portion of the lungs, and so forth.

- Make sure your breaths are even, and visualize each section of the lungs completely filling with air. As you fill the upper portion of the lungs, picture your chest expanding and your shoulders becoming more erect and higher.

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Micha Shalev MHA CDP CDCM CADDCT, is the co-owner of The Oasis at Dodge Park, Dodge Park Rest Home and The Adult Day Club at Dodge Park located at 101 and 102 Randolph Road in Worcester. He holds a master's degree in healthcare management and is a graduate of the National Council of Certified Dementia Practitioners program, and well-known speaker covering Alzheimer's and dementia training topics. He can be reached at 508-853-8180 or m.shalev@dodgepark.com. Archives of articles from previous issues can be read at www.fiftyplusadvocate.com.

money matters

You're a winner

BY ALAIN VALLES, CRMP,
MBA, CSA
MANAGING DIRECTOR
HELPING HANDS COMMUNITY
PARTNERS, INC.

"The winner is..." – YOU!

I enjoyed watching the Academy Awards last month to see the surprised and happy faces of the film artists in the lesser known categories like best production design, costume design, or sound mixing – all the people behind the scenes who work



Reverse Mortgage

so hard but are often not acknowledged.

As the Managing Director of the nonprofit housing organization Helping Hands Community Partners, Inc., my observation is that our senior homeowners are the "behind the scenes" backbone of America – often overlooked, forgotten, and taken for granted. Or worse, taken advantage of and not given the resources necessary to make sound housing decisions.

You don't you feel like you're winning?

FACT: Of the \$26 trillion dollars of real estate owned in the U.S., older Americans (55+) control over two-thirds of the housing wealth. You may have owned a home for decades and built up equity, but might not feel like a winner. Why? My research and experience of helping thousands of

homeowners helped me to develop the following list:

- Living costs have increased, so you need a little bit more monthly cash flow every year
- You are still making a mortgage or home equity line payment
- Credit card balances have increased with higher interest rates
- You need to make home repairs or desire home improvements
- Real estate taxes are increasing
- A stressful life event occurs: retirement, divorce, caring for children and grandchildren, health crisis, loss of a spouse
- You are house wealthy but "cash poor" and cannot afford to enjoy traveling, being with family, or helping loved ones

financially

- You don't have a financial plan to remain independent

How to WIN

If you are an older homeowner, now is the time to gather information and facts to analyze your future housing options. You may be able to stay the course. Or you may need to refinance, obtain an equity line, sell your home, or obtain a reverse mortgage. The hard part is making a decision. But doing nothing will surely lead to regret. And the sadness and disappointment over "what could have been" is brutal, especially if it could have been avoided. The first step is to contact our organization to learn about different housing options.

In particular, if you're 62 or older and own a home with

You're a winner page 20

SUPER CROSSWORD PUZZLE

"OH GEE"
(answers on page 20)

ACROSS

- 1 Pres. Lincoln
4 Bar mitzvah officiant
9 Placed a burden on
14 Broke, as a horse
19 Fake signatures
21 Billy Joel's "— Extremes"
22 Rock's Cooper
23 "The Golden Girls" co-star being a rascal?
25 Bit of gossip
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33 Mean beasts wearing disguises?
35 Burg
38 Life story, for short
40 Suffix with cloth or cash
41 With 45- Down, place for paternity testing
42 "Sad to say ..."
43 Record of the years

- 47 Serpentine fish
49 Unearthly
53 Stared creepily at a group of wolves?
56 Long deli sandwiches
58 Pretend to be
59 Mythical man-horse
60 Red chapter heading, e.g.
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64 In re
67 Minerva, to the Greeks
69 Comes out on top
70 "Make no edits to those script lines!"
76 Sleek, informally
77 How some freelancers work
78 Bellyache
79 Iditarod Trail animal
81 Very spirited
84 Swiftly
89 Brand of fruit drinks
90 Notion, to Luc
92 Heavy work shoe filled with currants?

- 95 Comedian Smirnoff
97 Apr. clock setting
99 Countdown expression
100 Manila money
101 Lively spirit
103 Smidge
105 Phys ed class
106 Epochs
107 Airport area that's only an illusion?
114 Stair unit
116 Mexican revolutionary
117 Oasis beast
119 Capital of the Beaver State
123 Poe's bird
124 Evil poet
128 Belgian port
129 Wise up
130 Aggressively defiant
131 — Domingo
132 Unable to relax
133 Composer Erik
134 "Prob'ly not"

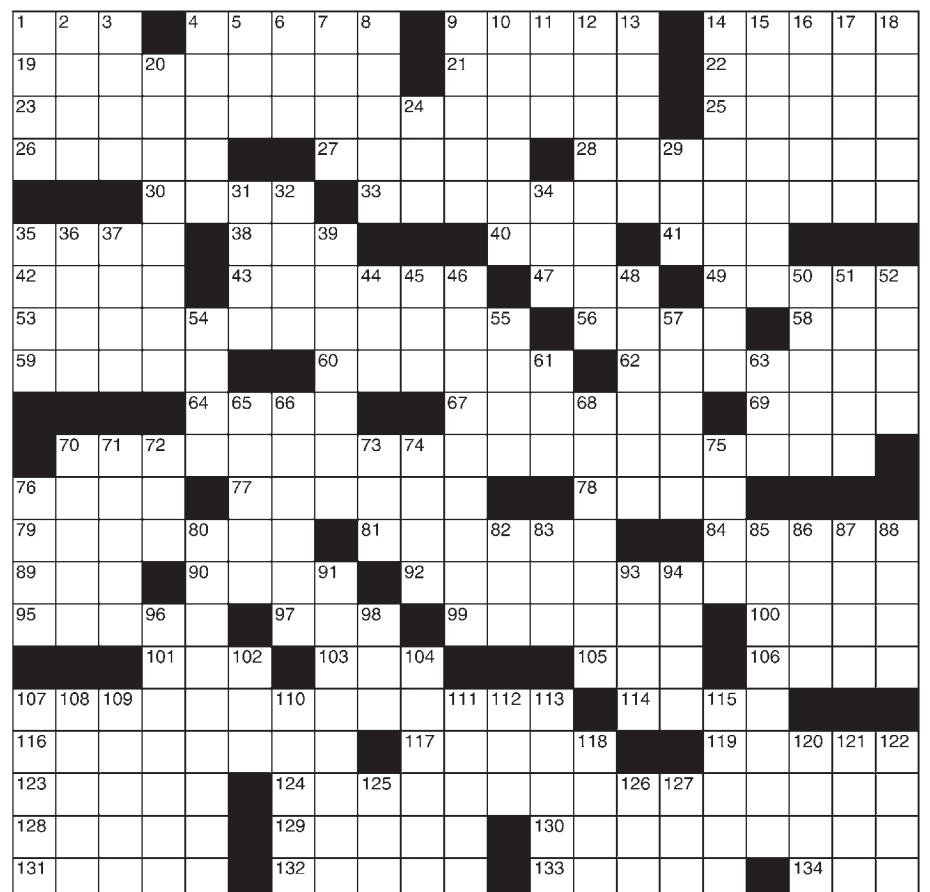
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20 Brown-and-white cow
24 Get from — B
29 '60s drug
31 Blind as —
32 Ho Chi —
34 Golf peg
35 New Mexico ski spot
36 Bond girl Kurylenko
37 Drawer
39 Burdensome

- 44 Storekeeper on "The Simpsons"
45 See
41-Across
46 Try to harm with claws
48 Angola's capital
50 Cosine, e.g.
51 Cake topper
52 JFK guesses
54 "Blast!"
55 Kin's partner
57 Linda of "The Exorcist"
61 "— -ching!"
63 Hole tool
65 Stomached
66 Used a tool to grab, as an ice block
68 Engraved work of art
70 Screenwriter Ephron
71 Big name in vacuums
72 "Yes" signal
73 EMS skill
74 Tune in to
75 On — with (similar to)
76 Pasty
80 Enters headfirst, as a pool
82 Cup edge
83 "So far — know ..."
85 Any of six pontiffs

- 86 Wine ripener, e.g.
87 House, south of the border
88 Son of Seth
91 Female hormone
93 Van —, Calif.
94 Cellar, in apt. ads
96 Luxurious
98 Piper's cap
102 School gp.
104 Kitchen choppers
107 Arctic floaters
108 Large city in Nebraska
109 Established fact
110 — Gay (warplane)
111 Tot watcher
112 Latin "I love"
113 Some jabs
115 Suffix similar to -like
118 Pre-euro Italian money
120 Security claim
121 Italian peak
122 Tall tale
125 "Gimme —!" (rude demand)
126 Granola bit
127 Here, in Lyon



Barry Scott finds his groove with 'The Lost 45s'

By ED KARVOSKI JR.
CULTURE EDITOR

BOSTON — Radio deejay Barry Scott is committed to keeping more of the notable 1970s and '80s recording artists' songs heard during an era of tight playlists. He coined the phrase "The Lost 45s" in 1981 while a freshman hosting his show at Emerson College in Boston, where he studied radio, communications and creative writing. "The Lost 45s" is currently syndicated on 52 radio stations nationwide and available 24/7 online.

His vast record collection began while growing up in Newington, Conn.

"I bought tons of 45s," he recalled. "I never wanted to do anything other than be a radio deejay."

Scott's passion was encouraged by his middle school music teacher Katherine Brinnier, to whom he dedicated his book "We Had Joy, We Had Fun: The Lost Recording Artists of the Seventies." She subscribed to the music industry's Billboard magazine and posted its weekly top-100 songs in her classroom.

"It was invaluable what I learned about the industry before I started working," he said.

His radio education continued while in high school as an intern



Barry Scott (second from left) with (l to r) Paul, Susan and Bill of The Cowsills last summer at Hampton Beach

Barry Scott with David Cassidy during his 1997 book-signing appearance for "Could It Be Forever? My Story" at downtown Boston's Barnes & Noble



PHOTO SUBMITTED

at Hartford's WPOP. In addition to writing advertisements and news copy, he learned the personal impact of a station abruptly changing its longtime format.

"I cried the day when WCOP switched from top-40 music to all-news," he acknowledged.

After moving to Boston in 1981 to attend Emerson, Scott proposed an idea for a radio show on the college's station WERS. He needed to describe

why it would be unique.

"Once disco ended in 1979, no stations played '70s music," he explained. "My show was called 'Gold Rush' with songs from the '50s, '60s and '70s. When I played a Partridge Family song, saying that it was a 'lost 45,' the phone lines lit up. 'The Lost 45s' became the show's highlight."

Scott graduated from Emerson in 1985. On his 21st birthday, March 4, 1986, "The Lost 45s" launched with '70s and early-'80s music on Boston's commercial radio station WZLX. It subsequently aired on five other Boston stations, most recently WROR up to 2014. While the show continues online and in 52 markets nationwide, Scott is hopeful that it will return to a Boston radio station.

"The show deserves to be back in its hometown," he said. "I get emails and Facebook notes every day asking why I'm not on in Boston. My goal is to better serve people over 50 by giving them the other 90 percent of the music they grew up with — songs that aren't getting played on any Boston stations."

"The Lost 45s" has also featured over 900 recording artists' interviews. Soon after the show's 1986 commercial debut, Scott's first



Barry Scott

interview was with Terry Jacks. An 11-year-old Scott bought the Jacks album with his hit single "Seasons in the Sun."

"Seasons in the Sun" was the biggest-selling 45 of the '70s with 11 million copies," Scott noted. "But no other deejay would play it after the '70s."

Scott produced a tribute to his show's most frequent guest, David Cassidy, soon after he passed away Nov. 21, 2017. Throughout the years, Scott brought Cassidy to Boston to perform concerts at dance clubs including Avalon and Zanzibar.

"David was on the show more times than any other artist," Scott noted. "He was always available for a call into the show. He always treated me and fans very well."

Scott plans to continue sharing "The Lost 45s" with more new interviews into the future.

"I'm still as excited about doing the show now as I was in college," he said. "It's still just as fun as it was then."

For more information about Barry Scott, visit lost45.com and facebook.com/lost45s.

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You're a winner
Continued from page 19

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Alain Valles is Managing Director of Helping Hands Community Partners, Inc. and was the first designated Certified Reverse Mortgage Professional in New England. He obtained a Master of Science from the M.I.T. Center for Real Estate, an MBA from the Wharton School, and graduated summa cum laude from UMass Amherst. Alain can be reached directly at 781-724-6221 or by email at av@hhcp.org

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Answers to Super Crossword

(puzzle on page 19)

A	B	E	R	A	B	B	I	L	A	E	D	T	A	M	E	D	
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When a blessing becomes a burden

BY MARIANNE DELOREY, PH.D.

My grandmother was a crafter and a collector. She hand-braided rugs, created beautiful decoupage, quilted, and probably had her hand in many, many other crafts. She also collected antiques. Her house was full of interesting knick-knacks – a spinning wheel, mahogany bedroom set, bookcases full of hair receivers, hat pins, and various and sundry other prizes.



Housing Options

When she died, my grandmother left a house full of treasures for her family to go through. I consider myself lucky. I inherited the hair receiver collection and many half-finished quilts. I had already been given many pieces of decoupage over the years, too. After the dust settled, however, I thought back on what I received and how I relate to these things today. Here is what I learned.

The half-made quilts were a treasure at first. I finished two of them and gave them to my brothers as a memento. I know one brother's dog ate one quilt and I haven't seen the

other quilt in years. I assume it is gone. There is one other half-made quilt that I intend to finish for myself. But right now, and for the last almost 20 years, it has remained a project, and a psychological burden. This doesn't mean that I won't eventually finish it and love the quilt, but even if I do, it has offered me more discomfort in the 20 years since she died than it can possibly offer joy in my remaining years.

The hair receivers were my pride and joy. I loved them, I displayed them, and then I had kids. They sit in storage now, boxed up and unappreciated. Maybe I will get them out one day. But they will require dusting. I love going to antique stores and seeing them. I love that they are somewhat unusual and not everyone knows what they are. I love having the connection with my grandmother of someone who can appreciate an old item. But in reality, I would have been just as happy with one as I am with the whole collection.

The decoupage still reminds me of her, but I have none of it hanging in my house. I'm not quite sure why, maybe it just doesn't go with the other *ahem* art on the wall. When I take it out and look at it, I do marvel at how creative she was. I wish I had learned more from her. But the decoupage itself is not as appreciated as I would think.

Now, when the house was being cleaned out, my cousin, Paul, asked for one, old, broken item. The rest of us did not think of it because it had no actual value. But all of us, upon hearing that he received it, felt a pang. THAT was the piece that mattered. It was an old cookie jar. Since it had been broken and re-glued, he never has to worry about accidentally breaking it. And that was what we remembered the most – going to Grammy's house meant we could get a treat. Sometimes just being with Grammy was a treat. And that cookie jar was the ultimate symbol of Grammy's affection.

A few years ago, I found the same style cookie jar on eBay. I bought it and gave it to my brother. I have a sweet

picture of his youngest son eating cookies right out of that jar. And that picture means more now than all the other stuff I inherited.

My advice to people who are looking to downsize or give away prized items to family members is to think twice about saving special heirlooms for after you pass. They can be a burden to the family, who hold on to items that aren't needed or wanted out of sentimental and guilt value. Give them a cookie jar – something that can be broken or thrown away if needed. Give them something that holds all the memories you need. Tell them a story and give them a picture of the item. If you must, give them the item, but also give them permission to throw it away.

Marianne Delorey, Ph.D., is the executive director of Colony Retirement Homes. She can be reached at 508-755-0444 or mdelorey@colonyretirement.com and www.colonyretirementhomes.com. Archives of articles from previous issues can be read at www.fiftyplusadvocate.com.

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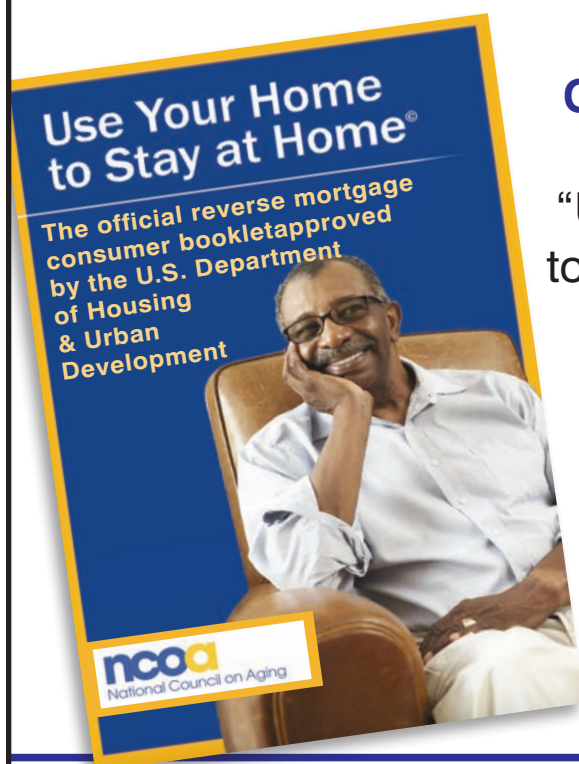
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Visit the past. It's safer.

By JANICE LINDSAY

For this column, I delve into the past. I need a vacation from the present, which I find a bit scary, given current events and politics and all. The past seems a safe place



Inklings

to visit, at least for a while.

The most restful part about visiting the past is that we know how things turned out. We don't have to wonder, or worry

about, what happens next.

For example, I know that I was born. This was not a certainty at the time.

Some decades ago this month, a young couple awaited the birth of their first baby. Also waiting were people who could call themselves grandparents, aunts, or uncles only if I arrived safely, as I would be the first of the next generation.

I almost didn't arrive. My mother suffered in labor for three days. Apparently, I could not decide if I wanted to leave my warm, safe environment for the uncertainties of the cold, noisy world outside. I almost chose not to, and I almost took her with me. I don't remember why I finally decided to venture forth.

I cannot imagine the worry of those who waited for me to decide. They could not foresee that they would eventually welcome a healthy baby girl who would be their hearts' delight, until my little sister came along, then those aunts and uncles would welcome hearts' delight babies of their own.

Another restful reason to visit the past is this: Unlike the present, where all our personal flaws and foibles are constant companions, when we visit the past, we can leave out the inconvenient bits.

For instance, when we were very little, my sister felt

inspired to bite me. I can still see her tooth marks on my innocent, chubby arm, two perfect horseshoes of indents. Of course, I did nothing to inspire her anger. I do not remember doing anything, ever, to treat her unkindly. I do not understand why here favorite consolation when something bad happened to me, after she learned to talk, was "That's God paying you back." Paying me back for what?

A third pleasant and entertaining reason to visit the past is that, unlike in the present where everything happens in sequence and we have to wait for what's next, when we visit the past we can jump around.

Hop from yesterday's computer misadventure; to the afternoon our old cat got his head stuck in an empty can of baked beans (he survived); to the morning my two-year-old son locked me out of the house; to the day I was driving home from school on the main road and the muffler dropped out of my rattletrap, dragged along the road by a rusty pipe, creating embarrassing sparks and cacophony.

When we visit the past we find that it's not all as delightful as the time when I was 11 and we lived on a cove and had a hurricane and the drugstore lost its electricity and it couldn't be turned back on because the wires were wet and their soda fountain ice cream was melting so they had to give it all away for free and they had a huge supply of our favorite, butterscotch crisp.

When we visit the past, we sometimes see things that we wish hadn't happened. We sometimes see things we can't understand, even in the light of the present. But we can't change anything in our past, we can only try to learn from it. For example, you might learn that, if you're nice to your little sister, maybe she won't bite you.

Contact jlindsay@tidewater.net

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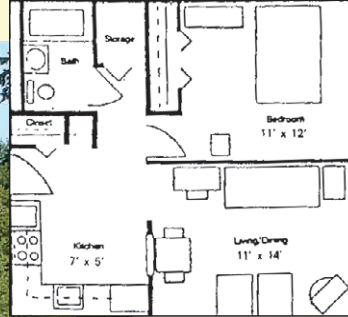
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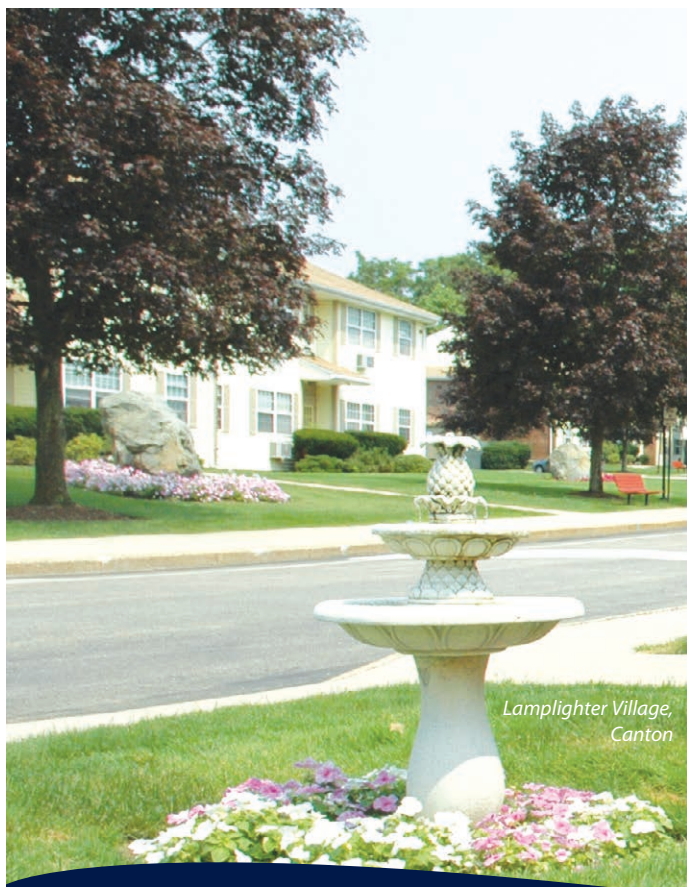


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