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February • 2026

Issue 12
49th Year

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Wednesday Cribbage

12/3/2025

Lois Bruzek	7	115
Marie Pelletier	7	75
Deb Slack	6	187
Bill Westerman	6	167

12/10/2025

Jim	5	346
Joseph Dawson	5	345
Lisa	5	319
Kate Golden	5	313

12/17/2025

Deb Slack	7	98
Glenn Gifford	6	211
Chuck Davis	5	317
Mort Mortenson	5	315

12/24/2025

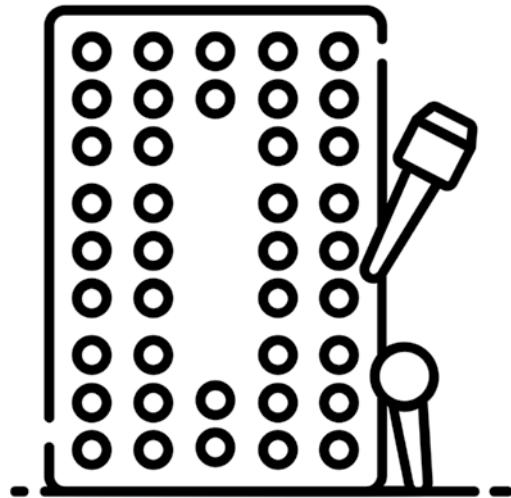
Janice Holtsberry	5	334
Deb Slack	5	293
Ruth Sproule	5	282

12/31/2025

Ruth Sproule	6	198
Simone Dawson	5	349
Deb Slack	5	329

Fee to Play \$5.00

Starts at 5:30 PM @ CH





EUCHRE SCORES

12/10/2025

Loners	Mike Pitz	3
1st Place	Carole Tricco	55 HH
2nd Place	Gary Burk	55
3rd Place	Betty Bober	53 HH
4th Place	Gus Agostinelli	53
5th Place	Bill Kohls	52

12/17/2025

Loners	John Tricco	6
1st Place	Carole Tricco	62
2nd Place	Pat Peever	45
3rd Place	Betty Bubelis	44
4th Place	Jessica Keyes	43

1/7/2026

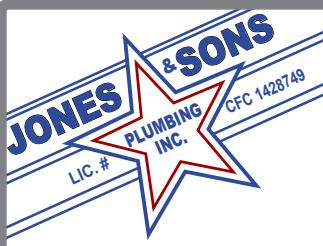
Loners	Gary Burk	6
1st Place	Nick Malenka	61 HH
2nd Place	Bill Kohls	61
3rd Place	Donna Tarvin	57
4th Place	Pat Peever	55
5th Place	John Tricco	54



Thank you to all the players that make our evenings so entertaining and enjoyable and for all those that help to set up and those that redress the Clubhouse each week. I thank you ever so much!

Sincerely, Sue Berton





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February Birthdays

2	Frank Reis	15	Bill Dixon
2	Donna Sprague	15	Pat Richards
2	Greg Taylor	15	Sally Wisniewski
2	Paul Thibault	16	Phil Glynn
4	Gary Burk	16	Wendy Lavigne
4	Wayne Stoner	16	Peter Perigrino
5	Debbie Bauman	16	Dennis Waite
5	Richard Champagne	17	Matthew Adams
5	Jack Conaboy	17	Bill Debar
6	Mike Davenport	17	Ross Minichiello
6	Kevin Digilio	18	David Hirst
6	Randy Dunn	18	John Szakal
6	Wayde Lively	20	Severina Karalis
6	Michael Nowak	20	Ron Paul
7	Jerry Casbohm	21	Robert Bosch
7	Cindy Yurchis	21	Janie Lang
8	Peg Gifford	21	Gloria Zurfluh
8	Lisa Homerston	22	Claire Caron
8	Ken Rodgers	22	Ron Duguay
8	Margie Strickland	22	Glenn Gifford
9	Frank Niziolek	24	Michael Bowser
9	Annette Small	24	Mitch Frail
10	Cookie Mortenson	24	Brian Hurley
11	Dennis Hoffer	24	Ron Naglic
11	Angele Lanovaz	25	Bob Burns
12	Doris Lanthier	25	Mo Caron
12	Lu Quenville	25	Rick Hudson
12	Bonnie Ruff	25	Lori Jariz
13	Karen Lipa	25	Bea Meagher
13	Terry Riley	27	Rita Bennett
14	Gerald Chantigny	28	Doug Emery
14	Grant Franjone		

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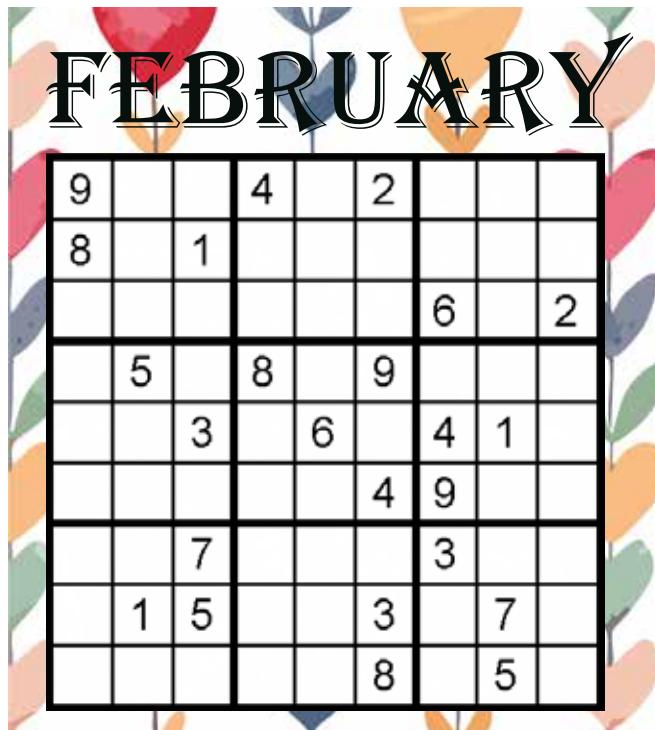


February Anniversaries

3	Mark & Carol Lipscomb	
4	Kevin & Tammy St. Pierre	
8	Dick & Patti Cepela	
11	Bob & Julie Burns	2011
13	Mort & Cookie Mortenson	1971
14	Jeremy & Deanna Call	1998
14	Glenn & Peg Gifford	1959
14	Allen & Mary Tavernier	2011
15	Richard & Carol Tracy	1997
17	Ray & Sandy Barrow	1968
17	Mike & Norma Surano	1962
27	Hugh & Deborah Matthews	1981



Happy Anniversary!





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Monthly

African American History Month. An annual observance to recognize and commemorate African American culture, African American History Month (or Black History Month) is celebrated annually in the United States and Canada in February, and in the United Kingdom in October.

Dog Training Education Month. Every day of the month, perform one training activity with your dog: jumping, herding, racing, etc. By the end of the month, you'll notice an improvement in your dog's temperament, and you'll share a closer bond.

National Haiku Writing Month. Write one haiku a day throughout February—the shortest month for the world's shortest genre of poetry. Don't think writing a good haiku is easy, though. As French philosopher and literary theorist Roland Barthes once observed, "Haiku has this rather fantasmagorical property: That we always suppose we ourselves can write such things easily."

Teen Dating Violence Awareness Month. A national effort to raise awareness about abuse in teen and 20-something relationships and promote programs that prevent it. One in three teens in the United States will experience physical, sexual, or emotional abuse by a partner in a relationship before they become adults. Spread awareness, and stop dating abuse before it starts.

Weekly

Burn Awareness Week, Feb. 1-7. Observed the first full week in February, Burn Awareness Week is intended to provide an opportunity for burn, fire, and life safety educators to share the message of burn awareness and prevention in communities around the nation.

National School Counseling Week, Feb. 1-5. This year's theme, "School Counseling: Helping Students Realize Their Potential," will focus public attention on the unique contribution of school counselors and highlight the tremendous impact they can have in helping students achieve school success and plan for a career.

Children of Alcoholics Week, Feb. 8-14. A campaign led by the National Association for Children of Alcoholics (NACOA) to raise awareness of children affected by parental alcohol problems. Children of Alcoholics Week is celebrated internationally each year during the week in which Valentine's Day falls.

National Invasive Species Awareness Week, Feb. 23-27. Raise awareness and identify solutions to invasive species issues at local, state, tribal, regional, international, and national levels. Participating organizations include the Association of Fish and Wildlife Agencies, the Environmental Law Institute, and the Nature Conservancy.



Meeting of minds

The famous movie actor/director Charlie Chaplin once met the world-renowned physicist Albert Einstein at a public event. According to the Storypick website, Einstein told the comedian: “What I most admire about your art is your universality. You don’t say a word, yet the world understands you.”

To which Chaplin replied, “True. But your glory is even greater. The whole world admires you, even though they don’t understand a word of what you say.”

Mistaken identity

Even Queen Elizabeth II sometimes goes unrecognized. A story from the Hello magazine website tells of a time when the queen’s car drove up to the Royal Windsor Horse Show in 1991. A guard walked up and told her, “Sorry, love, you can’t come in without a sticker.”

Unfazed, her majesty answered, “I think if you check, I will be allowed to come in.”

He did, and she was. The guard admitted later that he’d thought the queen was just “some old dear” who was lost.

Penalty box

Gordie Howe was one of the greatest hockey players of all time. One night his team, the Detroit Red Wings, was playing the Toronto Maple Leafs at Maple Leaf Gardens. Howe believed one referee was favoring the home team, so he skated over and asked, “Hey, refer, what would you do if I called you a homer?” (a sports official who makes obvious calls for the home team.)

“I’d have to give you two minutes in the penalty box,” the ref replied.

“What would you do if I only thought you were a homer?”

“I couldn’t do anything. Your thoughts are your own.”

“Good, because I think you’re a ----ing homer!”

And yes, Howe got two minutes in the penalty box.

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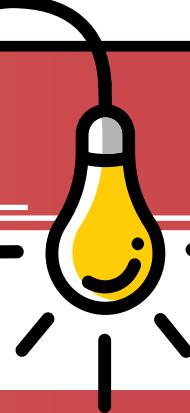
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Sunday	Monday	Tuesday
10:30a Reach Church Service 6:30p Bid Euchre 6:30p Open Door Church	9:30a Bowling 12:30p Shanghai 4:30p Men's Poker 5:30p Samba 6:30p Pepper	9:30a Shu 10:00a Lin 1:00p Live 6:00p Gar 6:30p Run
	Groundhog Day	
10:30a Reach Church Service 6:30p Bid Euchre 6:30p Open Door Church	9:30a Bowling 12:30p Shanghai 4:30p Men's Poker 5:00p Golden Age 5:30p Samba 6:30p Pepper	9:00a Dan 10:00a Lin 1:00p Live 6:30p Run 7:00p Val
10:30a Reach Church Service 6:30p Bid Euchre 6:30p Open Door Church	8	15
	9:30a Bowling 12:30p Shanghai 4:30p Men's Poker 5:00p Golden Age 5:30p Samba 6:30p Pepper	16
		16
10:30a Reach Church Service 6:30p Bid Euchre 6:30p Open Door Church	8:00a Pancake Breakfast 9:00a Dance Pre-Sale 9:30a Bowling 12:30p Shanghai 4:30p Men's Poker 5:30p Samba 6:30p Pepper	10:00a Lin 1:00p Live 6:30p Run
	President's Day	Ma
10:30a Reach Church Service 6:30p Bid Euchre 6:30p Open Door Church	22	23
	9:30a Bowling 12:30p Shanghai 4:30p Men's Poker 5:00p Oh Canada Dinner 5:30p Samba 6:30p Pepper	10:00a Lin 1:00p Live 6:30p Run 7:00p Mu

Ranch Mobile

uesday	Wednesday	Thursday	Friday	Saturday
3 ffle Mtg. ne Dancing e Music me Night mmikub	8:00a Koffee Klatch 10:00a Ukulele 11:30a Nickel Bingo 5:30p Cribbage 6:00p Euchre	4 9:00a Hobby Club 10:00a Golf 10:00a Bible Study 12:30p Dominos 3:00p Happy Hour 4:30p Men's Poker 6:00p I Got It!	5 3:00p Corn Hole	6 9:00a Miniputt 4:00p Corn Hole Dinner 7:00p Court Whist
	9:00a Walkercise Monday - Friday			7
10 nce Club Mtg ne Dancing e Music mmikub entine's Dance	8:00a Koffee Klatch 9:00a Golf Mtg 10:00a Ukulele 11:30a Nickel Bingo 5:30p Cribbage 6:00p Euchre	11 9:00a Hobby Club 10:00a Golf 10:00a Bible Study 12:30p Dominos 3:00p Happy Hour 4:30p Men's Poker 6:00p I Got It!	12 3:00p Corn Hole	13 9:00a Miniputt 10:00a Shuffle Fun Day 7:00p Court Whist
	9:00a Walkercise Monday - Friday			14
		Lincoln's Birthday		Valentine's Day
17 ne Dancing e Music mmikub	8:00a Koffee Klatch 10:00a Ukulele 11:30a Nickel Bingo 5:30p Cribbage 6:00p Euchre	18 9:00a Hobby Club 10:00a Golf 10:00a Bible Study 12:30p Dominos 3:00p Happy Hour 4:30p Men's Poker 6:00p I Got It!	19 1:00p Good Neighbor Food Give Away 3:00p Corn Hole 7:00p Golf Karaoke	20 9:00a Miniputt 5:00p Meatloaf Dinner 7:00p Court Whist
	9:00a Walkercise Monday - Friday			21
Mardi Gras	Ash Wednesday			
24 ne Dancing e Music mmikub sic Club	8:00a Koffee Klatch 10:00a Open Board 10:00a Ukulele 11:30a Nickel Bingo 5:30p Cribbage 6:00p Euchre	25 9:00a Hobby Club 10:00a Golf 10:00a Bible Study 12:30p Dominos 3:00p Happy Hour 4:30p Men's Poker 6:00p I Got It!	26 11:30a Michigan Lunch 3:00p Corn Hole	27 9:00a Miniputt 1:00p Cup Cake Poker Run 7:00p Court Whist
	9:00a Walkercise Monday - Friday			28



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Daydreaming can be good for you

Daydreams aren't necessarily a waste of time. We daydream for different reasons, but it can have a positive affect on your life and career. Consider these facts about daydreaming from the LiveScience website:

- Daydreaming can be controlled—up to a point. Most people daydream intentionally because they're bored or working on something simple. When tasks require more concentration, drifting off is less frequent, but still happens.
- Blinking is a clue. Wonder if someone is daydreaming while you're talking? Look closely at their eyes. Studies show that people blink more often and more rapidly when they daydream.
- Daydreaming can help with problem solving. Let your mind wander when you're working on a tough problem. Scientists have observed that the areas of the brain involved in problem solving turn more active when we daydream.

These thoughtful habits can spark your imagination

Even if you don't think of yourself as the creative type, you can always amp your imagination up with a little effort. Keep this advice in mind when you're searching for an original idea or an innovative solution:

- **Meditate.** Spend some time each day visualizing something pleasant and peaceful. It doesn't have to relate to anything you're working on—just picture a lake, a forest, or even a loved one. You'll relax your brain and body while creating a mental environment that attracts fresh thinking.
- **Pretend.** Look at ordinary objects around you and pretend they're something different. Your pen is a magic wand, for example, or a pair of scissors is a spaceship. Explore the premise, and you'll teach your mind to look at everything a little differently.
- **Try something new.** Break out of your routine on a regular basis. Read a book on a subject you're unfamiliar with, try a new sport, talk to someone you don't know well. Different experiences can help loosen up stiff ways of thinking about things.
- **Commit some art.** Try sketching a picture or writing a poem. It doesn't have to be a masterpiece. Just give yourself mind and body space to roam in a fresh direction. You may see and hear the world differently later.

Quotes:

Every child is an artist; the problem is staying an artist when you grow up.
—Pablo Picasso

It is better to fail in originality than to succeed in imitation.
—Herman Melville

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snare
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sunny
suspicious
travel
wonder



A little praise

As a speechwriter for presidents Ronald Reagan and George H.W. Bush, Peggy Noonan introduced such phrases as “a thousand points of light” into the vernacular. But she derived her greatest personal satisfaction from a simple note of praise.

As recounted in her book, *What I Saw at the Revolution* (Ivy Books), four months into her job as Reagan’s speechwriter, Noonan had yet to meet the boss. Then he returned the draft of one of her speeches bearing the hand-scrawled words “Very Good.”

Noonan was overjoyed—so overjoyed that she cut out the note, taped it to her blouse, and walked the halls beaming with the pride of a schoolgirl who’d suddenly discovered she was teacher’s pet.

Handling the press

Rock star David Bowie knew how to charm reporters. According to the Digital Spy website, when a magazine ran a series on some of the journalists who’d interviewed him over the years, they discovered that he’d played the same trick on them over and over again:

Bowie would schedule a 45-minute interview. When his aide came in to show the reporter out, he’d say, “Look, I know we’re on a schedule, but we’re having such fun here, could we do an extra 15 minutes?” Every journalist felt flattered by the attention, which usually resulted in a positive review of whatever album Bowie was publicizing. Only years later did they realize that he’d scheduled them for a full hour all along.

Quotes:

We are storytelling animals and cannot bear to acknowledge the ordinariness of our daily lives.
—Stephen Jay Gould

Storytelling reveals meaning without committing the error of defining it.
—Hannah Arendt

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Help out friends when they're sick

A friend is sick. Sending a get-well card is nice, but for a serious illness, it's not enough. What can you do to really help? Try some of these thoughtful gestures:

- Text when you're at the store: "Can I pick up anything for you?"
- Plan a lunch date.
- Offer to run their errands.
- Help out around the house, cleaning up or doing laundry.
- Offer to drive to doctors' appointments, the store, or anywhere else they need to go.

Get up and work out

The alarm rings. Do you leap out of bed to head for the gym? Or hit snooze and tell yourself you'll work out tomorrow? Motivating yourself to get up and start exercising can be tough. If you give in to temptation to skip the health club more than you'd like, try these tips to get moving:

- Watch what you eat before bedtime. A heavy snack right before you hit the mattress will make you feel lethargic in the morning. Stick to fruit, vegetables, and lean, protein-rich foods, and don't eat anything for at least 90 minutes before you go to bed.
- Go to bed early. You'll wake up feeling refreshed and ready to work out if you get enough sleep—seven to eight hours. Limit your TV, computer, and cellphone use before bedtime so you can get to sleep easier.
- Look forward to something. Don't think of exercise as drudgery. Find something you enjoy about it so you wake up excited about hitting the gym, or give yourself a reward for working out once you're finished.
- Find a workout buddy. Exercising alone can be boring. Ask around your neighborhood, workplace, or health club and find someone who works out on the same schedule you do. When you know you've got someone waiting for you, you'll be more motivated to show up.

Quotes:

Health is the natural condition. When sickness occurs, it is a sign that nature has gone off course because of a physical or mental imbalance.

—Jostein Gaarder

Health is more than the absence of disease. Health is about jobs and employment, education, the environment, and all of those things that go into making us healthy.

—Joycelyn Elders



Eating healthy: The choices we make

More Americans are trying to make healthier choices about the food they buy and eat these days. A study of 2,000 consumers by health food manufacturer Earth Balance looked at the foods we're buying and why we choose them. Here's a look at the top "better for you" selections:

- **Dairy products:** 29 percent
- **Alternative oils and fats (such as avocado, sunflower, or coconut oil):** 28 percent
- **Alternative snacks (gluten-free crackers, Greek yogurt, etc.):** 28 percent
- **"Superfoods" (such as chia, quinoa, and acai):** 28 percent
- **Plant-based proteins (lentils, spirulina, and so forth):** 18 percent
- **Wheat flour alternatives:** 12 percent

How are you spending your days?

You may think you're working out a lot. But as a percentage of your lifespan, it's probably not that much. In fact, a global study by Reebok found that the average human spends less than 1 percent of his or her entire life exercising—0.69 percent to be exact.

The Reebok study is part of the 25,915 Days campaign, which is named for the number of days in the average human lifespan of 71 years. The survey data came from more than 90,000 respondents the United States, United Kingdom, Canada, Germany, France, Mexico, Russia, Korea, and Spain. In terms of days spent on specific activities, here's what Reebok found:

- **Exercise:** 180 days
- **Looking at a tech device:** 10,625 days
- **Sitting down:** 7,709 days
- **Socializing with family and friends:** 1,765 days



Quotes:

If people do not believe that mathematics is simple, it is only because they do not realize how complicated life is.

—John Louis von Neumann

The essence of mathematics is not to make simple things complicated, but to make complicated things simple.

—S. Gudder



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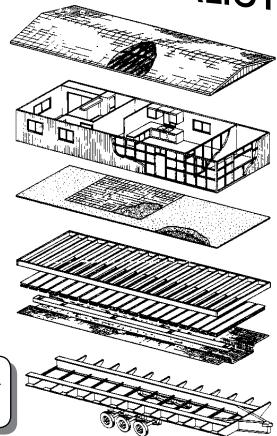
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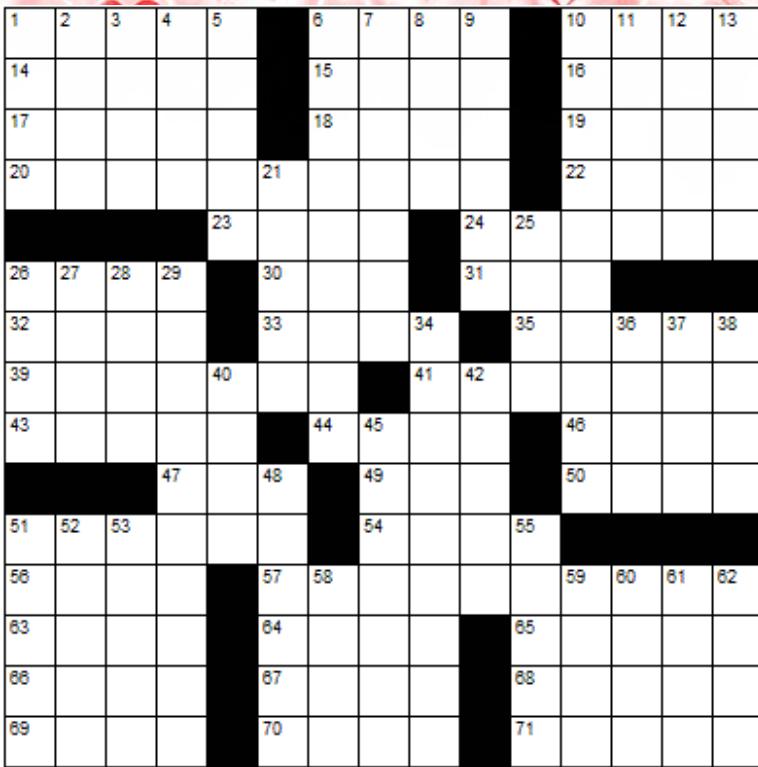
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12. Countdown clock
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21. Grill
25. What we're called
26. Laugh
27. Computer symbol
28. Repose

29. Approximation
34. Lawyers
36. Indian music
37. Excited
38. Not more
40. Frosts, as a cake
42. Spooky
45. Immune response trigger
48. 3 tens
51. Trio
52. Discovered
53. Scope
55. Allow
58. Empty weight
59. Winglike
60. Connecting point
61. Lower jaw part
62. Almost a meter

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6. Soft drink
10. Handguns
14. Send, as payment
15. Baking appliance
16. Mine entrance
17. Genus of heath
18. Let out
19. Capital of Peru
20. Placenta
22. Anagram of "Keel"
23. Ages
24. Guarantee
26. Employ
30. Half of a pair
31. Thick flat pad
32. Cards with one symbol
33. Notion
35. Honorable
39. Belligerent
41. Adolescent
43. Caper
44. Assess
46. Freudian topics
47. Encountered
49. Neither —
50. Droops
51. Flail
54. A math subject
56. Miami basketball team
57. Passing from place to place
63. Hindu princess
64. Anger
65. Hawaiian greeting
66. Therefore
67. 3
68. Low point
69. Anagram of "Need"
70. Cravings
71. Vogue





Feeling sick? Don't depend on the internet for a cure

The internet is good for some things, but when you want to find out what's making you feel sick, you're generally better off with your doctor than with a medical website or smartphone app. That's the diagnosis of a study by Harvard Medical School that was recently written up in the JAMA Internal Medicine journal.

The research involved 234 physicians and 23 diagnostic tools offered by such websites as the Mayo Clinic and Web MD, along with apps for the iPhone and Android smartphones. Given 45 hypothetical patients and their symptoms, the human doctors got the correct diagnosis right away in 72 percent of the cases, while the computerized symptom checkers were correct only 34 percent of the time.



When asked to provide not one but three possible diagnoses, physicians again outperformed their technological counterparts, hitting the right diagnosis with their top three 84 percent of the time. Websites and apps found the correct diagnosis just 51 percent of the time.

So although you might be tempted to just Google your symptoms and head to the drugstore, most of the time you're better making an appointment with your doctor.

Spare your back by lifting safely

A major cause of back pain and injury is improperly lifting heavy items at work or in the home. Remember these basic techniques for safe lifting:

- Assess whether you need help. Before you even think of lifting an object, ask yourself whether you can really handle the load alone or you should ask a co-worker for assistance, or get some kind of mechanical aid, like a dolly.
- Always bend your knees. Bending at the waist when you lift something strains your back. Bending at the knees helps you maintain your balance and lets your stronger leg muscles do the work of lifting.
- Hug your load. Keep the object as close to your body as you can. Gradually straighten your legs to a standing position.
- Don't twist. Twisting can overload your spine and cause serious injury. Keep your feet, knees, and torso pointed in the same direction when you lift.
- Put your load down carefully. Use the same techniques in setting down the object that you do when lifting it.

Quote:

We must respect the past and mistrust the present if we wish to provide for the safety of the future.
—Joseph Joubert

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FURNITURE, good clean, pre-owned. Top dollar paid. Charles, 727-657-7021	Rummage Sale 2/28, Westwind MHP 1&2. 3301 Alt 19 Dunedin, 8-1	 White Elephant/Bake Sale. Saturday March 7, 2026 8:00AM - 1:00PM. Lake Highlander Park: 1500 County Road #1, Dunedin, FL. Small appliances, furniture, lamps, linens, jewelry, household appliances, tools, outdoor furniture, miscellaneous items, baked goods, snack bar
STAMP COLLECTIONS - wanted to buy. Price depends on quality and quantity. Highest prices paid. Call 709-682-9499	Community Flea Market, 2000 East Bay Drive, Largo. Sat. Feb 28. 8 to 12. Bikes, Furniture, Small Appliances, Golf & Household Items, Apparel, Baked Goods	Palm Hill Country Club Annual Bazaar, Saturday March 7th. 8am - 1pm. 1800 Seminole Blvd. Largo
ARTICLES FOR SALE	DORAL VILLAGE YARD SALE BAZAAR, Saturday, February 28th, 8am-1pm, 29250 US Hwy 19 N, Clearwater. Furniture, Clothing, Linens, Books, Electronics, Glassware, Jewelry, Kitchen Items, Baked Goods, Lunch, and Great Raffles and Prizes!	Rummage Sale, Unitarian Universalists of Clearwater, 2470 Nursery Rd, Clearwater, Saturday March 7, 8am-2pm. Kitchen ware, home decor, books, clothing/accessories, linens and more
EVENTS & PROGRAMS	 ATTENTION RESIDENTS! Did you know this Emporium/ Classified listing reaches over 21,500 homes in Pinellas County? It goes into 60 community newsletters (just like this one) from Dunedin to St. Petersburg. This is a great market to sell items, advertise your next event, try and get help for a function, and many other things. Remember to think about this the next time you're planning something. -Monthly Media Staff	Crafters Wanted March 21st at Palm Hill Country Club. 401 8th Ave, Largo, 8am - 1pm. Contact Tom Sagitas at 727-315-4369. \$20 per table.
ANNUAL RANCHERO VILLAGE CARPORT SALE. Ranchero Village, 7100 Ulmerton Road, Largo, will be hosting their annual carport sale on Saturday, February 7, 2026 from 8 AM to 8 PM. A wide variety of items will be for sale throughout the park!	Embassy Mobile Park, Inc. Rummage Sale, Saturday, February 7th, 9:00 a.m. to 2:00 p.m., in the clubhouse on 4th Street. 16416 US Highway 19 N., Clearwater - Largo area. Off East Bay just West of Tri-City Plaza; come in by Wendy's onto Pine Forest Drive.	Paradise Island Annual Flea Market, March 28th 9am-2pm. 1001 Starkey Rd. Largo. 8am early entrance \$1.00. Large selection of home goods, tools, furniture, linens, clothes, bake sale and more. Follow signs for Clubhouse.
Clearwater Cascade park-wide yard sale. Saturday, February 21, 8:00am - 2:00pm. 9790 66th Street N, Pinellas Park	Blue Jay Estates - Annual Community Rummage Sale. Friday and Saturday, February 27 and 28, 2026. 8am - 1pm. Bake Sale and Lunch available both days. In clubhouse and deck. 2755 Curlew Road, Palm Harbor, FL 34684	

MARCH AD DEADLINE - FEBRUARY 10, 2026

Advertise EVENTS, BUY, SELL, TRADE ITEMS, by sending copy & check to Monthly Media at 220 Bahama St, Venice, FL 34285. Ads over 10 words must be accompanied by \$.80 per extra word or publisher will edit. Each new word indicated by a space, numbers included. No mobile home sales, no professional products or services. Envelopes must be postmarked by 10th of the month to meet deadline. **SORRY: No ads accepted by phone or email.**

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• Limit of one ticket per visit • Advertiser may have up to 5 winners per month • Advertiser must have bill paid current to qualify • Allow 8-12 weeks for mailing of check • No purchase necessary • Contest void where prohibited by law • Tickets available at participating Monthly Media advertisers •

RANCH MOBILE RECORDER FEBRUARY, 2026 C



Your family's medical history may be key to a longer life

Fitness and a good diet are important to staying healthy and living longer, but scientists say our genetic traits and inheritance also determine health and longevity. By keeping track of your family's medical history, you and your doctor may be able to detect diseases you're likely to develop before they get the best of you. Here's what to learn:

Whom should you ask to find out about your family's health/medical history?

- Mother
- Father
- Siblings
- Aunts
- Uncles



What information should you document?

- Causes of death
- Diseases and disorders, such as visual impairment, glaucoma, hearing impairment, obesity, diabetes, high blood pressure, coronary heart disease, cancers, depression, muscular dystrophy, Tay-Sachs disease, hypothyroidism, Down syndrome, etc.
- Habits, such as smoking, diet, alcohol or drug use, exercise, and fitness.

Where should you keep the information?

Record your family's health and medical history in a journal. Create a chart or family tree listing any health traits under each person's name. Take the journal with you whenever you or your immediate family members are scheduled to see your family physician. Share all of your findings on your family's medical history with your doctor and record any new information after each physical.

Listen to the advice of these millionaires

To manage your money wisely, good advice is imperative. Listen to these words of wisdom from millionaires around the world:

- Robert Kiyosaki, author of *Rich Dad, Poor Dad* (Warner Books): "It's not how much money you make, but how much money you keep."
- Warren Buffett, investor: "Never depend on a single income. Make investments to create a second source."
- Tony Robbins, inspirational speaker: "Don't think in terms of taking huge risks to get huge rewards. Think about the least amount of risk for the greater reward, and be disciplined about that."
- Dave Ramsey, entrepreneur and radio host: "Financial peace isn't the acquisition of stuff. It's learning to live on less than you make, so you can give money back and have money to invest."



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