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Issue 5 42nd Year

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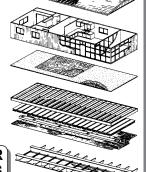


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Monthly

merican Adventures Month. This is your last chance to get away before summer ends and school starts. Take a road trip, go camping for a weekend, or visit tourist attractions in your home state or a neighboring one. Whatever you do, don't let the season end before you and your family have had an adventure.

Happiness Happens Month. Of all the random things that can happen in your life, choosing happiness can have a powerful influence on your quality of life. Embrace joy, smile more, choose kindness, and let the good vibrations flow.

National Peach Month. Once again peaches are in season. If that's not something to be happy about, then what is? Because some of the best tasting peaches have been grown in western Colorado for over 125 years, consider attending the 50th Palisade Peach Festival this month. To learn more, visit https://palisadepeachfest.com/.

National Water Quality Month. How can you reduce pollution and help protect natural sources of water in your community, and the world at large? Use environmentally friendly household cleaners; dispose of waste, pharmaceuticals, and hazardous chemicals properly; and manage the gray water and debris flowing into your storm drains.

Weekly

implify Your Life Week, Aug. 1–7. It's not at all complicated. If it doesn't serve a purpose, isn't working, and can't be fixed, get rid of it.

Exercise with Your Child Week, Aug. 5–11. Do your part to prevent obesity, improve bone density, and contribute to the overall health and welfare of younger generations. Help your children develop a habit of regular physical exercise and activity. Walk your talk this week and beyond.

Safe and Sound Week, Aug. 13–19. Workplace and employee safety take center stage this week. Visit https://www.osha.gov/safeandsoundweek/ for ideas and activities.

Be Kind to Humankind Week, Aug. 25–31. What the world needs now is for people to show more kindness to each other. This week, allow courtesy, respect, and mindfulness to shape your conversations and actions.

for your Kindness



Better posture leads to better health

Poor posture can have a negative effect on your physical and mental health, doctors say. An article on the Health website suggests that getting up and moving can have these healthy benefits for your body and your mind:

- More energy. Research suggests that poor posture, whether you're standing and sitting, can cause fatigue and stress. Sitting upright in a comfortable position—not slumped over—has been seen to improve people's moods in clinical studies.
- More confidence. You'll appear more self-confident by standing and walking upright, creating a self-fulfilling prophecy. People respond positively to people who exude confidence through their posture and physical behavior.
- More openness. Slouching in a chair or while walking tends to make you more guarded. People will be reluctant to interrupt you or chat with you. An open posture invites people in, giving you the opportunity to talk with and learn from them.

Don't let loneliness consume your life

ong-term loneliness can have a significant impact on your health and mental well-being, experts say. If you feel lonely most of the time, try these suggestions from the CNN website for making connections:

- Chat with cashiers and other workers. You don't have to engage in a lengthy conversation. Just ask, "How's it going?" or, "Nice weather, isn't it?" Even a short interaction can bring a smile to other people's faces and yours.
- Learn to enjoy your own company. Being alone doesn't have to be lonely. Try meditation, yoga, or listening to TED talks to take your mind off your loneliness. Try keeping a "gratitude journal," listing and writing about the people and things you encounter each day that make you cheerful.
- Take your time making friends. Remember that most friendships don't spring up overnight. Join clubs or take classes to meet people, but don't expect an instant connection. Let relationships develop naturally instead of trying to force them.
- Understand why you're lonely. You may be nervous talking in groups or gun-shy because of past relationships that didn't work out. If you uncover the source of your loneliness—on your own or with the help of a therapist—you'll be able to develop strategies for getting past it.





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Choose your friends wisely

Gullah folktale offers insight into an unlikely friendship between a snail and a crab. Though the two were very different, they often played together and considered themselves to be best buddies.

One day the crab suggested they go hang out at the beach.

"My mom warned me never to go there," the snail said. "She says it's too dangerous and that the gulls will attack me and have me for a meal."

"Dangerous? No way!" the crab replied. "The beach is fun." The crab promised to look after the snail and assured him there was nothing to worry about. He said, "I'm your best friend. I won't let any gull get close to you."

The snail ignored his better judgment and gave in.

Once they arrived at the beach the snail was excited and overwhelmed by the world he saw before him. He turned to say something to the crab, but noticed his friend some distance away, hanging out with a group of crabs. Just then a gull swooped down and carried away the little snail.

When the crab saw his friend being snatched up by the gull, he buried himself in the sand and stayed hidden for most of the day. He emerged at nightfall and slowly made his way toward home. He created and rehearsed the lie he would tell the snail's parents.

He stood outside the door to the snail family home for a long time before knocking on the door. When the door opened the crab was speechless as his young snail friend stood before him, safe and unharmed.

"But—the gull," the crab stammered.

"Yeah, he got me," the snail replied. He went on to tell how the gull carried him to a field not far from home. Once there, the gull placed the snail in the grass and then scolded him for being out of his element at that beach. "Don't you know how dangerous it is there?"

"When I told him that I was there with you, the gull warned me to think twice about who I consider to be a friend. After all, where were you when I needed you?" the snail asked.

Before the crab could answer, the snail added, "Go home. It's late."

After that night the snail and the crab were no longer the best of friends. In fact, the snail realized they never had been.



A reminder to be kinder

wo friends were out in a rowboat when it overturned. Luckily, two young women were nearby in another boat and came to their aid. Unfortunately, the women had neither a radio nor a motor on their boat. They were a long way from shore, and the two young men needed medical attention.

The young women screamed for help at each passing motorboat on the waterway. Their pleas were ignored by many. By the time they were finally able to secure help, one of the young men had perished from his injuries.

This was the story Lorraine Jara read in her local paper one day, more than 30 years ago. Though Jara did not know any of the young people involved in this tragedy, it touched her so deeply that she had to do something. In 1988 Jara created Be Kind to Human Kind Week, Aug. 25–31.

The smallest act of kindness can have a significant impact on a person's life. Knowing this, what will you do to make the world a better place for humanity?

An artist's rendering

he police were called to the studio of an abstract artist who'd just reported being burglarized.

"You said you encountered a person fleeing the premises," one of the officers said. "Do you think you could provide us with a description of the person you saw?

"I can do better than that," the artist said and directed the officers over to an easel. The artist sat down and began creating a charcoal sketch of the suspect.

"There," the artist said as he finished the drawing.

The two officers looked at the abstract picture.

"Hmm," one officer said as he inspected the work. "So it was a horse?"

A good example is far better than a good precept.

−Dwight L. Moody

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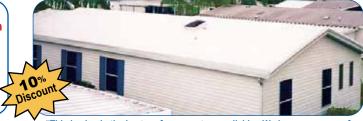


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ACROSS

- 1. Sandler of "Big Daddy"
- 5. Highlander
- 9. "Gladiator" setting
- 14. Public assemblies
- 15. Earthen pot
- 16. Orpine or stonecrop
- 17. Archaeological site
- 18. Final notice
- 19. Fountain order
- 20. Obdurate
- 22. Aden's land
- 23. Water vapor
- 24. Bonus
- 26. Trick taker, often
- 29. Respiratory tract
- 33. A herb sometimes made into a tea
- 38. Garam ___ (Indian spice mixture)
- 39. Alternative to Windows
- 40. Ice hockey players do this
- 42. Again
- 43. Sign up
- 45. Lawless
- 47. A Hindu holy man
- 48. "Ciao!"
- 49. Bridal path
- 52. Categorize
- 57. Montana city
- 60. Lie in wait
- 63. Fourth in a series
- 64. Alpine transport
- 65. Carbamide
- 66. Endured
- 67. Beach bird
- 68. Fill-in

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- 70. Coastal raptors
- 71. Historical periods

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- 1. Big dos
- 2. Question3. Come to mind

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- 4. Kind of ray
- 5. Thug
- 6. Jessica of "Dark Angel"
- 7. A-list

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RUIN

- 8. Glove material
- 9. An ancient kingdom
- 10. Artistic practice
- 11. cheese
- 12. Microwave, slangily
- 13. Ends a prayer

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DOWN

- 21. Muslim leader25. In a docile manner
- 27. European evergreen shrub
- 28. Wapiti
- 30. Decline
- 31 Brews
- 32. Swerves at sea
- 33. Hints
- 34. "___ and the King of

Siam"

- 35. Gentle
- 36. Rust
- 37. Hearing organ
- 41. Bath

- 44. Carapaces
- 46. Congers
- 50. A Starbucks beverage

12

19

- 51. Fire remnant
- 53. Critical
- 54. More naked
- 55. Swelling
- 56. Jumps
- 57. Strong fiber
- 58. "What've you been
- ___?" (2 words)
- 59. Believe (archaic)
- 61. Building near a silo
- 62. Cemetery sights



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New initiative in the hunt for E.T.

The search for extraterrestrial life is moving to a new, more ambitious phase, reports an article on the Independent website. Up until now, scientists have been restricted to surveying a relatively small area of the sky, studying stars only a few light-years from Earth. A new project, called Breakthrough Listen, will use new technology at the Parkes telescope in Australia to scan a much wider area of the sky more quickly than before.

The Parkes telescope and others will gather 1,500 hours of data in 2018, then analyze it for any phenomena that appear artificial—while ruling out activity from Earth.

The project is one of several from Breakthrough, one of which includes a plan to send small spacecraft on deep-space missions far from Earth.

Don't let boredom cramp your creativity

You can't be creative if you're bored out of your skull. We all feel jaded and restless from time to time, but if you're suffering from a complete lack of stimulation, try these tricks for snapping out of it:

- **Read something new.** Pick a book by an author you've never read, or one that covers a foreign subject.
- Talk to people. Pick someone you don't know very well, and find out all you can about him or her.
- Explore your surroundings. Stop ignoring the sights on your way to work, or at work. Pay attention to all you see—look for something different and original.
- **Rearrange your space.** Sometimes shifting things around at home or at work can force you to look at your surroundings, and your life, in a new light.
- Try a new recipe. Get out of the rut in your kitchen. Pick a challenging recipe for dinner, or stop making the same old sandwiches for your lunch.

Happiness lies in the joy of achievement and the thrill of creative effort.

-Franklin D. Roosevelt



Facebook stands strong despite data scandal

acebook took a hit in the Cambridge Analytica scandal, but it seems to still be going strong. Among 2,000 social media users in a Reuters/Ipsos survey, 74 percent indicated that they still visit Facebook at least once a day, and 26 go there even more often, while 49 percent say the controversy hasn't changed how they use Facebook at all.

Still, 44 percent of Facebook users said they'd changed their privacy settings in the aftermath of the scandal, although 63 percent hadn't and 3 percent said they didn't know how.

And the most popular dream car is ...

s there a car you dream of owning? A Ferrari, a Porsche, or even the Batmobile? Gold Eagle, an automotive lubricant conglomerate, recently surveyed Americans to identify their dream car. The winner? The Ford Mustang, followed by the Tesla Model S, the Jeep Wrangler, the Corvette, and the Camaro. Here's how the findings shake out by gender:

	Men	Women
Mustang	39 percent	61 percent
Tesla Model S	63 percent	37 percent
Wrangler	19 percent	81 percent
Corvette	59 percent	41 percent
Camaro	48 percent	52 percent



Watch your magnesium when you take vitamin D

If you're taking vitamin D, you might want to pay attention to how much magnesium you're getting as well. The Health News website reports that scientists say vitamin D can't metabolize effectively without sufficient amounts of magnesium, which transforms the vitamin into usable form inside a human body. Magnesium helps the liver and kidneys convert vitamin D into an active form and is necessary for transmitting the vitamin through the bloodstream.

Men should get 420 milligrams of magnesium per day, according to the recommended daily allowance, and women should take 310 milligrams.

Symptoms of a magnesium deficiency include:

- · Lack of sleep
- Muscle spasm
- Eye twitching
- Irregular heartbeat

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Keep your dog safe in hot weather

ogs are often like members of the family, so you will want to treat them with care during hot weather. Here are a few tips to keep your four-legged friends happy and healthy:

- Never leave your dog—or any animal—in the car during hot or even warm weather. The interior temperature of your car can easily soar to 120 degrees in just minutes. The only way dogs can cool down is by panting and through the pads of their feet. Many animals die every year because their owners leave them in cars. Even if you leave the windows partially down, the temperatures can soar to dangerously high levels.
- Don't let your dog ride in the bed of a pickup truck. Serious eye injuries can occur from debris hitting their eyes at up to 70 miles per hour. The dog could also be thrown into oncoming traffic or could fall underneath the truck and be injured. Serious injury or death can also occur when a driver hits the brakes suddenly, swerves, or is hit by another vehicle.
- Keep your dog away from fertilizers, plant foods, and insecticides. They can be fatal if your pet ingests them. Don't let your pet walk or play on a treated lawn.
- Make sure your pet always wears an ID tag. Even if your dog has an embedded identification chip, you'll still want to make sure it has a tag so that he can be returned quickly to you if it is found. It's also a good idea to keep a current picture of your pet with you. That way, if it disappears or wanders off, you have a photo to show to people when you ask them if they've seen your dog.
- Give your dog prescribed heartworm medicine on a regular basis. It is also a good practice to use only flea and tick medications prescribed by your dog's veterinarian.
- Make sure your pet has plenty of water and shade outdoors. You'll also want to make sure your dog isn't walking on hot asphalt when the heat is high, because it can burn its paws.

Good health is not something we can buy. However, it can be an extremely valuable savings account.

-Anne Wilson Schaef

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The cost of dry cleaning around the world

ave you ever wondered how much dry-cleaning a suit costs around the world? Maybe not, but the online dry cleaning service Zipjet did, and it looked at 100 cities around the world to find the answer.

The most expensive city for dry cleaning a two- or three-piece suit is Oslo, Norway, where the cost is \$52.03 in U.S. dollars. The cheapest is Jakarta, Malaysia, at \$2.20. Chicago ranks 53rd, with a cost of \$12.72.

Russia is the biggest user of dry cleaning services, spending \$3,265,888,189 annually. The United States comes in second, at \$3,029,470,494, followed by Brazil in third place, at \$1,065,702,298. Of 10 countries surveyed, Canada spends the least—\$500,834,651.

If you're intrigued, you can check out more information at the study at https://www.zipjet.co.uk/2018-global-dry-cleaning-index#USD.

Discarded tech adds up

hances are you've got a few old cell phones sitting around your house that you haven't used in years. A recent survey by Decluttr.com found that Americans have some \$33 billion worth of discarded technology lying around, with the average U.S. home hanging onto \$264 worth of unused tech. That includes:

• Almost 60 percent of U.S. homes with more than two unused cell phones (Apple and Samsung, mostly).

- Thirty percent of people who say they keep their old phones for backup, and 30 percent who don't want to risk losing control of their personal information.
- Other devices, such as cameras (40 percent), PCs (25 percent), consoles (10 percent), and iPods, tablets and more (10 percent).

Computers are better than we are at arithmetic, not because computers are so good at it, but because we are so bad at it.

-Isaac Asimov

0



Age.

Ancient humans stalked giant sloths, fossils show

ossilized footprints show that Ice Age humans hunted giant sloths tens of thousands of years ago, according to the Sci-News website. A team of researchers studied footprints of adults and children found at the White Sands National Monument in New Mexico and found that the human footprints were inside the footprints of a giant ground sloth, which became extinct at the end of the Ice

The fossils show that humans deliberately followed the sloth, deliberately stepping in its footprints as others kept their distance, distracting the creature and drawing it in a desired direction. The tracks indicate that the sloth turned and attacked its stalker, presumably allowing the other

humans to move forward and deliver a killing blow.

Whales on the comeback in Antarctic waters

Tumpback whales were hunted to near extinction in the 19th and 20th centuries, but now, after international treaties were signed to protect them, they seem on the verge of a comeback.

The New York Times reports that humpbacks who lives and breed in Antarctic waters are having a baby boom. Whale researchers took skin and blubber samples from male and female whales near the Western Antarctic Peninsula for a six-year period. They found high progesterone levels in the blubber of 60 percent of the female whales, which indicated that they were pregnant—an increase from earlier years.

Other whale species are also reproducing more, but the humpbacks seem to be doing best due to the fact that they mature more quickly and have a shorter period between pregnancies. They also have centralized breeding grounds, unlike other species that mate in open water

and thus have a harder time finding a partner.



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-Monthly Media Staff

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