

# Crystal City Chatter

Issue 152

August 2014

## Summer in No. California

The weather isn't much cooler than you're having in Southern California...hot here in Castro Valley, and no rain like So. Cal...however, just saw all the water around UCLA on Sunset Blvd...wow, that's a lot of wasted water with our water shortage...and am sorry Pauley Pavilion was flooded too...went there to see the Bruins play once when my friends took me there...it was so neat...hope it didn't ruin the floor much.

This time of the year is Obon all over...and I do miss it, when I was down in So. Cal...dancing at Venice Santa Monica, Oxnard, and the big one in Gardena...and all those delicious food...do I miss it up here. I'm sure they have Obon and all the sushi and the barbecued teriyaki chicken up here but haven't gotten acquainted with any of the Oteras with their festivities.

I just remember how busy Tomo Mizukami and Akemi Yasuda were in Gardena Buddhist Temple but all the food were mmm great!!! I always supported the Oxnard Obon because I lived close to it. It was smaller but still the food was great...the sushi all sold out so fast...had to get there early.

Ahhh, "omoide wa natsukashii neh"... (Memory is with fondness)... Oh well, that good old word "shikata-ga nai neh"... I'm no longer down there so will live in my fond memories.

I remember the Obon in Sendai back in the 40's when many of us CC ites were in Japan...the "Kyoginagashi" where they send the departed back after the obon food was set out for them, their name on a white cardboard were put on a big green leaf with a candle and set out on the river...and before the war in Los Angeles, there was no river to set the "senzos" back, we drove out to a beach area that was known as "Whites Point" and they burned the plaques there...memories of "remember when".

That's when my Odori (Japanese Dance) no teacher was with Koyasan Temple and I always attended these occasions with her...today, I doubt many niseis and especially sanseis know of these things. I was even dancing in the very first Nisei Week Ondo...they had a truck-bed with the drum and records playing the ondo music for us to dance. It goes to show how old I am huh...Ancient history...but it was fun because many of my friends danced along with me.

Anyway, a few weeks ago, in San Francisco Japan Town, there was a Ramen Festival...let me tell you...I've never been to a crowd like that...could barely walk and the line-up for the ramens at different stalls were so long...I don't know how long it took to purchase a bowl of ramen...instead, my daughter and her husband and his mother, Derick and I went to Mifunes to eat...and it was not crowded at the time we were there but soon, there were many waiting outside the restaurant. I guess they all got tired of waiting in the long lines too...no more of these festivals for me.

Other than this, it's been just quiet daily life, reading and thinking up what to write for this Chatter...I hope all of you have a nice summer...and enjoy Obon if you like it...and will see you at Shinnenkai next year. I'm sure looking forward to seeing all of you again.

## Life Saving Information

**Supplements can be a godsend to your health or a waste of money:** Some, like caldium, vitamin D, and vitamin B-12, offer real health benefits. But others -- like ginsana ginseng for energy or stress, Promensil red clover extract for hot flashes, and Garlique garlic for lowering cholesterol -- are unproven or completely worthless. And some supplements -- like seleniujm, beta-carotene, and St. John's wort -- might even harm you. You have to know which is which.

**Butter or margarin?:** Research proves that tub and spray margarines are better for you than butter, however, many stick margarines are about as bad for your heart as butter because they are loaded with partially hydrogenated vegetable oil. The trans fat in that oil raises your bad cholesterol, lowers your good cholesterol, and promotes heart disease in other ways.

**Sugar-free sweets: Can you have your cake and lose weight, too?** Sugar-free foods are great for people who want the taste -- but not the sugar -- of cake, cookies, ice cream, candies, and other sweets. But some sugar-free foods contain almost as many calories as standard foods...and not all artificial sweeteners are created equal: Nutrasweet and Sweet-N Low may promote cancer, and sugar alcohols like sorbitol may cause diarrhea. On the other hand, Splenda and Truvia appear to be safe.

## Removing Gallstones Naturally

We all have gallstones...it's a matter of big or small, many or few.

One of the symptoms of gallstones is a feeling of bloatedness after a heavy meal. You feel like you can't digest the food. If it gets more serious, you feel pain in the liver area. So if you think you have gallstones, the following method will remove them naturally.

The treatment is also good for those with a weak liver, because the liver and gallbladder are closely linked.

Regimen:

1. For the first five days, take four glasses of apple juice every day. Or eat four or five apples, whichever you prefer. Apple juice softens the gallstones. During the five days, eat normally.
2. On the sixth day, take no dinner.
3. At 6 pm, take a teaspoon of Epsom salt (magnesium sulphate) with a glass of warm water.
4. At 8 pm, repeat the same. Magnesium sulphate opens the gallbladder ducts.
5. At 10 pm, take half cup olive oil (or sesame oil) with half cup fresh lemon juice. Mix it well and drink it. The oil lubricates the stones to ease their passage.

The next morning, you will find green stones in your stools. "Usually they float"... "You may want to count them. I have had people who passed 40, 50 or up to 100 stones...very many."

Even if you don't have any symptoms of gallstones, you still might have some. It's always good to give your gall bladder a clean-up now and then.

## Make Perishables Last

The Reader's Digest

**Herbs:** Fill an ice cube tray two thirds full with chopped herbs; cover with olive oil or melted butter. Freeze until solid, at least a day. Transfer cubes to a ziplock bag, and store for up to 1 month.

**Mushrooms:** Store in the fridge in a paper bag, which will absorb the excess moisture that evaporates from the mushrooms, maintaining their crispness.

**Cookies:** Put a slice of bread in an airtight container with the cookies, as they lose their moisture, they'll pull that mojo from the bread. "Magic!" says Christina Tosi, chef and owner of Momofuku Milk Bar.

**Extra Burger or Hot Dog Buns:** Tear into pieces and freeze in a ziplock bag. 10 to 20 pulses in a food processor will transform them into ready-to-use bread crumbs - no thawing necessary.

**Produce: (like celery, lettuce and broccoli)** Wrap tightly in tinfoil before storing in the fridge; this will help the veggies stay crisp for up to four weeks.

**Cheese:** Smear a bit of butter onto the cut side to keep the block from drying out.

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**Organic Milk is more nutritious...** Researchers examined nearly 400 samples of whole milk from both conventional and organic U.S. dairies to compare levels of omega-6 fats and healthy omega-3s, an imbalance that experts link with disease. Organic whole milk contained 62 percent fewer omega-6s than conventional milk. Paying more for organic milk might be a good option, particularly for people who can't get their omega-3s from fish, research suggest.

**The Virus That Increases Stroke Risk...** Having shingles at a young age may increase your risk of having a stroke or heart attack, according to new research in Neurology. After British researchers analyzed data from more than 300,000 people, they found that those who had the condition before age 40 had a 74 percent greater risk and a 50 percent greater risk of a heart attack later in life than those who didn't develop shingles, even after they adjusted for factors like smoking and obesity. The risk wasn't as severe in patients who first had shingles at older ages.

**Fight Fatigue...** If you feel tired most of the time -- just able to get through the day, with no oomph left over for fun and games -- it's time to take action. Maybe you need to rebalance your life; work less, play more, sleep more, maintain a healthy weight, exercise every day, and eat right.

Choosing the right foods and changing the way you eat will boost your energy levels all day long-- **BIG TIME!** Add high-energy smoothies and shakes to your menu to put a little spring in your step.

## How the Weather Forecast Predicts Your Health

### **On Cold Days...Watch for:**

**Heart Attack...**one 2012 U.S. study found an 18 percent increase in heart attack deaths in winter and a 10 to 12 percent decrease in summer. Cold weather may constrict blood vessels or lead to more blood clots.

**Psoriasis Flares...**cold, dry air sucks moisture out of the skin, which makes it more vulnerable to the disease's trademark red, scaly patches. A good, greasy, penetrating moisturizer can help.

### **On hot days, watch for..**

**Gout...**Dehydration from sweltering temps can cause uric acid, a trigger of gout pain, to accumulate.

**Multiple Sclerosis...**Steamy weather and even slight rises in core body temperature -- caused by a fever or taking a hot bath -- can exacerbate symptoms.

### **When lightning strikes...Watch for...**

**Migraines...**A study found that these headaches were 28 percent more likely to occur when lightning struck, perhaps due to electromagnetic changes.

### **On Rainy days, watch for:**

**Arthritis...**As atmospheric pressure drops, tissues near joints expand and put pressure on nerves. (However some studies that tracked symptoms with weather didn't find a strong link.)

## World of Medicine

**The Sleep-Heart Connection:** Although sleep apnea is associated with heart disease, the sleep disorder may negatively affect the heart rates of women more than those of men.

**The Nutty Secret to Longevity:** People who ate one ounce of nuts a day (that's about 25 almonds or 50 pistachios) were less likely to die over a 30 year period than people who didn't eat them at all. Study believe that the high levels of healthy unsaturated fats in nuts may lower cholesterol and inflammation, reducing the risk of heart disease, cancer, and more.

**The Healing Power of Light:** Letting more unlight into hospital rooms may help patients feel better, revealed recent Cleveland Clinic research. Authors found that low light exposure led to more reports of fatigue and pain. Spend some time in a solarium or other sun-filled area if possible.

**Who's Sick? Your Nose Knows:** There's a subtle difference in the way sick and healthy people smell.

**The Truth About Spider Bites:** Many people are quick to assume that a sudden red splotch on their skin is from a spider bite, but experts want to dispel the myth that bites are common. They're rare, in fact, and venomous spiders are regularly misidentified.

**Chores Protect Your Ticker:** Need motivation to break out the vacuum cleaner? People who did the most yard work, housecleaning, had nearly 30 percent lower risk of a first-time cardiovascular event like a heart attack or stroke compared with those who were the most sedentary.

**Ear Blockage Breakthrough:** An innovative device may relieve discomfort for adults who suffer from Eustatian tube dysfunction: a balloon...doctors thread the balloon, about the size of a grain of rice, through the nose and into the ear, where the balloon is inflated to widen the tube. 80% of patients in a recent study reported relief for symptoms such as muffled hearing, congestion, and dizziness for up to 3 1/2 years.

For every set of horseshoes human beings use for luck, somewhere in this world there's a barefoot horse.

If 13 is unlucky, then 12 and 14 are guilty by association.

Research has found that because it makes you think positive thoughts, throwing salt over your shoulder can actually prevent bad luck...Or at least give you better luck than the guy behind you.

In an underdeveloped country don't drink the water...in a developed country don't breathe the air.

Most people are willing to pay more to be amused than to be educated.

## Nutrition

Here's the truth about all those conflicting medical studies:

1. The Japanese eat very little fat and suffer fewer heart attacks than the British or Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than the British or Americans.
3. The Japanese drink very little red wine and suffer fewer heart attacks than the British or Americans.
4. The Italians drink excessive amounts of red wine and suffer fewer heart attacks than the British or Americans.
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than the British or Americans.

**Conclusion:** Eat and drink what you like. Speaking English is apparently what kills you!

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## And Then It Is Winter

You know, time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young, just married and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of who it was back then and of all my hopes and dreams.

But, here it is - the 'back nine' of my life and it catches me by surprise. How did I get here so fast? Where did the years go and where did my youth go? I remember vividly seeing older people through the years and thinking that those older people were years away from me and that 'I was only on the first hole' and the 'back nine' was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is...my friends are retired and getting grey. They move slower and I see an older person now. Some are in better and some worse shape than me, but, I see the great change. Not like the ones that I remember who were young and vibrant...but like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd become. Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore...it's mandatory... Because if I don't on my own free will, I just fall asleep where I sit!

And so, now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did! But, at least I know, that thought I'm on the 'back nine,' and I'm not sure how long it will last, this I know for sure, that when it's over on this earth...it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done...things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not on the 'back nine' yet...let me remind you, that it will be here faster than you think. So, do what you can today, as you can never be sure whether you're on the 'back nine' or not! You want your loved ones to remember, and hope that they appreciate and love you for all the things that you have done for them in all the years past!

"Life" is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one.

LIVE IT WELL!

ENJOY TODAY!

DO SOMETHING FUN!

BE HAPPY!

HAVE A GREAT DAY!

Remember, "It is health that is real wealth and not pieces of gold and silver."

LIVE HAPPY IN 2014 and 2015...

LASTLY, CONSIDER THE FOLLOWING:

- Your kids are becoming you...but your grandchildren are perfect!.

(Cont'd on page 5)

"And Then It's Winter" cont'd from page 4

- Going out is good...Coming home is better.
  - You forget names...But it's OK because other people forgot they even knew you.
  - You realize you're never going to be really good at anything...especially golf.
  - The things you used to care to do, you no longer care to do, but you really do care that you don't care anymore.
  - You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep".
  - You miss the days when everything worked with just an "ON" and "OFF" switch.
  - You tend to use more 4 letter words..."What?"..."When?"..."???"
  - Now that you can afford expensive jewelry, it's not safe to wear it anywhere.
  - You notice everything they sell in stores is "sleeveless."
  - What used to be freckles are now liver spots.
  - Everybody whispers.
  - You have 3 sizes of clothes in closet...2 of which you will never wear.
  - But Old is good in some things...Old songs, Old Movies, and best of all, OLD FRIENDS.
- Stay well, "OLD FRIEND!" Sent this on to other 'Old Friends" and let them laugh in AGREEMENT...  
 ...Its Not what You Gather, But What You Scatter That Tells What Kind Of Life You Have Lived.  
 TODAY IS THE OLDEST YOU'VE EVER BEEN, YET THE YOUNGEST YOU'LL EVERY BE, SO  
 ENJOY THIS DAY WHILE IT LASTS!!!\*

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**Prevent colon cancer:** When the natural fiber in apples ferments in the colon, it produces chemical that help fight the formation of cancer cells, according to recent research from Germany. Other studies have shown that one type of anti-oxident found in apples, called procyanidins, triggered a series of cell signals that resulted in cancer cell death.

**Stabilize blood sugar:** Apples are loaded with soluble fiber, which slows the digestion of food and the entry of glucose into the bloodstream. One group of researchers discovered that women who ate at least one apple a day were 28 percent less likely to develop diabetes than those who ate none.

**Boost gum health:** Apples have long been called nature's toothbrush. Though eating an apple does not actually cleanse the teeth, biting and chewing one stimulates the gums, and the sweetness of the apple prompts an increased flow of saliva, which reduces tooth decay by lowering the level of bacteria in the mouth.

Monumental Cleaning

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(Cont'd on page 6)

## Are All Wheat Breads Better for You than White Bread?

No...all wheat breads are created equal. Wheat breads that contain all parts of the grain kernel, including the nutrient-rich germ and fiber-dense bran, must be labeled "whole grain" or "whole wheat." Some wheat breads are just white bread with a little bit of caramel coloring to make the bread appear healthier.

## Can a Hot tub Make me Sick?

Hot tubs -- especially ones in spas, hotels, and gyms -- are perfect breeding grounds for germs. The water is not hot enough to kill bacteria, but is just the right temperature to make microbes grow even faster. Even though hot tubs are treated with chlorine, the heat causes the disinfectant to break down faster than it would in regular pools. The most common hot tub infection is pseudomonas folliculitis, which causes red, itchy bumps. A more dangerous side-effect of soaking in a dirty Jacuzzi is a form of pneumonia known as Legionnaire's disease.

## Does Coffee Causes Cancer?

Coffee got a bad rap in the 1980s when a study linked drinking coffee to pancreatic cancer. The preliminary report was later debunked. More recently, health studies have swung in favor of the caffeinated beverage. Coffee has been linked to lower risk of type 2 diabetes, Parkinson's disease, liver cancer, and even suicide.

## Do Eggs Raise Cholesterol Levels?

No. Although egg yolks are a major source of cholesterol -- a waxy substance that resembles fat -- researchers have learned that saturated fat has more of an impact on cholesterol in your blood than eating foods that contain cholesterol. "Healthy individuals with normal cholesterol levels should now feel free to enjoy foods like eggs in their diet every day." the lead researcher from a 25-year University of Arizona study on cholesterol concluded.

## Can You Drink Too Much Water?

Yes. It is very rare for someone to die from drinking too much water, but it can happen. Overhydrating is most common among elite athletes. Drinking an excess of water, called water intoxication, dilutes the concentration of sodium in the blood leading to a condition known as hyponatremia. The symptoms of hyponatremia can range from nausea and confusion to seizures and even death in severe cases. To avoid this, drink fluids with electrolytes during extreme exercise events.

## Can Yogurt Ease Digestive Problems?

Yes...Our digestive tract is filled with microorganisms -- some good and some bad. Yogurt contains beneficial bacteria, generically called probiotics, that helps maintain a healthy balance. Probiotics can relieve several gastrointestinal problems, including constipation and diarrhea. Certain brands of yogurts, like Activa by Dannon, are marketed exclusively to treat tummy issues.

## Do Whitening Toothpastes Whiten Teeth More than Regular?

No. Whitening toothpastes usually contain peroxides and other strong abrasives that might make your teeth appear whiter by removing stains. Unlike at-home whitening strips and gels that contain bleach, these toothpastes do not actually change the color of your teeth.

## Is It Safe to Microwave Food in Plastic Containers?

Yes...but the plastic container should display the words "microwave safe." This means that the Food and Drug Administration has tested the container to make sure no chemicals used to make the plastic leech into foods during microwaving. If chemicals do seep out into food, the amounts are tiny and not dangerous to our health. As a general guideline, plastic grocery bags as well as most plastic tubs that hold margarine, yogurt, cream cheese, and condiments are not microwave safe.

## Can Watching TV Ruin Your Eyesight?

Watching TV will not destroy your rods and cones as the outdated myth suggests. Before the 1950s, TVs emitted radiation that could increase an individual's risk of eye problems after excessive TV viewing. Modern TVs have special shielding that blocks these harmful emissions.

## Do Cough Syrups Work?

No. In 2006, the nation's chest physicians agreed that the majority of over-the-counter cough medicines don't work. These colorful syrups typically contain doses of codeine and dextro- (Cont'd on page 7)

methorphan that are too small to be effective. Only cough suppressants that contain older antihistamines seem to relieve coughs. That includes brompheniramine, an inactive ingredient in Dimetapp.

### Does Olive Oil Prevent Heart Disease?

Yes...the health benefits of olive oil come from the presence of polyphenols, antioxidants that reduce the risk of heart diseases and cancers...but to get these healthy compounds, consumers should buy good-quality, fresh "extra-virgin" olive oil, which has the highest polyphenol content. Most commercially available olive oils have low levels of polyphenols associated with poor harvesting methods, improper storage, and heavy processing.

### Does Sugar Cause Hyperactivity?

No...Sugar does not affect the behavior or cognitive performance of children. The age-old myth that kids misbehave when they eat large amounts of candy, cookies, and other junk food, could be related to the type of events where these foods are typically served. For example, kids are more wound-up at birthday parties and during Halloween when sweet treats tend to flow freely.

### Do Sugary Soft Drinks Lead to Diabetes?

Yes...the majority of health research is stacked against sugar-sweetened soda. A large 2004 study in the Journal of American Medical Association found that women who drank one or more sugar drinks per day increased their risk of developing type 2 diabetes by 83% compared to those who consumed less than one of these beverages per month.

### Do I Need Sunscreen With More Than 30 SPF?

Sunscreens with SPF (sun protection factor) of 30 block about 97% of ultraviolet rays, while sunscreens with an SPF of higher than 30 block 97% - 98%. It's more important that you choose "broad-spectrum" sunscreen, meaning it protects against both UVB and UVA rays. Sunbathers also need to apply a generous amount of sunscreen in order to get the full benefit of the SPF.

### Is the MSG in Chinese likely to Give You a Headache?

No. A review of 40 years of clinical trials, found that all previous research "failed to identify a consistent relationship between the consumption of MSG and the constellation of symptoms that comprise the syndrome." including headaches and asthma attacks. The misconception spawned from several poorly-done small studies in the 1960s that seemed to connect MSG with a variety of maladies that people experienced after eating at Chinese restaurants.

### Do Nuts Make You Fat?

As much as 75% of a nut is fat. But eating fat doesn't necessarily make you fat. The bigger factor leading to weight gain is portion-size. Luckily, nuts are loaded with healthy fats that keep you full. They're also a good source of protein and fiber. One study even found that whole almonds have 20% less calories than previously thought because a lot of the fat is excreted from the body.

### Is Walking as Effective as Running?

Yes...Studies have shown that how long you exercise -- and thus how many calories you burn -- is more important than how hard you exercise. Running is a more efficient form of exercise, but not necessarily better for you. A six-years study published in the journal Arteriosclerosis, Thrombosis, and Vascular Biology in April found that walking at a moderate pace and running produce similar health benefits, so long as the same amount of energy was expended.

### Is Drinking Fruit Juice as Good for You as Eating Fruit?

No...Calorie for calorie, whole fruit provides more nutritional benefits than drinking the pure juice of that fruit. That's because when you liquefy fruit, stripping away the peel and dumping the pulp, many ingredients like fiber, calcium, vitamin C, and other antioxidants are lost. For comparison, a 5 ounce glass of orange juice containing 69 calories has .3 grams of dietary fiber and 16 milligrams of calcium, whereas an orange with same number of calories packs 3.1 grams of fiber and 60 milligrams of calcium.

### Wonderfully Described Definitions...

- Cigarette:** A pinch of tobacco rolled in paper with fire at one end and a fool at the other!
- Marriage:** It's an agreement wherein a man loses his bachelors degree and a woman gains her masters.
- Lecture:** An art of transmitting information from the notes of the lecturer to the notes of students without passing through the minds of either.
- Conference:** The confusion of one man multiplied by the number present.
- Compromise:** The art of dividing a cake in such a way that everybody believes he got the biggest piece.
- Tears:** The hydraulic force by which masculine will power is defeated by feminine water power!
- Conference Room:** A place where everybody talks, nobody listens and everybody disagrees later on.
- Ectasy:** A feeling when you feel you are going to feel a feeling you have never felt before.
- Classic:** A book which people praise, but never read.
- Smile:** A curve that can set a lot of things straight!
- Office:** A place where you can relax after your strenuous home life.
- Yawn:** The only time when some married men ever get to open their mouth.
- Experience:** The name men give to their Mistakes.
- Diplomat:** A person who tells you to go to hell in such a way that you actually look forward to the trip.
- Optimist:** A person who while falling from EIFFEL TOWER says in midway, "SEE i AM NOT INJURED YET.
- Miser:** A person who lives poor so that he can die RICH!
- Father:** A banker provided by nature.
- Boss:** Someone who is early when you are late and late when you are early.
- Politician:** One who shakes your hand before elections and your Confidence Later.
- Doctor:** A person who kills your ills by pills, and kills you by his bills!

### Be A Spotless Gourmet

Break a glass? If a tumbler tumbles, pick up the shards with a slice of white bread -- even tiny slivers will cling to it.

To protect a treasured recipe card (or cookbook or magazine) from splatters and stains, place it under a clean glass pot lid.

As you cook, toss scraps, eggshells, and other garbage into a large bowl. This will contain messes and save time if a trash can isn't readily accessible. Line the bowl with a plastic bag to make cleanup even easier. We make compost (humus) out of ours...and put it in our garden...the tea leaves and coffee grounds are great for azaleas, camelias, gardenias, etc.

To prevent an olive oil bottle from becoming greasy, secure a folded paper towel around its neck with a rubber band; the towel will absorb any drips.

Keep your thumbs squeaky clean by using a wine cork to make an indent in thumbprint cookies.

### Failure...but Not Quite

In the late 1950's, he was pumping gas in his father's service station, fixing up cars to race and struggling to save enough money to buy more cars. He was determined to become a winning race car driver. Not one of those early cars ever produced a checkered flag. His cars were hot out of the gate but couldn't finish. Engines blew. Carburetors failed. Gearboxes stripped. His cars were fast starters but couldn't hold up through to the finish line. There he learned that winning is more than quick starts or periodic bursts of energy. His daily pursuit of success resulted in winning multiple accolades in the race industry including a two-time victory at the Indianapolis 500. He is Bobby Unser.

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**Acropolis Hill Sculptures:** Cleaned daily. In 2008, scientists set out to find the safest way to swab the 2,500-year-old marble statues. After testing 40 methods, they determined the winning technique was a combination of infrared lasers and ultraviolet rays. But the cleaning can be a dangerous job: Restorers wear goggles and operate the lasers for only two hours a day.

**Statue of Liberty:** Cleaned: Minimally. Lady Liberty has dodged bathtime for a while now -- curators haven't cleaned her exterior in years because infrequent cleaning aids in her preservation. The inside gets scrubbed frequently, however, which is how the statue developed "birthmarks" -- an acidic solution leaked through the inside wall and stained her cheek in 1986.

## Destiny

The couple rented a wooden cabin in a beautiful forest setting for their honeymoon. The place was delightful.

At dawn, however, a woodpecker started its loud rat-a-tat pounding on the roof.

The noise was so loud, the couple couldn't sleep. It happened at dawn on the second morning, again on the third morning, and so forth. What could they do?

Many people say they'd shoot the bird, Some say, "Who cares? It's your honeymoon."

This incident with the woodpecker happened to Gracie and Walter Lantz on their honeymoon. They were happy, playful couple and they discovered an opportunity.

By the time they had returned from their honeymoon, they were inspired to create the cartoon character, "Woody Woodpecker."

Water was the illustrator, Gracie the voice. Many years later, when interviewed on their 50th wedding Anniversary, Gracie said, "It was the best thing that ever happened to us."

Hope is the thing with feathers that perches in the soul.

Emily Dickinson

Destiny

The couple rented a wooden cabin in a beautiful forst setting for their honeymoon. The place was delightful.

At dawn, however, a woodpecker started its loud rat-a-tat pounding on the roof.

The noise was so loud, the couple couldn't sleep. It happened at dawn on the second morning, again on the third morning, and so forth. What could they do?

Many people say they'd shoot the bird. Some say, "Who cares? It's your honeymoon."

This incident with the woodpecker happened to Gracie and Walter Lantz on their honeymoon. They were happy, playful couple and they discovered an opportunity.

By the time they had returned from their honeymoon, they were inspired to create the cartoon character "Woody Woodpecker."

Walter was the illustrator, Gracie the voice. Many years later, when interviewed on their 50th wedding anniversary, Gracie said, "It was the best thing that ever happened to us."

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In an undeveloped country don't drink the water!  
In a developed country don't breathe the air!!!

Growing old is like being increasingly  
penalized for a crime you haven't committed.

The fact that you can profit from your mistakes  
does not mean the more mistakes, the more profit.

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