

Volume VIII-1: January 2023

PART 1



From Food and Drug Administration, Dec 22, 2022:

Four lots of Quinapril tablets are being recalled due to potential presence of N-Nitroso-Quinapril impurity.

Product	Lot No	Expiry	NDC	UPC	Distribution Dates
Quinapril Tablets USP, 20mg	G102929	04/2023	68180-558-09 (90's)	368180558095	03/15/2021 - 09/01/2022
Quinapril Tablets USP, 40mg	G100533 G100534 G203071	12/2022 12/2022 03/2024	68180-554-09 (90's)	368180554097	

Check with your pharmacist if you have questions.

Volume VIII-1: January 2023

From the Editor:

Happy New Year! We're another year older, another year wiser and looking forward to having another year of Red Hattin'.

There are lots of events listed on pages 3 & 4. Pages 5-6 shows prices for those who want to attend individual events at Baltimore, MD's annual convention on Feb 24-26, 2023. Look for Photos in Part II (separate e-mail).

Western Australia has announced details of their Nov 2024 event. That seems a long time from now but at our ages, the time flies by so quickly.

Keep those memes, recipes, photos and articles coming each month! If there is something you want to see that is not in the monthly issues, let me know and I can add to it. If there is something you really don't like reading, let me know that too. I can remove things that don't get read.

Be sure to get someone younger to shovel your snow!

Sending virtual hugs,
 Judy Litke, moonrockB@aol.com



In Memoriam

Queen Ella Freeman, "Queen Serene" of the IncREDible Women, RHS Chapter 71833, Clinton, MD, passed away on Dec 28, 2022. No other details are known.

MONTHLY 1st Wednesday Lunch in Maryland

The Red Hatters 1st Wednesday of the month lunch will be at the Nautilus Diner, 1709 Transportation Blvd, Crofton, MD, on **January 4th** at noon. **Bring a RH item to swap.**

For additional information: Contact Ann Mercanti, 240-481-9516, annmercant@aol.com



The Ozark Scarlet Grannies RH Chapter is hosting "**Happy Fall Y'All -- Haunted Hill Edition**",

~~Sep 25 - Oct 1, 2023~~, in Mountain View, Arkansas. The dates had to change due to venue overbooking. The event now scheduled for Sep 15-17. This event is for Red Hat Society supporting members only. Contact moonrockB@aol.com if you want a copy of the flyer, which was e-mailed to readers on Dec 28 or 29.

DEADLINE For February Newsletter
 Articles: **Jan 27, 2023**

Upcoming Red Hat Events

* For Supporting Members Only

NOTE: Send an e-mail to moonrockB@aol.com if you need a copy of any announcements on this page.

One-Day Events

Mar 11, 2023: Meet & Greet in Brunswick, OH (Save the Date)

Mar 25, 2023: “A Tisket, A Tasket, A Red and Purple Basket”, hosted by Queen Bitsy Plesz, in Grafton, OH

Apr 22, 2023: Celebrating RHS 25 Years, Bingo & a meal, hosted by the Red Hot Flashes, in Burlington, IA

Apr 22, 2023: RHS 25th Birthday Celebration: Through “Our” Looking Glass, hosted by the Belles of Scarlett, in Charlotte, NC *

Apr 22, 2023: Celebrating RHS 25 Years, Bingo & a meal, hosted by the Red Hot Flashes, in Burlington, IA

Apr 22, 2023: RHS 25th Birthday Celebration: Through “Our” Looking Glass, hosted by the Belles of Scarlett, in Charlotte, NC *

Jun 17, 2023: “Puttin’ on the Ritz”, Dublin, OH – Save the Date (no other details known at this time)

Jul 15, 2023: Afternoon of Elegance, hosted by Sue’s Rowdy Red Hatters, in Wright-Patterson AFB, OH *

Aug 5, 2023: Brats & Craft Festival Hoot in Columbia, OH

Aug 26, 2023: “Un-Birthday Party”, Dublin, OH – Save the Date (no other details known at this time)

Sep 16, 2023: Red Hat Flaming Glamingo’s Luncheon in Ringgold, GA (Deadline Aug 19; contact Pat Akins at 423-304-1137)

Oct 7, 2023: “Halloween Party”, Cincinnati, OH – Save the Date (no other details known at this time)

Nov 7, 2023: Annual Christmas Party in Springfield, OH (contact Monica, szmom2@msn.com)

Dec 9, 2023: Crowns & Capes – Queen/VQ Christmas Party, Columbus, OH (contact Mary Ann, howie1731@aol.com)

Multi-Day Events

Jan 6-8, 2023: Red Hat Senior Prom, hosted by Queen Charlotte Walters & the Southern Bellas, in Myrtle Beach, SC *

Feb 24, 2023: Elegant Ladies in Red, Lake Charles, LA

Feb 24-26, 2023: Red Hat Broadway Bash. Baltimore, MD, Baltimore, MD (see pages 5-6 for individual event prices)

Mar 18-25, 2023: RHS 25th Anniversary Doo Wop Cruise, from port of Los Angeles to Cabo San Lucas, Mazatlán and Puerto Vallarta, Mexico *

Mar 24-26, 2023: Annual Spring Tea Extravaganza in Louisville, KY

Multi-Day Events

(continued)

Apr 17-21, 2023: Red Hat Society Virginia Crowns Trip to Savannah GA, from VA to GA and return

Apr 27-30, 2023: Wisconsin Hatvention, THEME: Boots & Bling Blue Jean Ball, hosted by in Wisconsin Dells, WI. Website located at <https://wisconsinhatvention.wixsite.com/bootsandbling2023>

Jun 6-8, 2023: 3rd Annual Retreat Event, Clearwater Beach, FL (contact Sharona Oglesbee, 937-869-4848)

NEW Jun 23-25, 2023: Party on Mount Olympus, hosted by Pretty Magnificent Sisters, in Kansas City, MO *

Jul 21-23, 2023: 8th Annual Red Hat Event, hosted by Queen Joyce Hunter and the Jazzy Divas of J-Ville, in Jacksonville, FL *

NEW Aug 11-13, 2023: Ladies in Red Chapter 2023 St. Louis FUNvention, Theme is "Melting Pot (A Mish Mash Celebration)", in Bridgeton, MO *

Aug 24-27, 2023: Las Vegas Red Hat FUNvention!, Theme: Wild, Wild, West, Hosted by the Sunflower Sisters Chapter, The Orleans Hotel & Casino, Las Vegas, NV <https://www.facebook.com/groups/lvfunvention/>

Aug 24-27, 2023: Florida Fun Fest, Celebrating 25 Years of Red Hatting, hosted by the Queens Council in Florida, and the West Coast Queens Council, in Orlando, FL

NEW Sep 15-17, 2023: "Happy Fall Y'All – Haunted Hill Edition", hosted by the Ozark Scarlet Grannies RH Chapter, in Mountain View, AR

Sep 22-24, 2023: Royals Through the Ages in Branson, MO (Contact Debbie Glaser, dsglaswer58@yahoo.com)

Sep 22-24, 2023: 2023 Virginia FUNvention Celebration, hosted by the Mad Hatters of Stafford (contact Tracy, Tracy@VAFUNvention.com)

Sep 29-Oct 1, 2023: Happy Fall Y'All – Haunted Hill Edition, hosted by the Ozark Scarlet Grannies, in Mountain View, AR *

Sep 29-Oct 1, 2023: Red Hat Mountain Rendezvous 2, Guntersville, AL *

Nov 3-11, 2024: Western Australia Red Hatters 21st Anniversary, in Freemantle, Perth Australia



Hi Ladies

I just received a very pleasant telephone call from our Red Hat sister Verna Whiten of the Smooth and Sultry Red Hatters. Verna would like to convey her most sincere gratitude for all the cards and well wishes you all recently bestowed upon her. Verna says that her spirits have been lifted, immensely. She has always loved the Red Hat Society and misses all her Sisters. She thanks you all for the confirmation that she matters. She wishes everyone well and may you all have a Happy Holiday.

Queen Sheila Maddox
Chic Chickies of Baltimore, MD

Baltimore, MD's Annual Red Hat Convention



Red Hat Broadway Bash **February 24-25, 2023**

Registration for Individual Events

Friday, 2/24/20 – 6:00PM – 10:00 PM

GREASE is the word...so bop on down to the Chesapeake Ballroom (Mezzanine level) for a buffet of Burgers, Hot dogs, Fish Fillet, Fries and more. DJ Steve Moody will perform a set of Broadway tunes before breaking out lots of golden oldies tunes for the dancers in our group. Do you remember how to do the Hand Jive?

Dress: Your favorite Grease costume, 50's costume or an outfit of red and purple.

COST: \$40.00

Saturday, 2/25/20 - 11:45 AM-1:15 PM

- Click your heels and join us at the "WIZARD OF OZ" themed luncheon in the Chesapeake Ballroom. Enjoy a buffet of Salad, Sliced turkey, Baked ham, Mac n' cheese, and green beans. We will then be entertained by a group from the "Teen Angel Project". The Teen Angel Project is a community service organization and performance company whose mission is to bring joy to the community through music and dance.

Dress: Your "Wizard of Oz" costume or red/purple.

COST: \$35.00

Saturday, 2/25/20 – 2:30-4:00 PM

BINGO FOR CHARITY.....

COST: \$15.00

Saturday, 2/25/20 6:00 - 10:00 PM

"You can't stop the beat", so join us as we continue our Broadway themed weekend celebrating the music from "Hairspray" and other Broadway shows. After a plated dinner of Crab Cake, Herb Baked Chicken, Boneless Beef Ribs or Pasta Primavera, we'll be entertained by a troupe of entertainers from Toby's Dinner Theatre. -

CHESAPEAKE BALLROOM

Dress: Hairspray costume, 60's costume, or your red and purple outfit.

COST: \$55.00

Baltimore, MD's Annual Red Hat Convention Red Hat Broadway Bash 2023

INDIVIDUAL EVENT REGISTRATION FORM

<input type="checkbox"/> Friday evening dinner/dance.....	\$40.00
<input type="checkbox"/> Saturday lunch.....	\$35.00
<input type="checkbox"/> Saturday Bingo.....	\$15.00
<input type="checkbox"/> Saturday evening dinner/dance.....	\$60.00

Please choose your dinner entrée selection:

- | | |
|---|---|
| <input type="checkbox"/> Broiled Crab Cake | <input type="checkbox"/> Boneless Beef Ribs |
| <input type="checkbox"/> Herb Baked Chicken | <input type="checkbox"/> Pasta Prima Vera |

TOTAL FOR REGISTRATION..... _____

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ e-mail: _____

Chapter: _____

Note: We are unable to guarantee seating with your Chapter for individual events.

Mail completed application and your check payable to:

Janet Campbell- Red Hat Weekend,
Best Western Plus Hotel
5625 O'Donnell Street
Baltimore MD 21224

DEADLINE TO REGISTER FOR INDIVIDUAL EVENTS IS **FEBRUARY 1, 2023**

Or, scan and email to jesoup@verizon.net if paying with a credit card.

MC ___ VISA ___ AMEX ___ DISCOVER___ Card # _____ - _____ - _____ - _____ Exp. Date ____/____ Amount _____ Name on Card _____ Signature _____



Please advise of any special needs or food allergies that may require special attention

***Note: Pricing of individual events includes the meal, room rental, entertainment, and favors.**



Do or Die Mysteries

Goodbye Monday Night Mysteries ...
Hello Hump Day Mysteries!

Do or Die Mysteries has bid "goodbye" to Hellas. The 2023 shows are moving to Wednesday Nights at Sunset Restaurant, 625 Greenway Rd SE, Glen Burnie, MD, 21061.

As many Usual Suspects know, Covid tried to kill Sunset Restaurant, and led to our migration to Hellas Restaurant in Millersville. Well, Sunset re-opened their back bar last year, and, this year, they are letting us turn the dining room into a crime scene!

Owners Gary and Dave Fratt are pleased to welcome Do or Die Mysteries back to Sunset. Gary Fratt said "We are looking forward to Do or Die's return. They're a wild and crazy bunch and our customers love their shows. We've been doing live music in the back bar on Thursdays, and now we expect that Wednesday nights will be lively too." Yes, Gary. We'll make sure they are - dare we say? - to die for.

There are a few changes you should know about:

- Most shows will be performed two Wednesdays per month. The exceptions are: *Poe's Last Stanza* and our Christmas show, *Murder on 34th Street*. These will be offered on Friday and Saturday nights.

- In 2023, we are adding a New Year's Eve extravaganza: Murder Mystery dinner and show, piano bar following the show and champagne toast at midnight.

- Seating at Sunset Restaurant is far more limited than Hellas. We're advising early ticket purchase to avoid disappointment.

The menus will change seasonally. We've added a menu button at the top of our webpage, so that you can easily see what's on the current menu. Remember, we need **72 hours advance notice** to accommodate dietary restrictions. Remember, we cannot accommodate dietary restrictions involving cannibalism or the consumption of live food.

The evening's schedule for Wednesday Mysteries

- 6:00-6:30pm Check In/Orders Taken/Dinner Served. **Please arrive no later than 6:30.**

- Show follows Dinner

Show is generally over by 9:30pm

Menu, pricing and gratuities for Monday Night Mysteries

- \$69.50 includes dinner, show, tax, and nonalcoholic beverages. Gratuity on meal is included in the ticket price. Small additional gratuities are appreciated, but absolutely not expected or required. Alcoholic beverages and gratuity on cocktails not included in ticket price.

- Dinner includes salad, entree and chef's choice of dessert. Entree items will change seasonally. The current menu will be listed on the homepage of the [website](https://doordiemystery.com) at

<https://doordiemystery.com/event/>

- Please inform of us dietary restrictions at least **72 hours in advance**. We do our best to accommodate everyone's needs.



Do or Die Mysteries (Continued)



• *All ticket sales are final. We do not issue refunds or exchanges.*

• *Plenty of on-site free parking.*

2023 Hump Day Mysteries Schedule

2023's schedule will include a murderously funny mixture of old and new shows that have been Usual Suspect favorites through the years.

Jan 11 & 18: One of the Gang

Do or Die's first murder mystery show. It's a roaring 20s murder mystery. Kieran Padgett, new head of the local Irish Mafia, and Fabrizio Santorini, head of the local Italian mafia, are meeting to end a six month long bloody territorial war...that is, until murder is added to the meeting agenda. Mandy Gunther threatened to cry if we didn't do this show this year.

January Menu Selection:

Chicken Parmesan Over Pasta
Fried Shrimp and Baked Potato
Salmon and Baked Potato

Feb 15 & Feb 22: Murder with a Heart

A Do or Die Valentine's themed show. Is the perfect match made with the head or the heart? Two matchmakers battle (to the death?) to find the answer. This is only the second time this mystery has been performed.

Mar 15 and Mar 22: Dead Center

It's murder at the Front and Center Training Center for Training Centers. Will someone kill

to keep the first ever Tuck Muckenfuss Swish award from being presented? John Kelso hates this show. Too bad. Suck it up, Buttercup.

Apr 12 & Apr 19: Dead Write

Murder interrupts a monthly meeting of mystery writers. Can they solve a real-life murder before the murderer claims another victim. This is Ceej's favorite show, in case anyone was wondering, which you weren't. Yes, she likes it better than Mystery Krewe. Shut up, cast.

May 10 & 17: Mum's the Word

A Mother's Day themed murder mystery. It's murder at the MUM (Mother's Understanding Motherhood) party celebrating their IPO. Lauren Engler thinks this is the darkest comedy Ceej has ever written.

Jun 14: A Pinch of Death

What could be spicier than murder at a spice factory? This is the first Do or Die show that Amanda Gunther wrote.

Jul 12: Expiration Date

A psychic predicts her own death...looks like a lose/lose proposition. Oddly, almost everyone in the cast has done this show, but nobody remembers when or where.

Aug 16 & Aug 23: Drop Dead, Gorgeous!

Georgianna "Gorgeous" Traylor, a retired supermodel, has a killer new product line that someone is dying to see. We think this is the most performed show in the Do or Die repertoire.



Do or Die Mysteries (Continued)



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Do or Die Mysteries (Continued)



Sep 13 & Sep 20: Art of Murder

Tristan Breton, AKA Dr. Art, is trying to bring back the Danger Art Movement with hilarious and deadly consequences. Warning: this show may be cursed. We tried to put it up in January during "the Covid years" and, inevitably, there was a wave of some version of Covid, and the show canceled. We're hoping moving it to September will break the curse.

Oct 11 & Oct 18: Legend of Creepy Hollow

Throwing a party on the site where a brutal murder occurred, on the anniversary of the murder, is a recipe for disaster. We've actually done this one in the not-too-distant past, but Usual Suspects say it's their favorite Halloween show. Plus, brand new cast member Morgan Cznowski bribed us to put it in rotation, so she gets the chance to play Lizzie.

Oct 28 & Oct 29: Poe's Last Stanza

Do or Die's annual salute to the author of the modern detective story. This year it will be presented on Friday and Saturday Night. We're excited to see this return to the Fireside Room at Sunset, where it all started in 2014. On the downside, the Fireside room has very limited seating, so get your tickets early.

Nov 15 & Nov 22: Turkey Shoot

A world premiere Thanksgiving themed murder mystery show. We return to the wild west town of Drunken Gulch and find that murder is alive and well in this deadly little town. Cliff Hanger may not be Matt Wetzel's favorite role, but most of the cast had trouble keeping a straight face when he played the role.

Dec 1, Dec 2, Dec 15 & Dec 16: Murder on 34th Street December

It's another Do or Die world premiere! Welcome to 34th street at the North Pole, home to the sanatorium that is a haven for Christmas characters with PTCD (Post traumatic Christmas Disorder). For the most part, Nurse Cratchett keeps them in line. Give or take the occasional murder. This production will take place on Friday and Saturday nights. The link for this show will not go live on the website until after the Jan 1, to avoid confusion.

Dec 31: Death is a Cabaret, Old Chum

We're so excited! Not only is this another world premiere, it's a New Year's Eve extravaganza. The evening starts with dinner and a murder mystery set in the 1940s. After the show, we'll have a piano bar until our midnight champagne toast. The link for this show will not go live on the website until after the Jan 1, to avoid confusion.

We say it every month, and every month it is true. Our Usual Suspects are like family, and we love the opportunity to create laughter and make theatre with you. See you at a crime scene soon! Don't forget to like us on Facebook and check out our Facebook Fan Page at <https://www.facebook.com/profile.php?id=100043320326707>.

We are also on TikTok, Instagram and Twitter, but, at this point, we're not bright enough to tell you how to get there.

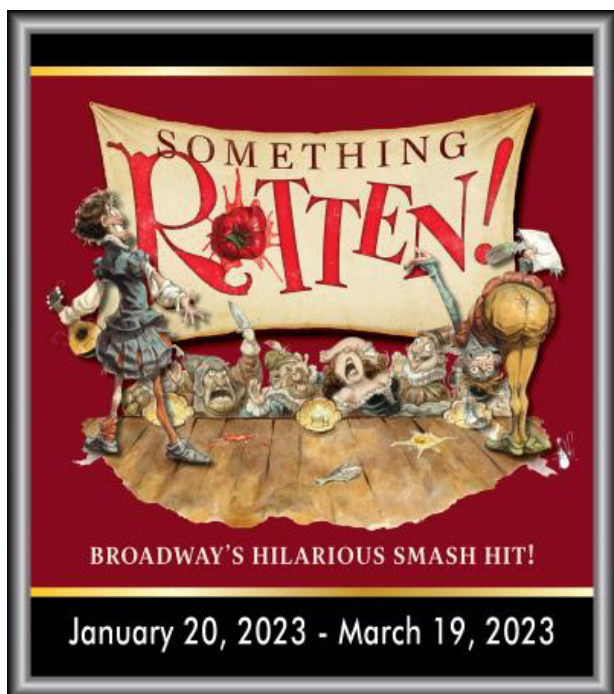


Toby's Dinner Theatre

Toby's Dinner Theatre is located at 5900 Symphony Woods Road, Columbia, MD 21044. Telephone number is 410-730-8311 or 1-800-88-TOBYS

Plenty of free parking. Toby's Dinner Theatre offers 8 shows weekly with both evening and matinee performances. Box Office hours are 10:00 a.m. to 9:00 p.m., daily. Senior citizen and children discounts are available. For groups of at least 15 or more please contact group sales, 410-730-8311. <https://tobysdinnertheatre.com/box-office/group-sales/>

Upcoming Shows



Jan 20-Mar 19, 2023: Something Rotten! Nominated for 10 Tony Awards! Set in the 1590's, brothers Nick and Nigel Bottom are desperate to write a hit play but are stuck in the shadow of a "Renaissance Rockstar." When a local soothsayer foretells that the future of theatre involves singing, dancing and acting at the same time, they set out to write the world's first MUSICAL!

Critics and audiences alike went wild for SOMETHING ROTTEN, an outrageous, crowd-pleasing musical farce that received several Best Musical nominations and was hailed by Time Out New York as, "the funniest musical comedy in at least 400 years."

Please note:

This show contains mild language and adult innuendos.

Fog, haze and strobe effects may be used in this production.

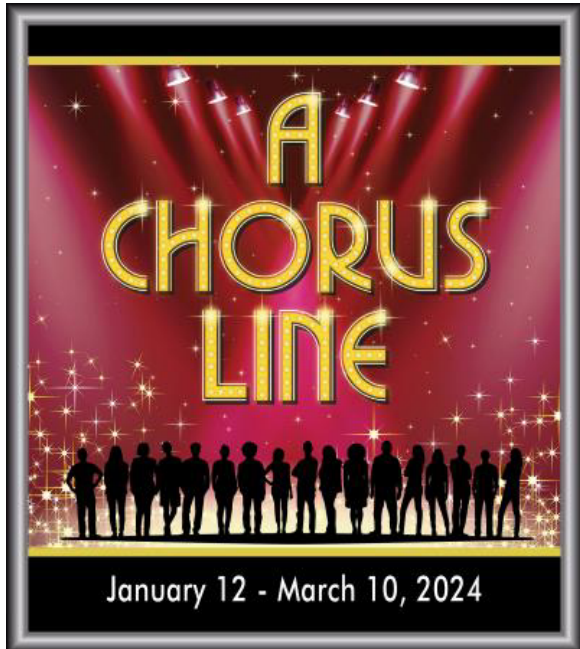
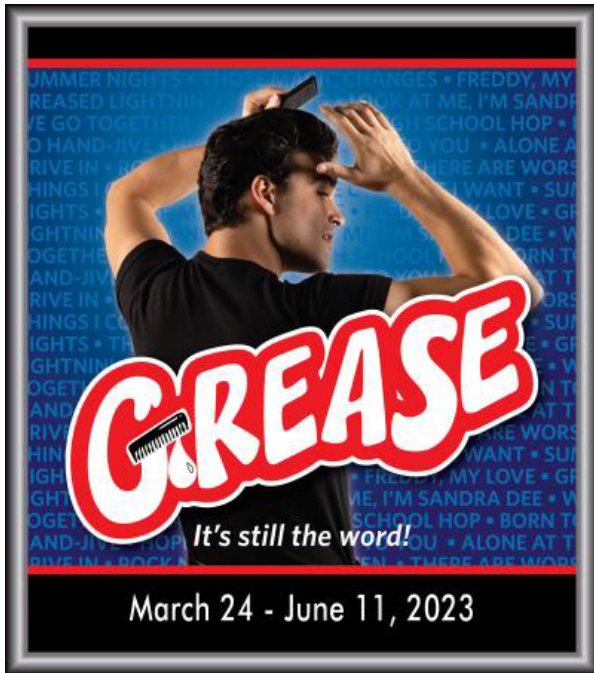
Due to the nature of theatrical bookings all shows, dates and times are subject to change.

(continued on next page)



Toby's Dinner Theatre

Upcoming Shows (continued)





FRIDAY, SATURDAY, & SUNDAY
JANUARY 27, 28, & 29, 2023

PLAN YOUR WEEKEND!
THE QUIET RESORTS,
DELAWARE



Fire & Ice Festival

Experience the Quiet Resorts, Delaware as you never have before at the Fire & Ice Festival – Lights, Camera, Action!

Enjoy a weekend of winter festivities at the beach, including ice sculpture tours, live sculpture demonstrations, bonfires, fireworks, ice slides, tastings, music, and – of course – Movie Magic.

<https://fireandicede.com/>

New Year, New Start:
By Kim Painter, AARP

It's time to think about New Year's resolutions. More than 4 in 10 U.S. adults make at least one, surveys say. Health resolutions are popular. So are resolutions about saving money. That might be especially true this year, due to inflation and an uncertain economy.

What if you combined your desire to get healthier with your determination to stretch your dollars in 2023? You might try some of these ideas:

- Resolution #1:** Walk more, drive less
- Resolution #2:** Lower your thermostat for better sleep
- Resolution #3:** Drink more water, from fewer bottles

- Resolution #4:** Rediscover the library (exercise those brain cells!)
- Resolution #5:** Cook with less meat and more beans
- Resolution #6:** Find free or low-cost exercise classes
- Resolution #7:** Find the best bets in the center grocery aisles
- Resolution #8:** Volunteer at a theater or concert hall
- Resolution #9:** Try pickleball
- Resolution #10:** Find your entertainment in nature
- Resolution #11:** Plan and grow a garden
- Resolution #12:** Practice more gratitude



What's on your 2023 list? Be sure to only list things you know you will stick to and achieve.



How to Treat a Sinus Infection:

-- from Univ of MD Medical System --

You know how to treat a cold, but this seems like something else. That runny nose, facial pain, headache and sore throat just won't go away — and you may also have bad breath and a cough. You go to the primary care provider and learn it's not a cold; it's a sinus infection. What does that mean and how do you treat it?

A sinus infection occurs when the sinuses (air-filled cavities in your head) get infected by a virus or bacteria. This results in inflamed sinuses and a long list of unwanted symptoms.

Though most cases of sinusitis are viral and part of the common cold, some are bacterial in nature. Knowing which kind you have ensures you get appropriate treatment.

How to Treat a Sinus Infection at Home

Whether you have several symptoms of sinusitis or just one, you don't want to live with it longer than necessary. Fortunately, most sinus infections clear up on their own in a few days. Because of this, medication is rarely prescribed for viral or bacterial sinusitis.

Instead of asking for medication, try these home remedies: Find relief with a warm compress

- Flush out your sinuses
- Use over-the-counter medications
- Use steam therapy

When to Use Antibiotics for Sinusitis

Though most cases of sinusitis clear up quickly on their own, some don't. Some last longer than a week with no signs of getting better. They can cause a fever that lasts for a few days, severe facial pain or forehead headaches, or symptoms that get worse after they seem to improve.

In those cases, don't wait for the infection to heal on its own. Seek medical attention at your primary care provider's office or urgent care.

Protect Your Sinuses from Infection:

Tired of researching how to treat a sinus infection? With a few simple steps, you can help prevent sinusitis in the first place.

Get started with the following steps:

- Don't smoke cigarettes and or spend time around secondhand smoke.
- Get vaccinated for the flu and other seasonal illnesses.
- If you have seasonal allergies, take appropriate medication or receive allergy shots. Otherwise, your allergies can lead to sinus infection.
- Run a humidifier during the winter to moisten the air in your home.
- Stay away from people who have cold, flu or other upper respiratory infections.
- Wash your hands regularly with soap and water.

What exactly is the difference between a cold, sinus infection and allergies?

While they have similar symptoms, these conditions have different root causes:

•**Cold:** A common viral infection that affects your nose and throat. Keep in mind that COVID-19 can have similar symptoms.

•**Sinus Infection:** Inflammation of the nasal passages caused by bacteria.

•**Allergies:** Inflammation of the nasal passages caused by exposure to pollen or other allergens.



9 Things Medicare Does Not Cover

--- from *AARP.org*

1. Opticians and eye exams

While original Medicare does cover ophthalmologic expenses such as cataract surgery, it doesn't cover routine eye exams, glasses or contact lenses. Nor do any Medigap plans, the supplemental insurance that is available from private insurers to augment Medicare coverage. Some Medicare Advantage plans cover routine vision care and glasses.

Solution: For some people, it makes sense to buy a vision insurance policy for a few hundred dollars a year to defray the cost of glasses or contact lenses.

2. Hearing aids

Medicare covers ear-related medical conditions, but original Medicare and Medigap plans don't pay for routine hearing tests or hearing aids.

Solution: If you are in a Medicare Advantage plan, check your policy to see if it covers hearing-related needs. If it doesn't, or if you have original Medicare, consider buying insurance or a membership in a discount plan that helps cover the cost of such hearing devices. Also, some programs help people with lower incomes to get needed hearing support. Or you can pay as you go. Congress passed legislation in 2017 that allows some hearing aids to be sold over the counter without a prescription. Medicare beneficiaries with mild to moderate hearing loss can now buy hearing aids at drugstores and other retail outlets without a prescription.

3. Dental work

Original Medicare and Medigap policies do not cover dental care such as routine checkups or big-ticket items, including dentures and root canals.

Solution: Some Medicare Advantage plans offer dental coverage. If yours does not, or if you opt for original Medicare, consider buying an individual dental insurance plan or a dental discount plan.

4. Overseas care

Original Medicare and most Medicare Advantage plans offer virtually no coverage for medical costs incurred outside the U.S.

Solution: Some Medigap policies cover certain overseas medical costs. If you travel frequently, you might want such an option. In addition, some travel insurance policies provide basic health care coverage — so check the fine print. Finally, consider medical evacuation (aka medevac) insurance for your adventures abroad. It's a low-cost policy that will transport you to a nearby medical facility or back home to the U.S. in case of emergency.

5. Podiatry

Routine medical care for feet, such as callus removal, is not covered. Medicare Part B does cover foot exams or treatment if it is related to nerve damage because of diabetes, or care for foot injuries or ailments, such as hammertoe, bunion deformities and heel spurs.

Solution: If you face these costs, you may want to set up a separate savings program for them.



6. Cosmetic surgery

Medicare doesn't generally cover elective cosmetic surgery, such as face-lifts or tummy tucks. It will cover plastic surgery in the event of an accidental injury.

Solution: If you face these costs, you also may want to set up a separate savings program for them.

7. Chiropractic care

Original Medicare does not cover most chiropractic services or the tests that a chiropractor orders, including X-rays. Medicare Part B does pay for one manual manipulation of the spine by a chiropractor or other qualified provider to correct a vertebral subluxation, which is basically a partial dislocation of a spinal vertebra from its normal position.

Solution: Some Medicare Advantage plans will cover chiropractic services, so check with your plan. Some chiropractors offer payment plans to help you pay for this care.

8. Massage therapy

Original Medicare doesn't cover massage therapy, often used to help reduce chronic pain, although research suggests it may provide short-term, but not long-term, relief. When it comes to pain management, Medicare does cover chiropractic care in certain limited circumstances (see above) as well as physical and occupational therapy when prescribed by a doctor. Some Medicare Advantage plans might cover some massage therapy. It's best to call your plan to find out if it does.

Solution: See whether your health care provider can recommend a pain

management strategy that Medicare does cover. If you are set on getting massage therapy, the likelihood is you'll have to pay for it yourself.

9. Nursing home care

Medicare pays for limited stays in rehab facilities — for example, if you have a hip replacement and need inpatient physical therapy for several weeks. But if you become so frail or sick that you must move to an assisted living facility or nursing home, Medicare won't cover your custodial costs. (Nursing homes average about \$90,000 a year for a semiprivate room and more than \$100,000 for a private room. Costs vary based on where you live and what facility you choose.)

Solution: Planning for nursing home care is a big issue, with lots of choices and decisions. But for those with limited income and savings, Medicaid might help fill in the gaps.

NOTE: Author *Dena Bunis* covers Medicare, health care, health policy and Congress. She also writes the Medicare Made Easy column for the AARP Bulletin. An award-winning journalist, Bunis spent decades working for metropolitan daily newspapers, including as Washington bureau chief for the Orange County Register and as a health policy and workplace writer for Newsday.

**TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.**

SCAM ALERT

Don't Return the Money Someone "Accidentally" Sends You on Venmo, *by Daniel Oropenza for lifehacker.com*

Venmo is an easy way to send money back and forth to friends, family, and the guy who runs the office fantasy football league. But what if you received a Venmo notification that says *you'd* received money from someone you don't know and that you weren't expecting? Chances are, it's not an accident or a stroke of luck: It's a scam.

The practice of sending money by "accident"—and then asking for it back in apologetic and somewhat frantic tones—is a scam that has been making the rounds not just on Venmo, but other similar pay-apps like Zelle, PayPal, or Apple Pay. It's a scam that preys on people's kindness and gullibility.

How does the scam of sending money by "accident" work?

According to the Better Business Bureau (BBB), scammers buy stolen credit cards from the dark web and connect them to their payment app of choice. Then, they start sending random people money by "accident" and proceed to message them asking for the money back, saying it was sent by mistake. The scammers change out the stolen credit cards from the payment apps and connect their own personal cards instead and wait for the victims to send them "clean" (non-stolen) money back.

If you are part of the group who sent money back, you didn't actually send them the same,

say, \$500 from the stolen credit cards back to them. The money you're sending is from *your* account. Eventually, the payment apps will catch on to the stolen credit card fraud because the original owners of the cards from the dark web will report their cards stolen—and those are backed by their bank. The stolen funds will eventually be removed from *your* account (because that's where it ended up), leaving you \$500 poorer and the scammer \$500 richer.

Unlike credit cards, many digital payment apps do not shoulder the responsibility of fraud. That responsibility is left to you. According to a report from the Los Angeles Times, most of this fraudulent process is automated, so scammers make a lot of money with very little effort.

What should you do and *not* do if someone sends you money by "accident"?

Never send money back to anyone you don't know on any payment app, unless it's a friend or family member you know, or your payment app offers fraudulent security like PayPal Goods and Services. If someone really did send you money by mistake, they can contact the payment app and dispute it. But leave the money in question in your account with the expectation that it will be removed eventually. You don't need to worry about your account being hacked or vulnerable just because someone sent you or requested money from you. What you *can* do is contact your payment app's support team, and they should be able to reverse the payment sent

SCAM ALERT

Don't Return the Money Someone "Accidentally" Sends You on Venmo (continued)

to you without risk of being scammed. Following are recommendations from the BBB on how to protect yourself from payment app scams:

- **Use money transfer with friends:** Protect yourself from scams by only using money transfer apps for their intended purpose—sending money to people you personally know.
- **If someone sends you money by mistake, ask them to cancel the transaction:** The sender can request that the vendor cancel the transaction. If the person refuses, it's probably a scam.
- **Enable additional security settings:** Check your account settings to see if you can turn on additional security measures, such as multi-factor authentication, requiring a PIN, or using fingerprint recognition.
- **Link your money transfer app to a credit card.** As with many other purchases, using a credit card will help protect you if you don't get the goods or services you paid for. Linking to a debit card or directly to your bank account does not give you that added protection.

What should you do if you sent money back to a scammer?

If you sent money to a scammer, there is almost no way to get it back, unless you had your credit card connected to your payment app. In that case, you can contact your bank and let them know there was a fraudulent transaction, and they may be able to help you.

Identity Fraud

When your personal information is stolen, it is identity theft. When your stolen data are used fraudulently, it is identity fraud. For the second consecutive year, the Federal Trade Commission's tracking shows identity fraud is topping the charts.

- Criminals have many ways to obtain our personal information. They steal mail, hack corporate databases or use emails, texts and phone calls designed to deceive people into sharing their information.
- They may sell your data to the highest bidder or use it themselves to open new accounts in your name or take over existing accounts. They may file for federal benefits in your name too.
- To safeguard yourself against identity theft and fraud, avoid sharing sensitive information to anyone who contacts you. Avoid clicking on links in emails and texts, set up electronic access to your financial accounts, and consider setting up a fraud alert or credit freeze to protect against fraudulent account openings.



"I know those big money deals from *Nigeria* are a scam, but this e-mail is from *New Guinea!*"



Chef Ruby

Chinese Almond Cookies

-- from *justonecookbook.com* --

Chinese New Year 2023 begins on Jan 22, 2023. It is the Lunar Year of the Rabbit. Chinese Almond Cookies symbolize coins so people make or buy these cookies to bring good fortune. They are easy to make. All you need is simply combine all the ingredients in a bowl, roll into small balls, and bake in the oven for 15 minutes. The cookies are crisp, buttery, and full of almond flavor!

Almond cookies have a crisp bite and sandy crumbly texture. When you bite, almond meal/flour and almonds on top give really nice almond flavor in your mouth. And these cookies are delightful with a cup of tea or coffee.



Recipe appears on next page...



Chef Ruby

Chinese Almond Cookies (continued)

Ingredients:

1 1/2 cup All-purpose flour	1/2 cup neutral-flavored oil
1 cup Almond meal/flour	Almonds, roasted unsalted
1 teaspoon baking powder	1 Egg yolk, large
1 teaspoon baking soda	
1/4 teaspoon Kosher salt	
1/2 cup sugar	

Directions:

1. Center a rack in the oven and preheat the oven to 350°F (180°C). For a convection oven, reduce cooking temperature by 25°F (15°C).
2. Combine all the dry ingredients in a stand mixer. With your mixer on low medium speed (with the beater attachment), mix all together.
3. Slowly add oil and mix until a cohesive dough forms.
4. The dough should be just enough to hold its shape when you try to roll it into a ball. If they look more like crumbs, add **2-3 teaspoon (10-15 ml)** vegetable oil at a time.
5. Weigh the dough to make 1-inch (2.5 cm) cookie (0.4 oz, 10 g) or 1 1/2-inch (3.8 cm) cookie (0.7 oz, 20 g). Roll the dough into a ball with your palms. Place it on a baking sheet lined with parchment paper and repeat until all the dough is used up. You can make a 10-gram ball using a teaspoon measuring spoon.
6. [optional] If you want to put a piece of almond on the cookie, hold the cookie ball on your palm and gently press the almond into the dough.
7. Beat the egg yolk in a small bowl. Using a pastry brush, lightly glaze the top of the cookie balls with the egg yolk.
8. Bake at 350°F (180°C) for 15-20 minutes, or until the cookies become slightly golden. Let them cool on a wire rack and store in an airtight container.

NOTE: Store leftovers in an airtight container and store on the countertop for 4-5 days or in the freezer for a month.



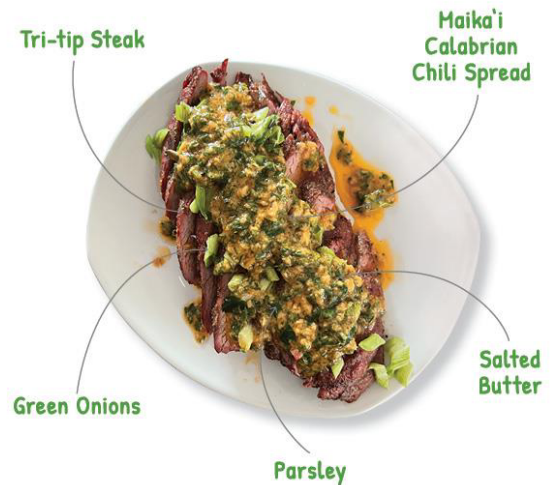
Chef Ruby

Calabrian Chili Butter Steaks

-- A Foodland Recipe, Submitted by Adele Rugg, Queen Diva Dell-Lucious, Kihel, Maui, HI --

Ingredients:

- 2 pounds Steak (Tri-tip, boneless short-rib, flank)
- 1/2 Maika'i Garlic, Tomato, Calabrian Chili Spread (Jar)
- 1 cup unsalted butter
- 1/4 cup Flat Leaf Parsley, Finely Minced
- 1 bunch green onions (washed & dried)



Directions:

1. Cut green onions into 6-inch sections. Coat green onions lightly in oil. Season with salt to taste.
2. Grill or pan-fry green onions on high until slightly charred and softened. Remove from heat and keep warm.
3. Season your steaks with salt and pepper to taste.
4. Grill or pan-fry steaks with a bit of oil until desired done-ness (medium-rare is recommended).
5. Let steaks rest for 10-15 minutes.
6. While the steaks are resting, combine the Maika'l Garlic, Tomato, Calabrian Chili Spread, butter, and finely minced parsley in a small pot over low heat until melted. Season with salt and pepper to taste.
7. Slice the warm charred green onions into 1/2-inch pieces if desired or leave whole for a more rustic look.
8. Slice steaks against the grain. Top sliced steaks with charred green onions. Spoon on the warmed sauce.
9. Top with flakey salt (Maldon brand is a favorite!) and freshly cracked black pepper.
10. Serve immediately. Consume extra sauce with hot and crusty bread.



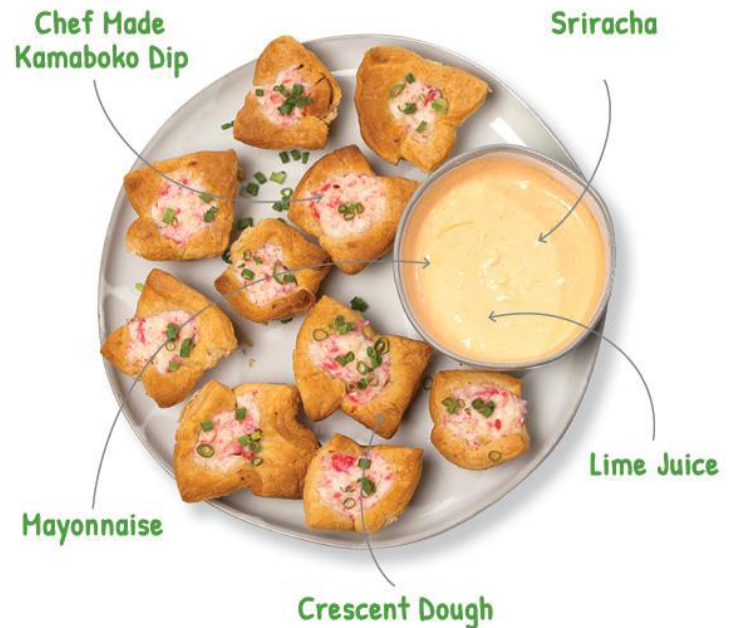
Chef Ruby

Kamaboko Puffs with Spicy Mayo

-- A Foodland Recipe, Submitted by Adele Rugg, Queen Diva Dell-Lucious, Kihel, Maui, HI --

Ingredients:

- 2 cans crescent dough
- 2 containers of Maika'i Kamaboko Dip
- 3/4 cups mayonnaise
- 2 tablespoons sriracha
- 1 tablespoon lime juice



Directions:

1. Preheat oven to 375 degrees Fahrenheit.
2. Grease a mini muffin pan all over, even the top, and set aside.
3. Unroll the dough onto a clean work surface and cut evenly into 12 square pieces. Place a square of dough into a section of the mini muffin pan and press down so the dough starts to take the form of the tin. Repeat process for second can of crescent dough.
4. Fill each cup with kamaboko dip evenly.
5. Bake for 18-20 minutes, or until golden brown.
6. In a small bowl, combine mayonnaise, sriracha, and lime juice, and mix together until it's smooth and creamy.
7. Remove puffs from oven and let cool for a couple minutes in the tin, then transfer to a wire rack.
8. Serve alongside spicy mayo.

Notes

Garnish with Green Onions



Chef Ruby

Bone-In New York Strip with Sautéed Brussels Sprouts

-- A Foodland Recipe, Submitted by Adele Rugg, Queen Diva Dell-Lucious, Kihel. Maui. HI --

Ingredients:

- 2 Bone-In New York strip Steaks (1" Cut)
- 1 pound Brussels Sprouts
- 8 garlic cloves
- Ono Hawaiian Seasoning
- Maui Herb Fresh Marjoram



Directions:

1. Preheat oven to 375 degrees Fahrenheit.
2. Grease a mini muffin pan all over, even the top, and set aside.
3. Pat dry bone-in New York Strip Steak, oil lightly and season with the chopped marjoram and ONO seasoning, set aside for 10 minutes before grilling.
4. In a microwaveable container, add in brussels sprouts and wrap with plastic or cover loosely and microwave on high for 3 minutes.
5. Heat oil in a sauté pan on high heat, add in 4 sprigs of marjoram and minced garlic and sauté until fragrant (about 30 sec - 1 minute). Add in brussels sprouts, season with ONO seasoning. Sauté for 2-3 minutes, remove marjoram and set brussels sprouts aside.
6. Grill steak on high heat for about 3 minutes on each side (for medium rare). Let the steak rest for 5 minutes under loosely covered with foil before slicing.



Chef Ruby

Furikake-Scallion Mayo Baked Salmon

*a Foodland Recipe submitted by Adele Rugg, Queen Diva
Dell-Lucious, Kihel, Maui, HI --*

Ingredients:

- 4 6-ounce salmon filets
- 1/2 cup mayonnaise
- 2 large scallions, finely chopped
- 2 tablespoons furikake *
- 1 teaspoon fresh lemon juice
- Salt & pepper, to taste



Directions:

1. Preheat oven to 425 degrees.
2. In a bowl, stir together the mayonnaise, lemon juice, scallions, furikake, and 1/4 teaspoon black pepper.
3. Place the salmon on an oiled baking sheet, then divide the mayo mixture between the salmon.
4. Bake salmon until top becomes golden brown and salmon is cooked through, about 15 minutes. Serve with additional chopped scallions and lemon wedge.

* Available through [amazon.com](https://www.amazon.com)



Chef Ruby

Roasted Cauliflower Pasta

-- A Foodland Recipe, Submitted by Adele Rugg, Queen Diva Dell-Lucious, Kihel, Maui, HI --



Ingredients:

- 1 small head of cauliflower (cut into small florets)
- 3 tablespoons capers
- 6 tablespoons olive oil (reserve 2 Tbsps. for caper and lemon mixture)
- 1/4 teaspoon salt (additional 1 tablespoon for pasta water)
- 1 pound Italian sausage (remove casings)
- 1/2 pound pasta (recommend fusilli)

Directions:

1. Preheat oven to 425F.
2. Spread the cauliflower florets on a rimmed baking pan lined with parchment paper.
3. Toss cauliflower with 1/4 cup olive oil, 2 tablespoons capers, 1/4 teaspoon salt and freshly ground black pepper to taste. Roast, tossing every 10 minutes until nicely browned (about 30 minutes). Remove from oven and set aside.
4. Finely chop the remaining 1 tablespoon of capers and place in a small bowl. Add zest of 1 lemon and 1 tablespoon olive oil; set aside.
5. Heat 1 tablespoon olive oil in a large skillet and add the sausage, breaking it into small pieces and cooking until nicely browned and crisp, about 10 minutes. Remove the sausage from the pan, leaving the fat behind. Shut off the stove.
6. Bring a large pot of water to a boil, then add 1 tablespoon salt and 1/2 pound pasta. Cook until al dente (start checking it at 2 mins shorter than instructions on package). Drain the pasta, reserving one cup of the cooking liquid.
7. Add the pasta to the skillet and heat on low. Add the lemon juice and half of the reserved pasta water. Stir until the pasta is well coated, adding more water if needed to make a light sauce. Stir in the chopped caper and lemon zest mixture, then add the cooked sausage and cauliflower to heat through, adding any remaining pasta water if desired.
8. Place in a bowl and serve. Garnish with Parmesan cheese, toasted pine nuts and/or flat leaf parsley.



Chef Ruby

Flaugnarde of Mixed Berries (Clafoutis)

-- Submitted by Kathy@kathyskorner.net --

This simple custard can be made with any combination of fruits, not just berries. Frozen berries are okay to use. Enjoy!

Ingredients:

- 2 1/2 cups mixed fresh berries, such as blackberries, blueberries, raspberries
- 3 large eggs
- 10 tablespoons light agave nectar, or sugar
- 1/2 cup unbleached all-purpose flour, sifted
- 1/8 teaspoon salt
- 1 cup 1% milk
- 2 teaspoons vanilla extract
- powdered sugar for dusting
- baking spray

Directions:

1. Preheat the oven to 350°F.
2. Lightly spray a baking dish with baking spray and dust with a little flour. Toss the berries into the baking dish
3. Whisk the eggs, agave, salt, and flour together in a large bowl until smooth. Add the milk and vanilla extract. Whisk until smooth then pour into the baking dish.
4. Bake for 45 - 50 minutes or until lightly browned and a toothpick inserted into the center comes out clean.
5. When you pull it out of the oven it will wiggle a bit which is completely normal. Cool on a wire rack. The flaugnarde will have puffed up a bit and will deflate while cooling.
6. When cool, dust with powdered sugar and serve.



Chef Ruby

Roast Chicken & Veggies

Makes 4 servings

Prep: 8 min Cook: 4 hours, 10 min

Ingredients:

Cooking spray
1 cup sliced celery
1 pound of sweet potatoes, cubed
1 large yellow onion, sliced
2 garlic cloves, chopped
1/4 cup chopped fresh parsley, divided (2 Tablespoons +
2 Tablespoons)
1/2 teaspoon dried oregano
4 skinless chicken breasts, bone-in
1/8 tsp salt
1/8 tsp pepper
1 Tablespoon olive oil
1 cup low-sodium chicken broth

Directions:

1. Spray the slow cooker with cooking spray and place the celery, sweet potatoes, onions, garlic, half the parsley, and the oregano inside.
2. Sprinkle the chicken with salt and pepper. In a nonstick skillet, heat the oil over a medium flame. Add the chicken to the skillet. Cook until well browned. Turn the chicken over and cook for another minute.
3. Remove the chicken from the skillet and place in slow cooker, on top of vegetables. Top with broth. Cover and cook on low for about 4 hours.
4. Place one chicken breast and vegetables on each plate. Sprinkle with remaining parsley and serve.

Nutrition Information

Serving size: 1 breast and 1/2 cup vegetables

Per serving

Calories: 386; Total fat: 6 g; Saturated fat: 1 g; Sodium: 208 mg; Cholesterol: 105 mg; Total carbs: 37 g; Fiber: 6 g; Sugars: 3 g; Protein: 44 g; Potassium: 1,077 mg

**KEEP
CALM
AND
READ FOR
PLEASURE**

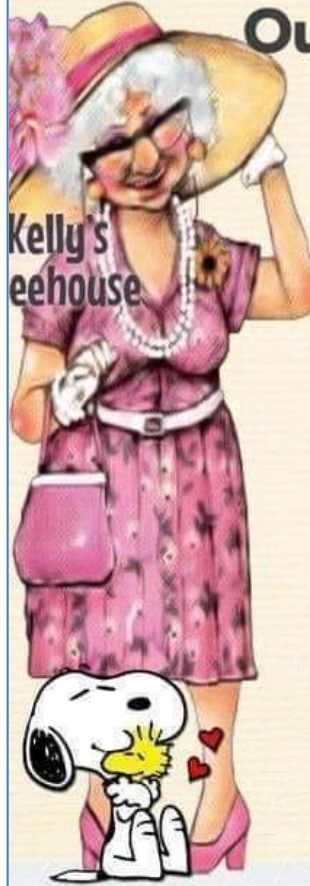
-- Submitted by Linda Murphy, Queen Mum,
Twilight Red Hatters, Rosedale, MD --

All I want for
Christmas is a
self-cleaning house!



someecards
user card

The Truth About Women Our Age..



We've seen it all, we've
done it all, we've been
around the block. We're
living large, we're so in
charge.. Old Ladies,
what a crock!

We've just begun to have
our fun! We've earned each
little wrinkle. Say it loud!
We're downright proud,
and when we laugh,
we tinkle.

Real women feel it's no big
deal to add another candle -
We're Old! We're Bold!
We're Solid Gold...
There's Nothing We
Can't Handle!

Dance as though no one is watching
Love as though you've never been hurt
Sing as though no one can hear you
Live as though heaven is on earth.



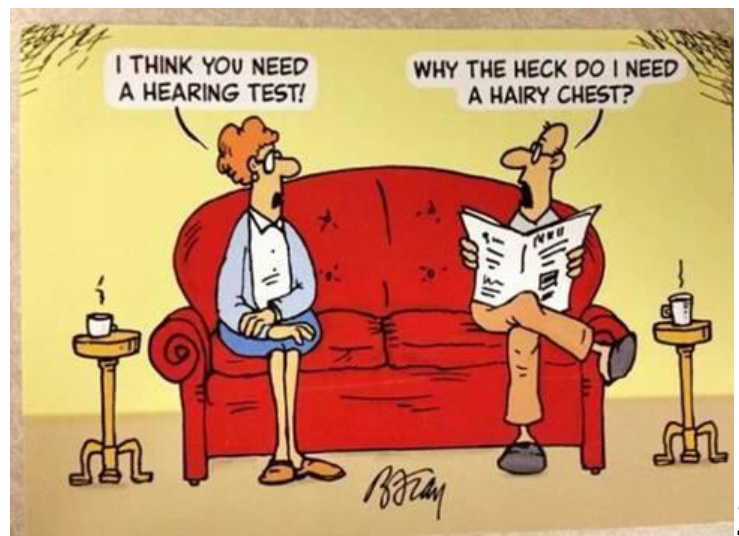
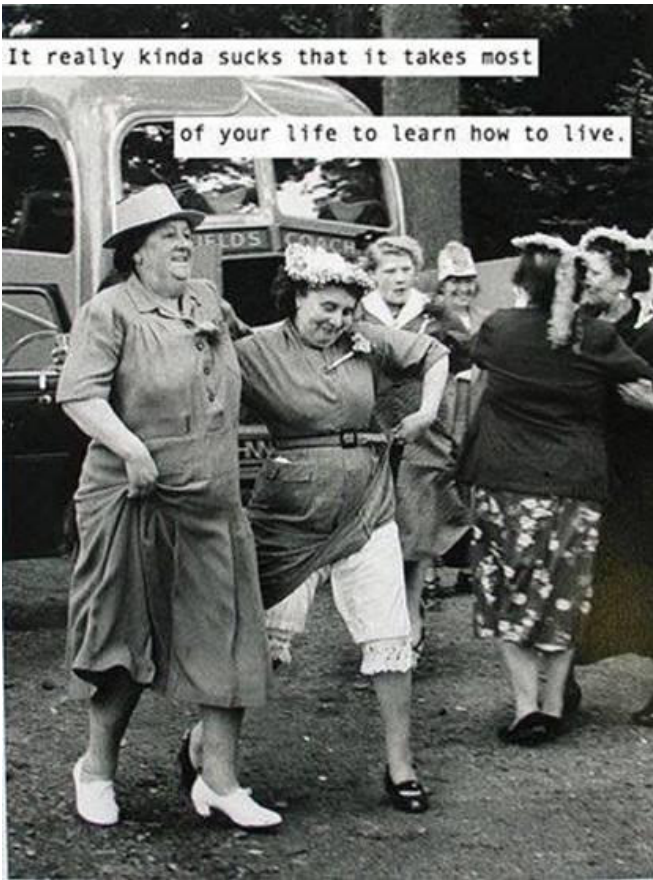
Me: "I am
surprised at how
winded I am by this
exercise"

Personal Trainer:
"This was the tour
of the gym"

Brain cells, hair cells
and skin cells - they
all die constantly, but
freaking fat cells seem
to have eternal life...

KEEP CALM AND READ FOR PLEASURE

-- Submitted by Adele Rugg, Queen Diva Dell-Lucious, Kihel, Maui, HI --



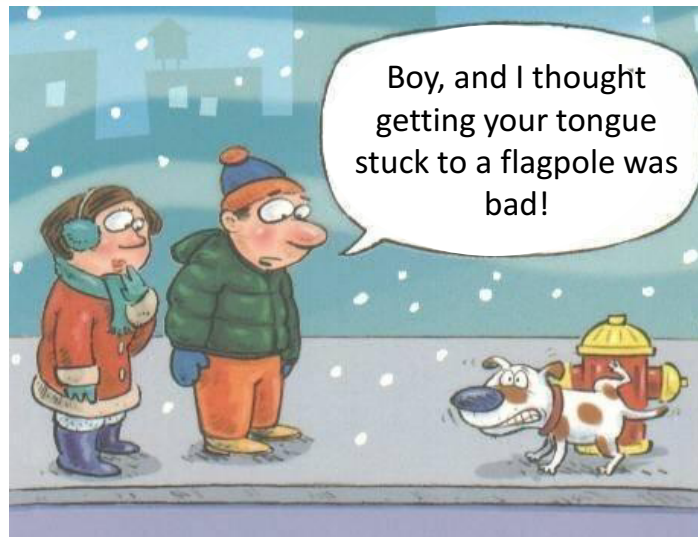
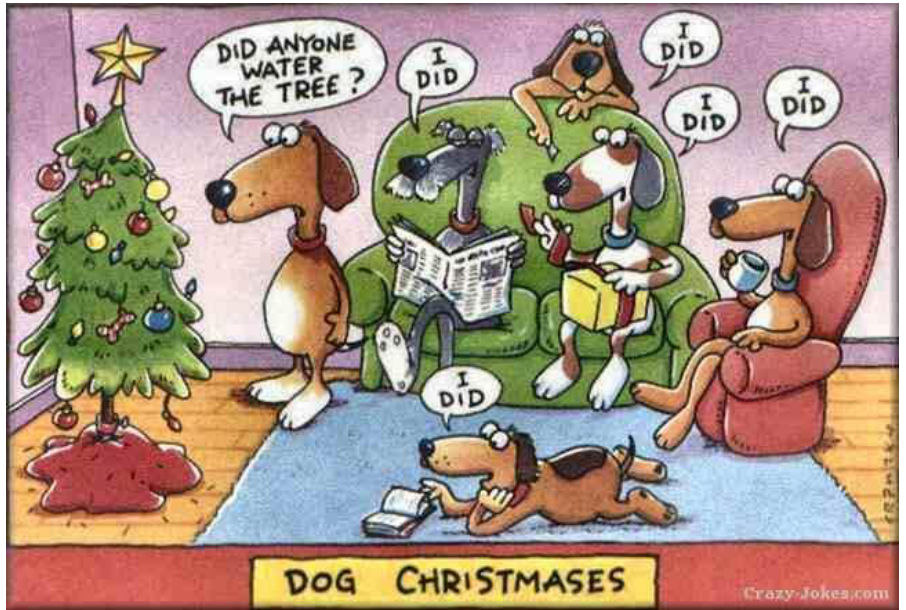
KEEP CALM
AND
READ FOR PLEASURE

-- Submitted by Queen Big Mama Pat Ragland,
Ruby Angels, Washington, DC --



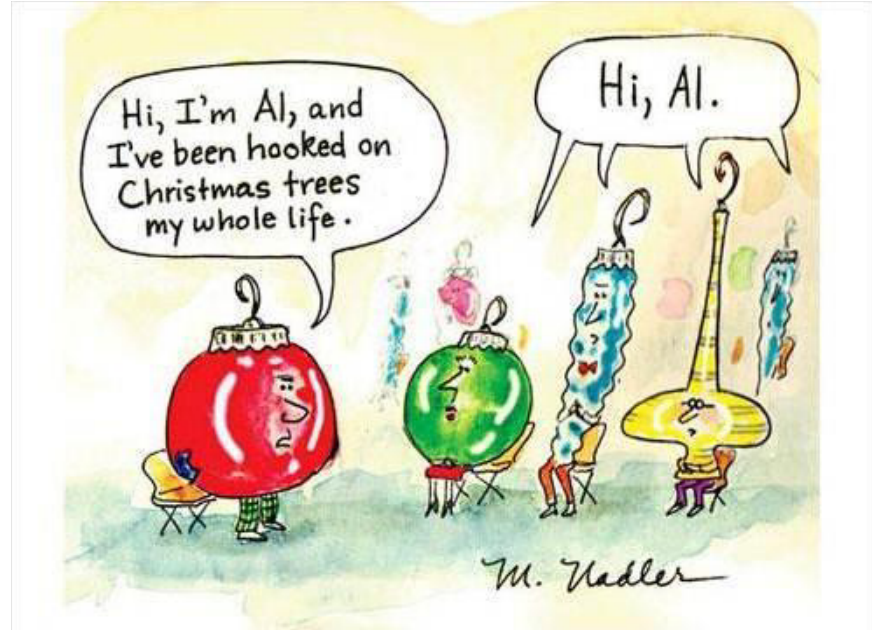
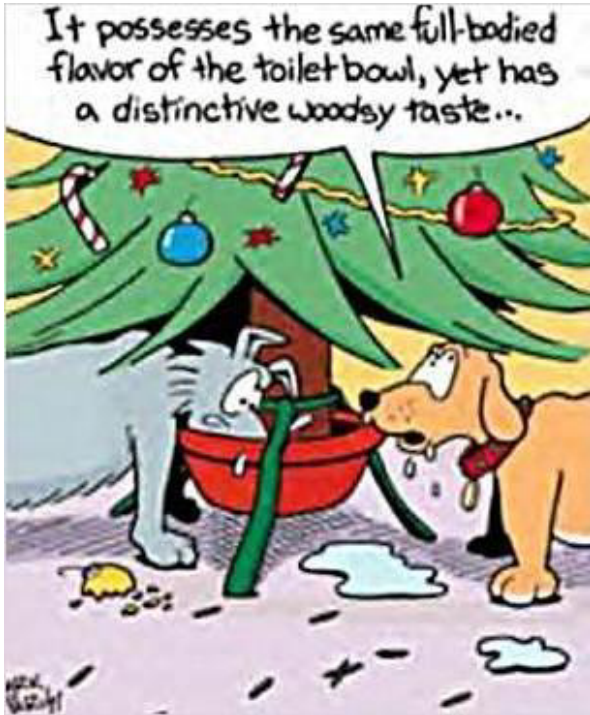
KEEP CALM AND READ FOR PLEASURE

-- Submitted by Queen Big Mama Pat Ragland, Ruby Angels, Washington, DC --



KEEP
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-- Submitted by Queen Big Mama Pat Ragland,
Ruby Angels, Washington, DC --



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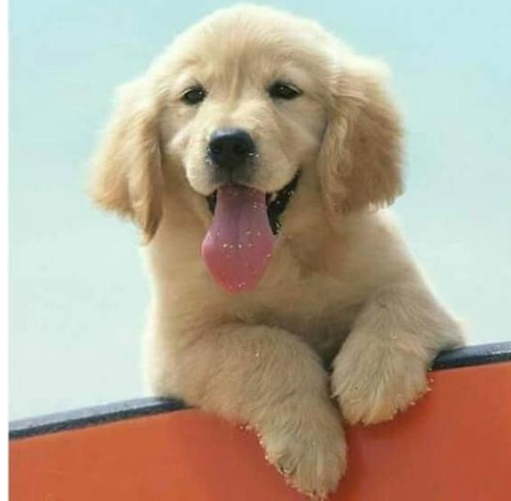
Submitted by Brenda Geidel, Classy Cosmopolitans of
Pasadena, MD



OMG, I'm rich!
Silver in the hair,
Gold in the teeth,
Crystals in the kidney,
Sugar in the blood,
Lead in the butt,
Iron in the arteries,
and an inexhaustible
supply of natural gas!

*I never thought I would
accumulate such wealth!*

A lover will give you a kiss
A friend will give you a hug
But a **dog** will give you
his **heart**.

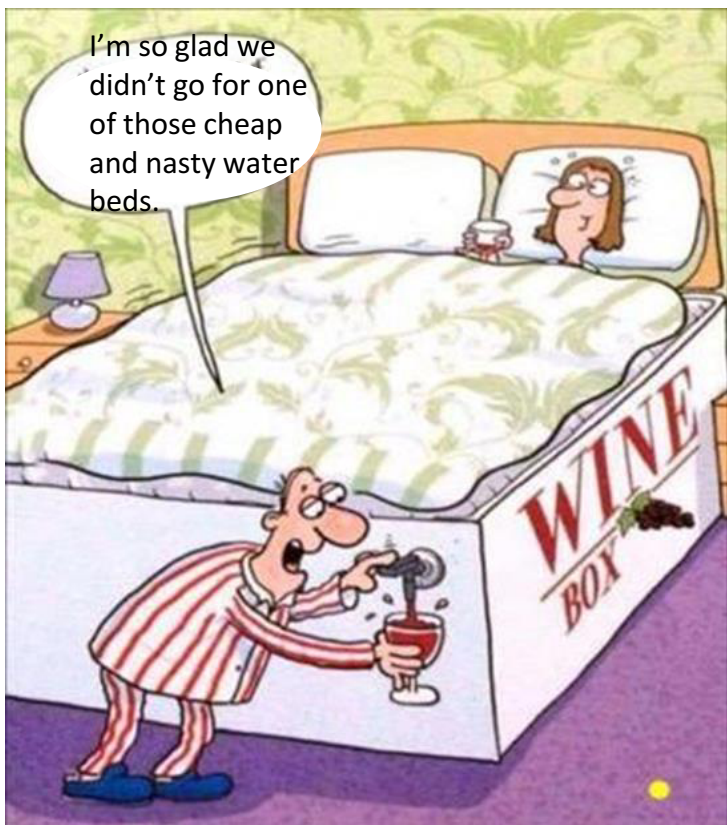


My Younger Days
When I was in my younger days,
I weighed a few pounds less,
I needn't hold my tummy in
to wear a belted dress.
But now that I am older,
I've set my body free;
There's comfort of elastic
Where once my waist would be.
inventor of those high-heeled shoes
My feet have not forgiven;
I have to wear a nine now,
But I used to wear a seven.
And how about those pantyhose-
They're sized by weight, you see.
So how come when I put them on,
The crotch is at my knees?
I
need to wear these glasses
As the prints were getting smaller;
And it wasn't very long ago
I know that I was taller.
Although my hair has turned to silver
and my skin no longer fits,
On the inside, I'm the same old me,
Just the outside's changed a bit.

KEEP CALM AND READ FOR PLEASURE



-- Submitted by Adele Rugg, Queen Diva Dell-Lucious, Kihel, Maui, HI --



A chair made of wine corks...

How It Was 100 Years

1922

The year is 1922, "One hundred years ago."

What a difference a century makes!

Here are some statistics for Year 1922:

- The average life expectancy for men was 47 years.
- Fuel for cars was sold in drug stores only.
- Only 14 percent of homes had a bathtub.
- Only 8 percent of homes had a telephone.
- The maximum speed limit in most cities was 10 mph.
- The tallest structure in the world was the Eiffel Tower.
- The average US wage in 1922 was 22 cents per hour.
- The average US worker made between \$200 and \$400 per year.
- A competent accountant could expect to earn \$2,000 per year.
- A dentist earned \$2,500 per year.
- A veterinarian between \$1,500 and \$4,000 per year.
- And a mechanical engineer about \$5,000 per year.
- More than 95 percent of all births took place at home.
- Ninety percent of all Doctors had NO COLLEGE EDUCATION! Instead, they attended so-called medical schools, many of which were condemned in the press AND in the government as "substandard."
- Sugar cost four cents a pound.
- Eggs were fourteen cents a dozen.
- Coffee was fifteen cents a pound.
- Most women washed their hair once a month and used Borax or egg yolks for shampoo.
- Canada passed a law prohibiting poor people from entering their country for any reason.
- The Five leading causes of death were:
 1. Pneumonia and influenza
 2. Tuberculosis
 3. Diarrhea
 4. Heart disease
 5. Stroke
- The American flag had 45 stars.
- The population of Las Vegas, Nevada was only 30.
- Crossword puzzles, canned beer, and iced tea hadn't been invented yet.
- There was neither an official Mother's Day nor Father's Day.
- Two out of every 10 adults couldn't read or write And, only 6 percent of all Americans had graduated from high school.
- Marijuana, heroin, and morphine were available over the counter at local drugstores. Back then pharmacists said: "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach, bowels, and is a perfect guardian of health!" (Shocking?)
- Eighteen percent of households had at least one full-time servant or domestic help.
- There were about 230 reported murders in the ENTIRE U.S.A.
- I am now going to forward this to someone else without typing it myself. From there, it will be sent to others all over WORLD all in a matter of seconds!

It is impossible to imagine what it may be like in another 100 years!



Wife: Oh, come on

Husband: Leave me alone, I won't be able to sleep afterwards.

Wife: I can't sleep without it.

Husband: Why do you think of things like this in the middle of the night?

Wife: Because I'm Hot

Husband: You get Hot at the weirdest times!

Wife: If you love me , I wouldn't have to beg you.

Husband: If you love me, you'd be more considerate.

Wife: You don't love me anymore.

Husband: Yes, I do, but let's forget it for the nite.

Wife: (sob-sob) Husband: All right, I'll do it.

Wife: what's the matter? Need a flashlight?

Husband: I can't find it.

Wife: Oh, for heaven's sake feel for it.

Husband: There, are you satisfied?

Wife: Oh yes, Honey!

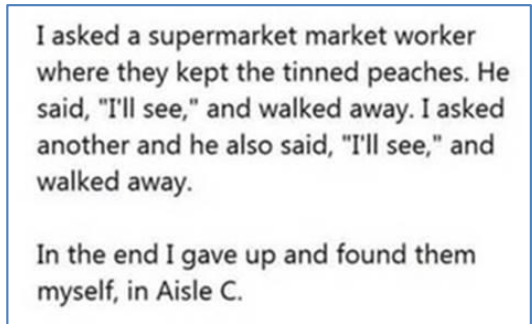
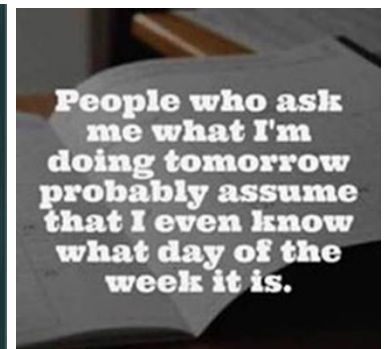
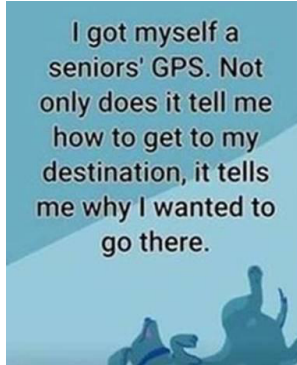
Husband: Is it up far enough?

Wife: Oh, yes that fine.

Husband: Now go to sleep and from now on when you want the window open, do it yourself!!!



Where was you mind going?? hahaha



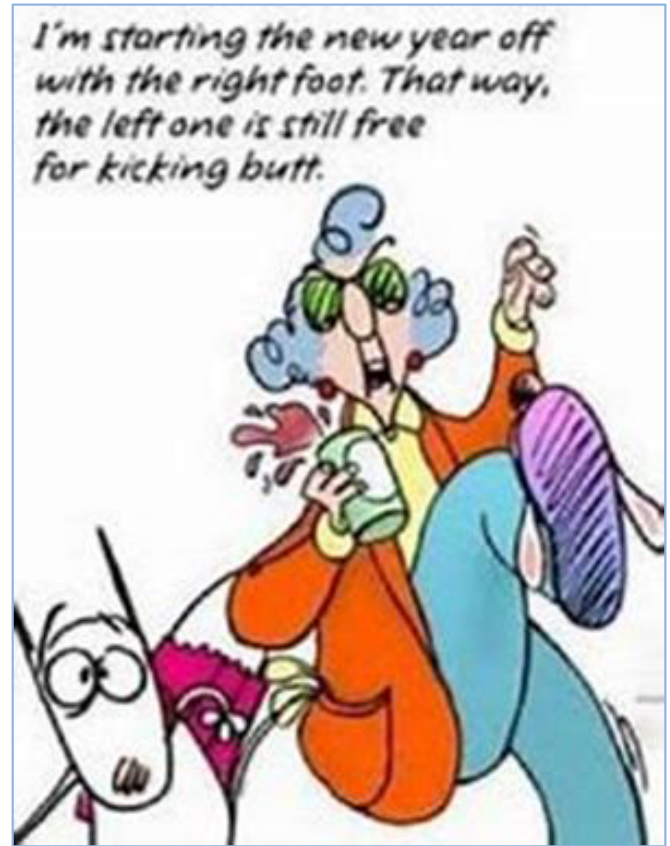
Just for Fun

Trivia for Seniors:

1. How many humps does a Bactrian camel have?
2. What lost city of the Incas did American academic and explorer Hiram Bingham rediscover in the Peruvian Andes in 1911?
3. Which Dutch artist painted the 1642 work "The Night Watch"?
4. Globe and Jerusalem are types of what vegetable?
5. On television in the 1970s what are the names of the three actresses who played the original "Charlie's Angels"?
6. Who became Israel's fourth and first female Prime Minister in Mar 1969?
7. In which year was Nelson Mandela released from prison: 1987, 1990 or 1996?
8. Which U.S. state normally hosts the U.S. Masters golf tournament?
9. Which 1869 novel features the characters Natasha Rostov and Prince Bolkonsky?"
10. Eddie Murphy and Rex Harrison have both played which character in film?
11. Which Stephen Sondheim musical tells the story of a murderous barber?
12. A sextant is used to measure what?
13. Which 1847 novel is narrated by Mr. Lockwood and Nellie Deane?
14. Capitoline Hill is the smallest hill in which European city?
15. In which Bill murray film was hus character woken every morning by the song "I Got You Babe"?

Readers Digest: Riddles to Stump You

1. You go at red and stop at green. What am I?
2. When is "L" greater than "XL"?
3. How can the number four be half of five?
4. A man was driving his truck. His lights weren't on. The moon was not out. There were no streetlights. Up ahead, a woman was crossing the street. Luckily, the truck driver stopped in time—how did he see her?



Joke:

- Q. Why did it get so hot in the baseball stadium after the game?
A. All of the fans left.

Answers to Readers Digest Riddles:
1. Watermelon; 2. When you're using Roman numerals; 3. IV, the Roman numeral for four, is "half" (two letters) of the word five; 4. It was daytime

Answers to Trivia:
1. two; 2. Machu Picchu; 3. Rembrandt; 4. Artichoke; 5. Farrah Fawcett, Jacklyn Smith and Kate Jackson; 6. Golda Meir; 7. 1990; 8. Georgia; 9. War and Peace; 10. Dr. Doollittle; 11. Sweeney Todd; 12. Latitude; 13. Wuthering Heights; 14. Rome; 15. Groundhog Day

More Just for Fun

Music, Music, Music:

Can you name the singers who made each of these songs famous?

1. "I've Gotta Be Me"

2. "Three Stars Will Shine Tonight"

3. "Unchained Melody"

4. "L - O - V - E"

5. "Jump in the Line"

6. "Mack the Knife"

7. "My Way"

8. "Up On the Roof"

9. "Great Balls of Fire"

10. "Smoke Gets in Your Eyes"

11. "Wonderful, Wonderful"

12. "Peggy Sue"

Need a little help? Look in the green block to the right.

**Clues to Music,
Music, Music:**

Harry Belafonte
Nat King Cole
Richard Chamberlain
Bobby Darin
Sammy Davis, Jr.
The Drifters
Buddy Holly
Jerry Lee Lewis
Johnny Mathis
The Platters
Righteous Brothers
Frank Sinatra

More Riddles:

1. A man leaves home and turns left three times, only to return home facing two men wearing masks. Who are those two men?
2. If a blue house is made out of blue bricks, a yellow house is made out of yellow bricks, a pink house is made out of pink bricks, what is a green house made out of?
3. They come out at night without being called and are lost in the day without being stolen. What are they?

Answers to More Riddles:

1. The catcher and the umpire; 2. Glass;
3. Stars

Answers to Music, Music, Music:
1. Sammy Davis, Jr.; 2. Richard Chamberlain; 3. Righteous Brothers; 4. Nat King Cole; 5. Harry Belafonte; 6. Bobby Darin; 7. Frank Sinatra; 8. The Drifters; 9. Jerry Lee Lewis; 10. The Platters; 11. Johnny Mathis; 12. Buddy Holly