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TODAY'S SENIOR® NEWSMAGAZINE



OSTIA ANTICA ROME'S ANCIENT SEAPORT By Rick Millikan - Article page 17

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Inside This Issue

ACCORDION TO DAN

by Dan Propp 3

MAY EVENTS LEAD TO SUMMER FUN

By Ursula Maxwell-Lewis 4

MOWRY BADEN-QUIRKY ART AT VANCOUVER ART GALLERY.

by Lenora A. Hayman 5

FINANCIAL NEWS

by Rick C. Singh 6

HOME IMPROVEMENT

by Shell Busey 6

THE PHARMACIST REVIEW 7

WRITE AS I PLEASE

by Mel Kositsky 14

WORD FIND PUZZLE 15

COZY CORNER

by Janet Isherwood 16

OSTIA ANTICA ROME'S ANCIENT SEAPORT

by Rick Millikan 17

STRAIGHT FROM THE HORSES MOUTH

by Mel Kositsky 18

FOR SENIORS - BY SENIORS
WITH NEWS YOU CAN USE

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RAINDROPS KEEP FALLING
ON MY HEAD

ANOTHER SATURDAY
NIGHT

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RHINESTONE COWBOY

BAD BAD LEROY BROWN

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BC THOUGHTS OF HOW IT USED TO BE

Anybody still remember arriving in Tofino, feeling such relief. Having survived that dusty switchback, driving across from Port Alberni. In the good old days when five miles an hour felt like speeding through all those pot holes, good grief! What a reward it was, after that, driving on a paved highway to the original Wickanninish Inn, walking on the sandy beach, a sight like heaven after that journey.

How about leisurely swimming at Crystal Gardens pool in Victoria, having crossed the pond from Vancouver on a Union Steamship to Victoria's inner harbour. What a feeling strolling up Government Street and back to the Empress Hotel, what a British euphoria. Then visiting their Bengal Bar for a refreshment of something or another.

Perhaps you remember coming in on Black Ball ferry, like the Bainbridge to Gibsons Landing and visiting an old wooden building by the shore. Someday it was to house Molly's Reach, truly a very busy place. It was the BC government liquor outlet, then John Woods Hardware Store. Reflecting perhaps a wee bit of BC nostalgia, just in case. Thoughts of what used to be in Beautiful BC might reprise a warm smile or two. These visions of what once was our reality, like the feeling you may experience now viewing an old Vancouver postcard of penguins and polar bears in Stanley Park can still do.

Seniors certainly have witnessed so many changes over the years. Those of us who grew up or for a time lived in Greater Vancouver have plenty of memories floating around. The following rhyme might bring a few of them to the surface.

GREATER VANCOUVER REFLECTIONS

Simpson Sears on Kingsway and Cunningham Drugs all over Greater Vancouver. Woodward's, Eatons, Wosks and so many other retailers can reprise many a yesterday. Toban Drugs, Kelly Douglas, just thinking it over, what we experienced was a super value. Woolworths, Zellers, riding on a BC Electric trolley.

Do you remember Fourth Avenue in the nineteen sixties, wow can they ever help memories renew. All those psychedelic painted old wooden houses and for our parents, plenty of..."my gollies". The era of flower power, times are a changing, love, peace incense. The folk era and the sounds of banjo, guitar and so many acoustic strings. Idealism so far removed from today's towers and developments. An unplugged revelation totally removed from the 'advancements' today's second millennium brings. We recall the many changes, oh my oh me oh, what some of us are still remembering!

Entertaining some more nostalgia, you might remember the Dell comic books we spent hours enjoying as kids or how about the days of Howdy Doody Time or listening to Arthur Godfrey on the tube radio. Recalling how well he did those Lipton tea commercials, sometimes strummed on a ukulele and said, "How a ya, how a ya."

ENTERTAINMENT NOSTALGIA

Those hazy, crazy days of summer. Do you remember Nat King Cole singing that? How about Baby the Rain Must Fall, do you recall that Glenn Yarbrough number? Going way back, did you ever wear a Davy Crockett hat. Good old Davy, Davy Crockett, king of the wild frontier who was born on a mountain top in Tennessee which was the greatest state in the land of the free. In those days you could still buy a five-cent ice cold root beer. For us seniors, when we were kids, that's how it used to be on our seventeen-inch Sylvania or Westinghouse TV.

All those cowboy radio programs on the radio with stars like Andy Divine, Hopalong Cassidy, Roy Rogers, and How the World Turns, those soaps even some of us kids listened to in the days when a comic book was a dime. Guess those days were not exactly politically correct and yet for some of them one still

ACCORDION TO DAN



years. Those days of Mickey Mouse, Donald Duck, The Cisco Kid, Bugs Bunny, Uncle Scrooge, Little Lulu and Superman. Fifty cents seemed like a fair amount of money. At a movie matinee that could usually buy a ticket, plus popcorn and drink as we to that Saturday entertainment us kids ran.

Please visit www.Nostalgicroads.Weebly.com
Search for Song CD's by Dan Propp via cdbaby.

com and also www.soundcloud.com

Plus books via www.amazon.ca

PHOTO: Lingering visual BC nostalgic memories such as this one of downtown Vancouver, Granville Street taken...just a few years ago. (Photo: Dan Propp)

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by Ursula Maxwell-Lewis

May has always been a family frenetic month on my calendar. The feeling really began on May 1, 1972 when I had the pleasure of telephoning my mother in Toronto at 9 am to wish her a happy birthday and to announce the birth of her best birthday present ever - a grandson. Two years later her Mother's Day 'gift' was the arrival of her first granddaughter on May 11. These memories will explain, in part, why May, and the family-friendly events below, inspire my affection for this beautiful Spring month. Reminder: Mother's Day is May 12.

Don't miss the Royal Victoria Party, May 19, 11 am to 3 pm, at the Historic Stewart Farm, 13723 Crescent Road, Surrey. Fun for all ages. Free. Public admission to HSF is sponsored by the Friends of the Museum and Archives Society, winner of the 2019 Giddy Up Award. The award is a Cloverdale and District Chamber of Commerce "Clovies" initiative recognising an outstanding community contribution or enhancement. Congratulations!

Cloverdale Bed Races (est 1977). On May 16 this unique fun favourite turns 176A Street into a wacky racetrack from 5.45 pm to 7.30 pm. Teams race beds for high stakes - the Bed Pan, Chamber Pot and Stone Pig. No sleeping on the job here!

The 131st Cloverdale Rodeo and Country Fair presents "Back to Country" thrills and spills on Victoria Day Weekend (May 17-20). Admire the Ladies Barrel Racers' Grand Entry as they open each Stetson Bowl rodeo performance. Grab a hot dog and candy floss in the Midway, and check out the Agri Fair designed to give city slickers some insight into where groceries really come from.

Surrey International Children's Festival at Bear Creek Park, 13750-88th Ave. Surrey. May 23-25 from

MAY EVENTS LEAD TO SUMMER FUN



TOP: John Sprung, Fraser Valley Heritage Rail Society chairman, presents an appreciation award to retiring Safety Director, Harry Taylor, at the recent AGM. BOTTOM LEFT: 'Crossroads at Malaby' by Henri Matisse at Vancouver Art Gallery was favoured by Carol Monaghan of White Rock. BOTTOM RIGHT: Historic Stewart Farm House. Delightful in any language.



9 am to 2.30 pm. Loads of music, arts and crafts! The grandchildren will love this one. Full schedule on their website

NEW! Museum of Surrey, 17710-56A Ave, Cloverdale, features "Worlds of Wonder" all constructed with LEGO® bricks by the VLC, Vancouver's Community for Adult Lego Fans. On display until September 8. Closed Mon. Free admission courtesy of the award-winning Friends of the Museum and Archives Society.

Arts: Vancouver Arts Gallery features French Moderns: Monet to Matisse. Organized by the Brooklyn Museum, this excellent exhibit closes on May 20. Don't miss it! Senior Monday is May 6, 10 am to 1 pm when admission is by donation.

Heritage: Burnaby Village Museum. A delightful, irresistible, walk-about village with the added bonus of a restored 1912 carousel. Check their website for prices and special events.

Markets: Shipyards Night Market at Shipbuilders' Square just a short stroll from the SeaBus Terminal at Lonsdale Quay. Fridays only. May 3 to Sept 27, 5 pm - 10 pm. Free concerts, too!

Richmond Night Market, 8351 River Rd. A vibrant



Asian-themed market with tempting ethnic food stalls, China-made trinkets and Asian clothing. About a block from Bridgeport SkyTrain and the River Rock Casino. Forget the car! Parking is frustrating (understatement). Fri, Sat and Sun, May 10 to Oct 14, 7 pm to 11 pm. Admission prices (usually around \$4 per person) not yet to be advised on their website.

Burnaby Artisan Farmers' Market, 4949 Canada Way (City Hall). Sat. May 4 to Oct 26, 9 am to 2 pm. Shop here, then take a break in relaxing Deer Lake Park.

Ladner Village Market: Sunday markets on June 9, 23, Aug 11, 25 and Sept 8. Details on their website. Cloverdale Market Days: Historic Downtown 176th St., Cloverdale. May 25, June 22, July 27, Aug. 24 and Sept 21. Free event. Shop first, then rest your wee feet riding the Fraser Valley Heritage Rail interurban from Cloverdale Station to Sullivan. The Museum of Surrey is just a block east of the market, or drive over to the B.C. Vintage Truck Museum, 6022 176th St., Cloverdale. Admission by donation.

So many events, so little newsprint! Enjoy! Ursula Maxwell-Lewis is a travel journalist and photographer. Contact her at uttravel@shaw.ca

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So, if you are in this same boat, give him a chance, you will be pleased.

Lillian, Surrey



MOWRY BADEN-QUIRKY ART AT VANCOUVER ART GALLERY.

*Article & photos by
Lenora A. Hayman.*

Mowry Baden's exhibit at the Vancouver Art Gallery until

June 9, 2019 includes large, humorous sculptures created from the 1960's until the present day.

Mowry Baden was born in Los Angeles in 1936. He studied art at Pomona College in Claremont, California, and Stanford University in Stanford. Baden came to Canada in 1971 to teach at UBC, and moved to Vancouver Island in 1975, where he taught at the University of Victoria for 22 years.

His public artworks are displayed in Seattle, San Francisco, Washington DC, Victoria and Vancouver. He was awarded the Governor General's Award for Visual and Media Arts (2006), and the John Simon Guggenheim Memorial Foundation Fellowship (2014).

We entered inside the darkened room of his "Ukulele" exhibit, where coloured ping-pong ball lights, noisily bounced on the walls. Baden said the sound reminded him of his childhood ukulele!

"Cheap Sleeps Columbine, 1994" looks like a child's play hut, formed from cheap mattresses found in budget motels in Canada and the States.

The "Trisector, 2015" is a series of yellow "mop buckets" made from bronze that resembles a playground merry-go-round.

Yes, Mowry Baden's works are fun and unconventional.



Photos:

TOP: "Ukulele".

MIDDLE LEFT: "Cheap Sleeps Columbine, 1994".

MIDDLE RIGHT: "Trisector, 2015".

LIVING WITH DIABETES? YOUR EYES COULD BE IN DANGER

While those diagnosed with diabetes are quick to change their eating habits and incorporate more exercise into their day-to-day regimen, there are additional precautions that should be taken to protect our most important asset: our eyes.

Those who have been diagnosed with diabetes are at a heightened risk for visual impairment as a result of Diabetic Retinopathy, an eye disease that can lead to other blinding ocular complications if not immediately treated. All people with diabetes (both Type 1 and Type 2) are at risk.

Eye exams are key to catching this disease in the early stages, since the disease often has no symptoms in its early stages. In a time where one in four Canadians are currently living with diabetes, undiagnosed diabetes, or prediabetes, the Canadian Ophthalmological Society recommends everyone schedule regular eye exams.

Be on the lookout for common symptoms, such as blurry vision, vision that often changes from blurry to clear, seeing dark areas in your field of vision or suddenly seeing a web or hundreds of floaters in your field of vision.



Diabetic Retinopathy is the most common eye disease, as it currently affects more than 500,000 Canadians. While it can come with serious implications, the risk of eye damage can be reduced with blood sugar

control, regular eye exams and early treatment.

Learn more at www.cos-sco.ca.

www.newscanada.com



FINANCIAL NEWS
By Rick C. Singh, Hon. BA, CSA
CRS Financial Group Ltd.

Canadians in retirement, How
Manulife Pension Builder can help
you with Guaranteed Income for life

Fortunately, due to medical advances and healthy lifestyles, Canadians are living longer than in the past and are leading active retirements. This period of your life may last as long as your working years, which can be 30 years or more for some. How you fund your retirement is an important consideration. Planning now for the income you will need helps to ensure that you'll be able to enjoy retirement and not spend time worrying about it.

Years ago, fewer Canadians were as concerned about funding their retirement. Many people spent their entire career with a single company who in turn, would provide retirees with a guaranteed income stream they could rely on. As society has changed, the reality of retirement has also changed – fewer companies are offering guaranteed pension plans, also known as “Defined Benefit Pension Plans”, due to the costs and risks associated with administering these types of plans.

Today, most Canadians save for retirement through

personal savings and other types of investment plans. While these can be effective for accumulation, few – if any of them – allow for guaranteed income. It's up to the investor to manage the income in retirement and hope that their money does not run out.

Many Canadians invest a portion of their retirement savings in Guaranteed Investment Certificates (GICs). GICs can be a valuable part of an investment portfolio; however, they may not be the best way to generate consistent income throughout retirement. As interest rates change over time, so does the amount of interest income that a GIC portfolio will produce. When interest rates fall, the amount of interest income also declines. In 1982, the investment required to generate an income of \$25,000 was approximately \$155,000. In 2018, it would cost over \$1 million.

To maintain a consistent level of income, some of the principal investment may need to be withdrawn as well. If interest rates are at low enough levels, there may not be sufficient funds to last throughout retirement.

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Income Bonuses – For every year that no withdrawal is made, valuable Income Bonuses can increase the basis for calculating guaranteed income, increasing the amount of retirement income that is available.

Estate Settlement – Manulife PensionBuilder offers estate planning advantages that can ensure your remaining investment will pass on to family and loved ones. In the event of your death, the proceeds of your contract can pass quickly and pri-

vately to your designated beneficiaries, without the delay and expense of estate settlement.

Creditor Protection – Manulife PensionBuilder has the potential to protect your assets from creditors. This feature is ideal for professionals and small business owners looking to help protect their investment assets.

Manulife PensionBuilder and GICs offer different features and benefits. Please speak with your advisor to determine which product, or combination of products, best meets your needs. If you do not have a financial advisor and need assistance call Rick at 604-535-3367 or email: rick@crsfinancial.ca to get additional information

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CREATE A SUPERIOR
PATIO SURFACE

Q) Shell, thanks for taking the time to answer my question. We are thinking about doing upgrades to our backyard. I've seen backyards with paving stones; concrete patio's or asphalt surfaces. But I want ours to be a bit more creative. We want a patio and a walkway to our garden and around our home. Do you have any suggestions so my backyard can be different than most.

Thanks, Don in Ladner.

A) Don, stone makes a terrific patio or walkway; with a natural striking appearance that blends well with all types of landscaping. Make sure to use a hard and flat stone material, which is suitable for walkways and patios.

Stone can be laid in a variety of patterns. An irregular pattern gives the most natural look, but will require more cutting so that the stones fit together tightly.

If you desire a more formal appearance, you can use a multiple-cut pattern of rectangles and squares that join in a geometric pattern. If you do not wish to do all the cutting, stone can be purchased pre-cut and then put together like a jigsaw puzzle.

You can also purchase pre-cut stones of the same size and place them in a brick-like pattern.

A stone patio or walkway may be built with either wet or dry construction. Dry construction can also be called "brick in sand construction."

The edging can be concrete, stone or wood. The sand base should be at least four inches deep on top of well-compacted road base gravel.

Joints between stones can be filled with paving stone sand, crushed stone or decorative gravel to give it a unique appearance.

For a more permanent patio, use wet construction, setting the stone in a four-inch concrete slab with a four-inch gravel base, properly graded for drainage, and a perimeter footing to the frost line.

To make a stronger base, place reinforcing wire mesh between the gravel and the concrete.

To set the stones, mix a mortar of one part masonry cement, three parts sand and bonding agent with water to the consistency of a good packing snow (the kind you make snowballs with).

Spread over the concrete to a thickness of about one inch. Spread only enough prepared mortar to set one or two stones at a time. Tap the stones with a rubber mallet to embed them in the mortar, making sure that they are all level and even. After one week, seal with a concrete sealer.

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50	\$ 19.53	\$ 35.10	\$ 60.75	\$ 118.35	\$ 15.66	\$ 27.00	\$ 42.75	\$ 80.10
55	\$ 28.71	\$ 59.18	\$ 104.85	\$ 206.55	\$ 24.28	\$ 43.65	\$ 74.70	\$ 146.25
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THE PHARMACIST REVIEW

By Fred Cheng, R.Ph. and Christine Cheng, R.Ph.

WRINKLES: BEAUTY IS NOT SKIN DEEP

Beauty is skin deep... or is it? When someone is faced with the problem of facial wrinkles, they will often turn first to topical options. This is a logical step and can be highly effective if you choose the appropriate products. For example, Viva's "Pure Hyaluronic Acid Serum" helps nourish the skin, and retains moisture all day long, in effect leaving your skin looking plump, maintaining complexion and glow. Furthermore, it is made in small batches from all-natural ingredients right here in Richmond, BC. Viva's "Concentrated Antioxidant Serum" is an excellent adjunct; it has natural oils and antioxidants, along with Co-Enzyme Q10, to effectively repair and smooth out your damaged skin. Don't wash your face too frequently; once or twice daily is plenty, and be sure to use a cleanser such as those by Di Morelli, and Riversol, which won't strip your skin of its natural oils and moisturizers. Also, always cover up with a nice, natural sun-screen found at Cloverdale Pharmasave and Pharmasave Steveston Village.

From a health stand-point, though, beauty is NOT only skin deep. A person should always consider addressing wrinkles from within by choosing appropriate supplements. We always encourage a clean omega-fatty acid supplement such as Metagenics' "EPA-DHA" line of fish oils in liquid and capsules which has an optimal balance of EPA vs. DHA for not only healthy, supple skin, but also healthy nerves, joints, gut, and mind. AOR's "Hyaluronic Acid" capsules can attract significant amounts of water to your skin to plump things up and smooth out wrinkles; it has been nicknamed "natural Botox". Adding a gamma linoleic acid oil such as Lorna Vanderhaeghe's "GLA Skin Oil Borage Oil" can further hydrate the skin. Of course, remember to maintain adequate fluid intake; 2L of water daily is ideal for most people.

Many of the products discussed should be considered in combination. If you are battling wrinkles, come speak with one of our integrative health pharmacists at Cloverdale Pharmasave and Pharmasave Steveston Village to find the optimal wrinkle solution for you to look as young as you feel.

(Christine and Fred Cheng are a passionate, charismatic sister-brother pharmacist team at their unique, family-owned and operated Pharmasave stores in Cloverdale and Steveston Village, B.C.)

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THE MAPLE LEAF SINGERS DON'T STOP BELIEVIN'!

In an uncertain world, the Maple Leaf Singers sing out a positively uplifting message! Their 51st annual show, Don't Stop Believin', May 25 and 26 at New Westminster's Massey Theatre, will fill hearts with hope, caring, and love, mixed with a good dose of rock 'n roll!

Known for high-energy, choreographed performances, the Maple Leaf Singers deliver a repertoire that runs the gamut from Broadway and movie musicals to rock and pop, classical, folk, and gospel. Listed by the New Westminster Record as a must-see show, Don't Stop Believin' promises good vibes that span the decades, from the 1940s right through to the 2000s. Groove to tunes from the '50s and '60s by the likes of Bobby Day, Marvin Gaye, the Hollies, and the Beach Boys. Upbeat '70s, '80s, and '90s favourites include songs from Neil Sedaka, Louis Armstrong, Journey, and the Rankin Family, and more, while later numbers feature Secret Garden and Up with People.

The Maple Leaf Singers have come a long way since they sang their first notes together in 1968. After celebrating 50 years of fabulous shows in May 2018, they launched their 2018/2019 season under dynamic new director Rob Gillis and attracted nearly 20 new voices to the group. Says Gillis, "I'm thrilled to be moving forward with this talented group of performers. The dedication, the energy at every rehearsal, every show, leaves me excited for the next, and our audiences let us know that they feel the same."

As a registered charity, the Maple Leaf Singers strive to include music in as many lives as possible at minimal cost. They deliver more than 12 professional, upbeat shows a year at special events, fundraisers, and seniors' residences and care homes, in many cases taking

their show to those who could not otherwise see such a performance. The Massey performance features stage production and individual acts unique to the show, adding to an event you won't want to miss.

Saturday, May 25, 7:30 p.m., Sunday, May 26, 2:00 p.m.

Tickets: General Admission \$25/Youth & Students \$15

Tickets available at ticketsnw.ca or call 604-521-5050 For group ticket prices or advance club ticket pricing call 778-245-4445/604-985-1489 or go to mapleleafsingers.com

UPCOMING SHOW

Don't miss Don't Stop Believin', the Maple Leaf Singers uplifting show featuring lots of love mixed with a good dose of rock 'n roll. You'll hear good vibes that span the decades, from the 1940s to the 2000s. Massey Theatre, May 25, 7:30 pm and May 26, 2:00 pm. Tickets \$25/\$15 available from mapleleafsingers.com and ticketsnw.ca or call 604-985-1489.

*Listed by the New
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IT'S NATURAL SO IT'S SAFE, RIGHT?



We've all seen claims like "100 per cent natural" or "all-natural ingredients" splashed across a variety of products. Sometimes the word "green" or "organic" may be added as well. But are "green" or "natural" products actually safer to use?

Just because a product is natural, green or organic doesn't mean it doesn't have risks. They are still made up of chemicals, just ones produced by nature instead of humans. But nature produces plenty of chemicals that can harm us if we're exposed to

too much of them.

Often, natural ingredients are no different than synthetic ones in how they work or what risks they pose. In fact, a synthetic substance that mimics a natural one can sometimes provide a purer ingredient that can make a product safer for use.

Some tips on how to prevent exposure to chemicals in the home, whether they are natural or not, include:

Read the label and follow all instructions before use.

Lock up your chemicals to keep them out of reach of children and pets.

Dispose of household chemical products the right way. Check with your municipality to learn how and where.

Ventilate your home.

The Chemicals Management Plan is a Government of Canada initiative aimed at reducing the risks posed by chemicals to our health and the environment. As part of the plan, Health Canada has launched the Healthy Home campaign to provide people with easy-to-understand and useful tips to properly manage chemicals and other environmental hazards around the home. Find more info at canada.ca/healthy-home.

www.newscanada.com

DON'T LET NUTRITION SCAMS SLIM DOWN YOUR WALLET

The first few months of the year are often a return to focusing on health and wellness, as we bounce back from holiday indulgences and get ready for summer. But it's also the perfect time for fraudsters to scam people with diets and "miracle" cures that only reduce the size of your bank account.

Whether they're looking for a fast way to lose weight or a cure for a serious disease, Canadians may be spending billions of dollars on unproven, fraudulently marketed health-related products, devices and treatments.

You can see these scams online, often appearing as sponsored posts on social media or website pop-ups. Some may seem to be endorsed by celebrities or promoted by testimonials of people claiming to have been cured.

The Competition Bureau is advising consumers to be smart and be skeptical. To avoid becoming victims of these types of scams, it's important to learn how to assess health claims and to seek the advice of a health professional.

Here are some tips to identify common scams:

Remember that there are no magic pills or miracle cures for achieving quick weight loss or treating serious medical conditions.

Keep your guard up when ads mention scientific evidence. The presence of a doctor in an ad is no guarantee that the product works. Scam artists have been known to dress models to look like experts.

Don't be swayed by questionable success stories or patient testimonials. Despite what the company claims, there's no guarantee that the celebrity or the average Joe featured has achieved the advertised results.

A money-back guarantee is no proof that a product works. Do your research on the product and company and consult a health professional if you have any questions.

Find more information at www.competitionbureau.gc.ca/fraud.

www.newscanada.com



TRAVELLING ABROAD? FIGHT THE BITE

Aloha sand, beaches, mojitos ... and travel-related diseases?

There are many travel-related diseases such as Zika virus, malaria, chikungunya, yellow fever and dengue that are caused by the bite of infected mosquitoes. Depending on your destination, you may come across a species of mosquito that can spread diseases not found in Canada.

If you are planning a tropical vacation, don't let a bite ruin your trip. Be sure to follow these simple measures to protect yourself and your family:

Visit a healthcare professional or travel health clinic at least six weeks before you travel. They may recommend vaccines or medications for protection against diseases and illnesses spread by mosquitoes.

Cover up. Wear light-coloured, long-sleeved,

loose-fitting, tucked-in shirts, long pants, shoes or boots (not sandals) and a hat.

Use insect repellent on exposed skin. Insect repellents that contain DEET or Icaridin (also known as Picaridin) are the most effective.

Consider your accommodations. Try to stay in rooms that are completely enclosed or well screened.

Sleeping outdoors or staying in a building that is not completely enclosed or well screened increases your exposure to mosquito bites and the diseases that they may carry. Covering your bed, playpens, cribs or strollers with mosquito netting will provide you with extra protection.

Educate yourself. Learn about the time of day (day vs. night) and season when mosquitoes are most active, as well as other factors that can put you at a higher risk of exposure to diseases spread by mosquitoes.

Find more information on insect bite prevention measures at canada.ca/insect-bite-prevention.

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RETIREMENT. LIVING!



All Aboard for Brighter Days!

Launch into the best days of your life with these tips on how to stay buoyant when the weather is dark and dreary.

LIGHTEN UP Vitamin D from the sun can elevate your mood. Make a point to open your curtains and soak up as much daylight as you can.

KEEP ACTIVE Take a daily walk, perhaps to a mall or a community centre with an indoor track. Join a senior-friendly fitness centre.

EAT WELL Sometimes comfort foods can slow you down; stick to lean proteins, vegetables, and complex carbohydrates like whole-wheat bread and brown rice.

STAY CONNECTED Engage in social activities and connect with others, this is the key to staying upbeat especially during the winter months.

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dreary days. Enjoy bright, spacious suites, delicious meals prepared fresh by our *Red Seal* chefs, and fun fitness activities. Best of all are the friendships you'll make while you dine together, dance to live music, and drive on delightful adventures in the Bria bus.

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Oregon Coast: June 23-27, 2019



5 Days There is a sense of calm as you listen to the waves on the Oregon Coast. Visit the spectacular Rose Test Gardens in Portland. Included highlights; Ocean front rooms, Evergreen Aviation and Space Museums, home to Howard Hughes' Spruce Goose, a drive over the sand dunes and along the beach on a specialized giant dune buggy and touring the Tillamook Cheese Factory. If you love the Oregon Coast you will love this tour.

Olympic Peninsula: July 21-24, 2019



4 Days. The Washington Olympic Peninsula is diverse in landscape and home of many of the world's largest old growth trees. Join us as we explore the temperate Hoh Rainforest, Hurricane Ridge in the Olympic National Park and the West coast of Washington. Discover Port Townsend, the Olympic Game Farm, Astoria Column and the Norwegian town of Paulsbo. 3 Meals - **\$1,095** Cdn PP Double. \$1,395 Cdn Single. NO GST


- Kettle Valley Steam Train and the Okanagan,** August 17-19: 3 Days
- Maritimes Coastal Wonders: Sept 8-19th** Collette Vacations, Cabot Trail, PEI, NS.
- Butchart Gardens & Miracle on 34th St.** December 4-6: 3 Days.
- Leavenworth and Warm Beach Theatre:** December 12-15: 4 Days
- Panama Canal Cruise, January 5-24, 2020** Holland America, San Diego to Ft. Lauderdale



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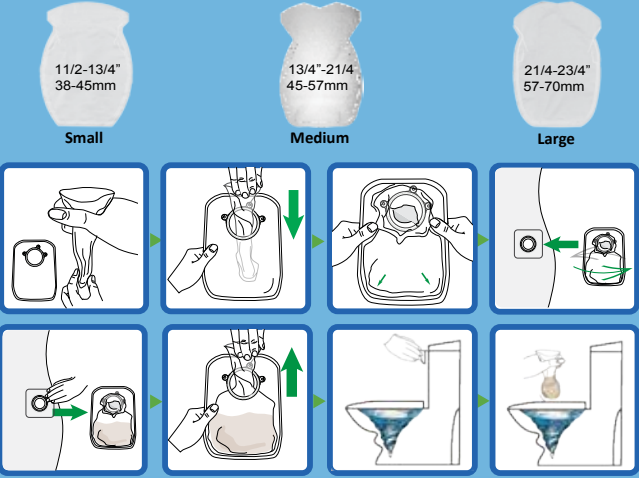


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NEED A DOCTOR? HOW TO PUT HEALTHCARE IN YOUR HANDS

For Jamie Dunlop Khau, consistent and convenient access to a family doctor has been a continuous struggle.

After being with the same family doctor for years in Vancouver, the award-winning health and wellness blogger and mom to two daughters found herself in the uncomfortable position of needing a new physician when the family moved to a suburb about 30 kilometres outside the city.

She initially tried to keep the relationship with her long-time doctor, often driving back and forth to see them. But with steady traffic-flow problems along the routes and managing the children's busy schedules, that solution proved unsustainable.

Even after finding a doctor in her new neighbourhood, Dunlop Khau found healthcare support in the evenings, weekends and holidays limited to walk-in clinics or the emergency room.

It's a familiar situation across the country. An estimated five million Canadians do not have a regular family doctor but instead rely on a mixture of walk-in clinics and emergency care, according to federal statistics. Of those with family doctors, less than half can get same or next-day appointments.

It's why Dunlop Khau, a Telus brand advocate, is so happy to be an early adopter of Babylon by Telus Health, a new app that lets users check their symptoms and get health information and support through their smartphones.

As residents of British Columbia, Dunlop Khau and her family are among the first in Canada to be able to access the app's one-on-one video feature, which lets patients talk directly with a locally licensed physician through a virtual consultation and get prescriptions or referrals to specialists when needed. Records of the virtual appointment can be sent to a family doctor at the patient's consent and the video consultation is fully covered by the B.C. medical services plan.

Those who download the free app can also immediately use its artificial intelligence chatbot symptom checker. Developed by a team of doctors and scientists, the AI tool asks users a series of questions and responds with informed feedback based on more than 500 million streams of medical data. The platform keeps a record of users' chat histories and allows them to update their medical history, medications and al-

lergies. If the user then needs to have a video consultation with a doctor, the chat can be reviewed by the doctor in advance, making the appointment more efficient.

A French version of the app and wider access across Canada to the video-conferencing feature is anticipated later in the year.

Several Canadian health studies suggest that virtual care helps people live healthier lives by making it easier for them to get the care and advice they need. In launching the app, Telus stated the goal is to help reduce strain on healthcare resources across the country and provide patients with more options to access care outside of traditional clinic hours so they don't have to go to the emergency department for non-emergency care.

Dunlop Khau recently put the new virtual care solution to the test when one of her daughters developed a sharp wrist pain. She went to the app's symptom checker to help diagnose the problem and was prompted to schedule a video consult with a doctor.

From start to finish, the app offered the solution the family was looking for.

"When my daughter was complaining that her wrist hurt, we didn't want to neglect how she was feeling or dismiss it," says Dunlop Khau. "But we also knew it wasn't severe enough to sit in the emergency room for the entire evening. That's why I think this app is so great."

Ultimately, Dunlop Khau says the app represents convenient and accessible healthcare for the whole



family. And she is impressed.

"I think it'll blow people's minds when they actually start using it," she says. "It really helps with having less worry, less anxiety surrounding what could be going on." www.newscanada.com

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PROFILE
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LET'S TALK ABOUT IT!

By Dr. Michelle Willis ND
Integrated Health Clinic

Did You Hit Menopause? Or Did It Hit You?

Did your life dramatically change at menopause? Or did you sail right through without batting an eye?

If you sailed through menopause, then your hormone levels are likely optimal for menopause.

That's right, there are optimal levels of hormones at all ages & stages of life, including menopause.

If you hit menopause and you felt like "it really hit you"... then you likely had, or still have, sub optimal hormonal levels.

Menopause for a lot of women can be a very difficult time of life.

Women can be peaking in their careers, sandwiched between looking after teens & aging parents.

There is no time for insomnia! Memory loss! Loss of cognitive function! Mood changes! Anxiety & depression! Let alone vaginal dryness, painful intercourse & peeing one's pants!!!!

These symptoms are all unnecessary. Sure you can survive with these symptoms....but where is the quality of life that you deserve?

Menopause can be a wonderful time of life. It really is possible with Bio Identical Hormone support. (Bio identical means that the hormones used are the exact same hormones that your body produces.)

If hormones are not of interest, we can also use herbs, vitamins, minerals and food to support you. It is not one size fits all. All treatments are adapted to best fit the patient.

When a woman's hormones are low in menopause, we also have to support the adrenal glands, as they are the main source of hormone production at this point.

Here are some common signs of low Estrogen:

- Night Sweats
- Hot Flashes
- Painful Intercourse & loss of sex drive
- Vaginal Dryness & loss of lubrication
- Frequent Bladder Infections
- Anxiety & panic attacks
- Depression
- Insomnia
- Bone loss
- Memory loss
- Headaches
- Low energy
- Saggy skin
- Dry eyes
- Less interest in socializing

Why are there so many symptoms? It is because we have hundreds of hormone receptors all over our bodies.

Here are the most common symptoms of

low Progesterone:

- Anxiety
- Insomnia
- Night sweats
- Bone loss: osteoporosis or osteopenia
- Cognitive decline
- Mood changes

If you are suffering with any of the symptoms listed – no matter what your age is, I invite you in for a thorough intake & analysis of what hormones you are low in and how that may be affecting you.

We don't have to live sub par lives. We can live optimally. We can thrive. Every one of you deserves to live your best possible life. You are worth it!

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EXPANDED RICHMOND SENIORS CENTRE NOW OPEN

One of the BC's largest seniors centres is now open in Richmond at the new Minoru Centre for Active Living.

Set in beautiful Minoru Park in the heart of Richmond, the 33,000 square foot seniors centre offers an inviting environment for adults 55 years and older to enjoy a healthy and active lifestyle. It is part of a new 110,000 square foot multi-purpose facility that will

also include an aquatic and fitness centre, three outdoor plazas and an event centre for sport and recreation groups.

"The new seniors centre has double the program-mable space of its predecessor," says Richmond Mayor Malcolm Brodie. "It ensures we can meet the needs of our seniors today and for the future. Richmond has the longest average lifespan of any City in Canada

and seniors are one of the fastest growing segments of our population so it's critical we are able to meet their diverse and evolving needs. The top class seniors' amenities and the synergies with the aquatic and fitness centres will make it one of the premier facilities in Canada for adults aged 55 and older."

Built over two storeys, the seniors centre includes a lounge, full-service cafeteria, a range of activity rooms, including an arts studio, woodworking shop, billiards room, music room, dance studio, multipurpose rooms and a dedicated entrance and lobby.

In partnership with the City, the Minoru Seniors Society will provide a vast range of activities and programs for all levels of ability including registered programs, out trips, special events, health and wellness clinics as well as a variety of drop in activities.

"We like to say that we take care of the brain, the body and the heart," says Kathleen Holmes, President of the Minoru Seniors Society. "We offer programs and activities that help seniors stay active and healthy, build connections with their community, make new friends, learn new skills and have fun. The new centre will allow us to greatly expand our services so we can better meet the needs of our seniors today and in the future. We are thrilled to be here in our new home."

The seniors centre opened to the public on March 11. The aquatic and fitness centres within the Minoru Centre for Active Living will open at a later date to be announced.

For more information on the Minoru Centre for Active Living visit the facility's website at www.minorucentre.ca.





Write as I Please

By Mel Kositsky

Canadians should get ready for a wild political ride this summer as the political parties build up to the October federal election.

It is bad enough that coverage by major media outlets are fascinated with U.S. President Donald Trump and are trying to unseat him in 2020, but now we will get more than our share of Canadian rhetoric as election fever builds up for political pundits. And all parties seem to still be worried about Russian collusion. It really is turning into a sad state of affairs.

Some things are made more complicated to understand than it has to be. Sometimes the people involved, especially the political parties, add to the confusion.

Imagine if you were an outsider, new to Canada, and perhaps eligible to vote for the first time as a new citizen. You studied for all the tests. You learned the

history of Canada and a bit about how the Canadian government works and you were "interested" and "excited" about being able to vote here. What would you do?

You try to read and watch the news and learn about Canada's political system and relate it to the one you came from. You want to understand politics and believe in freedom and the right to vote. Then you learn that many Canadians are apathetic about voting or really don't care. They say all parties are really the same so governments do not change after an election. It is all about "power" and "control".

Canadian politicians are always quick to separate themselves from their American counterparts but when they enter campaign mode their marketing operations become similar to the American way of doing political business. Now the federal government has even set up a "independent" commission to monitor political activity on social media leading up to the fall vote here. They are trying to avoid the controversy in the States about interference by foreign powers. It is almost like they are watching too many "spy vs spy" shows.

In Canada we seem to spend a lot of time and money in marketing political parties by "colour". The main ones used are red, blue, orange and green. Often the various combinations are designed to confuse the voters -- not help them relate to the ones they want to support. We now have new fundraising rules in place to help curb political spending, yet we give some of the largest tax breaks to those who support politicians. At least all these changes to the rules gives political scientists an opportunity to study the new campaigning methods and analyze how the funds are best spent.

And of course the media who complained about too much spending in the past are now complaining that they are not getting their fair share of those election dollars anymore. Combined with the pollsters (while not taking sides), they design their own coverage campaigns to make to elections appear close right up to voting day. Parties must then keep up the critical spending pattern.

Voting patterns in Canada are always strange as the names of the provincial and municipal political parties are not always the same as the major federal parties -- although they are often linked to them or supported by them. Some call them "farm teams" as major sports franchises have.

While the American system is designed to protect the balance of power, Canadians seem to do it themselves, rarely electing the same party provincially as the national government. This is the case in Canada today following recent provincial elections as more Conservative oriented governments have taken control. That sets up obvious confrontations in policy -- and tensions build across the country. But at least it is civil discourse.

That is why the American lobby system has crept in Canada "big time" as lobbyists representing corporate interests, unions and non-government agencies try to get the ear of government and broker deals. As provincial and federal faces change constantly, the various intergovernmental conferences never seem to accomplish much. Very few agreements are reached as politicians protect their own territories and rarely reach a compromise. Canada is becoming much like the U.S. in creating stalemates among political interests and it is more about defeating personalities, rather than what is good for the people.

5 WAYS TO HELP STOP THE SNIFFLES THIS ALLERGY SEASON



Spring has sprung again and while the warmer weather is definitely a welcome change, the return of itchy eyes and a constantly dripping nose may not be.

It's estimated that 25 per cent of Canadians are affected by seasonal allergies, and depending on what you are allergic to, allergy season may not just affect you in the spring but could also linger right up until the first frost in the fall.

This spring, try to avoid the discomfort by getting to the bottom of what is causing your allergies before they start. Here are five tips to help you get ahead of your symptoms:

Check the pollen forecast: Be on top of this as

it can change daily and really affect your symptoms. If you're planning on exercising, go to the gym or exercise inside on warm, windy days.

When you are outside, protect yourself: Wear sunglasses or a hat -- not only do they look good and block the sun, they also help keep pollen off your body and out of your eyes.

Cover up when being active outside: If you are doing outdoor activities like cutting the lawn or gardening, consider wearing a mask or scarf to cover your nose and mouth.

Protect yourself from pollen: We carry a lot of pollen into the home with us. Wash your bedding more frequently during spring, summer and fall; keep your windows closed and remember your pets can track pollen into the house, too.

Find the right product: Speaking to your local Shoppers Drug Mart

pharmacist can be your first line of defense. They can help assess your symptoms and recommend an over-the-counter medication or product. If this isn't enough to kick your symptoms, your pharmacist can write you a prescription for a medication in all provinces excluding British Columbia and Ontario. If your symptoms are more severe, pharmacists in B.C. and Ontario can work with your doctor to make sure you have the right treatment option for you.

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HOW TO PROTECT YOUR PARENTS FROM ROBOCALLS

(NC) We've all received one – a telephone call with a pre-recorded message demanding some type of action or information, either to avoid a penalty or to win a prize. Robocalls use an automatic dialer to reach large numbers of people. They can be used for telemarketing and political campaigns, as well as scams.

Seniors can be more vulnerable to robocalls and other phone scams. You can help protect your elderly parents from fraudsters hoping to steal their money or financial information by sharing these tips:

Know that reputable organizations rarely ask for your personal information through unsolicited phone, email or text contact.

Let communications from unknown callers go to voicemail. If it's important, they'll leave a message.

Avoid providing your personal information over the phone, via text message, email or the internet.

Take time to verify the story, whether it's someone claiming to be from the CRA or a "grandchild" needing money in an emergency. Scammers are counting on you wanting to act quickly based on fear, not facts.

Be suspicious if someone asks for copies of your passport, driver's license and social insurance number or birth date, especially if you don't know the person making the request.

You might get a call from someone claiming that you have a virus on your computer, or that you owe taxes or there's been fraudulent activity in your bank accounts. Know that legitimate financial organizations will very rarely call you directly. Don't take a chance. Hang up and call the organization yourself using the number from a trustworthy source, such as the phone book, their website, or even invoices and account statements.

Find more information at www.competition-bureau.gc.ca/fraud.
www.newscanada.com

Computer Tech Talk Q & A

Q: I have several old desktops I haven't used for years. Are you able to extract the pictures & put them on an External USB Drive?

A: No problem bring them in!

Q: I turned on my laptop & there's no display!

A: Usually no display with no beeping indicates the mainboard has stopped functioning. We'll take a look & give you a quote for repair.

Q: I'm hoping to buy a laptop. Do you do transfer Data?

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Carole Stone

The Merry Month of May!

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Cozy Corner "Lets Talk"

By Janet Isherwood

A place for seniors and their families to speak out, share stories and ask questions.

Friends.....while going through my archives of stories I came upon this golden oldie.

When someone is in your life for a REASON, it is usually to meet a need you have expressed.

They have come to assist you through a difficulty, to provide you with guidance and support, to aid you physically, emotionally or spiritually. They may seem like a godsend and they are. They are there for the reason you need them to be. Then, without any wrongdoing on your part or at an inconvenient time, this person will say or do something to bring the relationship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled, their work is done. The prayer you sent up has been answered and now it is time to move on.

Some people come into your life for a SEASON, because your turn has come to share, grow or learn. They bring you an experience of peace or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it, it is real. But only for a season.

LIFETIME relationships teach you lifetime lessons, things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person and put what you have learned to use in all other relationships and areas of your life. It is said that love is blind but friendship is

clairvoyant.

"Think" Thank you for being a part of my life, whether you were a reason, a season or a lifetime.

There comes a point in your life when you realize:

Who matters?

Who never did?

Who won't anymore...?

And who always will.

So, don't worry about people from your past,

There's a reason why they didn't make it to your future.

'Be kinder than necessary, because everyone you meet is fighting some kind of battle.

Old Age, I decided, is a gift

I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometimes despair over my body, the wrinkles, the baggy eyes, and the sagging butt. And often I am taken aback by that old person that lives in my mirror (who looks like my mother!), but I don't agonize over those things for long.

I would never trade my amazing friends, my wonderful life, and my loving family for less gray hair or a flatter belly. As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend.

I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so Avanti garde on my patio. I am entitled to a treat, to be messy, to be extravagant.

I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 AM and sleep until noon?

I will dance with myself to those wonderful tunes of the 60&70's, and if I, at the same time, wish to weep over a lost love... I will.

I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the jet set.

They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day. (If I feel like it)

May our friendship never come apart especially when it's straight from the heart? May you always have a rainbow of smiles on your face and in your heart forever?

Look forward to speaking with you all again next month. Let's talk, email your comments to:

cozycornernews@gmail.com

WANT TO UNPLUG? IDEAS FOR SPENDING TIME OUTDOORS

(NC) If you want to do a digital detox or simply spend a bit less time on your phone, a nature vacation is one of the best ways to disconnect fully from your daily routine. Fresh air, physical activity and the silent beauty of landscapes and wildlife are the perfect way to refuel body and mind.

Whether you want to stay in Canada or travel a bit further from home, enjoy some adventure, or just get in touch with nature, there are many places for outdoor lovers to visit. If you want to take the stress out of planning, you can even book a flight and hotel package with Air Canada Vacations.

Here are some ideas for an outdoor getaway:

Hike through the Canadian Rockies. Discover the majestic mountain views and turquoise lakes of Lake Louise and Moraine Lake – they're also the best local areas for spotting moose, black and grizzly bears, and other wildlife. For a mountain area similar in size to



Banff but wilder and less travelled, try the provincially protected Kananaskis Country. The mountain scenery of jagged peaks, lakes and glaciers provides a stunning backdrop to the wilder forests and streams found here.

California national parks. The Gold Rush once drummed up fevered dreams of a near-mystical land filled with promise. Today, the California dream still thrives in the openness of its locals and the beauty of its landscapes. Follow Highway 1 along the Pacific Rim for a road trip punctuated with must-stop hot spots and life-affirming scenery, or stay put to experience the layered character of the Golden State. If you

visit San Francisco, make sure to plan a day or two in Yosemite National Park.

Hawaiian Islands. If you want to participate in a traditional Hawaiian luau, kayak along the Wailua River, hike through Waimea Canyon and cruise along the Napali Coast, then check out Kauai Island. If hiking volcanic craters and horseback riding along farmlands and waterfall paths are more your style, you'll want to visit The Big Island.

Find more information at aircanadavacations.com.

www.newscanada.com



OSTIA ANTICA ROME'S ANCIENT SEAPORT



By Rick Millikan

Our Viking Star cruise excursion takes us along Italy's scenic coast to ancient Ostia, at the mouth of the Tiber River. Along the way, guide Sophia tells us how Rome's original seaport flourished between the 1st and 3rd centuries.

Entering the archeological site, Sophia explains how citizens were obliged to bury their dead outside city walls. This Necropolis reflects Ostia's prosperity. Ornate sarcophagi and large redbrick columbarium storing elaborate urns border the ancient roadway.

Beside the crumbled city gate, she tells us the nearby statue representing the winged goddess Victoria once topped its arch. Passing remnants of former shops along Decumanus Maximus, we soon arrive at the Baths of Neptune. From an elevated platform, we admire spectacular black-and-white mosaic floors. Horse-like sea creatures, hippocampi pull Neptune's chariot amid swirling dolphins, sea nymphs, armed tritons and freakish serpents. On an adjacent floor, wife Amphitrite rides another hippocampus. Another chamber's floor pictures naked wrestlers and boxers with spiked gloves. And beyond, marble columns of a former portico embrace a sporting area.

A side street's wall mosaic shows text in Latin and a flask, encouraging thirsty customers to drink. "This proprietor's thermidor served wine and hot food," Sophia explains. "Customers paid at this marble counter...and probably enjoyed them while relaxing on those stone benches in the courtyard."

At the amphitheater, we pass through a long corridor and emerge near center stage. Three tiers of seating rise beside us. "Finished during the reign of Augustus, it was enlarged in the 2nd century to accommodate over 4000 spectators," recounts

Sophia. "An awning suspended from poles shaded the seats." Alongside the stage's fragmented back wall, theatrical masks recall its ancient productions.

We exit toward the Tiber's former waterfront. Warehouses' mosaic floors remain picturing triangular-sailed galleys, sea creatures and port components. "Grain, olive oil and other goods were stored here," Sophie says. "Slaves later reloaded them onto barges to be towed by oxen onward to Rome."

Our group heads next to a large bakery, one of several. Just off Decumanus, we stroll a lane under Roman archways binding the surrounding high thick walls. House of the Millstone boasts ten basalt millstones. Hoof prints on stony floors indicate how mules rotated the conical caps grinding out flour. In another hall, lava bowls are slotted for blades used in kneading the dough. Basins recall water's importance in this process. Behind the chamber, we see the huge wood-fired oven produced fresh baked bread for 2,000 people daily. A small adjoining room encloses a shrine's mural of gods, perhaps to seek divine help in baking...

The lofty redbrick Capitulum dominates the Forum, Ostia's main square. Dedicated to Jupiter, Juno and Minerva, Hadrian's temple stands opposite another exalting Emperor Augustus and goddess Victoria. Dressed as a powerful warrior, her statue stands atop. Bordering the forum, remaining foundations represent the city council's meeting place and a basilica that served as a courthouse.

Our map shows other temples for worshipping Anatolian mother goddess Magma Mater, and Attis god of vegetation, as well as a synagogue and Christian chapel. Many large villas remain.

The onsite museum displays much of this neighbourhood's artwork, including murals, coloured glass mosaics and portraits depicting distinguished citizens. One terra cotta relief depicts the Persian god Mithras. And among the statuary, a bronze Perseus dramatically grasps fearsome Medusa's severed head. Our favorite sculpture is the white marble 'Cupid and Amor' portraying youths in loving embrace.

Exiting atop a roadway, we pass a bathhouse this time displaying mosaics of mule-drawn cabs. Looking back, green umbrella pines frame the rosy hued brickwork and white marble structures of this ancient site. Visiting Ostia proves extraordinary.

Plan to Go:

- Visit www.vikingcruise.com to check out our Ancient Civilization Cruise itinerary.



The Derby is a Grade 1 stakes race for three-year-olds at a distance of one and a quarter miles (10 furlongs, 2,012 m) for a purse of \$3 million, with the winner earning \$1.86 million. It is the first leg of the American Triple Crown of racing, followed by the Preakness Stakes in Maryland two weeks later and then the Belmont Stakes in New York in mid-June. Last year the lightly raced Justify emerged as a surprise Triple Crown winner, with the Derby and Preakness contended over

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Lower Suction Dentures

The latest in lower dentures has the industry abuzz. It is the first major advancement in denture fabrication in over 20 years.

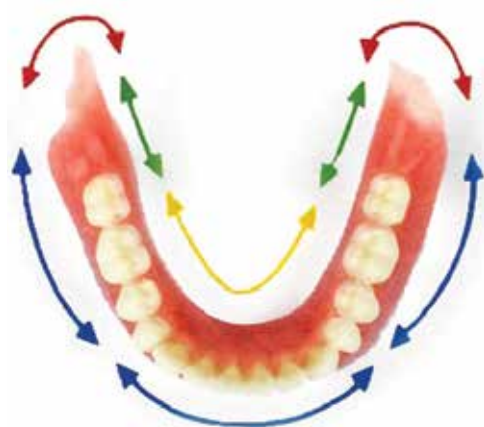
Why The Excitement?

Denturists strive to create dentures that fit well, stay in place, and provide stability so your dentures work harmoniously with your tongue muscles and jaw movements. This is an ongoing goal for the denturist and hard to achieve with conventional dentures.

Lower suction dentures offer an excellent alternative for denture wearers who struggle with a lower denture that lifts or floats. Since the technique relies on suction, it can even work when there's advanced resorption (bone loss) of the lower jaw, an ongoing challenge for conventional denture wearers. Many lower suction denture wearers find they can eat foods they didn't dare tackle with conventional dentures.

What Are Lower Suction Dentures?

As the name suggests, these revolutionary dentures stay in place due to suction. They do not require adhesive or dental implants to stay in place.



No adhesive! No Implants!

Until now, no one thought it was possible to get suction with lower dentures. The complexity of the oral cavity and muscle movements made it too difficult to create a seal.

Dr. Jiro Abe of Japan developed a special impression method that captures the natural shapes of the oral cavity. The result is a strong seal around the entire periphery of the denture and suction to hold dentures firmly in place.

This impression method requires patients to make specific sounds and movements while the impression material is in their mouth. The impression material captures the movements so that they are incorporated into the new lower denture.

Who Is A Candidate For Lower Suction Dentures?

Lower suction dentures are an exciting option for 80% of upper and lower denture patients. A thorough oral examination can determine whether you're a suitable candidate. The denturist will check whether you have the right oral structure to hold your lower denture firmly in place. Even if your denturist determines you will not achieve full lower suction you will still benefit from the lower suction denture technique and the stabilization result. Lower suction dentures do not suit patients who have had recent extractions and immediate or post immediate dentures because the gums will continue to change as they heal from the extractions. After about a year from extractions the denture wearer may be eligible.

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Colin Harty R.D.
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Both Darren Sailer and Colin Harty are Certified BPS Precision Denture and SEMCD (Lower Suction Denture) Clinicians. For more information about complete or partial dentures or how to care for dentures please visit www.yourdenture.com or call the clinic to set up an appointment for a complimentary consultation.



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