Mended Hearts Dark for June
By Kerry O’Day

Our Mended Hearts Chapter 77 will NOT be holding a meeting in June this year. We will resume our regular meeting schedule in July.

The Cluster Meeting that had been planned for June 9 has also been canceled.

When the Cluster Meeting was still planned, the membership at the last meeting voted to cancel the regular meeting on 6-1-18. With the cancelation of the Cluster Meeting, the board felt it was best to be dark in June and start fresh on July 6, 2018.

Thank you.

From the moment humans wore clothing, there were neckties. At the dawn of man, they probably held up shirts.

Today the shirt holds the tie.

This year more than $13 billion will be spent on Father's Day and 40 percent of that is expected to be for clothing, according to the National Retail Federation. Some of that money is going to ties, even though the gift gets a bad rap as the easy choice.

But it's still a good choice for dads who wear ties. Ties today are for decoration, and everyone wants to look good. Modern ties, in fact, have been making men look good for at least 400 years, though in different forms.

The earliest ties were actually scarves and they could signify rank or have a practical purpose. According to the gentlemansgazette.com, Roman soldiers wore scarves, some tied at the neck, as a badge of honor. That was 113 AD. Earlier than that, in 210 BC, Haung Dynasty soldiers were sculpted wearing wide scarves wrapped around their necks and tucked into their armor. This was possibly because it protected them from cold and irritation from the armor.

The modern tie is generally attributed to the Croatian mercenaries who served with both the French and Germans in 1618 during the Thirty Years War. The Croatian fighters wore wide collars tied at the neck, prompting the invention of the word cravat.

After that, men always were pictured with neckwear. For a brief period in the 18th century, men wore those folded, white, high, round collars, called stocks. If you think a tie is uncomfortable, think of wearing a stock made of horsehair.

By the late 1700s, fancy men wore neckties that were supposed to look casually thrown on and tied. In fact, dandy Beau Brumell took hours to tie his. That wouldn't do for the average fellow going to church.

Finally, by 1900 the tie as we know it emerged, complete with a fashionable and easy way to tie it: The Four In Hand knot, still the most common knot.

Today, ties become skinny or fat, according to fashion, and are made with hundreds of different patterns and fabrics.
Cataracts: You can have your sight back

Cataracts, a clouding of the eye lens, have been known and diagnosed since at least 29 AD, but the treatments, until the 1940s or so, have probably been worse than the problem.

With age, it is very common to suffer some vision loss from the clouding of the natural eye lens. According to the World Health Organization, age-related cataracts are responsible for 51 percent of world blindness. In North America, about 42 percent of people have lens changes between ages 42 and 64. That percentage rises to 91 percent by age 75.

Today, cataracts are repaired surgically by inserting a foldable plastic lens to replace the natural one. Surgery is very safe and effectively restores vision.

Symptoms of cataracts, according to the Mayo Clinic:
- Clouded, blurred or dim vision
- Increasing difficulty with vision at night
- Sensitivity to light and glare
- Need for brighter light for reading and other activities
- Seeing "halos" around lights

Frequent changes in eyeglass or contact lens prescription
- Fading or yellowing of colors
- Double vision in a single eye

Political independence, recognized

The headline is a clue to the answer in the diagonal.

Across
1. Manuscript encl.
4. Receded
9. 20's dispenser
10. Marilyn Monroe's real first name
11. African antelope
12. Swindle
13. Treats with malice
15. Thus
16. Bloodsucker
18. Either's partner
20. Loathes
23. June birthstone
25. "___ Baby Baby" (Linda Ronstadt hit)
26. Excessive
27. Furrow maker
28. Breaks off
29. Build (on)

Down
1. Droops
2. At the peak
3. In-box contents
4. Weakens
5. Beet soup
6. Lingerie item
7. Outback birds
8. Carpenter's groove

14. Shred
17. Fuss
18. Creative work
19. Monthly budget item
21. Cross
22. Outbuilding
24. Big deal
Adopt a Shelter Cat Month

Victorian cat lover changes fate of felines

The fortunes of cats rise and fall.

In ancient Egypt, the cat was adored, even worshipped, but their descendants wander the streets today shunned and feral.

In Europe, the cat was once thought to be the tool of Satan. By the late 1800s, their social position had been slightly elevated to a necessary rat-catching nuisance.

But to the rescue was one man, Harrison Weir, an English gentleman and artist, who brought the cat out of the back rooms and streets and into the salons with a master stroke: He organized the first fancy cat show in 1871.

Weir believed ages of ill-treatment and cruelty had made the cat self-reliant and useful as a mouser. But the cat's beauty and interest was unappreciated, he thought.

Weir's cat shows indeed perked up interest in the feline and prompted the development in 1892 of cat clubs, an idea he later rejected as not being focused enough on the animal.

Nonetheless, by 1900 magazines credited Weir with bringing cats off the streets and into the home.

Flag Day June 14

The creator -- and the improver -- of the U.S. flag

Francis Hopkinson was a man of many talents: He ran a store, was accomplished on the harpsicord, wrote music, invented a musical instrument, and negotiated treaties with the Delaware and Iroquois nations.

Plus he designed the United States flag. At least he thought he designed the flag and he asked Congress for a quarter cask of wine for his trouble.

Even though Congress didn't pay, Hopkinson is recognized as the designer of the flag, although his sketches have been lost.

Hopkinson's flag differs from the current design in that Hopkinson's flag featured six-sided stars instead of five-sided stars.

George Washington himself is said to have asked Betsy Ross, an accomplished upholsterer, to sew the first flag. But Betsy argued that a five-sided star would be infinitely easier to manufacture than a six-sided star. When challenged, Betsy took out a swatch of material, folded it, and in one single snip produced a five-sided star. Her idea was adopted.

You can see directions for Betsy's famous one-snip star at ushistory.org/betsy/flagstar.html.

The personal data you give away on Facebook

A fun Facebook quiz pops up: Fun with family names! And pretty soon you are typing in your mother's maiden name.

Congratulations: You just revealed the answer to your bank's security question.

It's bad enough that you just let the app know your name, profile picture, age, sex, birthday, your entire friends list, everything you've ever posted on your timeline, all your photos, your employment history, education, home town and every meme or post you ever liked.

What happens to all this information? Maybe nothing, or maybe everything. It depends who is asking for it.

More than 17 million Facebook users have clicked on a link that promises to provide a word cloud of your most used words. Created by a South Korean company, the app gathers every conceivable snippet of information. This is extremely common. According to the BBC, the firm claims it never sells information and never stores information.

Yet, that firm is one of thousands that do quizzes on everything from your Disney princess soulmate to the best cat for you.

An evil app could gather information from your mobile phone, even if you did the quiz on a desktop computer. It could take control of your tablet microphone, detect your phone carrier, and log your entire shopping history.

Then the company could sell that information to other companies that might not be honest.

Think twice before you click on quizzes that could give away all or part of your passwords: Dog and cat names, family names and street names, among others.
VACATION HUMOR

While on a road trip, an elderly couple stopped at a roadside restaurant for lunch. After finishing their meal, they left the restaurant, and resumed their trip. When leaving, the elderly woman unknowingly left her glasses on the table. She didn't miss them until they had been driving for about 40 minutes.

By then, to add to the aggravation, they had to travel quite a distance before they could find a place to turnaround, in order to return to the restaurant to retrieve her glasses.

All the way back, the elderly husband became the classic grumpy old man. He fuss ed and complained. He scolded his wife relentlessly during the entire return drive. The more he chided her, the more agitated he became. He just wouldn’t let up for a single minute.

To her relief, they finally arrived at the restaurant. As the woman got out of the car, and hurried inside to retrieve her glasses, the old geezer yelled to her—

“While you’re in there, you might as well get my hat and credit card”.

Mended Hearts
Chapter 77,
Bakersfield
Kerry O'Day
5913 Burke Way
Bakersfield, CA
93309