Time to check up on LDLs and HDLs

Accountants aren’t the only ones who go by the numbers. Increasingly, doctors gauge your health by your numbers as well. Better numbers mean better health and lower risk of heart attacks and strokes.

You can make healthy choices that add up to better numbers every day.

The two faces of cholesterol:

An acceptable total cholesterol reading is 200 milligrams per deciliter (mg/dl) or lower, according to the American Heart Association. Above 200 you should take some steps to lower it. The number includes two kinds of cholesterol:

* The bad: Low density lipoproteins, the LDLs: This is the stuff that clogs arteries. You need some, but too much is bad news. Shoot for an LDL reading of less than 100.

If your total cholesterol level is high, you have two choices: You can pay more attention to eating a low-fat diet and getting some exercise, or you can get your doctor’s advice about cholesterol-lowering drugs.

Eating high amounts of soluble fiber from sources like oat bran and beans can also help lower cholesterol, according to the University of Kentucky College of Medicine. In the colon, fiber may interfere with the body’s production of LDL.

* The good: High density lipoproteins, the HDLs: The minimum good reading here is 35 mg/dl. If you have an HDL as high as 80, despite high total cholesterol levels, you may not have to worry about heart disease. To increase good cholesterol in your blood, eat more fruits and vegetables. Aerobic exercise can raise levels of the protective HDL and may also help to lower LDL.

If the names HDL and LDL confuse you, remember that, in most areas, high is better than low!
What would you say to your fridge?

Developers hope seniors will be a natural market for voice control technology such as speakers like Alexa or Siri, and even more items for the home — even the fridge.

According to National Public Media, about a third of Americans own a smart speaker that connects to digital voice assistants like Alexa or Siri, and 86 percent agree that the speakers provide a convenient experience.

Voice technology is moving into everyday appliances and fixtures, especially in kitchens. Right now only one in 10 homeowners have voice assistants to control devices in the kitchen, according to the Research Institute for Cooking and Kitchen Intelligence. This number is dominated by high income homeowners and, as you might expect, millennials.

What would the world look like with a voice activated kitchen? According to Appliances Connection, while you mix up the meatloaf, you can ask the stove to turn itself on and preheat. Then, remotely turn on the faucet as you move to the sink to wash your hands. In fact, voice controlled ranges and faucets are top selling products.

Smart refrigerators help homeowners decrease food waste by tracking what's in the fridge and when it expires. They are even be able to search for recipes based on what ingredients have to be used now. Associated phone apps help people create digital shopping lists while standing at their fridge, or look inside their fridge while at the grocery store.

Of course, future consumers might never go to the store. They will shop from their phones and order delivery. This kind of convenience may have special appeal to the disabled and to older people.

The headline is a clue to the answer in the diagonal.
Does Medicare cover eyelid surgery?  
When drooping eyelid skin compromises vision, Medicare may pay for a procedure to help the problem.

According to Medicare.gov, the patient may be responsible for an average of $300 to $500, depending on the where the surgery is done. Ambulatory surgical centers are less expensive than hospital outpatient departments, for example. There could also be additional costs for follow-up care and you must pay deductibles, copayments, and coinsurance if applicable.

To qualify for eyelid surgery, an ophthalmologist must perform a visual field test showing that the patient's field of vision is obstructed by at least 30 percent. The excess eyelid skin must be documented with photographs and a physician has to recommend the surgery.

The key is that the surgery must be for visual obstruction and not for cosmetic purposes. However, if appearance improves after the procedure, Medicare will still cover the surgery. Medicare supplemental insurance may help cover some out-of-pocket costs for eyelid surgery or other medical expenses.

Guard your Medicare card
Remember that your Medicare card and the information it contains are valuable and often the target of scammers. Guard your Medicare card just as you would a credit card.

If anyone ever calls and asks for your Medicare number, hang up immediately. It is a scam.

Remembering Charlie Brown
If you are one of the millions of people who enjoyed the Peanuts comic strip and its star Charlie Brown, here are some odd facts you might not know.

Creator Charles Schulz, who started the strip in 1947, originally called it Li'l Folks. But when the strip was syndicated in 1950, the name was changed to Peanuts. Schulz didn't especially like it.

Charlie Brown's beloved beagle Snoopy was modeled after Schulz's pointer dog, Spike. Snoopy had five siblings from the Daisy Hill Puppy Farm. All of them made appearances during the years the strip ran.

One character was so unpopular with readers that she had a very short run. The brash Charlotte Braun, the counterpart to soft-spoken Charlie Brown, appeared in only 10 strips and the disappeared without explanation.

Another character was frequently mentioned as the love interest of Charlie Brown. She was called the Little Red-Haired Girl. She was never given a name or seen in the strip. She appeared in silhouette in 1998. She was based on Schulz's unrequited love for a real red-haired woman.

Gourds make fun holiday projects
Gourd vines are nature's container store. Their beautiful fruits have been used for countless centuries as dippers, bird houses, storage boxes, hats, vases, eating bowls, musical instruments, candle holders, salt shakers and anything else you can imagine.

They also make an excellent base for holiday decorations. With a trip to a farmer's market (or a search online), you can find an abundance of dried gourds in lots of shapes.

For a special decorating project for Halloween or Christmas, start looking now to find dried bottle gourds with a round bottom and a tall thin top, gourds shaped like big peanuts or pumpkins, or even some the size and shape of eggs.

These gourds, when dry, don't have the colorful skins of smaller gourds, and they make a fantastic canvas for decorations.

Smaller gourds could be Christmas tree decorations while larger gourds could be display decorations like jack-o-lanterns.

Dried gourds have usually been drying for at least a year, sometimes two, and the exterior may be dirty or even molder. Spend a minute washing them with a copper scrubber. Once dry, you may also want to use a little sandpaper to smooth out the hard exterior.

Next, imagine what your gourd could become. Pumpkin-shaped gourds could become a long-lasting jack-o-lantern. A bottle gourd could become a santa with a tall hat, or a snowman, or a penguin.

Get inspiration for your gourd from Christmas cards or holiday napkins, for example.

Using acrylic paints, cover your gourd in a base coat and let dry. You can lightly sketch a design over the base coat with a pencil, then go in with brushes to paint in the details. Once painted, cover with a clear topcoat to preserve the gourd -- this is specially important if you want to display it outside.

HAPPY SEPTEMBER 2022
Tree rooted in the ages still survives

A thousand years before the oldest sequoia was a seedling, Alerce Milenario was growing in the mist, deep in a ravine in the coastal mountains of Chile. It kept its mossy whereabouts a secret for over 5,000 years, until it reached 200 feet into the sky supported by a 13-foot-diameter trunk. And then, 50 years ago, a park ranger spotted the cypress.

Its exact age can probably only be determined through taking a core sample to count its rings. But, the tree relies on a root system so fragile that human foot traffic could kill it. So, tree scientists used statistical modelling to estimate its age. They think the tree is 5,484 years old. If correct, the alerce would be older than the gnarled Methuselah tree of the White Mountains in California. That bristlecone pine germinated 4,800 years ago, before the Egyptian pyramids were built.

World of Support Fundraiser

Our annual World of Support Fundraiser is back for its fourth year and we have some new fun ways to get involved and get moving, all while supporting an organization you love. The event runs from September 1 to September 29, World Heart Day. Here are some additional details.

- Registration for adults is $25 and kids is $15
- Register, donate, join a team or start a team at https://www.charityfootprints.com/worldofsupport2022/
- To donate by check or phone please email info@mendedhearts.org or call 888-432-7899
- Choose a distance goal of 10K, 13.1 miles, 26.2 miles or 50 miles and complete your miles ANY way you choose (like volunteering, swimming, vacuuming, yoga, weight-lifting), and more—just click “Other” when registering
- Learn more about our four challenges and the prizes you can win at https://mendedhearts.org/world-of-support/

HAPPY SEPTEMBER 2022
### September 2022 Calendar with Holidays

**September 2022 Holidays:**

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<tr>
<th>Sun</th>
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| Labor Day  
Intl. Day of Charity  
Nat'l. Cheese Pizza Day | Read A Book Day | Brazil Indep. Day  
Nat'l. Beer Lovers Day | Intl. Literacy Day |   | College Colors Day  
Intl. Bacon Day  
Beard Day |   |
| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| Patriot Day  
Ethiopian New Year  
Grandparents Day | United Nations Day for South-South... |   |   |   | Intl. Day for the Preservation of the...  
Mexico Indep. Day  
MIA Recognition Day |   |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| AIDS and Aging Awareness Day  
Chile Indep. Day  
Nat'l. Cheeseburger | Talk like a Pirate Day  
Nat'l. Pepperoni Pizza Day | St Matthew  
Intl. Day of Peace | Start of Fall  
(Autumnal Equinox)  
World Rhino Day |   | Saint Padre Pio  
Bi Visibility Day  
Intl. Day of Sign Languages |   |
| 25  | 26  | 27  | 28  | 29  | 30  |   |
| Rosh Hashana (Start)  
Gold Star Mothers Day  
Nat'l. Comic Book Day  
Nat'l. Daughter's Day  
Nat'l. One Hit Wonder Day | Rosh Hashana (End)  
Intl. Day for the Total Elimination of...  
Nat'l. Pancake Day | Rosh Hashana (End)  
Nat'l. Chocolate Milk Day  
Nat'l. Voter Registration Day  
World Tourism Day | Intl. Day for Universal Access to...  
Nat'l. Drink Beer Day  
Nat'l. Son's Day  
World Rabies Day | Nat'l. Coffee Day  
World Maritime Day | Intl. Podcast Day  
Intl. Translation Day |   |

**Courtesy of WinCalendar**

**Never Forget**

A time to remember those who died,  
those who served, and those who carry on.

**HAPPY SEPTEMBER 2022**