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## CONTENTS IN THIS ISSUE

10 Foods That May Help Fight or Prevent Dementia  
Privacy Fix: How to Remove Your Address and Phone Number from Google Search Results  
A Profile of Actor William Holden  
Tips and Tricks for Becoming a Lifelong Learner  
Sheet Pan Sweet Chili Salmon and Veggies  
The Last Cab Ride  
10 Options to Consider If You Were Sold Permanent Life Insurance  
Life Lessons From an 8-Year-Old Cat  
WORDLE – An Online Word Game Built for Active Agers  
What Happened in 1951  
The Dakota Studios  
Ultimate 2 Days in New Orleans Itinerary: See the Best of NOLA Quickly



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# 10 Foods That May Help Fight or Prevent Dementia

BY ALISA SABIN



Dementia is a disorder causing impaired reasoning and memory that interferes with daily functioning. Dementia is not a specific disease. There are many diseases that may cause dementia, such as: Alzheimer's disease, Parkinson's disease, Lewy body dementia, Huntington's disease, and vascular dementia to name a few.

According to the World Health Organization, more than 55 million people worldwide have dementia. Unfortunately, there is no cure for dementia, and most treatment options may decrease symptoms without slowing its progression.

By far, the leading risk factor for dementia is age. More than 90% of people with dementia are older than 65. That being said, there is some evidence that diet may influence the prevention of dementia and help with brain function all together.

## **Consult with Your Doctor**

First and foremost, I want to stress that you need to take your medication as prescribed by your physician. Follow the medical advice and direction of your physician, keep your physician appointments, and do the necessary tests as instructed by your doctor.

Only after doing all of this should you consider fine tuning your mind health with the following foods that may be of benefit to you. Also, many people are on multiple medications such as warfarin that have restrictions. In addition, people may have coexisting disorders.

Restrictions due to the medications you take and diet instructions on your other disorders take precedence over the below suggested foods. Do not consume foods on the list that your physician has previously told you not to eat.

Keeping this in mind, I would like to provide you with a list of 10 foods that may help fight or prevent dementia.

### **#1: Green Leafy Vegetables**

Examples of leafy green vegetables are kale, collard greens, chard and spinach. Leafy green vegetables are full of vitamins. Researchers found six or more servings of leafy green vegetables a week have the greatest benefits to the brain but even two servings a week can be helpful.

If you are not fond of eating these greens by themselves or in salads, adding them to soups and stews may be more palatable. Pureeing them into sauces to put on meals is another option.

### **#2: Nuts**

It is recommended to eat nuts at least five times a week for brain health. Many studies have found a connection between eating nuts and a lower risk of dementia. There was even a study done in 2014 showing walnuts actually improving the memory of mice.

Many nuts have a lot of omega-3 fatty acids. The omega-3s protect your mind and are good for your cardiovascular health as well. Nuts often contain much magnesium, vitamin E and B vitamins; all of which are good for the brain.

### **#3: Beans**

Beans are recommended three times a week to reduce Alzheimer's risk. Legumes have a lot of folate, and low folate levels may contribute to a higher risk of Alzheimer's disease. One study at Peking University in China found elderly men who eat fewer legumes are more likely to decline cognitively.

### **#4: Berries**

Blueberries, raspberries and blackberries have anthocyanin which is a flavonoid that stops the progression of brain deterioration. These fruits also have antioxidants and vitamins that combat inflammation and help with maintaining a healthy mind. One study showed improved memory simply by drinking a glass of blueberry juice a day.

### **#5: Fish**

Researchers recommend eating fish once a week to help with brain function. The omega 3 fatty acids in fish are great for the mind. Fish that are high in omega 3 fatty acids include sardines, halibut, salmon, trout, herring, cod, mackerel and tuna. Alzheimer's patients often have low levels of DHA, docosahexaenoic acid, which is one type of omega-3 fatty acid.

Fish also has lots of vitamin B12 which has been shown to help maintain a healthy brain. There are even some types of dementia that can be reversed by taking vitamin B12.

### **#6: Cruciferous Vegetables**

Cruciferous vegetables are a family of vegetables that include cauliflower, broccoli, and brussels sprouts to name a few. They have a lot of carotenoids and B vitamins that have been known to decrease homocysteine levels. Homocysteine is an amino acid that has been associated with dementia.

### **#7: Olive Oil**

Olive oil is a healthy fat made from smashed olives. It is a monounsaturated fat that increases HDL levels and lowers LDL levels. HDL is your good cholesterol and LDL is your bad cholesterol. There is a clear association of elevated LDL, bad cholesterol, with Alzheimer's disease.



Olive oil is great on vegetables, pasta, bread, salad in addition to many other foods. Replacing butter and margarine with olive oil is particularly good for your brain.

#### **#8: Poultry**

Poultry is a lean meat. It is a good source of protein without so much animal fat. Poultry is recommended twice a week for brain health.

#### **#9: Whole Grains**

Examples of whole grains are whole wheat, oats, barley, brown rice, quinoa, rye, and buckwheat. Read labels carefully when purchasing. Words like “multigrain” or “wheat flour” does not mean whole grain. At least three servings a day are recommended for the mind.

#### **#10: Spices**

Spices like cinnamon, sage and cumin have polyphenols, which can reduce inflammation and eat away at brain plaques. This may have significant benefits for brain health and memory and for Alzheimer’s prevention in particular.

Many studies have shown giving cinnamon to mice correlated with improved clearing of protein build up in the brain associated with Alzheimer’s disease. Cinnamon also improved the memory and cognitive function of mice. Turmeric correlates with preventing cognitive decline and treating dementia in mice also. So, spice may just be the spice of life in and of itself.

#### **In Conclusion**

To best manage or prevent dementia, make sure you are under the care of a physician, take your prescribed medication, do the lab and other tests that are ordered, and follow diet restrictions as instructed by your physician and/or dietician. Once you are doing all of this, consider the value of the above-mentioned foods in helping manage or prevent dementia.

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# Privacy Fix: How to Remove Your Address and Phone Number from Google Search Results

BY CHARLIE FRIPP, KOMANDO.COM



Apps and services often need certain information to work correctly. For example, a navigation app needs to know your precise location to provide driving directions.

Google is one of the most data-hungry Big Tech companies out there. While your data points are kept private for the most part, there could be other occasions where Google Search reveals a bit more than what you would want. Fortunately, the company is making it easier to protect personal information.

Keep reading if you want to stop Google from showing specific search results about you.

## Here's the backstory

Google is aware that not everybody is thrilled when a picture of them shows up when people search their name. Potential employers could stumble across university dorm photos or fake images that put you in a compromising situation.

You could contact the website owner where the images are hosted and ask that they remove them. But that isn't always possible, especially when it's a global social media platform such as Twitter, Facebook or Instagram.

To give you some power over your photos and personal data, Google created a tool where you can request that search results omit specific details. The most common results you can have removed are personal images, fake explicit photos, personally identifiable information or [images of minors](#).

The ability to remove irrelevant photos from Google search results is a good step in protecting privacy. But Google has gone one step further and expanded the data types you can include in a removal request.

## What you can do about it

Google explains in a [blog post](#) that the internet is constantly evolving, and your data could be visible through



websites you least expect. Under the revised policy for removal of personally identifiable information, you can ask Google to no longer show:

- Confidential government identification (ID) like your Social Security number
- Bank account numbers
- Credit card numbers
- Images of handwritten signatures
- Images of ID docs
- Highly personal, restricted, and official records, like medical records
- Personal contact info (physical addresses, phone numbers, and email addresses)
- Confidential login credentials

If you want to put in a removal request with Google:

- Check the requirements on the [Google Search Removal page](#)
- After ensuring that you qualify and have the necessary information, click on the Start removal request button [found on this page](#).

Here's what happens after submitting a request:

- **You get an automated email confirmation.** This confirms Google received the request.
- **Google reviews your request.** Each request is evaluated on specific factors.
- **Google gathers more information if needed.** In some cases, Google may ask you for more information. If the request doesn't have enough information to evaluate, like missing URLs, it will share specific instructions and ask you to resubmit the request.
- **You get a notification of any action taken.**
  - If the submitted URLs are within the scope of Google's policy, either the URLs will be removed for all queries or the URLs will be removed only from search results in which the query includes the complainant's name or other provided identifiers, such as aliases.
  - If the request doesn't meet the requirements for removal, Google will include a brief explanation. If your request is denied and later you have additional materials to support your case, you can re-submit your request.

This is a welcome new feature that also raises questions like, why did this take so long?



# A Profile of Actor William Holden

## Early life and career

Born William Franklin Beedle, Jr. in O'Fallon, Illinois on April 17, 1918, he was the eldest of three sons of William Franklin Beedle, Sr., an industrial chemist, and Mary Blanche Ball, a teacher. The family, who moved to Pasadena, California when he was three, was of English descent; Holden's paternal great-grandmother, Rebecca Westfield, was born in England in 1817, while some of his mother's ancestors immigrated to the U.S. in the 17th century from Millenback, Lancaster, England. He plunged into high school and junior college sports activities as a means of "proving himself" to his demanding father. While studying chemistry at Pasadena Junior College, he became involved in local radio plays and with the Pasadena Playhouse, leading to his discovery by a talent scout from Paramount Pictures in 1937. The handsome, earnest young Holden had bits in *Prison Farm* (1938) and *Million Dollar Legs* (1939) before being chosen out of 65 candidates (including John Garfield) to play sensitive Joe Bonaparte in the Columbia production of *Golden Boy*.



## Hollywood's "Golden Boy"

There are very few "overnight" stars in Hollywood history; their creation is a convention generally reserved for the movies themselves. But William Holden beat the odds by achieving instant stardom with his first leading role, that of the wholesome young prizefighter who wants to be a violinist in *Golden Boy* (1939). His inexperience made filming difficult, and after two weeks Columbia president Harry Cohn was ready to fire him, but costar Barbara Stanwyck, who had great faith in Holden, persuaded the executive to relent. Although the film took some liberties with the Clifford Odets play, Holden's performance was singled out for near unanimous praise. (The actor remained forever grateful to Stanwyck for "pulling him through" that picture). After Columbia Pictures picked up half of his contract, he was soon very much in demand as a clean-cut leading man in pictures for Paramount and Columbia. His early films didn't always show him to best advantage, but Holden built a fan following on the strength of well-received appearances in *Our Town*, *Arizona* (both 1940), *I Wanted Wings*, *Texas* (both 1941), *The Remarkable Andrew*, *Meet the Stewarts*, *The Fleet's In* (all 1942), and *Young and Willing* (1943).

He served with the Army Air Corps during World War II, where he acted in training films and achieved the rank of lieutenant. He returned to the screen in 1947, first with a cameo in *Variety Girl* then with a leading role as an aviator in *Blaze of Noon*. Still youthfully handsome, Holden worked in comedies, dramas, thrillers, and Westerns with equal facility, appearing in *Dear Ruth* (1947), *Apartment for Peggy*, *The Man From Colorado*, *Rachel and the Stranger* (all 1948), *Miss Grant Takes Richmond*, *Streets of Laredo* and *Dear Wife* (all 1949).

But Holden's maturity, built in part on his wartime experiences, came to the fore in *The Dark Side* (1948), in which he played an escaped killer, and reached fruition in Billy Wilder's sardonic black comedy, *Sunset Blvd* (1950, regarded by many as his finest performance), as the hack screenwriter who milks his unhealthy relationship with washed-up movie star Gloria Swanson. His unqualified success in these characterizations (he was Oscar-nominated for *Sunset Blvd*.) presaged many later portrayals of cynical, world-weary opportunists. Wilder exploited that aspect of Holden's talent in his 1953 prisoner of war drama *Stalag 17* which won the star his only Academy Award for his finely limned characterization of a smooth-talking con man who may or may not be informing on his fellow prisoners.

Unfortunately, Holden was a double victim of the studio system. His long-term contract was shared by Columbia and Paramount, which not only underpaid him, but forced him into potboilers unworthy of his talent and popularity.

Good movies like *Born Yesterday* (1950), in which he played the tutor hired by gangster Broderick Crawford to give Judy Holliday "class," were counterbalanced by strictly standard time-fillers like

*Submarine Command* (1951) and *Forever Female* (1953). Other 1950s' assignments included *Union Station* (1950), *Force of Arms* (1951), *Boots Malone*, *The Turning Point* (both 1952), *The Moon Is Blue* and *Escape From Fort Bravo* (both 1953). His

luck improved in mid-decade, with a string of fine films: *Executive Suite* (which reunited him with Stanwyck), *The Bridges at Toko-Ri*, *Sabrina*, *The Country Girl* (all 1954), *Love Is a Many-Splendored Thing* (1955), and *Picnic* (also 1955, which included the smoldering dance scene with Kim Novak that Holden was so nervous about he had to film it dead drunk!). Many of these films were among the top grossers of their day, solidifying Holden's star standing during the transitional decade of the 1950s, which saw many big names of the 1930s and 1940s pass from the scene. He became one of Hollywood's most popular and potent leading men.

After making *Toward the Unknown* and *The Proud and Profane* (both 1956), Holden negotiated a groundbreaking contract with Columbia to star in David Lean's blockbuster *The Bridge on the River Kwai* (1957), which made him a part-owner of the film; the film was, quite rightly, an enormous success, and the deal he made paid him handsomely for years to come. *The Key* (1958), *The Horse Soldiers* (1959), and *The World of Suzie Wong* (1960) were to follow.

Holden loved traveling; he accepted some film assignments for the opportunity to go to exotic locations, and journeyed to other regions of the world on his own. (He even owned a country club in Kenya, where he spent much of his time in later years). In fact, his other activities probably accounted for the perceptible decline in the quality of his performances during the 1960s; he seemed tired and disinterested as the decade wore on: *The Counterfeit Traitor*, *Satan Never Sleeps*, *The Lion* (all 1962), *Paris - When It Sizzles*, *The 7th Dawn* (both 1964), *Alvarez Kelly* (1966), *Casino Royale* (1967, in a cameo), *The Devil's Brigade* (1968), and *The Christmas Tree* (1969).





He suffered from alcoholism and depression for many years. By the early 1960s, his roles were having less critical and commercial impact. In 1966 while in Italy, Holden was involved in a car accident in which the other driver was killed. It was determined Holden had been driving under the influence of alcohol; he was charged with vehicular manslaughter, and received an eight-month suspended prison sentence. Holden was overcome with guilt and friends said this led to even heavier bouts of drinking. The actor reportedly had another secret: For many years he did undercover work for the CIA, delivering messages to foreign leaders during his travels.

### **Later career**

Sam Peckinpah's blood-soaked Western, *The Wild Bunch* (1969), took advantage of Holden's increasingly apparent weariness; as one of the aging outlaws who plans to retire after staging a final haul, he turned in one of his best performances in years. *Wild Rovers* (1971), *The Revengers* (1972), and *Breezy* (1973, directed by Clint Eastwood) didn't amount to much, but Holden enjoyed considerable success in the TV-movie *The Blue Knight* (1973, earning an Emmy Award for his performance), *The Towering Inferno* (1974), and, especially, *Network* (1976). The latter film, a brilliant black comedy written by Paddy Chayefsky and directed by Sidney Lumet, offered him one last really impressive star turn (for which he secured his final Oscar nomination), as the jaded TV executive at first indifferent to, then finally repulsed by, the disgraceful practices of his peers. In 1980 Holden appeared in *The Earthling* with child actor Ricky Schroder, playing a loner dying of cancer who goes to the Australian outback to end his days, meets a young boy whose parents have been killed in an accident, and teaches him how to survive. Schroder later named one of his sons Holden.

Holden's final few films included *Damien-Omen II* (1978), *Fedora* (also 1978, for Billy Wilder), *Ashanti* (1979), *The Earthling* (1980), and Blake Edwards' black comedy about Hollywood, *S.O.B.* (1981, a fitting follow-up for the man who'd starred in *Sunset Blvd.*

### **Private life**

Holden was married to actress Brenda Marshall (Ardis Ankersen) from 1941 until their divorce (after many long separations) in 1971. They had two sons, Peter Westfield (born in 1944) and Scott Porter (born in 1946). He also adopted Virginia, his wife's daughter from her first marriage. Holden had a busy social life, maintained a home in Switzerland to avoid heavy taxation on his earnings and also spent much of his time working for wildlife conservation as a managing partner of the Mount Kenya Safari Club in East Africa. He began a long relationship with actress Stefanie Powers which sparked her interest in animal welfare (Powers later became President of the "William Holden Wildlife Foundation" and a director of their Mount Kenya Game Ranch).

### **Other possible children**

In addition to reported affairs with a number of Hollywood actresses (including Audrey Hepburn, Grace Kelly, Capucine, and a "yearly rendezvous" with Shelley Winters), Holden is said to have had a seven-year relationship with Eva May Hoffman, the wife of composer Emil Newman (Randy Newman's uncle).

Hoffman had two children, Arlene Newman (who later married Dennis Crosby), and William Robert Newman. Arlene was apparently told by her uncle Irving Newman (the father of Randy Newman) that Holden was her



father. Some have further speculated that her brother William, who is said to resemble the actor, was named after him and is also his child.

## **Death**

William Holden died as the result of a fall in his high-rise apartment on the seaside cliffs of Santa Monica, California in November 1981. Holden was alone and heavily intoxicated when he apparently slipped on a throw rug, gashed his head on a night table and bled to death. Evidence suggests he was conscious for at least a half an hour after the fall but may not have realized the severity of the injury and didn't summon aid. His body was found on November 16, but forensic and other evidence suggested he had been dead for several days and most likely died on November 12. His body was cremated and his ashes scattered in the Pacific Ocean.

## **Trivia**

Chosen by Empire magazine as one of the 100 Sexiest Stars in film history (#57). [1995]

Every April 1, he sent Barbara Stanwyck two dozen roses and a white gardenia, marking the anniversary of the first day of filming of "Golden Boy."

Was the best man at Ronald Reagan and Nancy Davis's wedding in 1952.

Served in WWII; returned as lieutenant in the Army Air Force.

Brian Donlevy was his best man when Holden married Brenda Marshall in 1941. A Congregationalist Church service was planned in Las Vegas. Since William and Brian were still filming *The Remarkable Andrew* (1942), there were delays, and it was 3AM before they arrived for the ceremony. By that time the minister had long gone to bed. It was 4PM Sunday before another preacher could be found to perform the wedding. After they were married, they had a champagne breakfast and hopped a plane back to Los Angeles so Brian and he could wrap up shooting, and Brenda was off to Canada to film some location footage that she was still working on. It would be three more months before they would have a real honeymoon (one mishap after another postponed it ... including the TWO of them having to undergo emergency appendectomies)! He was very instrumental in animal preservation in Africa. In the 1970s he purchased a large acreage of land with his own money and began an animal sanctuary. His love of the wild animal was shared with his then companion Stefanie Powers (from "Hart to Hart" (1979)). He would appear on talk shows to promote the saving of animals and to spread the word of anti-poaching and illegal animal trade.

A hygiene fanatic, he reportedly showered up to four times daily.

Won Best Actor for his role in *Stalag 17* (1953). When accepting his statue at the Academy Awards, simply stated, "Thank you" and walked off.

His role in *Stalag 17* earned him a Best Actor Academy Award. Holden felt he didn't deserve it, saying he thought Burt Lancaster should have won for *From Here to Eternity*.

Holden said that, at some point, he lost his passion for acting and that it eventually just became a job so that he could support himself.

He was voted the 63rd Greatest Movie Star of all time by Entertainment Weekly.

Was very active in the Republican party.

Was named #25 Actor on the 50 Greatest Screen Legends by the AFI He became a star after Golden Boy. However, never formally trained as an actor, he had a bad couple of weeks when the movie started shooting. Co-star Barbara Stanwyck stepped in and started tutoring him on the craft of acting, and his performance improved greatly. He would remain lifelong friends with Barbara and would also credit her with saving his burgeoning career. They would go on to make two other movies together: Executive Suite and Variety Girl.

He had a very successful on-screen collaboration with director Billy Wilder. They would work together on four films over the course of their respective careers, including Fedora, Sabrina, Stalag 17 and Sunset Blvd.

His star on the Hollywood Walk of Fame is located at: 1651 Vine St., Hollywood, CA.

Was friends with photographer Peter Beard.

Is portrayed by Gabriel Macht in The Audrey Hepburn Story (2000) (TV)

In the song 'Tom's Diner' by Suzanne Vega, the lyrics 'I open up the paper/there's a story of an actor/who died while he was drinking/he was no one I had heard of' refer to Holden, whose death was indeed reported in the New York Post on November 18, 1981, when the song was written.

## **Salary**

The Towering Inferno (1974) \$750,000

The Wild Bunch (1969) \$250,000

The Horse Soldiers (1959) \$750,000 + 20% of profits

The Bridge on the River Kwai (1957) \$250,000 + 10% of the gross worldwide

Sabrina (1954) \$150,000

Sunset Blvd. (1950) \$30,000

## **Personal quotes**

"For me, acting is not an all-consuming thing, except for the moment when I am actually doing it."

"Take any picture you can. One out of four will be good, one out of ten will be very good, and one out of fifteen will get you an Academy Award."

"Movie acting may not have a certain kind of glory as true art, but it is damn hard work."

"I don't really know why, but danger has always been an important thing in my life - to see how far I could lean without falling, how fast I could go without cracking up."

"There are two kinds of women -- those who pay too much attention to themselves and those who don't pay enough."

## **Famous Lines**

Here are a few of our favorite lines from William Holden.

Joe Gillis (Sunset Boulevard ):

"That was last year. This year I'm trying to earn a living."



Setton (Stalag 17):

"Just one more word. If I ever run into any of you bums on the street corner, just let's pretend we never met before."

David Larrabee (Sabrina):

"Sabrina, Sabrina, where have you been all my life?"

Bernie Dodd (The Country Girl):

"Why is it that women always think they understand men better than men do?"

Mark Elliot (Love is a Many-Splendored Thing):

"We have not missed, you and I - we have not missed that many-splendored thing."

Hal Carter (Picnic):

"What's the use, baby? I'm a bum. She saw through me like an X-ray machine. There's no place in the world for a guy like me."

Major Shears (Bridge on the River Kwai):

"As for me, I'm just a slave. A living slave."

Max Schumacher (Network):

"All of a sudden, it's closer to the end than it is to the beginning, and death is suddenly a perceptible thing to me - with definable features."

Max Schumacher (Network):

"If I stay with you, I'll be destroyed. Like Howard Beale was destroyed. Like Lorena Hobbs was destroyed. Like everything that you and the institution of television touches is destroyed. You're television incarnate, Diana - indifferent to suffering, insensitive to joy."

## **Awards**

1940: National Board of Review Award: Best Acting, Our Town; one of 17 performers cited

1942: National Board of Review Award: Best Acting, The Remarkable Andrew; one of 31 performers cited

1950: Oscar: Best Actor (nom) Sunset Blvd.

1950: New York Film Critics Circle Best Actor (nom) Sunset Blvd.

1953: Oscar: Best Actor, Stalag 17

1953: New York Film Critics Circle Best Actor (nom) Sunset Blvd.

1954: Venice Film Festival Special Jury Prize: Ensemble Acting, Executive Suite; cited as one of six actors in ensemble

1954: NATO/ShoWest Star of the Year Award

1973-74: Emmy: Best Lead Actor in a Limited Series, The Blue Knight

1976: Oscar: Best Actor (nom) Network

1976: New York Film Critics Circle Best Actor (nom) Network

## **Education**

Pasadena Junior College in Pasadena, California

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# Tips and Tricks for Becoming a Lifelong Learner

By Terri Edmund



All through college and in my first writing job, my work horse was an old black Corona typewriter. Things were a little fancier at the corporate headquarters, where I clacked out copy on a state-of-the-art IBM Selectric.

This article is coming to you via my iPad and a little foldable keyboard, both of which fit in my handbag. I store my words in the cloud and whisk them away on the World Wide Web.

If someone had told me 40 years ago how much I'd have to learn to be in the game 40 years later, I'd have been scared. I may have ditched the whole wanna-be-a-writer dream and married the farmer from my little home town. He was a nice enough guy.

Instead, without formal training, I've figured it all out well enough. We all have. You should see my 88-year-old mom rocking her iPhone, summoning her Uber driver and chatting with TiVo customer support.

Our learning curve has been a hairpin over the last four decades. Good learners have survived the trip better than those guys sitting in the back of the class.

That Carpenters song *We've Only Just Begun* should be a fight song for our generation just as it was the theme of my high school graduation. If we plan to make the most of our wisest decades, school is never out. Our learning muscle needs exercise just like our gluteus muscles.

## **Tips and Tricks Pull Lifelong Learning Out of the Hat**

In college, I was lucky to land a job in the campus Reading and Study Skills Center. My victims were mostly big and tall guys worried about maintaining academic eligibility. I hope there's at least one NFL or NBA player out there who remembers me cheering: "You can do this!"



I learned simple tips like keeping an eye out for multiple choice answers with “always” and “never,” skimming a chapter to pre-learn before reading it and using mnemonics to help with memorizing.

Maybe you’re just learning or relearning to read music. “Every Good Boy Does Fine” mnemonizes the notes on the lines of the musical staff. Here’s one we all use to help with our spelling: “I before E except after C.”

Alliteration can help us memorize steps in a process. Here’s how I use “P” to square off with WordPress: Plan, Post, Publish and Pray. I’ve got a lot to learn about online publishing, and I know the only way it’s happening is if I park my gluteals in the chair and focus.

Productive procrastination is my biggest challenge. I should vacuum (always). I can chop the veggies for tonight’s dinner. Stop that, I scold myself. Sit, focus, learn.

Chunking away at blocks of information is less overwhelming than tackling material all at once. A concentrated 45 minutes works best for me. No internet, no phone calls, no snacking.

Then I can take a break to lift the weights on the floor by my desk or walk to the post office. The exercise will boost my brain power for the next 45-minute sit down.

### **The World Is Our Oyster. Slurp It!**

When I turned 50, I decided to get my real estate license as a backup if I ever needed one. My learning muscle was a little rusty, and I found that using more of my senses helped me learn unfamiliar material.

Say you retain five percent of something you hear and 10 percent of something you read. If you both read and listen, your learning may double again.

For the real estate course, I scanned and then read and took notes on the material. Then I vocalized and recorded key points from my notes.

For example, there are 43,560 square feet in an acre and a square mile is 640 acres. I listened to my notes first thing each morning on the days leading up to the exam. I passed!

A musician doesn’t wait until the day of the concert to learn the music. She paces her practice over days and weeks. Cramming just doesn’t work, though you won’t convince less than stellar students. Spaced study or practice helps retention just like spaced strength training tones our muscles.

Making best use of our best hours is important too. I’m a lark so I save my morning hours for my best thinking. I don’t answer email until lunch. My afternoon slump is when I should get out the vacuum. But sometimes I like a nap more than clean floors.

### **Figuring Out What Floats Your Boat**

I have the occasional need to use Excel, but not often enough that I’ve really learned it. My sister is a whiz and has always helped me calm the confusion. But the first time I was able to do a simple formula, add a column here, move a row there, I felt powerful. OMG, I did it!

The sense of accomplishment that comes with figuring something out feels so good. The dopamine flows, the pride swells, the confidence rises.

Accomplishment should be enough motivation to encourage continued learning. But once we're learning for our own reasons, not because a job or degree requires it, we have to dig a little deeper for our motivation.

Going on an international trip is great motivation for learning a new language. I know a guy who bought a car made in the year he was born so he could learn auto mechanics. His wife wasn't happy about losing that space in the garage.

A friend of mine is taking a class in jewelry-making so she can stake space at the Sunday beach market. Life is good.

Besides knowing learning is good for our brain health, we are most motivated when we're learning what we love, when learning itself is pleasure and not a chore at all.

Relearning to play the flute or mastering whole wheat dumpling wrappers makes my heart happy. I wish Excel or WordPress or vacuuming did that for me.



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# Sheet Pan Sweet Chili Salmon and Veggies

Thefoodiephysician.com

*Easy to make, easy to clean up! My Sheet Pan Sweet Chili Salmon and Veggies is the perfect simple and healthy weeknight dinner. It's a complete meal that comes together on one sheet pan in under 30 minutes!*

If there's one type of recipe people ask me for the most, it's quick and easy weeknight dinners. It can be a challenge getting healthy meals on the table for your family when you're busy. But I love encouraging people to cook at home more often- it's actually one of my favorite healthy eating tips!

When you cook at home, you can control the ingredients and the cooking methods. You can use fresh, wholesome ingredients and cut down on processed foods with hidden sugar, sodium, and fat.

## SHEET PAN MEALS

There's a reason why sheet pan meals have become so popular. We're all so busy nowadays and sheet pan meals are super quick and easy.

Why are sheet pan dinners so popular? Because they are the perfect combination of easy to make and easy to clean up!

You simply arrange all of your ingredients on a [sheet pan](#), pop it in the oven, and a short while later, dinner is ready! Sheet pan meals are perfect for busy weeknights when you need to get a nutritious meal on the table for your hungry family.

## A NUTRIENT-PACKED MEAL

This sweet chili glazed salmon and vegetables is a delicious and easy meal that's packed with nutrients!

**Salmon** is a superfood and has many health benefits. It's a lean protein and is an excellent source of heart-healthy omega-3 fatty acids. It's also rich in a wide variety of vitamins and minerals. Read my post all about the [health benefits of salmon](#).





**Red bell peppers** contain several antioxidants, especially carotenoids, as well as vitamins and minerals. They are one of the richest food sources of vitamin C. According to the [National Institutes of Health](#) (NIH), half a cup of raw red pepper provides 95 milligrams of vitamin C, which is 106% of the recommended Daily Value (%DV) for adults.

**Asparagus** is another nutritional rock star, containing a wide variety of vitamins, minerals, antioxidants, and fiber. Read my post all about the [health benefits of asparagus](#). Asparagus is also a great source of prebiotics. Prebiotics are non-digestible food ingredients that help promote the growth of beneficial bacteria in the gut. Click here to read my [Tips for Improving Gut Health](#).

## INGREDIENTS

- **Salmon**- I use salmon filets without skin
- **Vegetables**- I use asparagus and red bell peppers however you can substitute other vegetables
- **Olive oil**- high in heart-healthy monounsaturated fats
- **Thai sweet chili sauce**- a common sauce used in Thai cuisine; it has a sweet and slightly tangy flavor with a bit of heat from chili flakes
- **Reduced sodium soy sauce**- I always use reduced sodium soy sauce to control the amount of sodium in my dishes
- **Rice vinegar**- I use unseasoned rice vinegar



## HOW TO SERVE THIS DISH

The combination of sweet Thai chili salmon, asparagus, and bell peppers is a filling protein-packed, low-carb meal. To round out the meal, you can also serve this sheet pan meal with some steamed jasmine or brown rice. You can also try my [Quinoa Fried "Rice," Cold Sesame Noodles](#) or [Air Fryer Baked Sweet Potatoes](#).

## STORAGE

You can store any leftover salmon and veggies in an airtight container in the refrigerator for up to 3 days.

## CHEF'S TIPS

- Sheet pans are endlessly customizable so feel free to mix up the protein and veggies in this recipe to create new combinations.
- Pair proteins with vegetables that have roughly similar cooking times. Choose quick-cooking vegetables like asparagus, broccoli, green beans, bell peppers, mushrooms, and zucchini when cooking seafood. Choose butternut squash, potatoes, and other root vegetables with meat like chicken, beef or pork, which take longer to cook.

- The salmon will continue to cook on the hot sheet pan after it comes out of the oven due to the residual heat. So I recommend taking it off the pan right away to prevent it from overcooking.

## FAQS

Is it better to bake or pan fry salmon?

Both are good options for cooking salmon- it depends on the recipe. I like to pan fry salmon for certain recipes when I want a nice sear on top. However, baking salmon in the oven has the advantage of being hands-off. Just pop it in the oven and you're done. No need to worry about flipping delicate pieces of fish in a hot pan on the stove. Plus, you won't get a fishy odor in your kitchen when you bake salmon in the oven.

### **What vegetables go well with salmon?**

Salmon pairs well with a wide variety of vegetables. Since salmon cooks pretty quickly, I would recommend pairing this sheet pan salmon with other vegetables that cook fast like broccoli, green beans, and zucchini.

### **How long should salmon be cooked?**

Salmon cooks pretty quickly. The cook time will depend on the thickness of the filets and the temperature of the oven. At 425°F, salmon will take about 12-15 minutes to cook. Start checking earlier if you like your salmon on the rare side.

### **How do you know if salmon is cooked?**

To check if your salmon is cooked, push on the top of it with a fork. If the layers of flesh separate easily and seem moist, it's done. You can also cut into the thickest part of the fillet and look for a slightly pink center.

### **What's the white stuff that comes out of salmon?**

The white stuff that oozes out of salmon when you cook it is called albumin. Albumin is a protein that coagulates and comes to the surface when salmon is cooked at high heat. It may look funny but is completely edible.

### **What can I substitute for Thai sweet chili sauce?**

Thai sweet chili sauce is a thick, bottled sauce that has a sweet flavor with a spicy kick from chili flakes. You can usually find it in the Asian food section of your grocery store or you can [buy it online](#). If you can't find it, you can try substituting hot sauce (like Sriracha) mixed with honey. You can also try plum sauce or hoisin sauce mixed with a little hot sauce or chili flakes. Apricot preserves mixed with hot sauce (like Sriracha) will also give a similar sweet and spicy flavor profile.

## RECIPE

### Ingredients

- 4 pieces salmon filets (5 ounces each)
- 1 lb. thin asparagus stems trimmed
- 1 red bell pepper cut into strips
- 1 tablespoon olive oil
- Kosher salt and black pepper

### Sauce:

- ¼ cup Thai sweet chili sauce
- 1 tablespoon reduced sodium soy sauce (use tamari if gluten free)
- 1 teaspoon rice vinegar

### Garnish:

- Sesame seeds
- Sliced scallions

### Instructions

1. Preheat oven to 425°F.

To make the sauce, mix the sweet chili sauce, soy sauce and vinegar in a bowl.

Arrange the salmon filets in the center of a sheet pan.

Reserve a small amount of the sauce to pour on the salmon at the end. Brush or spoon the rest of the sauce onto the salmon.

Arrange the asparagus on the sheet pan on one side of the salmon and the bell pepper strips on the other side. Drizzle the vegetables with olive oil and season them with a pinch of salt and pepper. Toss to combine.

Bake in the upper third of the oven for 12 minutes. Turn the broiler on at the end and broil for 2-3 minutes until lightly browned.

Remove the sheet pan from the oven and pour the remaining sauce on the salmon. Garnish with sesame seeds and scallions, if desired.



*Dr. Sonali Ruder DO is a board-certified Emergency Medicine physician, trained chef, mom, and cookbook author. She is a graduate of Brown University, Northwestern University- Chicago College of Osteopathic Medicine, and the Institute of Culinary Education. Dr. Ruder is a contributing writer, recipe developer, spokesperson, and health and wellness expert for several national magazines, cookbooks, websites, and companies.*



# The Last Cab Ride

By Thewani Dewmi

I arrived at the address and honked the horn. After waiting a few minutes, I honked again. Since this was going to be the last ride of my shift, I thought about just driving away, but instead, I put the car in park and walked up to the door and knocked. 'Just a minute, answered a frail, elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 90's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody from a 1940s movie.

By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets.

There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

'Would you carry my bag out to the car?' she said. I took the suitcase to the cab, then returned to assist the woman.

She took my arm, and we strolled toward the curb.

She kept thanking me for my kindness. 'It's nothing,' I told her. 'I just try to treat my passengers the way I would want my mother to be treated.'

'Oh, you're such a good boy,' she said. When we got in the cab, she gave me an address and then asked, 'Could you drive through downtown?'

'It's not the shortest way,' I answered quickly.

'Oh, I don't mind,' she said. 'I'm in no hurry. I'm on my way to a hospice.'

I looked in the rear-view mirror. Her eyes were glistening. 'I don't have any family left,' she continued in a soft voice. 'The doctor says I don't have very long.' I quietly reached over and shut off the meter.

'What route would you like me to take?' I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator.

We drove through the neighborhood where she and her husband had lived when they were newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl.

Sometimes she'd ask me to slow in front of a particular building or corner and sit staring into the darkness, saying nothing.

As the first hint of sun was creasing the horizon, she suddenly said, 'I'm tired. Let's go now.'

We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico.



Two orderlies came out to the cab as soon as we pulled up. They were concerned and intent, watching her every move.

They must have been expecting her.

I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

'How much do I owe you?' She asked, reaching into her purse.

'Nothing,' I said.

'You have to make a living,' she answered.

'There are other passengers,' I responded.

Almost without thinking, I bent and gave her a hug. She held onto me tightly.

'You gave an old woman a little moment of joy,' she said. 'Thank you.'

I squeezed her hand and then walked into the dim morning light. Behind me, a door shut. It was the sound of the closing of a life.

I didn't pick up any more passengers that shift. I drove aimlessly, lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver or one who was impatient to end his shift? What if I had refused to take the run, honked once, then driven away?

On a quick review, I don't think I have done anything more important in my life.

We're conditioned to think that our lives revolve around great moments.

But great moments often catch us unaware-beautifully wrapped in what others may consider a small one.

Life may not be the party we hoped for, but while we are here, we might as well dance.....

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# 10 Options to Consider If You Were Sold Permanent Life Insurance

By Robert Lindstrom

Many of you might have purchased life insurance at some point because someone depended on you financially and you are a responsible person.

But what if you were sold a permanent policy that you don't need anymore, if you ever needed it. There are different types of permanent insurance, but this article focuses on whole-life insurance.

Generally speaking, you don't need life insurance when you no longer have dependents or you are financially independent. For this reason, there are a lot of people out there who own whole-life insurance and do not need it anymore.



Of course, there are always exceptions, so you must do a proper analysis of your unique circumstances. You're probably asking yourself why so many people own it if they don't need it. One reason is the significant economic incentive life insurance agents have to sell it.

## Conflict of Interest

A simple example illustrates this point. Life insurance agents earn a percentage of the premium you pay as a commission. Term insurance premiums are worth significantly less than whole-life premiums. An agent can make significantly more money by selling you permanent insurance than term insurance.

This is perfectly legal even if you don't need it, because insurance agents do not have to act in your best interest, unlike a Fiduciary financial advisor. They are simply doing what any sales-person would do.

Fee-Only advisors are legally required to act in your best interest and don't even own the licenses required to earn a commission, thereby eliminating this conflict of interest.

## Your Options

So, what are your options if you already own whole life insurance and do not need it anymore? Thankfully, you should have several dividend options and non-forfeiture options. As you'll see, the best option for you will likely depend on your specific situation.

You can try the following dividend options:

### Receive as Cash

When you need cash flow, you can ask the insurance provider to send you a check in the amount of the dividend.

### Reduce Premium

You can also use the dividend to reduce the amount of premium you pay out of pocket. This option can make sense when you want to keep the policy but reduce your cost.



### **Purchase Paid-Up Additions**

Another option is to use the dividend to increase the cash value and death benefit of your policy. This can make sense when you have significant cash flow and are looking to maximize the size of your policy.

### **Accumulate at Interest**

Perhaps you want to leave the dividend with your insurance company to earn interest in a separate account. Make sure you evaluate all alternatives to maximize your return.

### **Extended Term**

You can also use the dividend to buy a one-year term policy in addition to the existing policy. The amount is determined by the size of the dividend. This can make sense when you need more death benefit and the terms of this option are more favorable than purchasing a separate policy.

There are several non-forfeiture options as well.

### **Cash Surrender**

If you'd rather just cancel the policy, you can accept whatever cash value may be available. This can be a taxable event if the cash value is more than your basis. This option can make sense when you do not need the death benefit anymore and have a need for the cash.

### **Reduced Paid-Up**

You can also reduce the cash value and death benefit, which will allow you to keep the policy without paying any more in premium. Reduced paid-up can make sense when you have a need for some death benefit.

### **Automatic Premium Loan**

In another option, you can allow the cash value to pay the premium. This can make sense when you need the full death benefit but may not be able to continue paying the premium out of cash flow. Be careful with this option because it could result in a policy lapse and severe tax consequences.

### **Extended Term**

You can convert your death benefit into a term policy and eliminate your cash value. The length of the term would be determined by the amount of cash value. This option can make sense if you need the full death benefit for a limited time.

### **1035 Exchange**

There is one other option that doesn't fit into the categories above and is often overlooked. The IRS allows you to do a 1035 exchange of a life insurance policy to an annuity or long-term care insurance. This means you can convert your policy without tax consequences.

### **Think Your Options Through**

To recap, you may or may not still need a death benefit. Even if you do, your policy may or may not still make sense for you. A Fiduciary advisor without a commission conflict of interest can help you evaluate your options.

Insurance policies are contracts and can be drastically different, so it is important to know all the options available to you. The best course of action depends on your need for a death benefit, available alternatives, and the specifics of your policy.

# Life Lessons From an 8-Year-Old Cat

BY LINDA WARD



Burt is an anxiety ridden cat. He didn't start out that way. He was a small puff of gray fur that cuddled into my warm embrace. I remember his little cat body jumping on my son's vinyl record player and taking a spin round and round.

As he grew, he became anxious about everything. The sound of someone's car door opening out in the street, seeing a piece of furniture out of place in the house, and even when I would walk into a room where he had been napping.

I've done all I could to help him calm down and enjoy life. I think some of it is helping. Here are some lessons he's taught me.

## **What's That Noise?**

First, it's ok to be cautious about new noises. I was traveling for training and stayed in a hotel room with an outside entrance toward the back of the building. In the night, I awoke, aware of shouting and loud engine noises in the parking lot. I learned this was a hot spot for drug deals.

The next morning, I requested moving to a room near the entrance, non-isolated, with bright lights. As a single woman traveling alone, this saved me unknown misery.

### **Curiosity Is a Good Thing**

Curiosity is one of Burt's best qualities. He's mostly curious about me. Why am I getting up from the couch? What is in the box that I brought in from the step? What am I doing awake at 2 a.m.? It's a good quality to be curious.

I've learned when with friends to put my own stuff of life on the back burner and have curiosity about them. Ask them questions, learn about what makes them tick, or what's going on in their world, without offering my take on everything. People are so interesting, and I was missing that when consumed with myself every minute.

### **Simple Is Better**

Speaking of the box brought in from the step, Burt loves boxes. He loves them more than the many fake mice filled with catnip that I've bought for him. He prefers the box to the soft cushy cat bed that I was convinced he'd love. Simple, easy, and free.

I've simplified my life over the past few years. I don't need a big home, with brand name items filling it. I need simple and clutter free. I need easy so maintenance is low. Free is always a good thing.

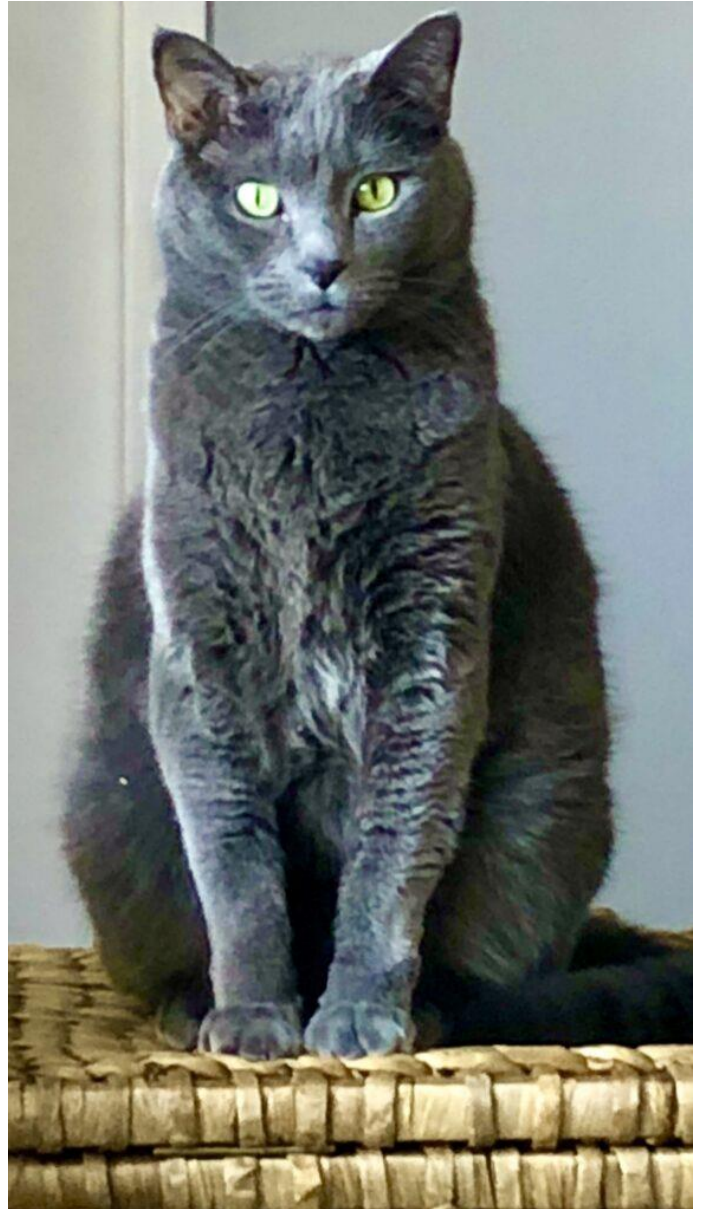
### **You Can Get Through This**

Burt's anxiety is getting less and less with age. This goes for mine too. As years go by, I realize that half the stuff I was worried and anxious about never happened. I can just relax a bit and know that life has its ups and downs and I'll get through it.

### **Warmth and Connection**

If you needed a cat for companionship, Burt's the guy. It doesn't matter if I decide to curl up on the sofa for a minute, or sit on my bar stool typing away, he wants some lap time. He loves the warmth and the connection.

I need this too. When my husband and I have crossed lives like ships in the night, I sometimes just find wherever he is in the house and ask for a hug. Time with bodies touching renews the soul. Burt knows this, and now I do too. Well, he knows it until a car door slams in the street.





# WORDLE – An Online Word Game Built for Active Agers

by Jeff Weiss

First it was Pickleball and now it's [Wordle](#) — two activities (the former being physical and the latter being mental) that are experiencing huge growth after gaining initial popularity amongst Active Agers.

Unless you have been on a safari with limited access to the news or internet, or simply have limited interest in such things, odds are pretty high that you have heard of the new online gaming sensation, Wordle. This highly addictive game was created by Josh Wardle and was recently sold to the New York Times for inclusion in their popular (and profitable) Games section. Within a very short period of time, Wordle has amassed more than 10 million daily users and is experiencing exponential growth as “word” gets out around the globe.

I too have become a daily player, which isn't too surprising given the fact that I like to play other word-related games including crossword puzzles (especially over a coffee on Sunday morning), Boggle, Scrabble and more recently and throughout the pandemic, the New York Times Spelling Bee.

While there are no (official) stats for who is playing Wordle, we thought it would be interesting to explore participation levels amongst Active Aging adults. To that end, we recently asked our senior community if they had heard of Wordle and if they were playing it. We found that about half of our Revolutionaries have heard of the game but never played, while 10% were indeed playing on a daily basis. Doing some back-of-the-envelope math, given that there are approximately 80 million Active Agers in the US alone, I'd guesstimate that about 8 million of them are playing Wordle and therefore account for a significant portion of the total players to-date!



Given the rather significant number of older players, I started thinking about and researching why Wordle might be so appealing to older adults. Here's what I found:

- The game is fashioned for an audience of one and is easy to learn and play and therefore suitable and accessible to all
- You can connect with other people/players by sharing your scores
- You can do it quickly or take your time based on your schedule and your personal preference

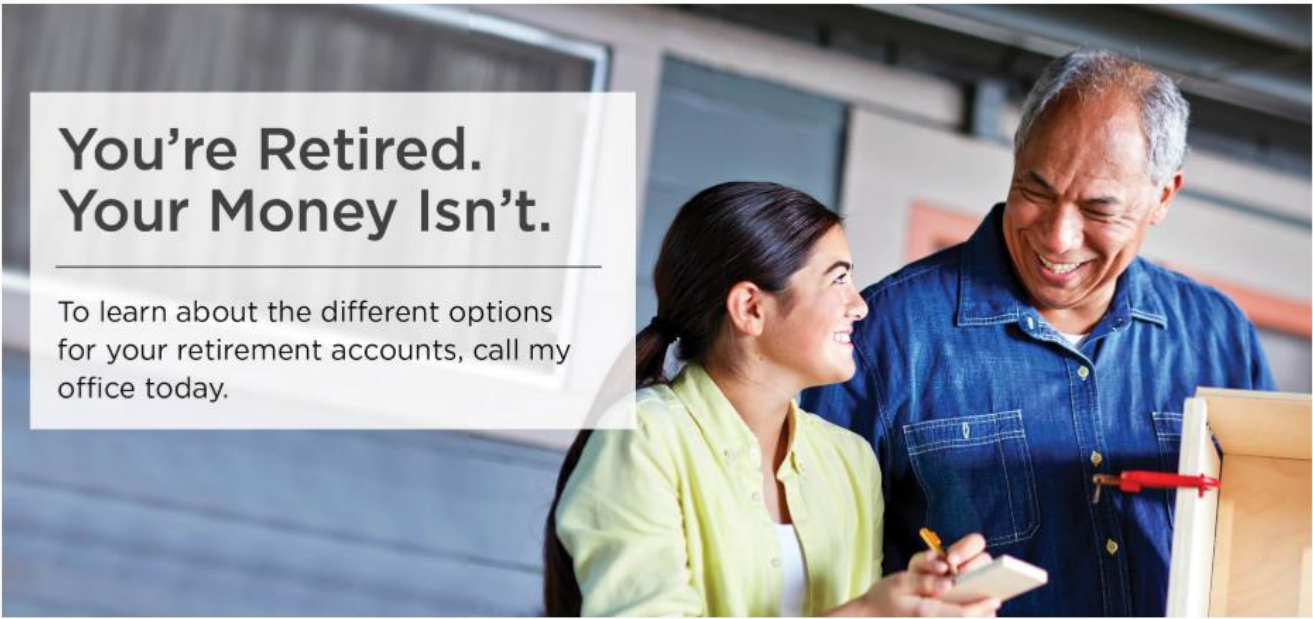
- It is a quick mental challenge that doesn't get in the way of productivity
- One day's failure has little bearing on tomorrow's success
- The game engages your "working memory" — the language-related component, the visual-spatial component and the central executive
- There is a high success rate (of getting the right answer within 6 attempts), however, it is not a guaranteed success rate

That last reason I wanted to highlight is important to Active Agers as it results in a degree of desirable difficulty that is optimal in memory research. In other words, it challenges the individual to the right degree in order to learn best and improve long-term performance. With so much emphasis being placed on our long-term mental health, it is not surprising that older adults have taken to Wordle as part of their (and my) daily regimen to keep minds active and brains sharp.

To play Wordle, you need only go to the Wordle website it is free/ You can play it on your computer or smartphone

Here's a direct link to the game

<https://www.nytimes.com/games/wordle/index.html>



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# *What Happened in 1951*

1951 Unemployment dipped to 3.3% in the US and new roads were built to take the ever increasing numbers of cars including the New Jersey Turnpike. Children were given more than any other time in previous history with guitar lessons and sets of Encyclopedias to improve their minds . The average family income was \$3,700 per year and people had money to spend so cars became more luxurious and had more powerful engines with options for two tone paint, during this time things like turn signals were still an extra and most drivers still used hand signals to tell other drivers which way they were turning. Television continued to grow with popular program like "I Love Lucy" and the first tests for Color Television Pictures were broadcast from Empire State Building on [June 25th](#) . Europe continued to export many cars to the US including Volkswagen's and Austin's.



## **Cost of Living 1951**

Yearly Inflation Rate **USA 7.88%**

Average Cost of new house \$9,000.00

Average wages per year - \$3,510.00

Cost of a gallon of Gas 19 cents

Average Cost of a new car - \$1,500.00

Loaf of Bread - 16 cents

LB of Hamburger Meat - 50 cents

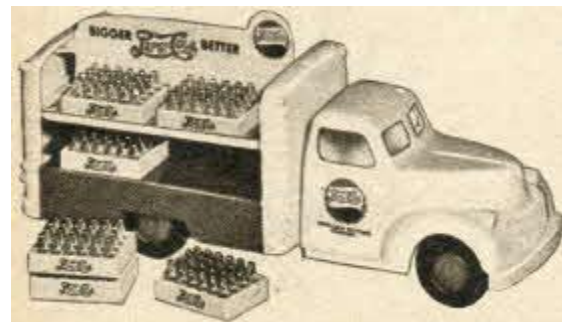
Bacon per LB - 52 cents

Eggs per dozen - 24 cents

Baby Diapers ( Cotton ) - From \$2.79

Children's Tricycle - From \$14.00

Vintage 1950s Pepsi Cola Truck Price \$1.59



## **Nevada Nuclear Test**

During January the United States government began nuclear bomb testing at a test site in Nevada. After the initial development of the atomic bomb during the mid-[1940's](#) the U.S. had moved its test sites off of the country's mainland and began using islands in the Pacific. Due to logistical and safety concerns the U.S. Government decided to move the testing back to the mainland and chose a large portion of mountainous and desert land in Nevada, located about 65 miles away from Las Vegas, as their site. The first series of tests to be held at this new site was named Operation Ranger. Initially, many tests were atmospheric tests but because of the adverse health effects that were observed all of the tests were moved underground by 1962. A total of 928 nuclear tests were conducted at the Nevada Test Site between 1951 and 1992.

## **Direct Dial Coastal Call**

The first direct-dial coast to coast telephone call was made during November . The call took place between the Mayor of Englewood, New Jersey, M. Leslie Denning, and the Mayor of Alameda, California, Frank Osborne. It took about 18 seconds to connect the call and it was placed using AT&T's direct distance dialing system which

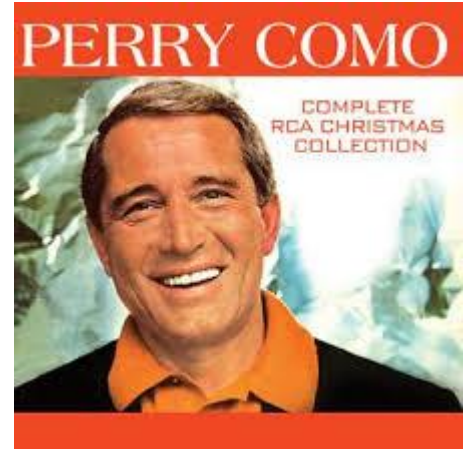
did not use an operator to connect the call. This new method utilized a ten digit phone number which included the three-digit area code system that had been implemented in the late 1940s.

### "I Love Lucy"

The popular television show "I Love Lucy" premieres on CBS. The classic television show "I Love Lucy" debuted on the CBS network on October 15th . The show starred comedienne Lucille Ball as the titular Lucy Ricardo, Cuban entertainer Desi Arnaz as Lucy's husband Ricky, with Vivian Vance and William Frawley as their goofy landlords Fred and Ethel Mertz, and it revolved around Lucy's comical antics. Arnaz and Ball were a real-life husband and wife and the show was based off a popular radio series that Ball had previously starred in. "I Love Lucy" was one of the first scripted television shows to be filmed using three different cameras and it was unusual that it was filmed in Hollywood using a live audience rather than in New York using a laugh track. The show was a huge success and was nominated for and won many Emmy awards while it aired. It ended in May of [1957](#) but remained popular in reruns and it is still regularly aired on cable TV.

### Popular Culture

The term Rock N Roll is coined by Cleveland Disc Jockey Alan Freed  
The Dennis the Menace comic strip appears in newspapers across the U.S. for the first time.



### Popular Films

An American in Paris  
The African Queen  
A Streetcar Named Desire  
The Day the Earth Stood Still

### Popular Music

Perry Como  
Mario Lanza  
Nat King Cole  
Tony Bennett

### Popular TV

I Love Lucy  
What's My Line? debuts on BBC Television.

### An American in Paris Film

The popular film "An American in Paris" debuts this year. The classic film "An American in Paris" premiered in London during August . The musical film featured music from George and Ira Gershwin and the dance numbers were choreographed by the film's star Gene Kelly. "An American in Paris" also starred Leslie Caron, Nina Foch, Oscar Lavant, and Georges Guetary and was





directed by famed film maker Vincente Minnelli. The story focused on a complicated love triangle and was written by Alan Jay Lerner. The film won a total of six Academy Awards including "Best Picture."

### **First Pan American Games**

The very first Pan American Games begin during [February](#). The games were held in Buenos Aires, Argentina and took place over the span of about two weeks. The idea for the games was originally conceived during the X Olympiad in [1932](#) but were put off due to the outbreak of World War II. The purpose of the Pan American games was to create an Olympic-style regional competition for the Americas. They are held every four years, the year before the next Olympics during the summer. In the first games 21 National Olympic Committees (NOCs) selected 2,513 athletes to participate in events from 18 different sports. At the end of the games Argentina, the United States, and Chile had the most medals.

### **Elastic Waist Dress Price: \$2.79**

Elastic midriff for good fit, an unusually gay novelty stripe print. Navy blue neckline ruffle and wide band around skirt. Elastic at puff sleeves. Color combinations include navy and red or navy and lime green.

### **Disney's Alice in Wonderland**

The Disney film adaptation of Alice in Wonderland debuts in theaters. Walt Disney's 13th animated feature film "Alice in Wonderland" is released during July . Disney had been trying to create the film adaptation of the classic Lewis Carroll novel since the 1930s but was unhappy with it until after the end of World War II. When the film was finally finished and released in 1951 it was considered a flop and received negative reviews from film critics. "Alice in Wonderland" soon became a cult favorite film and was re-released in the 1970s to a more favorable critical response.



### **UNIVAC Commercial Computer**

The first commercial computer, UNIVAC, is put into use at the U.S. Census Bureau. The first commercial computer to be created in the U.S., the UNIVAC (Universal Automatic Computer), was dedicated for use at the U.S. Census Bureau during June . The computer was designed by Presper Eckert and John Mauchly and was created by the Remington Rand company. Eckert and Mauchly had also created the first general-purpose computer (ENIAC) in 1946. The data-processing machine had 5,000 vacuum tubes, weighed about 16,000 pounds, and measured 14.5 by 7.5 by 9 feet in size. UNIVAC was an improved version of ENIAC and the first successful commercial computer created for civilian use. It could do about 1,000 calculations in a second, improving the efficiency of the Census Bureau.



## **U.S.A. -- 22nd Amendment**

22nd Amendment Ratified February 27, 1951 -- Two-Term Limit on Presidency. No person shall be elected to the office of the President more than twice, and no person who has held the office of President, or acted as President, for more than two years of a term to which some other person was elected President shall be elected to the office of President more than once. But this Article shall not apply to any person holding the office of President when this Article was proposed by Congress, and shall not prevent any person who may be holding the office of President, or acting as President, during the term within which this Article becomes operative from holding the office of President or acting as President during the remainder of such term.

## **Born This Year in 1951**

Robin Williams - Born: May 1st, - Chicago, Illinois Died: August 11th, 2014, Paradise Cay, CA

Sting - Born: October 2nd - Wallsend, United Kingdom

Mark Hamill - Born: September 25th - Oakland, CA

Bob Geldof - Born: October 5th - Dún Laoghaire, Ireland

Phil Collins- Born: [January 30th](#) - Chiswick, London

Jane Seymour - Born: [February 15th](#) - Hayes, United Kingdom

Tommy Hilfiger -Born: March 24th - Elmira, NY

Kurt Russell - Born: March 17th - Springfield, MA

Jill Biden - Born: June 3rd - Hammonton, NJ

## **Jordan - Assassination**

King Abdullah of Jordan assassinated on [July 20th](#) in Jerusalem

## **General Douglas MacArthur**

President Harry S Truman fires General Douglas MacArthur as commander of United Nations Forces

## **Korean War**

United Nations forces recapture Seoul during the Korean War

## **Great Flood**

The Great Flood of 1951 in Midwest United States

## **Technology**

- First oral contraceptive ( the Pill ) invented by Luis E. Miramontes
- Direct dial coast-to-coast telephone service begins in the United States.
- First Color Television Pictures broadcast from Empire State Building





# The Dakota Studios





# Ultimate 2 Days in New Orleans Itinerary: See the Best of NOLA Quickly

Fueledbywanderlust.com,

Looking for the perfect weekend getaway to let loose and consume lots of delicious calories? Quirky and vibrant New Orleans delivers an unrivaled celebratory atmosphere, that will definitely meet all the above criteria. Even if you only have limited time to spend down in NOLA, have no fear because a mere 2 days in New Orleans is more than enough!

While I always wish I could spend a full week in NOLA, I've learned that I'd probably struggle with more than a long weekend. Why, you ask? That would be because one of my favorite parts of a New Orleans trip is the awesome food and drinks that are consumed while fully experiencing this city. I'm not good at pacing myself, so after a short stay I've had more than my fill!



There is something for everyone, including amazing nightlife, rich history, and delectable cuisine. So, let's not delay this any further, and get into how to make the most of a short, but unforgettable trip to the Big Easy.

## Why Visit New Orleans

If your sights are set on spending 2 days in New Orleans, you're probably going for one of the following reasons:

- **History:** New Orleans has been around since the French first settled in today's French Quarter in 1718. Combine that with Spanish rule from 1763 to 1803, the European and Caribbean influence is evident from the architecture to the food. There is no shortage of history to explore in this colorful city.
- **Food:** Thanks to the city's melting pot of cultures, there is an excellent array of mouth-watering food to try. Everything from Creole to Cajun, with even highly regarded Vietnamese restaurants entering the mix. Po-boy's and beignets should be at the top of your list, especially if it's your first time.

**Debauchery:** New Orleans is the perfect place to blow off steam, which is helped by the city's lack of public container laws. You heard me right – you are more than welcome to stroll around town with drink in hand. People flock here to celebrate anything from Bachelorette parties to 40th birthdays. A lot of these groups begin their partying early, so you are bound to run into some great people watching

## 2 Days in New Orleans Itinerary: Day 1

– Morning –

Breakfast at Elizabeth's

In my New Orleans research, Elizabeth's was the breakfast spot that kept coming up over and over again. Of course, we had to check it out. We took a Lyft from our hotel to head about 2 miles "downriver" (or east in NOLA terms) around the crescent shaped banks of the Mississippi to an area known as Bywater.



Elizabeth's Restaurant



We arrived about 20 minutes before it opened at 8:00 a.m, which was way too early. Although I had heard this popular restaurant often has a line out the door, nary a soul showed up while we awkwardly waited outside.

The wait was so worth it though. Once they opened, both our food and service were excellent. However, since we were pretty hungry by this time, we definitely ordered too much food. Fortunately, this is a perfectly acceptable mistake to make in New Orleans.

I opted for the bananas foster French toast with a mimosa, while my husband ordered their enormous French toast wrap. We also split some heavenly praline bacon and hash browns.

Everything was delightful, including our friendly and helpful waitress, who gave us the perfect po-boy recommendation for later.

**Louis Armstrong Park:** If you have a little time after breakfast, stop at Louis Armstrong Park for some rest and shade. The park is very close to St. Louis Cemetery #1, and is the site of historically significant Congo Square.

Throughout the 1800's, 500-600 freed and enslaved African Americans would gather in Congo Square on Sunday afternoons for traditional African music and dance. Some even believe this helped foster the later birth of jazz in New Orleans.

#### Tour St. Louis Cemetery #1

To see something truly unique to New Orleans, you absolutely must take a cemetery tour. I take an odd interest in strolling old cemeteries in general, but the ones in NOLA are especially intriguing.



As New Orleans has a high water table, the first inhabitants struggled to bury their dead underground. Thankfully, the Spanish brought their tradition of burying the deceased in above ground vaults to New Orleans. The result is beautiful city-like cemeteries with ornate tombs that are fascinating to peruse.

St. Louis Cemetery #1 is the oldest in New Orleans, and can only be entered with a licensed guide ([we used this one](#)). Our guide was a true local and former history major, and we learned all kinds of fascinating NOLA history. Just don't forget to bring water and a hat if you go in late spring or summer. It'll be blazing out there with the lack of shade.

#### – Afternoon –Eat a Po-Boy for Lunch

The po-boy was invented in New Orleans and remains a staple, so if you don't eat one, did you even really visit? This was my favorite thing I ate during our 2 days in New Orleans, and I swear I'm still having dreams about it. Imagine golden French bread that is crispy on the outside and soft on the side, filled with the (often fried) meat of your choice. So good!



Both online, and through talking with New Orleanians, Parkway Bakery and Tavern was the consensus on where to go. After our visit, I have to say I agree. I ordered the fried oyster po-boy, and was in absolute heaven as we consumed them at a picnic table on their large patio.

#### Tour the French Quarter

A pub tour is essential, as many famous cocktails, including the Sazerac and Hurricane, were invented in New Orleans. Drink and Learn is a tour that provides four classic New Orleans cocktails, while you tour the French Quarter and learn about their history. This was one of our favorite activities, besides stuffing ourselves with po-boys.

Drink and Learn is unlike any other cocktail tour, because the price of your ticket includes your drinks. The proprietor and tour guide, Elizabeth, hands you a bag of four cocktails at the beginning and has you gradually open them throughout the tour. It was quite entertaining, and her enthusiasm for NOLA, and \*ahem\* alcohol, really shows!

– Evening –

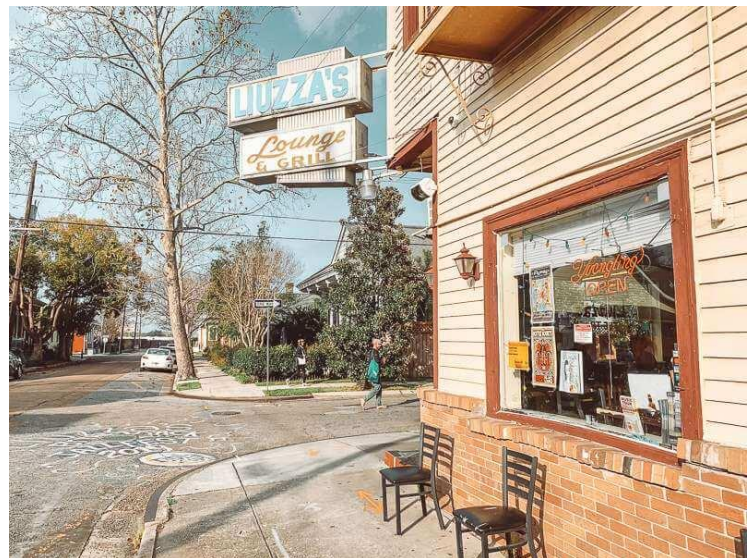
#### Eat Somewhere Super Local

Believe it or not, most locals do not spend much of their free time in the French Quarter. In fact, some of the best gems in the city can be found just a short distance away.

You will be spending plenty of time in the French Quarter during your 2 days in New Orleans. Therefore, tonight is the perfect chance to branch out and try something local. Therefore, I recommend taking a 10-minute Uber a short ways down Esplanade Avenue to Liuzza's by the Track.

Liuzza's is a beloved staple in New Orleans that serves their own signature version of the po-boy with BBQ shrimp. It is completely different than Parkway's po-boys, as the shrimp is not fried, but served in a beautifully-flavored sauce.

You can't eat too many po-boys while in NOLA, but if you need something different, definitely try the gumbo. Visiting during Jazz Fest? If so, Liuzza's will likely be hopping since it's a short distance further to the Fair Grounds.





## Check Out Bourbon Street



After dinner, Uber back to the French Quarter to check out the craziness of Bourbon Street. This is where nightly shenanigans in New Orleans go down, and also where you'll find both high-end restaurants and strip clubs. It's also a bit of a tourist trap, and gets extremely crowded and loud as the night goes on.

The tamer crowd often writes Bourbon Street off before ever visiting, but it's cool to experience at least once. So if you've never checked out Bourbon Street before, I say explore it for your first night. I recommend finding a perch on one of the many balconies, so you can watch the madness unfold from above.

### Bourbon Street gets packed in the evenings

Bourbon Street is lined with tons of bars, so you can pop in and out of them until finding one you like. My husband and I settled in at Fat Catz Music Club, which had a live band playing 70's and 80's rock. It was a great spot for dancing and people watching, and gave us our fill of Bourbon Street so we could be back to our hotel by midnight.



## 2 Days in New Orleans Itinerary: Day 2

– Morning –

Day 2 in New Orleans will be just as jam-packed as the day before. Try to get an early start, and don't forget coffee ( and perhaps an ibuprofen). It's time to take a pleasant morning walk over to Jackson Square in the French Quarter.

### Beignets at Cafe du Monde

You can't leave New Orleans without grabbing some beignets. On the morning of your second day, head to Jackson Square and follow the powdered sugar trail to world famous Café du Monde.

Often times, there will be a line outside for seating, but it typically moves very fast. However, you could also order at the back window and take them to go (hence, the powdered sugar trail on the ground). To dine in, I recommend returning at a less popular hour, such as late afternoon, for little or no wait.



Alternatively, if you'd like to get an early start while eating something more sustaining, Stanley in Jackson Square is a great option since they open at 7 a.m.. Their eggs benedict with fried oysters was pure bliss, and the perfect portion size to avoid an early food coma.



## Visit a Historic Plantation



Visiting a plantation in New Orleans means driving at least a half hour to 45 minutes outside the city. With only 2 days in New Orleans, it's a tad ambitious to squeeze in. However, if you love history like me, then you have to. We rented a car for our visit, but there are a couple bus tour options from downtown as well.

We chose Oak Alley Plantation because of its stunning walkway leading up to the house, which is lined with enormous oak trees on both sides. They are all supposedly original to when the house was built, or nearly 200 years ago. I believed it with the way the limbs contorted in all directions, some so big that they were resting on the ground. Fun fact – this enchanting yet spooky property was used as a set in the movie Interview with the Vampire.

In reality, this plantation actually belonged to a 19th century French creole family. Samples of their French writings displayed throughout the house gave it a very old-world feel.

However, the slave quarters struck me the most. Here, we learned the names and what little other available information existed about the individuals who literally built and ran this plantation.

The most fascinating story was about Antoine, a slave and expert gardener who successfully grafted the first pecan tree. His skills transformed the pecan industry in the South at that time, allowing it to turn into a huge money-maker.



– Afternoon –

## Visit the Garden District



A visit to the Garden District is the perfect opportunity to take the streetcar from Canal Street. It's a very easy process, and you can pay when you go to board. It's cheap too – only \$3 for a one day pass – and gives you a much-needed break from walking. Just try to pay in exact change on the streetcar, as any leftover will be printed on a voucher to use later.

When you arrive in the Garden District, take a quick stroll through Lafayette Cemetery #1. Unlike St. Louis Cemetery #1, you can enter this one for free without a guide.

Afterwards, spend some time strolling through the seemingly endless rows of marvelous homes. The stately architecture is distinct from that of the French Quarter, having been built throughout the 1800's by wealthy Americans. I was so in love with every house I saw, I could not stop snapping pictures everywhere I turned.



If you need a snack, [Superior Seafood and Oyster Bar](#) does a terrific happy hour from 4 to 6:30 pm daily, featuring 75 cent raw oysters. We tried a tray of these bad boys, and they were super fresh and delicious.

– Evening –  
Eat Cajun Food

For a classy, white-tablecloth dining experience serving rich Cajun favorites, check out Gabrielle Restaurant. My husband and I had an amazing experience here, eating our way down their menu for my special 30th birthday dinner.

While we enjoyed the gumbo, seared sea scallop, and traiteur fish, it was the veal chop that really knocked it out of the park for me. Of course, we also couldn't resist taking some lemon chess pie to go.



### Jazz Clubs on Frenchmen Street

Tonight, head to Frenchmen Street, the jazzier but tamer counterpart to rowdy Bourbon Street. As the name suggests, jazz clubs line both sides of this street, and some of them charge a cover. You may also get lucky, and happen upon an awesome street performance like we did!

The Spotted Cat is the most popular music club on Frenchmen Street, but I've found it almost always has a line out the door. If you prefer something less busy, your best bet is to take a walk up and down the street, and pick the first bar with no crowd and available seats inside.



Here are two great jazz club options on Frenchmen Street, which I've personally enjoyed the most:

- **d.b.a.:** This small venue is split down the middle, with a stage and dance floor in one half, and a quiet bar section in the other. Their drink list featured some excellent crafts beers, such as Founder's KBS. During my visit, there was a retro 1920's style jazz band playing, complete with flapper attire and scatting.
- **Three Muses:** Another small venue, Three Muses is my favorite place I went to on Frenchmen Street. It was low key, with a cheery trio of musicians playing. The vibe was really chill, and not nearly as loud and rambunctious as some of the other places we wandered into.

### Have More Time?

If you are spending 3 or more days in New Orleans, there are so many more things you could add to your itinerary. Below is a sampling of some of my favorites:



- **Brunch at Brennan's:** The location where bananas foster was supposedly invented. If you order this famous menu item, they'll flambé it right in front of you.
- **Do a Food Tour:** If you are craving more insight into the French Quarter culinary scene, Destination Kitchen does an awesome food tour. This is a great way to taste all the traditional New Orleans dishes, like Gumbo and Jambalaya, in a noncommittal way.
- **Visit a museum:** The World War II Museum is excellent, super in depth, and will take at least a half day to fully explore. The Pharmacy Museum is another quirky option, and good for those seeking a shorter visit.
- **Eat more Cajun food:** Cochon does a slightly upscale take on traditional Cajun favorites, such as fried alligator and boudin balls. It's great for a casual date night or informal dinner with friends.
- **Get on the water** with a jazz river cruise or fishing charter.



#### Travel Savvy Tip

Unless you plan on leaving downtown New Orleans during your trip, you won't need a car. The city is walkable, and anything more than a 20 minute walk can be reached via Uber/Lyft or the streetcar. Plus, parking your car overnight at a hotel can be quite pricey.



## When to Visit

Make sure you plan your visit during the time of year that makes the most sense for you! Below is generally what you can expect during each time frame:

- **February through May:** This is high season, where you'll find comfortable weather, but more people and higher prices. The popularity is also driven by the fact that Mardi Gras and Jazz Fest happen during this time.
- **June through October:** Summer through early fall brings hot, sticky heat, not to mention hurricane season. However, if you can bear it, you'll find lower prices and smaller crowds.
- **November through January:** The weather will cool down, but generally stays close to a high of 60 degrees Fahrenheit. This is the best time to come for a calm atmosphere that lends itself to exploring the city and comfortably doing walking tours. I've visited in January twice now, and it really is a great time to go.

If you choose to visit during the hot months, you will want to make sure you are armed with water, a hat, and sunscreen. If you visit in June through August, bring an umbrella, as this is statistically the rainiest time of year in New Orleans.

## Where to Stay

2 days in New Orleans is not very long. To squeeze in as much sight-seeing as possible, I recommend you stay somewhere fairly central.

- **French Quarter:** If you seek ultimate convenience, stay near the action in the French Quarter. The downside is this is where all the partying happens, so it may be noisy and crowded. If you're like me, and love historic charm, check out the Olivier House Hotel, which was originally built in 1839 as a personal home.



- **Central Business District:** Just outside of the French Quarter, this is where I recommend staying for a calm environment that is still walkable to the main sights. We loved the Q & C Hotel Bar, a former train station that has been converted into a chic boutique hotel. The decor was sleek and stylish, featuring rustic touches like exposed brick. They also have a great bar and restaurant in their first floor that never gets too busy.
- **Tremé:** The oldest African American neighborhood in the United States, the Tremé is also located right outside of the French Quarter. It features landmarks like Louis Armstrong Park, and famous local eateries like Dooky Chase and Willie Mae's Scotch House. We based here on one occasion to stay at the beautiful La Belle Esplanade. All we had to do was hop on a bus right outside the door, and five minutes later we were in the French Quarter.

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