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Brain drain: Control your appetite after a long day at the office

reported by The New York Times, say it happens because your brain, feeling tired, starts to want more fuel to keep going—even though you haven't exactly been digging ditches for eight or nine hours. The problem is that you're consuming calories your body doesn't actually need because your brain is telling you to.

One way around this dilemma is exercise. In an experiment at the University of Alabama at Birmingham, 38 college students met to discuss what their favorite pizza was. After the discussion, they were allowed at eat as much pizza as they wanted. On another day, they were brought back and given a series of tests from college entrance and graduate-level exams. Afterward, half the students worked out on treadmills while the rest sat quietly. The entire group was again served all the pizza they wanted, but the treadmill group ate less—about 25 fewer calories than at their previous session. On the other hand, the rest of the group actually ate 100 calories more.

The study suggests that a light workout after a mentally strenuous day may curb one's appetite—good to know before you sit down to eat.

Eat lots of these foods to prevent prostate cancer

Prostate cancer is one of the most common forms of cancer in men—more than 180,000 cases are diagnosed each year. Diet can be a factor, doctors say, especially one of foods high in saturated fats found in meat and dairy products. Men may be able to reduce their risk of developing prostate cancer by eating more of these healthy foods:

- Broccoli. Benefits: Low in carbohydrates and rich in antioxidants and phytochemicals that may prevent cell changes contributing to cancer.
- Salmon. Benefits: Lots of omega-3 fatty acids that can inhibit prostate cancer.
- Brazil nuts. Benefits: Selenium; six to eight nuts contain 700 percent of a daily serving.
- Tomatoes. Benefits: Lycopene. Men who eat 10 portions of tomatoes a week may reduce their risk of prostate cancer by 18 percent.
- Walnuts. Benefits: Walnuts and walnut oil have been shown to reduce levels of the hormone IGF-1, which has been linked to prostate cancer.
- Coffee. Benefits: Antioxidants, as well as stimulating the body to metabolize sugars more efficiently. Green tea shares similar qualities.

The five-second rule may not be so safe after all

Te've all heard of the five-second rule: If a piece of food drops on the floor, it's safe to eat if you grab it in five seconds or less. That may not be true, though, according to an article on the Medical News Today website.

Researchers at Rutgers University decided to test the rule. They used four types of surfaces: stainless steel, ceramic tile, wood, and carpet. They also choose four kinds of food: watermelon, bread, bread with butter, and gummy candy. Finally, they tested four different contact times: less than a second, five seconds, 30 seconds, and 300 seconds.

They cultivated bacteria similar to salmonella and spread it on the different surfaces, allowed it to dry, then dropped each food on each surface for each designated time period. The results: The bacteria was able to contaminate the food almost instantly in every case, although with different degrees of contamination. Watermelon soaked up the most bacteria because of its moisture; the gummy treats were affected the least due to their hard surface. Nonetheless, the scientists are confident that their findings disprove the five-second rule. So you're probably safer throwing out any food on the floor.

A fit, healthy body—that is the best fashion statement.

—Jess C. Scott

Plutonian moon's red spot explained

Jupiter is famous for its great red spot, but it's not the only red patch in the solar system. Charon, a moon of Pluto, also sports a reddish blotch near its north polar region, and scientists now know what causes it, according to the Sci-News website.

The spot, nicknamed Mordor Macula, covers an area the size of New Mexico, and is made of methane that comes from Pluto. Once the methane escapes Pluto's atmosphere, it falls to the surface of Charon's north pole and then freezes (winter temperatures in Charon's polar region can drop as low as negative 430 Fahrenheit). UV light from the sun turns the methane into heavier hydrocarbons that eventually become reddish organic materials known as tholins.

Data came from the New Horizons space probe. One of the project's scientists characterized the discovery as the realization that Pluto is a cosmic graffiti artist, spray-painting its nearest neighbor red.



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Marriage in trouble? Watch for these signs

Just because you're not having fights with your spouse doesn't mean everything is fine in your marriage. It could be in trouble without you and your partner realizing it. Watch for these signs that you need to get back on track.

- Your partner isn't first on your list. When you've got big news, whom do you tell first? If it's not your spouse, you may be disconnecting from him or her. Communicating about what's important to both of you is vital in an honest, healthy relationship.
- You're focused on yourself. Strong marriages rest on mutual goals. If you forget your partner's needs while making your own plans, he or she may begin to do the same. Although you each may want some personal time, carve out time to spend with each other—talking, taking a walk, watching a movie, or something else you both enjoy.
- You compare your spouse to others. Try to avoid thoughts like, "I wish Lynda was more like Diane," or "Why doesn't he bring me flowers like Paula's husband?" Comparisons lead to dissatisfaction and resentment. Be open about what you want so your partner has a chance to fulfill your needs.
- You lead separate lives. You may not be fighting, but you're also not doing much together. Do you watch separate TV shows, go to bed at different times, eat meals without the other person? Make more of an effort to get in sync so you don't find yourself living alone without actually moving out.

Quick hits

Tant to liven up the conversation at your next party? Try some of these one-liners:

- "I've been diagnosed with a certain type of brain disorder where I deny the existence of certain 1980s rock bands. There is no Cure."
- "My wife probably tells me I never listen to her."
- "And the award for best neckwear goes to ... well, look at that. It was a tie."
- "No matter how nice your son or daughter is, German children are kinder."
- "Thank you for my student loans. I don't think I can ever repay you."

Monthly

National Bath Safety Awareness Month. In the United States, an average of 370 people across all age groups suffer bathtub or shower-related injuries every day. Slips, falls, and hotwater burns are the prime causes of accidents in the bath and the second leading cause of accidental death and disability. Remember: Bath safety is an integral part of general home safety.

National Blood Donor Month. Some give blood because they've been asked to. Some know a family member or a friend who might need blood someday. Some simply believe it's the right thing to do. Whatever your reason, the need is constant and your donation is important to maintaining a healthy and reliable blood supply.

National Stalking Awareness Month. The National Center for Victims of Crime launched National Stalking Awareness Month (NSAM) in January 2004 to increase the public's understanding of the crime of stalking. The National Stalking Awareness Month website (www.stalkingawrenessmonth.org), launched in January 2009, provides a wealth of information about this crime and about the nationwide observance.

National Train Your Dog Month. The Association of Professional Dog Trainers began the National Train Your Dog Month campaign in 2010 to raise awareness of the importance of socialization and training, to inform the public that training your dog can be easy and fun, and to help new pet parents start off the year right with their newest family member.

Weekly

Diet Resolution Week, Jan. 1-7. This week is about focusing and altering the types of food you consume rather than just reducing the amount. Try eating at least one piece of produce every day (fruit or vegetable), eating fish at least once a month (once a week would be better), and drinking at least two glasses of water a day.

National Sugar Awareness Week, Jan. 16-20. Can you go five days without sugar? Take the challenge to find out how difficult finding foods that do not contain some form of sugar can be, as well as how this substance can affect your body, mind, emotions, and life.

No Name-Calling Week, Jan 16-20. No Name-Calling Week was inspired by the popular young adult novel The Misfits, by James Howe. The No Name-Calling Week Coalition was created by GLSEN and Simon & Schuster Children's publishing and has been adopted by schools around the U.S., growing into one of the largest bullying-prevention initiatives in the country.

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Oldest fossils may have evolved during hellish times

The world's oldest fossils have been discovered in Greenland, according to The New York Times. The fossils, known as stromalites (mounds that have built up over time around single-celled microbes called cyanobacteria) were found in an outcrop of rock called the Isua supracrustal belt on the southwest coast of Greenland.

The stromalites are 220 million years older than stromalites found in western Australia, previously thought to be the world's oldest fossils at 3.48 billion years old. If they're confirmed as evidence of ancient microbial life, the fossils will push back the estimated date of the formation of life on Earth to about four billion years ago, during a period when the planet was bombarded by meteors that turned oceans into steam and the surface into lava—a time dubbed the Hadean stage of Earth's history.

Genes may control your coffee intake

The amount of coffee you drink may be based on your genetic makeup. A study by an international team of researchers, written up in the journal Scientific Reports, identified a gene that regulates the expression of other genes connected to caffeine metabolism.

The gene, PDSS2, hampers cells' ability to break caffeine down, which causes it to remain in the body longer. Thus, people with the gene will feel the effects of caffeine longer, reducing their desire for more.

The scientists examined genetic data from two groups of people in Italy, and they asked participants to record how many cups of coffee they drank each day. People with a variation in their PDSS2 gene tended to drink less coffee than those without the variant. The study was replicated in a similar study carried out in the Netherlands.

So if someone ever tells you that you're drinking too much coffee, you can blame it on your genes.

There is no adequate defense, except stupidity, against the impact of a new idea.

—Percy Williams Bridgman



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Pew-pew-pew! Gaming racks up high scores—and sales

mericans love their games, especially the electronic variety. The Entertainment Software Association surveyed more than 4,000 U.S. households on their gaming habits. If you've ever spent 12 hours slaughtering virtual zombies, these findings might be of interest:

Sixty-three percent of U.S. households in the survey have at least one frequent gamer. Forty-seven percent of gamers are between 18 and 49 years old. The average male gamer? He's 35 years old; the average female gamer is 44. The typical frequent game purchaser is 38; 60 percent of them are men.

They're spending a lot, too. Gamers spent \$23.5 billion on gaming in 2015, \$16.5 billion on gaming content alone.

We're living longer (at least some of us are)

ife expectancy has increased by five years since the year 2000, according to the World Health Organization, but like many things, it's not evenly distributed. Here's a look at the average life expectancy at birth in the top and bottom five nations:

Highest		Lowest	
• Japan	83.7	 Cote d'Ivoire 	53.3
 Switzerland 	83.4	• Chad	53.1
 Singapore 	83.1	 Cent. African Republic 	52.5
 Australia 	82.8	• Angola	52.4
 Spain 	82.8	 Sierra Leone 	50.1

Women in Japan can expect to live the longest—86.8 years. For men, the highest life expectancy is in Switzerland, where the average male lives to 81.3 years.

•••••

With me, everything turns into mathematics.

—René Descartes

Ninety-nine percent of all statistics only tell 49 percent of the story.

—Ron DeLegge II

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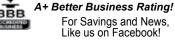
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31				S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28

Punctuation is powerful

aria Feodorovna, the wife of Tsar Alexander III of Russia, was known for her charitable works. According to one story, she once saved a condemned man from exile in Siberia by moving a single comma in the warrant signed by her husband.

The original document read: "Pardon impossible, to be sent to Siberia." The Empress moved the comma so the warrant read: "Pardon, impossible to be sent to Siberia." The man was saved and released.

There is no greater agony than bearing an untold story inside you.

—Maya Angelou

Entice children and grandchildren to go on walks

Taking a walk is one of the simplest forms of exercise you can imagine. It's also a fun way to spend time with your family, especially your children. Try these tips for getting them out of the house and on the trail:

- Make it an adventure. Don't just say, "Let's go for a walk." Spark your child's interest with something like, "Let's look for leaves to collect," or "Let's find some animal footprints." This makes the walk sound like more of an activity and less like a chore.
- Think ahead. Before setting off, think about where you want to go. Will it be safe for your child? You don't want to wear children out, let them get too muddy, or force them to dodge cars and other obstacles. Plan a short walk at first. If children are still enthusiastic, you can always lengthen it.
- Walk at your child's pace. Don't make it a race (unless your child actually wants to run one). Match your speed to your child's. Encourage kids to stop and look at things—bugs, rocks, trees, etc. Be willing to go off and explore in a different direction if your child wants.
- Take your pet. Most children love animals. If you don't have a dog of your own, ask your neighbors if they'd like you to take their dog for a walk. Children will get a chance to run and play, making the walk more energetic and enjoyable.
- Dress appropriately. Make sure you and your children have the right shoes and other clothes. Sunscreen and hats are a must for bright days. Dress in layers so you can add or remove clothing depending on the temperature. If the weather is wet, wear boots.



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Use limitations to your advantage

ometimes our limitations and constraints force us to find creative solutions. Here are two examples:

- Django Reinhardt. This jazz musician had two fingers fused together due to an accident as a child. Undaunted, he learned to play the guitar with his remaining fingers and became internationally famous—so much so that Black Sabbath guitarist Tony Iommi copied Django's technique when he lost the tips of his right hand's middle and ring fingers in an accident at a sheet metal factory.
- Sir Richard Branson. The British businessman has turned his dyslexia into as advantage. He says it's forced him get better at hiring and delegating, and prevents him from micromanaging employees' tasks because sometimes he literally can't take over.

Making the bed

outh African leader Nelson Mandela was known for many things, not the least of which was his humility even after he became famous around the world. Mandela always made his own bed, no matter where he traveled. One time he was visiting Shanghai, where he stayed in a very fancy hotel. Chinese hospitality requires that you allow the maid to clean your room. Doing it yourself can be regarded as an insult.

An aide tried to explain this to Mandela. In response, the leader asked for his maids to be sent up to his room. The aide talked to the hotel manager, and soon Mandela was speaking to the staff. He explained that he always made his own bed wherever he was, and the maids agreed.

"He never really cared about what great big people think of him," the aide wrote later, "but he did care about what small people thought of him."

No magic

n elderly gentleman was being treated by his doctor. "You're in pretty good shape for a man your age," she said. "But I'm only a doctor, not a magician. I can't make you any younger."

"I know that," the man said. "All I want is to go on getting older."

Giant lizards once roamed Australia

ovies like *One Million Years B.C.* show humans battling dinosaurs, but T. Rex and other prehistoric creatures died out long before Raquel Welch's ancestors designed the first fur bikini. Still, recent discoveries suggest that prehistoric could have fought large reptiles, or at least co-existed with them at one time.

Scientists from the University of Queensland have dug up a small bone that they have determined could have come from a gigantic lizard that lived in Australia as recently as 50,000 years ago.

As reported on the eScience News website, the bone is only 1 centimeter long, but scientists are certain that it belonged to a huge creature that may be related to the Komodo Dragon or another species known as Megalania Prisca. Megalina once roamed eastern Australia, and reached a length of 11 to 16 feet. Its sharp, curved teeth would have been a ferocious challenge for early humans in the territory, but so far no evidence of any terrifying encounters have been unearthed.



How much do you know about science?

Te rely on science and technology for many of the necessities and conveniences of modern life, but how well does the average U.S. citizen really understand science? A survey by the Pew Research Center sought the answer to that question. The survey asked a series of basic science questions and received these results:

- The core of the Earth is our world's hottest layer: 86 percent answered this correctly.
- Uranium is needed to create nuclear energy and weapons: 82 percent.
- Comets comprise a core of ice and a tail of gases: 78 percent.
- Tides are created by the moon's gravity: 76 percent.
- The polio vaccine was developed by Dr. Jonas Salk: 74 percent.
- Astrology is different from astronomy: 73 percent.
- Cell phones use radio waves: 72 percent.
- A light-year is a measure of distance: 72 percent.
- Amplitude (height) determines the loudness of sound: 35 percent.
- Water boils at a lower temperature in Denver than in Los Angeles: 34 percent.

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George Lordstrom, Saint Petersburg, FL



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Never too late to succeed

poor boy named Harlan with only a sixth-grade education wouldn't have made anyone's list of the most likely to succeed. His first major success came when at the age of 39, when he was able to come up with the financing to open a small-town gas station and restaurant. He did pretty well, too—but only for a while.

With the onset of World War II, Harlan's once-solid customer base left the small town to enlist in the military or take factory jobs in the city. Still, he managed to hold on until a new interstate highway eliminated his drive-by trade. Then, after nearly 30 years in business, Harlan was forced to sell his dream to pay off his debts.

Broke and nearing 70, Harlan could have closed the curtain on his career ambitions. Instead, he took to the road, offering to share his pressure-cooking techniques with other restaurant owners if they'd agree to become his franchises. He sold only five in the first two years, but he stuck it out.

Four years later the self-proclaimed Colonel Sanders had sold more than 600 Kentucky Fried Chicken franchises. And by the time Harlan Sanders died at age 90, KFC was a worldwide brand.

Is today's success holding you back?

Imanthes was a celebrated Greek artist of the 4th century B.C. As an aspiring young painter, Timanthes worked with a respected tutor to learn his craft. After several years, he produced what he believed was his masterpiece.

Delighted with his accomplishment, the young artist stopped striving to further his art. Instead, he devoted hours each day to gazing at his painting, mentally patting himself on the back for his achievement. Then one morning, when he arrived at the studio, he was horrified to find that someone had slathered paint across the canvas, destroying his work. The tutor eventually confessed that he'd done the deed.

"I did it for your own good," he explained. "The painting was holding you back." He urged the artist to try again: "See if you can do better."

Timanthes took his teacher's advice. His next effort, "The Sacrifice of Iphigenia," became his signature work and is regarded as one of the finest paintings of its time.

You should celebrate jobs done well. But don't get so caught up in yesterday's achievements that you forget tomorrow's challenges.

Learn the ABCs of skin cancer

That dark spot on your skin may be a freckle—or it may be skin cancer. How can you tell? The American Academy of Dermatology takes an alphabetical approach to identi-L fying potentially dangerous skin conditions:

- A: Asymmetry. Is the spot or mole generally circular, or does one side look different from the other?
- **B:** Border. Is the edge of the item uneven, notched, or blurry?
- C: Color. Does the object vary in color in different areas?
- **D: Diameter.** Is the area larger than a pencil eraser?
- **E: Evolving.** Has the object changed its size, shape, or color?

Contact a dermatologist if you answer "yes" to any of these questions.

Just a rash? Check it out

rash may be nothing to worry about, but sometimes it can be a sign of something serious. Doctors recommend you pay attention if a rash exhibits any of these symptoms:

- The rash spreads quickly across your body, which could indicate a major allergic reaction
- You have a fever along with the rash. This could be a sign of a serious infection, so get to the hospital immediately.
- Your rash forms blisters or becomes painful.



The foundation of success in life is good health. That is the substratum fortune; it is also the basis of happiness. A person cannot accumulate a fortune very well when he is sick.

—P. T. Barnum



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EVENTS & PROGRAMS

RUMMAGE AND BAKE SALE at Golden Crest MHP 800 Main Street, Dunedin on January 14, 9 - 1. Glassware, Jewelry, Clothes, Raffles and much more.

Sat. Jan. 28th, 9am to 1pm, WHITE ELEPHANT SALE. Ranch Mobile at Clubhouse, Lake Rd. (between 142nd & 150th Ave. N. Zip 33764)

COMMUNITY SALE - Sat. Jan. 28, 2017 - 8AM - 1PM. Paradise Island section of Lake Haven MHP, Main St. (SR580) & Lake Haven Rd. (W of Keene/CR1), Dunedin. Housewares, Linens, Clothes, Small Appliances, Jewelry, Furniture, Baked Goods, Raffle Baskets, and Lunch.

Sat. Feb. 25, 8-12 noon, Flea Market, Colonial Village, 2000 East Bay Dr., Largo

Sat., Jan. 21, 8:00 am - 1:00 pm. AN-NUAL RUMMAGE AND BAKE SALE, Boca Ciega MHP, 11200 Walsingham Road, Largo. Breakfast/Lunch Served TRASH TO TREASURE SALE: Serendipity Mobile Home Park, Saturday February 18th, 8am-1pm at 29081 Hwy 19N. Bedding, Dishes, Furniture, Appliances, Tools, Sporting Goods, Home Baked Goods, Basket Raffles, Coffee & Donuts on the Deck, Lunch Available. Something for everyone. COME JOIN US!

Annual Community Rummage/Bake Sale. Saturday January 14th 8am-1pm. Glenwood Estates 12501 Ulmerton Rd Largo. (Near Indian Rocks Baptist Church)

ANNUAL BAZAAR: Pointe West ROC, 12651 Seminole Blvd., Largo. Saturday, January 14. 8:30 AM - 1 PM. EARLY BIRD Inside Admission \$1.00 @ 8:00. Arts & Crafts, Furniture, Kitchen Items, Linens, Cothing, Jewelry. Baked Goods and Chinese Raffles. Breakfast and Lunch Served. RAIN DATE: Saturday, January 21 - Same time.

"The King's Brass" January 19th at Christ Presbyterian Church, Largo, Tickets on sale @ www.largocpc.com or call 727-584-8596 for reservations.

Sunset Palms Mobile Park Community-wide yard sale and food. Saturday January 28th 9a.m. 3401 Gandy Boulevard Pinellas Park.

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14. Plaster

1. Nosed (out) 39. Grotto
6. Acquire 40. Exterminate
10. Not this 42. Consumer of

42. Consumer of food 43. Foolishness

15. Beige 44. Attraction

16. Cravings 45. Coast 17. Manner of speaking 47. Beer

18. Store 48. Relating to urine

19. Indian music
20. Coherent
22. Affirm
23. G
49. Paltry
56. Rescue
57. Broad valley
58. Something to shoot for

24. Not outer 59. Biblical garden

26. Stumblebum 60. Not under

30. Unadorned 61. Exclamation expressive of

32. Not silently regret

33. Car exhausts 62. Fender blemish

37. A noble gas38. Feudal workers63. Lease64. Yields



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DOWN

1. Sweeping story

2. Carpenter's groove3. Smile

4. Prima donna problems

5. Part mortal and part deity

6. "Beau ___"
7. Throb

8. Press

9. Wedding ceremony

10. Despotic

11. Throw with effort

12. Rile

13. Russian emperor

21. Gender

25. Bite 26. Alley

27. Gorse

28. Debatable

29. Lavish30. Celebration

31. Vitality

33. Blue-green

34. A Maori club

35. Always 36. Arid

38. Magnificence

41. 16 1/2 feet

42. Melancholy

44. Anagram of "Ail"

45. Rank

46. Energize

47. Watchful 48. Utilized

50. Overhang

51. Secluded valley

52. Doing nothing

53. Tiny sphere

54. Shoestring

55. Large

North American deer (plural)

January Crossword

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John Gilliland	\$100	Heller's Mobile Home Washing
Argelyn Strote	\$10	Master Plumbers & Septic Inc
Donald Swindle	\$10	Battleline Pest Control, Inc.
Barbara Burnard	\$10	Jones & Sons Plumbing, Inc.
Beverly Redman	\$10	Dunedin Electric, Inc.
Joella Beck	\$10	Bob's Appliance Repair
James Garner	\$10	Royal Enterprises
Marilyn Jahoda	\$10	Air Masters of Pinellas
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Robert Kirkham \$10Imperial Electric Donald Wysokowski ... \$10Community Roofing of Florida, Inc. Kathleen Matthews \$5 The Plumbing Patrol, Inc.

Joan Glassmeyer \$5 ...Battleline Termite & Pest Control, Inc.

Shirley Snayberger	\$5	Royal Enterprises
		Sunset Appliance Service
Roger Ouandt	. \$5	O.E. Wilson Insurance
		Sunset Appliance Service
Steve Fisher	. \$5	Carmen's Gift Shop
Jane Hedrick	. \$5	Air Master's of Pinellas, Inc.
Mary Ann Green	. \$5	Boss Electric Corp.
		Buggin Out Pest Control, Inc.
		Modern AC & Appliance Service
Joann McMunigle	. \$5	E & E Gliddon Air Conditioning, Inc.
Lorraine Richards	. \$5	Royal Enterprises
David Hartsell	. \$5	Appliance Specialty, Inc.
Ronald Moran	. \$5	Jones and Sons Plumbing, Inc
Mary Wuest	. \$5	Ron Wyngarden Mobile Home Washing
Nancy Ellis	. \$5	A Happy Cleaning Service
		Jones and Sons Plumbing, Inc
David Wheeler	. \$5	Dunedin Electric, Inc.
Ann Doutt	. \$5	Heller's Mobile Home Washing
Judith Ferguson	. \$5	Air Masters of Pinellas
Ian Taylor	. \$5	Bill The Carpet Guy
Robert MacLachcan	\$5	Boss Electric Corp.
Sue Hyldahl	. \$5	Battleline Termite & Pest Control, Inc.
Bernice Hirons	\$5	O.E. Wilson Insurance
Carol McGraw	\$5	Bob's Appliance Repair

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January Sudoku

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