

March , 2015

# *Put Old on Hold*

*e-Magazine*

*Advocating Balanced Lifelong Growth and Productivity*

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Become Sexy?

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Thompson**

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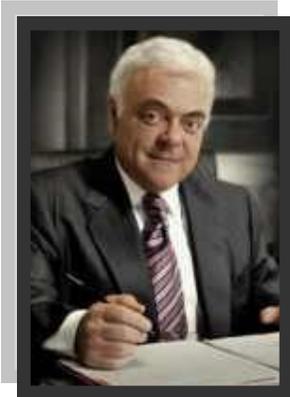
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# Adrenal Fatigue — Or Is It?

By Michael E. Platt, M.D.



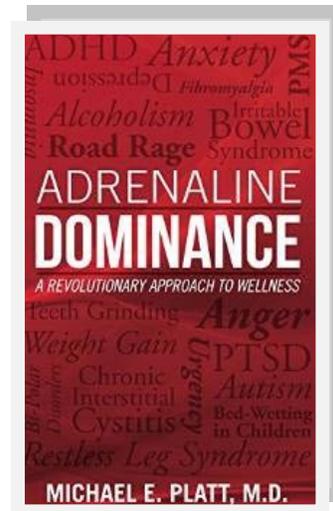
[The following is another chapter borrowed from my latest book: *Adrenaline Dominance*]

Adrenal fatigue is a diagnosis used mostly in alternative medicine, usually among naturopathic physicians. The diagnosis is based on the theory that the adrenal gland, if under functioning, can fail to produce sufficient quantities of cortisol. Treatment often involves prescribing cortisol in addition to addressing diet, timing of eating, and amount of rest.

I have two concerns about this diagnosis and its treatment. First, adrenal fatigue may actually be adrenaline dominance, a condition of adrenal over functioning rather than under functioning. Second, prescribing cortisol for a condition possibly already associated with a high cortisol level may have unintended consequences. Cortisol, if given inappropriately, can produce unwanted weight gain by raising sugar and insulin levels. It can also cause osteoporosis, cataracts, stomach ulcers, muscle wasting, and brain damage.

Naturopathic physician James Wilson, in his book, *Adrenal Fatigue: The 21st Century Stress Syndrome*, published in 2001, gives a list of symptoms suggesting adrenal fatigue. These include:

- Fatigue unrelieved by sleep
- Difficulty falling asleep and staying asleep
- Decreased ability to handle stress
- Depression
- Increased PMS in women
- Increased symptoms when meals are skipped
- Problems focusing, with memory lapses
- Decreased tolerance, easily irritated
- Low energy between 3 and 4 p.m.
- Difficulty staying on task
- Being easily startled, which causes palpitations



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Anxiety attacks

Hypoglycemia

Weight gain

Excess adrenaline can cause or contribute to every one of these symptoms. So is adrenal fatigue a condition related to too little cortisol or too much adrenaline? The distinction is important, since the treatments for the two conditions differ.

Usually, symptoms related to excess adrenaline can be largely relieved within 24 hours. Problems related to adrenal fatigue are more complex, since adrenal insufficiency can take months to correct.

I suspect that one of the sources of confusion between adrenaline dominance and adrenal fatigue is that a low level of salivary cortisol is often considered an indicator of adrenal fatigue. However, I have observed that patients with low cortisol levels in saliva often have high cortisol levels in the blood. An elevated cortisol in a morning blood sample almost always goes along with high adrenaline. In fact, I consider a high morning cortisol blood level to be the best indicator of high adrenaline. (In my view, any cortisol level greater than 11.5 might actually be considered elevated.)

I believe that this significant discrepancy between high cortisol levels in the blood versus low levels in the saliva is related to the tendency of adrenaline to constrict blood vessels. For example, the most common cause of cold hands and cold feet is excess adrenaline, not low thyroid. Vasoconstriction of blood vessels in the eye can cause glaucoma (which is often treated with beta-blocker eye drops), and vasoconstriction of the vestibular artery in the neck can cause tinnitus in the ears. Similarly, vasoconstriction of salivary gland blood vessels could possibly restrict blood flow to that area, resulting in low cortisol levels in the salivary glands themselves (as well as a dry mouth, which is commonly found in people with anxiety - a symptom caused only by excess adrenaline).

For these reasons, it might make more sense to treat patients initially as if they have adrenaline dominance, rather than starting them on cortisol, a powerful hormone that they may not need. The fact that excess adrenaline responds so quickly to the protocol presented in this book can be used as a diagnostic tool. If the patient's symptoms are caused by adrenaline dominance, the symptoms should disappear or at least improve within 24 hours. If the symptoms do not improve within 24 hours, then the possibility of adrenal fatigue can be considered.

Cortef, the drug most commonly used to treat adrenal fatigue, raises the cortisol level. Patients often feel better after they have started on Cortef. This may be because Cortef also raises the blood sugar level, which can decrease the body's need to put out adrenaline. It can also act as an antidepressant. Thus Cortef can appear to be helping, whereas it may actually be making things worse.

A word of caution: If a morning blood cortisol test shows that the patient's cortisol level is below normal, and if the person's DHEA-S (dehydroepiandrosterone-sulfate, a hormone produced by the adrenal gland) level is also extremely low, the patient should probably be referred to an endocrinologist for treatment of possible Addison's disease—a true condition of "adrenal fatigue."

## Good Stuff To Know March 2015

**Common Drugs Linked to Increased Dementia Risk \*\*\* Older adults: Double your protein to build more muscle \*\*\* Birth Control Pills Affect Women's Taste in Men \*\*\* Significant link between cannabis use and onset of mania symptoms \*\*\* Smoking thins vital part of brain \*\*\* Effectiveness of device to improve bowel control in women confirmed \*\*\* Sitting for long periods increases risk of disease and early death, regardless of exercise \*\*\* Caution concerning the possible health benefits of alcohol: Beneficial only for women over 65? \*\*\* Women active a few times weekly have lower risk of heart disease, stroke and blood clots \*\*\* Marital 'long-timers' have a 'modest rebound' in sexual frequency after 50 years \*\*\* Science behind commonly used anti-depressants appears to be backwards, researchers say**

### [Common Drugs Linked to Increased Dementia Risk](#)

A recent report published in JAMA Internal Medicine confirmed a link between dementia risk and commonly used anticholinergic agents, some of which are taken regularly by older adults. "Older adults should be aware that many medications—including some available without a prescription, such as OTC sleep aids—have strong anticholinergic effects," said first study author Shelly Gray, PharmD, MS, in a press release. "And they should tell their health care providers about all their OTC use." The report authors estimated that patients receiving at least 10 mg/day of the tricyclic antidepressant doxepin (Sinequan), 4 mg/day of the first-generation antihistamine chlorpheniramine, (Chlor Trimeton) 5 mg/day of the antimuscarinic oxybutynin (Ditropan) for more than 3 years had a higher risk of developing dementia, including Alzheimer's disease. The researchers also suggested that the increased dementia risk associated with those anticholinergic medications could persist even years after patients stop receiving the drugs.

### [Older adults: Double your protein to build more muscle](#)

Older adults may need to double up on the recommended daily allowance of protein to efficiently maintain and build muscle. Current US recommendations for daily dietary protein intake are 0.8 grams/kilogram of body weight (roughly 62 g of protein per day for a 170-pound person).

### [Birth Control Pills Affect Women's Taste in Men](#)

This year (2008) 2.25 million Americans will get married—and a million will get divorced. Could

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birth control be to blame for some of these breakups? Recent research suggests that the contraceptive pill—which prevents women from ovulating by fooling their body into believing it is pregnant—could affect which types of men women desire. Going on or off the pill during a relationship, therefore, may tempt a woman away from her man.

#### [Significant link between cannabis use and onset of mania symptoms](#)

Researchers have found evidence to suggest a significant relationship between cannabis use and the onset and exacerbation of mania symptoms.

#### [Smoking thins vital part of brain](#)

A major study shows new evidence that long-term smoking could cause thinning of the brain's cortex. The cortex is the outer layer of the brain in which critical cognitive functions such as memory, language and perception take place. Interestingly, the findings also suggest that stopping smoking helps to restore at least part of the cortex's thickness.

#### [Effectiveness of device to improve bowel control in women confirmed](#)

Research led by the University of Alabama at Birmingham Division of Urogynecology and Pelvic Reconstructive Surgery shows a vaginal bowel-control system designed by Pelvalon is the first device to successfully control fecal incontinence, also known as accidental bowel leakage, via a vaginal insert. The results of the research, known as the LIFE study, are available now online and will be published in the March 2015 issue of Obstetrics & Gynecology.

#### [Sitting for long periods increases risk of disease and early death, regardless of exercise](#)

The amount of time a person sits during the day is associated with a higher risk of heart disease, diabetes, cancer, and death, regardless of regular exercise, according to a review study.

#### [Caution concerning the possible health benefits of alcohol: Beneficial only for women over 65?](#)

Any health benefits from alcohol may be limited to women aged 65 and over -- and even then may have been exaggerated by existing studies. High alcohol consumption has been associated with more than 200 acute and chronic conditions. Globally, more than three million deaths each year are attributed to alcohol.

#### [Women active a few times weekly have lower risk of heart disease, stroke and blood clots](#)

Middle-aged women physically active a few times per week have lower risks of heart disease, stroke and blood clots than inactive women. More frequent physical activity does not appear to lower the risks further, research shows.

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[Marital 'long-timers' have a 'modest rebound' in sexual frequency after 50 years](#)

While people in the early years of marriage have sex more frequently, and their sexual activity tapers off over time, a slight rebound occurs for those whose marriages endure longer than half a century, according to new research.

[Science behind commonly used anti-depressants appears to be backwards, researchers say](#)

The science behind many anti-depressant medications appears to be backwards, say the authors of a paper that challenges the prevailing ideas about the nature of depression and some of the world's most commonly prescribed medications.

"Those serotonin-boosting medications actually make it harder for patients to recover, especially in the short term, says lead author Paul Andrews, an assistant professor of Psychology, Neuroscience & Behaviour at McMaster. "It's time we rethink what we are doing," Andrews says. "We are taking people who are suffering from the most common forms of depression, and instead of helping them, it appears we are putting an obstacle in their path to recovery."

[Resveratrol Decreases Brain Micro-Hemorrhages Despite High Blood Pressure & Improves "Sixth Vital Sign" \(Walking Speed\)](#)

Small hemorrhages in the brain are now believed to be the cause of age-related mental decline, not the widely reported beta amyloid brain plaque or excessive acetylcholinesterase enzyme that literally erases the brain chemical acetylcholine, known as a memory molecule. [Nature Reviews Neurology May 2006; MedScape June 17, 2011] Acetylcholinesterase inhibitors (Aricept, Exelon, Cognex, Razadyne) have been a flop for Alzheimer's disease memory loss. [European Journal Clinical Pharmacology July 2005]

[More women now using compounded hormones without understanding the risks](#)

From 28 percent to 68 percent of women using hormones at menopause take compounded, so-called 'bioidentical' hormones, but women don't understand the risks of these unapproved, untested treatments, shows an analysis of two large surveys.

[Safety, life-saving efficacy of statins have been exaggerated, says scientist](#)

Statins, the cholesterol-lowering drugs prescribed to prevent heart attacks, are not as effective nor as safe as we have been led to believe, researchers say. Statins produce a dramatic reduction in cholesterol levels, but have failed to substantially improve cardiovascular outcomes, they add, stating that 'statistical deception' has been used to inflate claims about their effectiveness. #

# "We Won't Need As Much Any More" -- Don't Bet On It!

By Barbara Morris



It is not news that many boomers are not financially prepared for retirement. Those who are healthy are lucky because they can continue to work, even though they may not want to, in order to have a dependable income and even save money for a later decent retirement lifestyle. Those who are really thinking ahead and accepting reality will invest in long term care insurance. They don't make the mistake of thinking that just because they are feeling fine now they will always be feeling fine, and thus, won't need long term care insurance. That's a foolish gamble. Cancer and dementia can be unexpected, vicious, costly invaders.

While working in the pharmacy I met many people on the verge of retirement, eager to start their new life. Again and again I heard a similar refrain: "We know we will have to live on less but that's okay because we won't need as much anymore." The "we won't need as much" mantra seems to be a universal chant of many new retirees. Their romanticized vision of their new lifestyle often doesn't take into consideration inflation, unexpected medical bills not covered by insurance and other unforeseen expenses that eat into a fixed income and savings very quickly.

In California, many cash poor retirees try to improve their financial situation by gambling at casinos and playing the lottery -- "respectable scams" that benefit very few if any retirees. Then there are the retirement gurus who promise outrageous returns on investments. The TV show "American Greed" is an eye-opener, especially the heartbreaking segments about retirees who went "all in" and ended up "all out" of money because they forgot the admonition, "if it sounds too good to be true, it probably is" and they fell for the pitch of smooth scoundrels, located not on another continent, but right here at home. (Once you get to your 70s and 80s with insufficient resources and no family to help, at some point you are going to need help and

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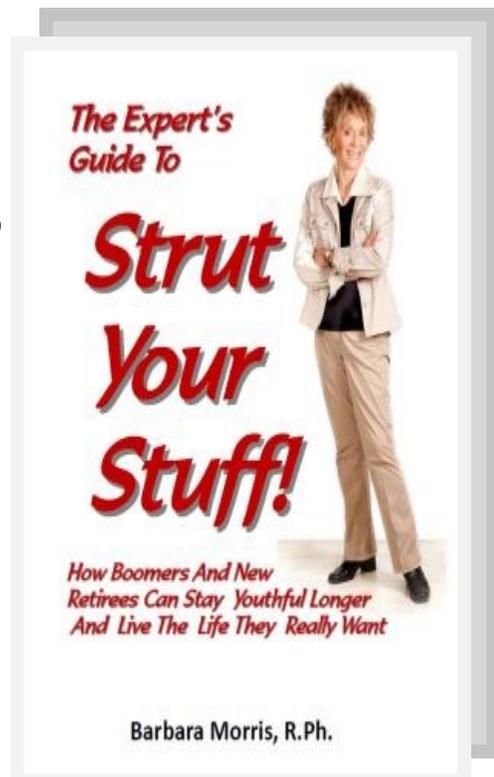
it's frightening when you realize that you won't have the money to get the support you need or want. If you reach that desperate point, you may be "ripe for the picking" by scammers who understand the mindset and financial situation of many seniors.

This month Lura Zerick reveals in her article that she lost money to scammers who promised money that would have come in handy to help out with assisted living expenses. Lura does not need assistance now but she's thinking ahead and in doing so, responded to what seemed to be a sure thing. Fortunately, Lura quickly realized she made a mistake and was out "only" \$550 before she said "no more". And indeed, the scammers hounded her for more -- much more.

Again, if not yet retired, plan to stay productive. If you have a job now that provides health care benefits, keep it as long as possible. Not only will it be a financial benefit, but you will stay youthful longer if you keep your mind and body challenged.

If you are close to retirement, understand that the "we won't need as much anymore" mindset can be a fatal trap. Indeed, you may not need as much once you retire, but don't bet on it.

Stay in control of your life as long as you can. If possible, wait as long as you can to retire, and when you do close the door on your work life, have a plan in place that will provide income in addition to Social Security. An "iffy" financial situation in retirement is an invitation to irrational too good to be true financial temptations as well as premature mental and physical decline. Be smart and stay smart about your future.



# Thinking of Retiring Abroad?

By Linda J. Brown



Fearlessly backpacking around the world

You're not alone if you are evaluating retirement and finding it wanting both in money and purpose. At least, you're not in the sink-into-the-armchair and wait to die crowd. The secret is to find all the useful components within your present situation; jettison the rest, and head on out with lots of optimistic faith in your future.

If you are considering living outside of the country:

Check out both the offshore expat life and the prospects of international house-sitting. Expating can be more under your control if you can combine them.

Having ownership of a house can be a big help, if you can turn it into a money machine. Can it generate enough money to pay the mortgage and aid you, too, financially while you are away? Can you sell it and use

the money for your new lifestyle? Can you turn possessions into cash to jump start your new life? It depends on how determined you are to make the transition.

If your Social Security has started, but isn't going to be enough; or if you have awhile to wait before it kicks in, you're in roughly the situation of needing to live cheap or earn money. In either case, you are far better off living offshore in expat recommended countries. Dive into all the lessons that *International Magazine* has to teach about expating and the most desirable countries and cities to settle into. It's expensive to live in the U.S. but there are fantastic destinations in Central and South America, a few in Mexico, some in Malaysia, Thailand, even in Spain.

You don't need to know the language. I speak English only. All recommended countries are very user-friendly and make it easy for seniors to settle quickly within a warm and welcoming expat community.

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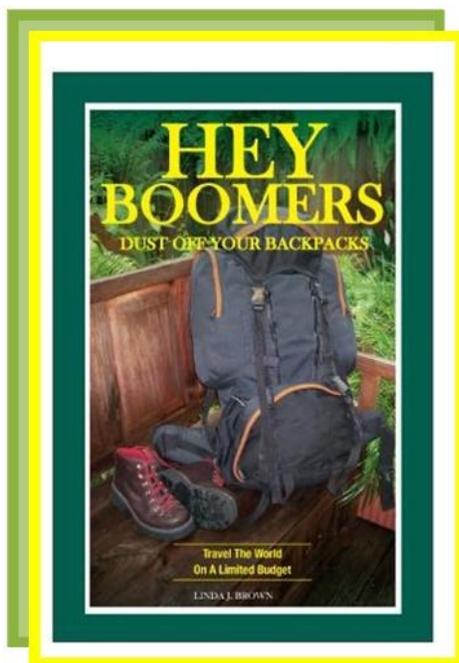
After traveling twice around the world, I started my expating life with Uruguay and I absolutely love, love, love it; but it gets cold in their winter and is more upscale than other South American countries, so it's almost as expensive as here.

Ecuador is probably your best bet; and Cuenca is the city to pick. I lived there for over two months and it's everything they say. Super livable and friendly with a big expat community, so you'll have instant, built-in friends. You can live very well for under \$1000 a month, or perhaps less. It's a beautiful city on the equator so the weather is very pleasant year-round. I highly recommend it.

Belize, in Central America, has inexpensive beach life and English is their language. Panama, Nicaragua, Costa Rica, are all high on the Central American recommended list. It's really a smorgasbord and you could easily do as I did and sample many of them, one at a time. Plane fare to all won't break the bank. I'm a habitual one-way flier. Flights to all of those countries are not so long, nor expensive. So, just hop a plane and make your own track.



If you need to make money to support an expat lifestyle, there are creative ways, such as teaching English in local schools in nearly any country; or helping other expats run their businesses - restaurants and shops; or starting your own, if that appeals to you. Again, the solution is always to get creative.



Do a little research; figure out your best approach to your U.S. property and personal finances; even for a way to leave the U.S. for a test season or two; and just play it by ear, step by step. Don't obsess over it; don't get opinions of too many of your friends (they might discourage you). Pick the brains of experts offering practical advice and just Trust the Process! Forge your own way.

At this time next year, you could be passing out your own advice to people who want the same freedom you have found. This is the way to prevent decline and to keep a young and curious heart. It really is easy if you really desire to do it.

# Modern Day Grandmothers: My Memory of Grandma Ethel

By Dr. Maxine Thompson



Whenever my children complain I don't spend enough time with my grandchildren, I relate this story. I saw my paternal grandmother, Grandma Ethel, one time while she was alive, and she left a "memorable impression." (I missed Grandma Ethel's second visit when she came to Detroit. At the time, I was about 10 years old, but I was in Oklahoma that summer visiting my maternal grandmother, Lucille. The last time I saw Grandma Ethel was at age 14. She was stretched out in her casket, at her funeral in Oakland, California.)

Anyhow, I was about seven years old on this particular visit, which is indelibly engraved in my memory banks.

I don't know how the game got started, but we wound up playing "Little Red Riding Hood." Grandma Ethel laid in one of the twin beds in the childhood bedroom I shared with my older sister, Nancy. Our grandmother was assigned the role of the wolf, posing as the grandmother. I remember she even pulled the covers up to her eyes.

"Grandma, what big eyes you have," we said. (I believe it was my brother, David, since we were the youngest.)

"Better to see you, my dears."

"Grandma, what big ears you have."

"Better to hear you, my dears."

When it came to the part where we said, "Grandma, what big teeth you have," she jackknifed out the bed, growling, "Better to eat you!"

Shrieking in fear and delight, we shot off running. She began chasing us around the kitchen, which sat in the middle of our shotgun, two-story artificial brick home. This kitchen had a table in the center of it, a freezer that lined one wall, and a much-used refrigerator (since there were six children in the family) hugging the corner. As we raced around the kitchen table, in a

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continuing circle, we were screaming like scalded hyenas.

My brother and I were as happy as any children could be. Lesson: Children don't need a lot of money to be happy. I still dream of my childhood home, and it's always a warm memory. Now, my parents come to me in recurring dreams as a young perfect couple. At this point, all the imperfect flaws are meaningless. I'd do anything to have them back...or even have another day with Grandma Ethel or Grandma Lucille. Looking back, I had a rich childhood, one filled with imagination and made up games.

So I say all this to say, I try to leave a memorable impression on my grandchildren, as my grandmothers did for us. As a writer, I do it through reading with and talking to them. I also set an example by showing that grandmothers today don't just sit in rocking chairs. I am not able to spend a lot of time with my grandchildren, who have been separated from me either through divorce, or through distance. However, I am self-employed, and when I can, I've had grandchildren come visit me, or I've stayed up to 6 days during births, or during emergencies. However, it's never enough help for young parents.

In an ideal world, we would all live in extended family situations with 3 generations under one roof like some other cultures still do to this day, but that's another story.

Growing up in Detroit in the 1950s, I didn't have the privilege of grandmothers who lived nearby, but they both played a major role in my life.

Both of my grandmothers were working women, and unknowingly, they influenced me in that I've always been a working mother, now

a working grandmother. Like Christmas, Grandma Lucille came to visit once a year, and it was a momentous event every June when she showed up with packages and silver dollars.

Grandma Ethel only came that one time. So the lesson Grandma Ethel taught me was to make the time together count.

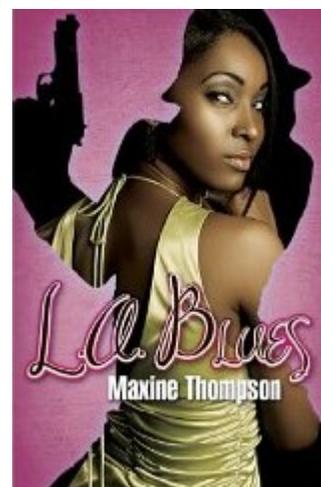
<http://www.maxinethompson.com>

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**Dr. Maxine Thompson** is a retired social worker who became a novelist, poet, columnist, short story writer, book reviewer, an editor, ghostwriter, [Internet Radio Show Host](#), and a [Literary Agent](#) in her second career. She is the author of *The Ebony Tree*, *No Pockets in a Shroud*, *A Place Called Home (A Short Story Collection)*, *The Hush Hush Secrets of Writing Fiction That Sell*, a contributor to bestselling anthologies *Secret Lovers*, *All in The Family*, and *Never Knew Love Like This Before*, (Also a Kindle Bestseller).

She is also an ebook author of *The Hush Hush Secrets of Writing Fiction That Sell*, *The Hush Hush Secrets of Making Money as a Writer*, *The Hush Hush Secrets of Creating a Life You Love*, a contributor to bestselling anthologies *Secret Lovers*, *All in The Family*, and *Never Knew Love Like This Before*, (Also a Kindle Bestseller).

*Proverbs for the People*, and Editor/Contributor to anthology, *Saturday Morning*. Her novels, *The Ebony Tree*, (Won a Pen Award in 1997), *Hostage of Lies*, (Voted a Best Book of 2009), *LA Blues*, (2011), and *LA Blues II*, (2012), which were featured in *Black Expressions' Catalogue* in August 2012, and *LA Blues 3* was published in 2013. She is currently working on raising the money for her independent film, *Hollywood Blues*, which is based on her novel, *LA Blues*.



## WHEN DID SCRUFFY BECOME SEXY?

By Paul Burri



I remember a time when a guy was considered to be scruffy, careless, drunk or out of work if he walked around unshaven. Today it seems that the reverse is true. Not only is it OK to be unshaven, but apparently it is now considered to be manly, sexy and in style. I have a lot of questions about that.

First of all, how do those guys achieve that look? I have in my bathroom, three safety razors, two electric razors and one straight razor (that I use from time to time just for the hell of it.) Not one of those razors will give me that sexy unshaven look and there is no way that I can figure out how to achieve that look except to not shave for three days. After that I start to have the unsexy unshaven (unemployed) four-day beard so I need to shave again. But then when I do, I'm back to my former unmanly look again - until about three days later. Is that how it's done? And what happens to my sex life during those three clean-shaven days without that sexy unshaven look. (That will be the subject of another column.)

Secondly, do women really think that an unshaven face is sexy? Sounds pretty scratchy and uncomfortable to me. And why would they? Don't they already know that men tend to grow hair on their faces? Real men, that is. Would they appear even more sexy with a full beard that reached to say, their navel?

Maybe I should revise that second question. Do men think that women think that scruffiness is sexy? Apparently so if you look at all the current cologne ads for men. OK guys, good luck. Whatever works for you. And even if women did think it looked sexy, would it be worth the discomfort of that unshaven feeling? I felt under the weather for a few days last week and I didn't shave. After three days, the unshaven feeling was almost as uncomfortable as my illness.

Then there is the question of *how* did scruffy suddenly become sexy? To answer that I suggest that it is just another brainstorm of the fashion industry which has to think up the next great-

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est thing on a yearly basis. First it was narrow ties, then it was wide ties, then it was back to narrow ties again. (I have plenty of both in my closet. I'm ready for the next fashion trend, no matter what it is.) I also remember when it was gauche to wear brown shoes with a blue suit. Another fashion idea out the window these days. But then again, I can also remember when you could understand the words to songs.

My next question is where will men's fashion go from here? Elaborate fancy curled moustaches like they wore in the Old West? Parliamentary wigs? Codpieces like what was fashionable in the 1500's? Unzipped flies? Loose, baggy shorts that hang down to one's ankles? Oh, sorry, that is fashionable already.

My personal solution to all this is to keep on shaving like always and just wait for narrow ties to come back in.

ã 2015 by Paul Burri

*Paul Burri is a self-described retired smart ass who feels he has earned the right to say anything he damn well pleases. He is an inventor, entrepreneur, business consultant, educator, newspaper columnist and has been a SCORE ([www.score.org](http://www.score.org)) counselor for over nine and a half years. Over his 65-year business career he has owned 9 businesses and has worked as general manager for many small companies and on a managerial level for such major companies as Northrop-Grumman and The Disney Corporation. He has over 175 inventions to his credit, counseled over 190 SCORE clients, served as a docent at the Santa Barbara Museum of Art, sits on the board of directors of several local small businesses, and is currently writing a book about small business.*

*He lives with his wife in Santa Barbara CA and can be contacted at [pburri@cox.net](mailto:pburri@cox.net) and has nothing better to do than to tell his "war stories" to whoever will listen - many times repeatedly.*

# What Legacy Are You Creating Right Now?

By Joyce L. Shafer

It's easy to see how some people create a legacy through how they live their lives, but are you aware of how you are doing this? Does a legacy have to be grand to count? Maybe what follows will answer that question.



Years back I watched a PBS series titled "Road Trip," where the narrator took his parents, who were in their eighties, around the United States in an RV. Sometimes when we observe others, we focus on the surface of what we see. So, what was under the surface in this instance?

The son revealed that his parents' first child was a daughter who did not live long. The four brothers grew up aware they'd had a sister and that their parents preferred not to speak about that loss. The son said he always wondered how their lives would have been different had their sister lived; **that the factor of one, whether with us or gone from us, can have a profound effect.**

In the final minutes of the last segment, the father sat peacefully at the end of a pier and looked out over a serene lake in a wooded area. In the voiceover for that scene, the son commented that his father was always ready

to sing and laugh despite the fact he had buried a child, fought in a world war, lost his fortune and retirement twice, won over cancer, sustained a marriage for six decades, and with his wife raised four sons into good men. He said when his father left the earth no one would name a street after him or take special note of him in history. Yet, he left a quiet legacy that would affect several generations because of who he was and how he chose to live his life. The father's *factor of one* touched and influenced every person he interacted with, most especially his family.

The father didn't focus on creating a legacy; he focused on living in a way that made sense to him, especially when faced with life events and circumstances that had the potential to wear him down. He aimed to do and be the best he could, in light of whatever came his way. Some of us are aware of the legacy we create through how we live and what and how we contribute to others and life. Most of us never give our legacy a thought, which is fine. Such contemplation isn't required in order for a legacy to be created; it's created with or without that contemplation.

At this point, you may be thinking about moments from your past that you don't feel good about. Anything from your past that you regret—let it go—it's over. You can make better choices from this moment on. You know more and are more now than you were then. Yes, learn from those times, but let them go. Right

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now, in the moment you stand in, you can decide who you are and how you want to be and will be, from this time forward, aware that you leave an imprint. I recall something I was told by a music teacher way back when: even if you mess up in the middle of singing a song, as long as you end the song really well, that's what people will mostly remember. Your life can be the same as a song. Your life is your song.

We all have occasion to feel overwhelmed by events. In such moments, we may temporarily forget our contribution to the bigger picture of our shared lives. We may forget that our own factor of one creates ripples at all times. On the positive side of this, **we don't always know when one seemingly simple gesture, word, or kindness on our part reaches into the heart of another and makes a significant difference.** I venture to say this happens more often than we are aware of.

Legacy is about what we contribute while we're here. It doesn't have to be grand; it just has to come from our heart and authentic self. It may be as simple as the exam-

ple we are to others, not that we are to overwhelm or burden ourselves with thoughts of this. Our example does not guarantee good or bad behavior from others. Each of us is, after all, responsible for who and how we are and what we choose. It's ultimately about what we desire to see when we view ourselves in the *mirror* of our lives, not how others see us. However, in some respects, they *will* see us the way we see ourselves, as well as some of our aspects we are not necessarily conscious of.

Keep in mind that every moment of our time on this earth is a pebble dropped into a pond. We may be aware of how we affect those nearest to our center point and forget to be aware of how far the ripples may travel. Each of us creates a legacy, more often a fairly quiet one than not. But as with the quantum universe, the size of our legacy is irrelevant. Every ripple is significant in some measure, contributes to the whole. Every ripple is a relevant thread in the larger tapestry.

Perhaps from this moment on, we can remember that we are weavers and can seek to ensure that some of our threads are ones that endure the tests of time, integrity, and merit.

It's never too late to start now. It's a good practice, one you'll appreciate.

Practice makes progress.

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*Joyce L. Shafer is a Life Em-*

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*e-books, and publishes a free weekly online newsletter that offers empowering articles. See all that's offered by Joyce and on her site at <http://stateofappreciation.weebly.com>*

I Don't Want to be Your Guru, but I Have Something to Say (New Edition)



Joyce Shafer

# Beware Of Internet Scams

By Lura Zerick



I believe that I am an intelligent 84-year-old, with good mental and physical health. I am mobile and able to do all that is necessary. One of my passions is to encourage others near my age to stay active as long as possible. That is a wonderful fact and this helps me to continue my own activities. However, I recently temporarily lost all my 'common sense' and fell for a scam ---- and this can apparently happen to anyone. Yes, it was too good to be true!

I was informed that I had 'won' a large sum of money (\$600,000.) in which my name was 'chosen' as the winner. I hadn't even 'entered' any contest, which should have been my first clue. I know that

soon I must make a decision not to live alone (with a son visiting fairly often) and go to live with one of my other three children. I really don't want to intrude in their lives; I would prefer to go to an Assisted Living facility. THAT was the reason I sent the fee asked for – so that I might 'receive' the check for my winnings , which would pay my assisted living expenses. I was led to believe that was the only requirement for me to be 'paid'. NOT SO !!!



I am active on Facebook and email, and this is where this wondrous news came from. I hate to admit that I acted foolishly, but there it is. Since I voluntarily stopped driving at age 80 (trying to be 'sensible'), I had to find someone to drive me to get a money gram. I sent this to Loretta McE, as I was told by Benny L.C., my 'Claim Agent' and the THIRD person who had urged me to

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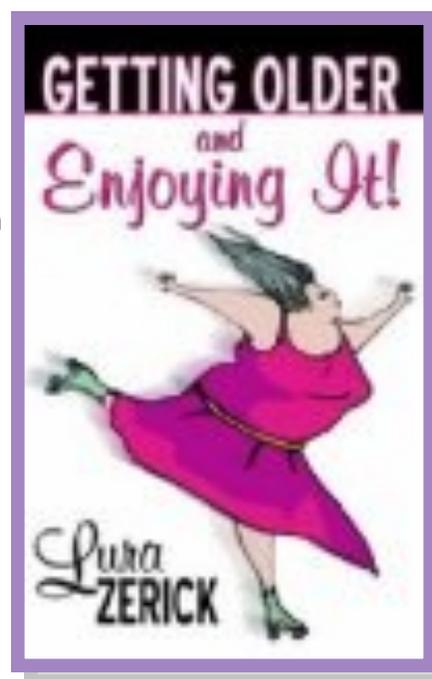
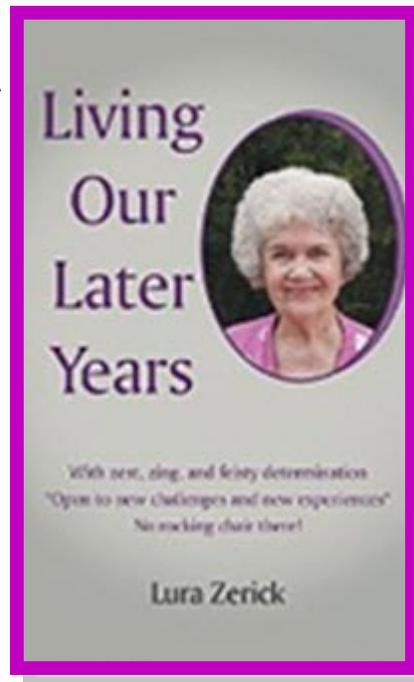
send the fee. Initially, I had resisted, not wanting to get 'taken' in a scam. With so many EAGER for me to get this check, I fell for it! NOW I am angry at MYSELF!

As soon as I reported that I had sent the \$550. fee, I was informed that in order to get my winnings, I must send ANOTHER FEE, this info from the facebookclaimdept@aol.com – urging me to send \$1,500. MORE and then my check would be sent IMMEDIATELY to me. That day I also received a letter from Patrick W., from the Diplomatic Office – via the USPS, right in my mailbox at home, reassuring me that my CHECK was REAL AND LEGITIMATE; that he had a Certificate of Authority and when the \$1,500 was received, the government would 'sign on it' and he would then proceed in the delivery of my check. This 'letter' was not dated or signed (the sender's name was typed) and was very UN-business like. Another clue ----

THIS is where I bowed out --- feeling so angry that I had fallen for this diabolical, deceitful scheme!!! Even then, the guy kept saying, 'trust me' as he urged me to send more money. He REASSURED me that my winnings would then be sent to me. I told him NO, I'm NOT sending more money. If I could, I would KICK MYSELF for sending ANY money. I am very independent but I truly didn't want to be a burden on my children and their families.

Life is a series of lessons and this was a difficult one for me. I admit that I was temporarily stupid and it won't happen again. I realized years ago that too many are not honest. I've also known many who are devious. I know that some enjoy their days only when they have 'outsmarted' someone else. How sad that these are so numerous in our world today. How REFRESHING it is to meet a GIVER, rather than a TAKER... even someone who is HONEST --- but that is an experience we don't often have.

I am admitting to my stupid actions in the hope that this information might prevent someone else from falling for this scheme. Today I can't believe I did this!



# How To Help Restore Energy

By John Paul Ouvrier



Has this ever happened to you:

You've been sick or very tired, and you've taken some time off to rest.

Yet when you get back up, you still feel tired and worn out.

What's going on?

Certainly there are medical concerns to address with your doctor, but if you've received a clean bill of health, then where did your energy go? I'd like to share with you the most common reason this happens, and what you can do about it. The best way to help get your energy back after being sick is **Better breathing**.

I am blessed to have worked within the retirement industry for more than twenty years, and I see many people on the road to recovery. Almost all of them without exception are guilty of the same poor habit after being sick: Shallow breathing. And here's why. When we're sick or resting, the demand for oxygen in our body is low and therefore we breathe in a more shallow way. This is normal. Yet if we've been sick for some time, or if we sit a lot or don't do much, we can then get into a habit of shallow breathing. Once this happens, we run out of breath the moment we try to do something that requires more air than sitting!

I have seen very strong people, who were very busy before they became sick, unable to walk across the room without running out of air after they've been sick. And what do they think is the reason why? "I am getting old..." or "I'm too weak..." No, no, no- that may not be true!

What is true is that most of us take our core basic physical habits for granted, and then wrongly assume we're old or weak because we feel bad. And if we don't breathe very well, then our

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body is starved of the fuel it desperately needs and we will run out of air! So here's what to do before you get up:

Sit on the edge of the bed and tap your feet on the floor to wake your balance muscles.

Relax your neck and shoulders, lift up tall, and breathe deeply, in and out five times.

Inhale for a count four, and exhale for a count of four for all five breaths.

Tap your feet again, stand up (nose over toes!), balance, and don't hold the breath!

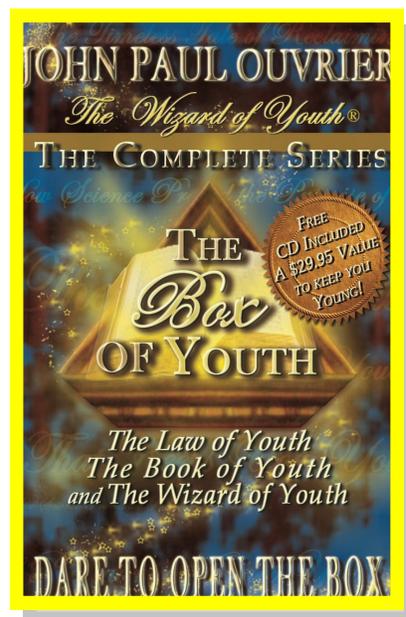
Breathe deeply for the rest of the day with a count that's comfortable for you.

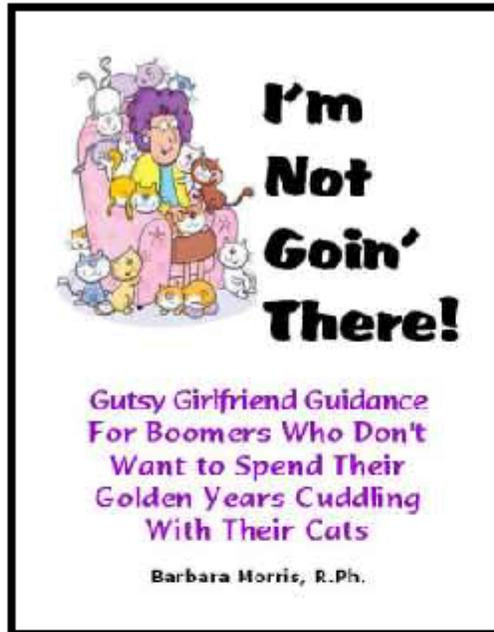
This is so important to do. When I work with a patient to get them up and moving, the first thing I have them do BEFORE they get up is to breathe in and out deeply five times, and then I make sure they don't hold the breath when they walk. Once they discover they can actually walk without running out of air, they will usually say to me, "Okay, now my legs are tired!" And tired legs we can work with- shallow breathing however needs to become un-shallow!

So if cats, dogs, and kids breathe in deeply throughout the day, so should you, especially when you're recovering! Try this anytime you need a quick boost of energy, and then share Put Old on Hold with your friends. Thank you for reading. Happy breathing! Blessings!

*~Because you're stronger than you think, and you can do more than you know!~*

**John Paul Ouvrier**, known as The Wizard of Youth, is a fitness trainer who specializes in working with older adults. Please consult with your doctor or medical professional before beginning this or any exercise program or advice. The contents of this article do not constitute medical advice. Contact him at [John@wizardofyouth.com](mailto:John@wizardofyouth.com), and bring him in to entertain your audiences! <http://wizardofyouth.com>. & <http://fitness4charity.org>.





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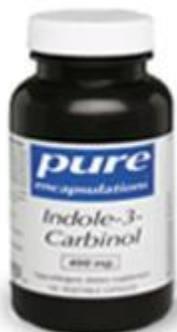
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