

A married couple, both avid golfers, was discussing the future one night.

"Honey", the wife said, "if I were to die and you were to remarry, would you two live in this house?"

"I suppose so - it's paid for."

"How about our car? Continued the woman. "Would the two of you keep that?"

"I suppose so - it's paid for."

"What about my golf clubs? Would you let her use them too?"

"Heck, no," the husband blurted out. "She is left-handed."

Early one morning, a mother went in to wake up her son. "Wake up, son. It's time to go to school!"?

"But why, Mom? I don't want to go."?

"Give me two reasons why you don't want to go."?

"Well, the kids hate me for one, and the teachers hate me, too!"?

"Oh, that's no reason not to go to school. Come on now and get ready."?

"Give me two reasons why I should go to school."?

"Well, for one, you're 52 years old. And for another, you're the Principal!"



Five Most Important Things Baby Boomers can do to Maintain Good Vascular Health

Baby boomers need to understand how to maintain a healthy vascular system, as they become seniors.

By 2015, the U.S. Census reports an expected 87 million people aged 55 and older, up from 67

million in 2005. Since vascular disease primarily affects seniors, the number of vascular disease cases is expected to rise dramatically.

The vascular system is made up of arteries and veins that carry oxygen-rich blood throughout the body to vital organs, the brain, and legs. As we age, our arteries tend to thicken with a build-up of plaque and cholesterol, get stiffer, and narrow. When blood flow is restricted, vascular diseases like carotid artery disease can lead to stroke; peripheral arterial disease can lead to problems walking and in the most advanced cases, foot ulcers, gangrene and possible amputation; and abdominal aortic aneurysm can result in death if not treated early.

People should know what they can do to protect their vascular health. These five practices are not new, but with so many people reaching senior status, it is important to remember the positive impact they can have on their vascular health:

1. Stop smoking
2. Eat a healthy, low fat diet
3. Maintain good cholesterol levels
4. Take care of their blood pressure to keep it in a normal range
5. Exercise regularly – even a moderate walking program can be effective

People aged 55 and older should talk with their primary care physician about their vascular health. Painless, noninvasive tests can determine if there are blockages in a patient's neck or leg arteries

or if there is aneurysm formation in the aorta. If there is an indication of a blockage, patients should seek treatment immediately. Vascular disease can be controlled if diagnosed and treated early. Vascular surgeons treat these diseases with lifestyle changes, medical management, minimally invasive endovascular angioplasty and stent procedures, and open bypass surgery.

Three Most Prominent Vascular Diseases

Most Americans are familiar with heart disease and with the consequences of blockages in the vessels that carry blood to and from the heart. But few people realize that blockages caused by a buildup of plaque and cholesterol affect more than coronary arteries. Arteries and veins carry oxygen-rich blood to vital organs, the brain, and legs. Blockages cause serious illness. Three of the most recognized vascular diseases include:

- Abdominal Aortic Aneurysm Abdominal Aortic Aneurysm (AAA) is an enlargement or "bulge" that develops in a weakened area within the largest artery in the abdomen. The pressure generated by each heartbeat pushes against the weakened aortic wall, causing the aneurysm to enlarge. If the AAA remains undetected, the aortic wall continues to weaken, and the aneurysm continues to grow. Eventually, the aneurysm becomes so large, and its wall so weak, that rupture occurs. When this happens there is massive internal bleeding, a situation that is usually fatal. The only way to break this cycle is to find the AAA before it ruptures.

- Carotid Artery Disease - Stroke Carotid arteries occur when the main blood vessels to the brain develop a buildup of plaque caused by atherosclerosis, or hardening of the arteries. When the buildup becomes very severe, it can cause a stroke. A stroke occurs when part of the brain is damaged by these vascular problems; in fact, 80 percent of strokes are "ischemic strokes" where part of the circulation to the brain is cut off, usually due to blockages in the carotid arteries. The process is similar to the buildup of plaque in arteries in the heart that causes heart attacks. Strokes are the third leading cause of death in the U.S. according to the National Center for Health Statistics.

- Peripheral Arterial Disease Peripheral arterial disease (PAD) occurs when atherosclerosis, or hardening of the arteries, causes a buildup of plaque in the blood vessels that carry oxygen and nutrients to all the tissues of the body. As these plaques worsen, they reduce essential blood flow to the limbs and can even cause complete blockages of the arteries. Early on, PAD may only cause difficulty walking, but in its most severe forms, it can cause painful foot ulcers, infections, and even gangrene, which could require amputation. People with PAD are three times more likely to die of heart attacks or strokes than those without PAD.

Now, said the professor, as the laughter subsided, 'I want you to recognize that this jar represents your life. The golf balls are the important things; your family, your children, your health, your friends, and your favorite passions; things that if everything else was lost and only they remained, your life would still be full.' The pebbles are the other things that matter like your job, your house, and your car. The sand is everything else; the small stuff. If you put the sand into the jar first,' he continued, 'There is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.'

Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18. Do one more run down the ski slope. There will always be time to clean the house and fix the disposal. Take care of the golf balls first; the things that really matter. Set your priorities. The rest is just sand.'

One of the students raised her hand and inquired what the wine represented. The professor smiled. 'I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of glasses of wine with a friend.'

TWO GLASSES OF WINE

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 glasses of wine...

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was. The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous 'yes.'

The professor then produced two glasses of wine from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

Grasa de Cotnari, cel mai bun vin la un concurs mondial. Iasi, 30 apr /Rompres/ - Societatea vini-viticol Cotnari a obtinut doua medalii la concursul international de vinuri de la Bruxelles.

Directorul executiv al societatii Cotnari, Constantin Deleanu, a declarat ca soiul Grasa de Cotnari din productia anului 2005 a fost medaliat cu aur, acelasi soi, din productia anului 2006, fiind medaliat cu argint.

La concursul mondial de la Bruxelles au participat 2.400 de productori de vinuri.

‘Acetea medalii sunt o recunoastere si, totodata, o

certificare a calitatii vinurilor produse la Cotnari. Suntem mândri ca am obtinut încă două medalii la cel mai mare concurs de profil din lume. Medalile sunt rezultatul unei munci în echipă și a unui produs de cea mai bună calitate’, a spus directorul societății Cotnari.

Apel pentru decretarea doliului national în ziua înmormântării Monicai Lovinescu și a lui Virgil Ierunca.

Bucuresti, 30 apr /Rompres/ - O serie de asociatii si personalitati din tara si strainatate au solicitat primului-ministrului Calin Popescu-Tariceanu decretarea doliului national si organizarea de funeralii nationale în ziua înmormântării la Falticeni a Monicai Lovinescu si a lui Virgil Ierunca.

The Cooking Corner



Perfect Easter Eggs

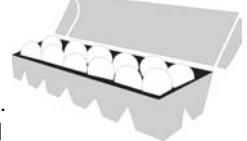
Perfect boiled eggs have fluffy, yellow yolks. Here's how to get perfect results every time, so your eggs will taste as good as they look.

Put eggs in a large pot, in a single layer and cover with cold water. Turn on the heat under the eggs and as soon as they come to a full boil, remove them from the heat and let them sit in the hot water for about 15-20 minutes.

How fresh are the eggs?

To make sure the eggs are fresh, put raw egg in a glass of water. If it lies on the bottom, it's fresh.

If it is on the bottom, but the small end is up, it's still fine. If it is floating in the middle, but not on top, it should be safe, but not very fresh. If it floats, throw it away, it's a rotten egg.



Baby Potatoes

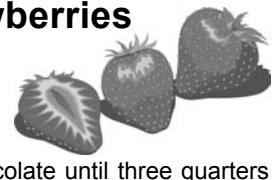
with Garlic and Rosemary

1 pound baby red or white potatoes; 2 T olive oil; 1 T garlic, minced or pressed;

1 T chopped fresh rosemary; salt and pepper to taste.

Serves 2

Steam potatoes until tender (about twenty minutes). Sauté garlic in olive oil for a minute or two, then add rosemary and sauté another minute. Toss drained potatoes in garlic mixture. Season with salt and pepper and serve.



Chocolate Dipped Strawberries

8 oz. quality chocolate or white chocolate about 12 - 14 large strawberries

Makes about 12 large strawberries

Melt chocolate over a double boiler.

Dip fresh strawberries in the melted chocolate until three quarters covered. Put berries on a sheet of waxed paper to cool, or alternatively, place one berry each in paper candy cups. Let set until chocolate hardens. You can hasten the process by placing the dipped berries in the refrigerator for a few minutes.

Note: make sure the fruit is completely dry.

Rack of Lamb with Herb Crust

1/8 C fresh parsley; 1/8 C fresh rosemary; 1/8 C fresh thyme; 1/2 C fresh breadcrumbs; 1 1/2 T garlic, minced; 1/4 C + 2 T olive oil; 1 T Dijon mustard; salt & pepper to taste; 1 rack of lamb (about 2-2 1/2 lbs.).

Serves 2

Pre-heat oven to 450° F.

In the bowl of a food processor, combine all ingredients, except mustard and 2 tablespoons of olive oil, and process until well mixed, but still slightly crumbly. Set aside. In a large skillet, heat remaining 2 tablespoons of olive oil until just below smoking. Season lamb rack with salt and pepper and quickly brown by cooking for about 3-4 minutes per side. Remove lamb from skillet and place in an oiled roasting pan. Carefully mustard over the section just over the top, underside and sides of chops, leaving bones exposed. Gently pat the herb/breadcrumb mixture over the mustard. Cook for 10-12 minutes or until the meat reaches an internal temperature of about 130° F. Allow to rest 10 minutes before carving.



Study finds that grateful people are healthier

New research shows that people who consciously remind themselves every day of the things they are grateful for show marked improvements in mental health and some aspects of physical health.

According to research published in the Journal of Personality and Social Psychology, the results appear to be equally true for healthy college students and people with incurable diseases.

College students asked to fill out a weekly report of five things for which they were grateful cited things like "the generosity of friends." Another group of students was asked to keep a daily diary for two weeks and express gratitude for things that had gone well each day. A third group, consisting of adults with incurable diseases, was asked to write down what they were thankful for each day for three weeks. Compared with similar groups who counted hassles such as "hard-to-find parking", the grateful groups felt better about their lives and were more optimistic.

The research was conducted by Robert Emmons at the Univ. of California at Davis and Michael McCullough of the Univ. of Miami.

‘Va solicita decretarea doliului national si organizarea funeraliilor nationale în ziua înmormântării, la Falticeni, a ramasitelor pamântesti ale soilor Monica Lovinescu si Virgil Ierunca, având în vedere importanta decisiva a luptei anticomuniste pe care au dus-o peste 50 de ani’, se arata în scrisoarea deschisa adresata primului-ministrului.

Casa Lovinescu, unde vor fi depuse în final urnele, este locul în care criticul Eugen Lovinescu, tatal Monica Lovinescu, s-a mutat începând din toamna lui 1938 și în care s-a desfasurat prima sedință a Cenaclului Sburatorul pe care el l-a înființat.

La 27 octombrie 1946, s-a dezvelit placă comemorativa, ce se află și astăzi pe fatada clădirii. În ianuarie 1950, apartamentul de pe Bulevardul Elisabeta a fost confiscat de statul comunist. În anul 2000, apartamentul a fost retrocedat Monicai Lovinescu, prin interventia președintelui de atunci al tării, Emil Constantinescu. Ulterior, scriitoarea a decis să doneze apartamentul Fundației Humanitas Aqua Forte, pentru a-si putea desfasura activitatea culturală. În prezent, în Casa Lovinescu se desfăsoară ceneacluri literare, coloanii, conferințe sau dezbateri.