



Chapter Newsletter

The Mended Hearts, Inc.

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Hidden Grand Canyon town depends on helicopters and mules.

The 6 million people who visit the Grand Canyon every year are always dazzled by the sights, but most won't make the long trek to a tiny village tucked into Havasu Canyon, 3,000 feet below.

The 200 residents of Supai, part of the Havasupai Indian Reservation, live with the cathedral-like Wigleeva rock formations and waterfalls in a village so remote that it can only be accessed by foot, helicopter or mule. Thus, the town has no automobiles.

In fact, the U.S. Postal Service delivers food and correspondence to Supai by mule and all delivered mail contains the unique Mule Train postmark. Supai has been referred to as "the most remote community" in the contiguous United States by the U.S. Department of Agriculture.

What people with a lot of money teach their kids about money

Everyone either learns about money or learns about money the hard way

People who have \$3 million or more usually have learned how to handle money, and they want to preserve their money. One way to do that is to teach their kids about money.

An annual U.S. Trust survey says the top 1 percent of wealthy families (annual income more than \$3 million), teach their kids to work and earn money:

- * 85% take out trash and recycling
- * 83% set the table or do dishes
- * 81% work part-time in college
- * 77% work part-time from age 15
- * 65% have developed a budget
- * 60% mow the lawn and do yard work.



According to financial journalist and investor Beile Grunbaum, rich people do not make money a taboo topic, discussing with children how much things cost and comparing it with the cost of other things. They teach kids how to manage money by giving them pocket money to manage.

In addition, rich kids are taught to think about how to earn money and make money work for them, knowing the difference between something that makes money (assets) and something that costs money (liabilities).

Most importantly, Grunbaum says, rich people teach their kids that no one owes them anything and no magical knight is going to save them from trouble. "If they want something, they have to make it happen," Grunbaum told The New York Times.



Get your groove on with line dancing

Line dancing just looks like so much fun, but it can be baffling on your first try. But there are some secrets to the art and when you understand them, line dancing is much less daunting.

First, a line dance lasts from three to five minutes and you can drop out at any time. Among all the popular line dances, the Electric Slide is the shortest, lasting from two to three minutes and makes a good beginning dance to learn. It is the dance that often opens a line dance party, especially as a warm up. The steps are fairly easy and the dancers face different directions four times.

If you are new to line dancing, here are some tips:

- * The dance starts when the singing starts. Everything before that is the intro.

- * Moves usually change after four counts. When you get to four, you'll change direction or make a new move.

- * You can make any move plain or fancy, low movement or high. Instead of doing actual stomps, for example, do a tap.

- * Notice how many times the dancers turn to

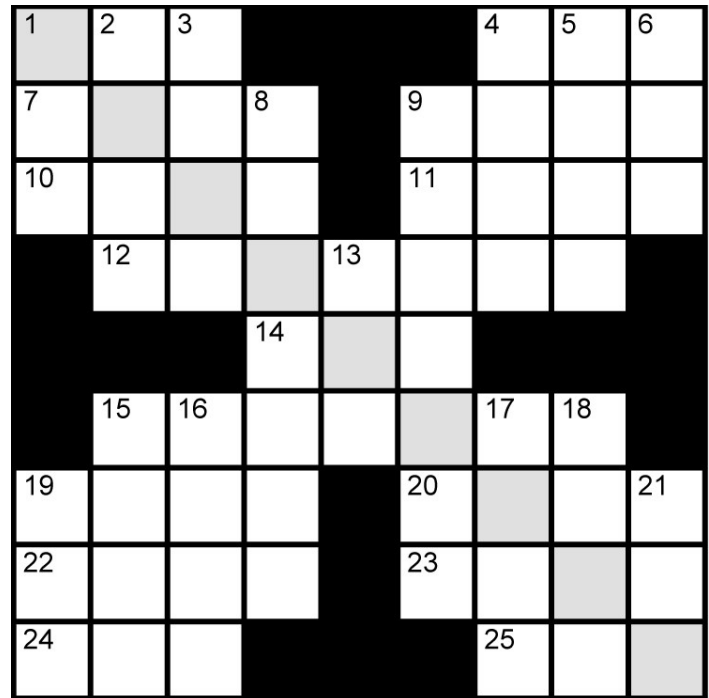
Across

- Computer monitor, for short
- Summer mo.
- "Hold it right there!"
- A lot of lot
- High schooler
- Peacock's pride
- One who leads a Spartan lifestyle
- White House nickname
- Replace in the schedule
- Gravitate (toward)
- Beach item
- Religious offshoot
- South American monkey
- Like some martinis
- 1973 Supreme Court decision name

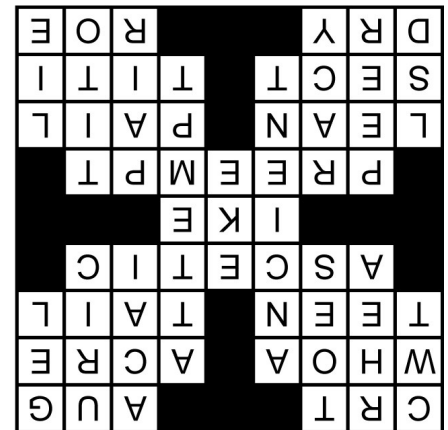
Down

- 100 lbs.
- Perlman of "Cheers"
- Little piggies
- Antioxidant berry
- Type of acid linked to gout
- Salon supply
- Very old
- Try
- Barely manage,

The King Falls



- with "out"
- House of Lords member
 - Off-color
 - Twosome
 - One of the Jackson 5
 - "Acid"
 - Golfer's concern



The headline is a clue to the answer in the diagonal.

face a different direction. These are called walls. A line dance can have one wall or up to four. But the dance will usually end up facing the same way it started.

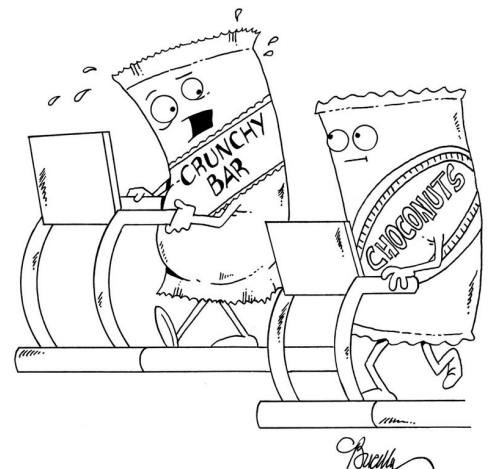
Here are some other popular line dances:

- * Cha-cha slide. You get to make a little cha-cha move. There are some hops, but you can substitute tip toes.

- * Boot scootin' boogie. More difficult in that it has a series of hops, including one in which dancers cross their legs. It also has a quick half-beat step.

Cupid shuffle. A modern song with easy steps and kicks, although experienced line dancers usually improvise their steps. Stick with the basics at the beginning.

Cotton-Eyed Joe. If you love that old-fashioned fiddle, this ones for you. It has some turns and toe taps. Dancers usually face one way.



"My goal? I'd like to get down to Fun Size again."



Brush your teeth at night to reduce cardiovascular risks

Not brushing your teeth at night may increase your risk of cardiovascular disease, according to a new study published in the journal Scientific Reports. Japanese researchers studied a group of 1675 people aged 20 and older who were hospitalized for surgery, evaluation, or other medical treatments, and found that brushing teeth after waking up and at bedtime was associated with fewer cardiovascular events and better overall survival rates.

The subjects were divided into four groups: Group MN (brushing teeth after waking up and at night), Group Night (brushing teeth only at night), Group M (brushing teeth only in the morning), and Group None (not brushing teeth at all). Within each group, researchers also noted whether subjects were smokers or nonsmokers, and prognosis at the time of hospitalization.

Unsurprisingly, smokers who never brushed their teeth had the worst health outcomes among all study participants, with the lowest survival probability compared to non-smokers and smokers who brushed their teeth at least once each day. Among nonsmokers, those who never brushed were much less likely to survive cardiovascular events, and nonsmokers who brushed twice a day or just at night had significantly higher overall survival probability than those who only brushed in the morning or not at all.

The study joins a mounting body of evidence that links poor oral hygiene and periodontal disease with conditions such as heart disease, diabetes, and dementia. According to the New York Times, some scientists believe that periodontal bacteria may travel to the arteries and contribute to the development of vascular diseases. Other studies have found that better oral hygiene practices, including brushing twice a day and regular flossing, are associated with lower rates of heart disease.

Salmon tube saves fish worldwide

They slide, they glide, they leap tall dams in a single whoosh.

They are salmon, the remarkable migrating fish, which often need to be on the other side of a dam to spawn.

Developed by Whooshh Innovations, the Salmon Cannon has now transported millions of fish over obstacles and it's an idea that may save the salmon and restore ecological balance.

The idea is elegantly simple. Using a series of tubes filled with water and high-pressure air, the device propels salmon over dams and other obstacles, allowing them to reach their spawning grounds.

The process begins as the fish naturally swim into a soft tube. With a burst of pressurized air and water, the salmon are propelled through the tube, soaring over the obstruction and landing safely in the water on the other side. The latest versions of the Salmon Cannon even sort the fish -- salmon go over the dam, while random strays are allowed to exit.

The device has been successfully employed in various regions, including the Pacific Northwest in the United States and British Columbia in Canada, aiding the recovery of salmon populations and revitalizing vital ecosystems. See YouTube for several videos of the Whooshh Innovations cannon.

Three ways to freeze tomatoes

From the University of Minnesota Extension:

1. Slice tomatoes into at least 1/2-inch slices. Put slices on a cookie sheet and freeze for 2 hours. Remove slices and put them into freezer bags or containers.

2. Slice tomatoes into at least 1/2-inch slices. Package in a rigid airtight container and fast freeze.

3. Wash tomatoes. Dip whole tomatoes in boiling water for 30 seconds to loosen skins. Core and peel. Freeze whole or in pieces. Pack into containers, leaving one inch of space at top. Seal and freeze.



It's the pits: Dealing with excessive sweat

Sweating is our body's central air conditioning system, a normal and necessary response that regulates our core temperature and maintains our body's equilibrium. But there can always be too much of a good thing, and sometimes that excessive sweat is a red flag that you shouldn't ignore.

Excessive sweating is common for people who have infections, take medications (such as certain antidepressants) or are going through hormonal changes like menopause. Another cause is hyperhidrosis, which can affect the hands, feet, underarms, and face, sometimes without any obvious trigger like heat or exercise.

Heavy sweating can also be a warning sign. Seek medical attention right away if your excessive sweating is accompanied by pain in the chest, throat, jaw, arms, or shoulders; or if you have cold skin and a rapid pulse.

Tips to manage your excessive sweat:

- * Choose loose-fitting clothing with moisture-wicking properties.
- * Stick to antiperspirants that contain aluminum compounds. Apply when the skin is completely dry -- not damp.
- * Stay in well-ventilated and air-conditioned spaces to stay cool.

Your physician may also be able to help with excessive sweating when antiperspirant and wicking clothing aren't enough. A variety of medical treatments are available for excessive sweating and hyperhidrosis:

- * Prescription-strength antiperspirants
- * Iontophoresis treatment, which blocks sweat glands with an electrical current
- * Botox injections to temporarily deactivate sweat glands
- * miraDry treatment, which targets and destroys sweat glands

Health insurance does not always cover treatment for excessive sweating, so check your benefits and budget accordingly. In some cases, especially excessive sweating in the hands, surgery can provide immediate relief.

Caramel Kettle Popcorn

Calories 102 Per Serving
Protein 2g Per Serving
Fiber 2g Per Serving

Ingredients

- 1 tablespoon plus 1 teaspoon olive oil
- 1/4 teaspoon salt, preferably sea salt
- 8 cups air-popped popcorn (1/4 cup plus 1 tablespoon popcorn kernels)
- 5 drops unflavored liquid stevia sweetener
- 2 squeezes caramel-flavored liquid stevia sweetener



Recipe borrowed from <https://recipes.heart.org/en/recipes/caramel-kettle-popcorn>

Directions

In a small skillet, heat the oil, both flavors of the liquid stevia sweetener and salt over low heat for 1 to 2 minutes, or until warmed through, stirring occasionally. Let cool for 5 minutes. Pour the mixture into a gallon-sized resealable plastic bag. Shake well to coat the inside of the bag with the caramel mixture. Add the popped popcorn to the bag. Shake well to evenly coat. Pour the popcorn into a serving bowl.