

A NEW BOWLING SEASON HAS STARTED!!!

Come join us every Monday at 1:00 pm at
Wildwood Lanes



3 games are only \$8.00
GREAT EXERCISE !!



Information call Joan Dowdle @ 369-9539 or Al Iovino @ 369-

“Nothing is impossible,
the word itself says
I’m possible!”

Audrey Hepburn



“One of the most influential
handclasps is that of a
grandparent around the hand of
a grandchild.”

Brian Cavanaugh, *The Sower’s Seed*
Submitted by Catherine Hannon #75

GOOD DEFENSE

Its cold, flu and everything else season... in other words, no time to let down your guard. Follow these easy steps to boost your immunity.

- 1 - **Get More Sleep:** Logging fewer than 7 hours of shut-eye may cause the body to release fewer infection-busting proteins and histamines, making you three times more likely to come down with a cold, according to the Carnegie Mellon University study.
- 2 - **Sip Some Tea:** Chamomile, that is. This soothing brew contains anti-oxidant flavonoids as well as hippurate, an antibacterial compound.
- 3 - **Start Moving:** A brisk 20 minute walk once a day boosts the number of white blood cells, which attack germs, produce antibodies and devour bacteria.
- 4 - **Smile On:** It’s a fact: Optimists have fewer colds. Sunny thoughts apparently trigger a chemical cascade that wards off illness.
- 5 - **Step Outside:** Soak up some rays, which generate vitamin D, for 10 minutes a day. People with low levels of vitamin D have a 36% greater chance of getting sick.

Familycircle.com

One Good Deed.....

“Keep cell phones, laptops, cameras, and other gadgets out of landfills,
and even earn a little cash in the process. *Gazelle.com*, *nextworth.com* and *buymytronics.com*, will pay you for your used electronics and send a stamped box so you can mail them in for free.”

Reader’s Digest

