



# Spinner

BOOKz, COOKz, NOOKz



You can't change the people around you, but you can change the people around you

Vol. 10 Issue 6

*Il premiero bandido*

June 2023



*Staying close to  
home this summer?*

Read --> [Dan Rather](#)

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## ***Fellow CANDADIANS need help***



## ***Editorial***

### ***Briefly:***

- Just a call to reminisce a bit

Life was simpler in the past. It seemed more joyful, more delightful, more satisfying. If you're older, you'll remember much of all this. For those who don't remember or are too young, of the later generations, say, the 40s, 50s, 60s and even later, times about which the young know little or memory is unapplicable. A time when our joy and entertainment came from living life, not from the Internet, iPhones or social media. With respect to our Jewish friends, "*L'chaim*." We lived with happiness and joy. Let's revisit that past for a bit.

Music pulsed in our lives then too, new music: Hip Hop, funk, Soul, R&B and of course, *disco*. But the old classics were still played with pleasure, sung by Frank,

Peggy Lee, along with Elvis, Johnny Cash, Buddy Holly, Roy Orbison and even the crooners Pat Boone, Engelbert Humperdinck, Dean Martin and Andy Williams. Fingers syncopated with our Walkmans, toes tapped to our transistor radios played and we danced. Uninhibited by who was watching, we just got up and danced.

Life was more enjoyable, simpler but fuller.

Disco delirium rather than just pub night. I belonged to that cohort, *Downsview's* John Travolta of *Saturday Night Fever* glory, dancing *at the disco* a couple of nights a week, certainly every weekend. A couple of times a week, for sure. Fantastic and fun, smiling and laughing, life was fuller then...FULL STOP!

It's far too easy to criticize and denounce so many aspects of our world today. It's easier to think life was simpler before, more enjoyable, and more authentic and maybe it was.

However, find that old joy, what made you smile, made your toes tap and made you strum your air guitar. It's more difficult to do that today.

Reminisce a bit...

<https://www.youtube.com/watch?v=u1qN6gLbUMw>

Those were special times...we didn't complain or lament that times were bad. We were living good times, better times. How deep was your love? Stayin' alive? You *were* alive and lovin' it. You were jive talkin', singin' SOUL with James Brown, reggae with Bob Marley.

Smilin' and laughin', toe tappin' and boot shakin'. No worries...we were happy. Sure we had problems, inflation, prices, and soaring costs. Who cared? Who thought about food costs, gasoline prices, or price tags when you were dancin' with vigour, verve and happiness?

It was a simpler time. No one thought about legal action. Our ready retorts were more likely "*Yes sir, no sir....yes ma'am, and no ma'am*" rather than "*I'll sue you,*" or "*I got rights, ya know.*"

Remember those days? "...Roll out those lazy, hazy, crazy days of summer, those days of sodas, pretzels, and beer...lock up the house, now you're set...on the beach you'll see the girls in their bikinis, as cute as ever but they never get 'em wet..."

Thanks Nat.

Days of fun, warmth, and simply joy. Where are they now?

Take a few minutes and go back. Put on your favourite music in whatever way you listen, youtube, spotify, or even just on your radio and go back in time, just for a little while. Go back and smile. Enjoy it as you still can.

So go for it...do it!

## **“Weight-itorial”**

### ***Briefly:***

- Lament to weight gain by seniors

“Golden years”...my ***a\*\****!

I've hit the wall, crossing the “***OLD age***” boundary. Three years ago, diagnosed with an arthritic hip, no treatment, no cure, pain, somewhat managed with Tylenol, is my sidekick every day. Life is more challenging now.

I used to be a power walker to control weight gain, regular morning power walks, 5-6 miles. Now, arthritically limited to cane-assisted limping that kind of walking is a thing of the past. Old age brings along weight gain and a slower digestive system. Eating less ineffective. Weight just ounces up, little by little, week after week. Eating less is futile.

### ***Rodney Dangerfield #2***

Ageism, a sad facet of life for older people, gets supplemented with the questionable acceptability of the fat person. You're old and you're fat...double whammy... a social '*persona non grata*.' Like the late comedian, Rodney Dangerfield, I get no respect either. The age negativity is now bolstered by weight. As the weight increases, respect diminishes.

### ***Weight for it***

Once somewhat controlled by power walking, now '*fuggedaboutit*.' The weight doesn't just creep up, it leaps up, pounding the scale with increasingly repugnant numbers each week.

### ***Best buds***

Eating less is pointless. The body adjusts automatically to the calorie reduction. It bonds the weight to my body with ***LePages*** super glue. My body goes into panic mode regularly, deathly afraid it may never see food again. Therefore, it holds the weight for dear life!

Eliminating meals down to just breakfast and one more meal a day, an early dinner resulted in weight loss at first. Then, '*genius body*,' fearing an imminent starvation welded the weight like a long-lost friend returning home after in exile. My weight and I are best buds, attached like a Siamese duo, fused into one united mass, immutable, unalterable and growing.

### ***How bad is it?***

The world around me has become one of offense, overflowing with no respect or easily-given insults.

A scale I stepped on recently displayed the message: "*One person at a time please.*"

I went to *Overeaters Anonymous* rejected me. They mistakenly said, 'not fat enough.'

An airline stewardess brought me the seat belt strap extension without even asking as I started to buckle up. Adding insult to injury, she asked "Would you like that middle armrest raised, sir?"

I needed a new suit. Instead of pulling down loose fabric samples to show me possible suit material, the tailor pulled out *entire bolts*.

I went to a Mandarin Chinese restaurant recently. At the entrance, the maitre d' declared, "The all-you-can-eat buffet doesn't start until 5 pm, sir."

Even inanimate objects show me no respect. At church recently, I sat down on the wooden pew. The whole congregation turned toward me as the pew squealed in protest. I knelt down on the kneeler. It sagged so much that 6 people toppled over into me.

I went fishing a few weeks back. The boat listed so much, the fish swam aboard. Worse, they squeaked, "Whale sighting!"

I tried golf for the walk. The groundskeeper asked me to stay off the greens. M

footprints were deeper than fairway divots.

Like Rodney Dangerfield, I get no respect. Instead, I am plagued with unwanted recognition: the biggest draw since Barnum and Bailey's was in town.

Every diet's been tried, from 'seafood' to 'c-food,' one is eat anything, the other, "c-food" food you can't eat. The length of the last list could supplant Wikipedia, in its entirety.

### ***Diet changes***

I've eaten so much celery, now farmers stalk me.

I switched to fruit, grapes have fewer calories. Now, the pounds come in bunches.

I was eating so much lettuce, rabbits snarled at me in my backyard garden.

I sought professional help. The nutritionist offered me a deal: two for the price of one.

My doctor's no help, Dr. Stanley Zum Patski. I called his office for an appointment, he gave me TWO.

Even my friends have no respect. When I said I couldn't stick to a diet, one called me a deserter.

That damn nutritionist, she's a real card. When I asked her why she sent me to the paint store, she said, "To get thinner!"

Indeed, it's getting more and difficult to live. Others bear heavy burdens. I bear a weighted body. It's a heavy load.

## ***POLITICAL Desk***

### ***Briefly:***

- [Invitations to submit a message are sent to all councillors and the mayor. Responses were received from the **Mayor**, Councillors **Brenner**, **Cook**, and **Robinson**.]

## ***The City Council***



Profile  
mayor@pickering.ca

Councillor Maurice Brenner  
Regional Councillor Ward 1

Councillor Linda Cook  
Regional Councillor Ward 2

Councillor David Pickles  
Regional Councillor Ward 3



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Councillor Lisa Robinson  
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Councillor Mara Nagy  
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## ***From the Editor's desk...***

### ***[The back story...]***

The authorities in the Durham-Pickering region on the Pickering municipal council and at the Durham District School Board, are in the midst of a volatile situation over the issue of the treatment of special interest groups within the community.

### ***Pickering City Council***

The Pickering City Council is divided over the issue of acknowledgment and recognition of special interest groups within the community.

Councillor Lisa Robinson feels singling out any one group is denigrating and disrespecting to all other community groups.

Mayor Ashe and the remaining 6 councillors see singling out any group such as gays and trans groups as giving them the recognition, acceptance and support they deserve.

Regardless of one's position, favouring Robinson or supporting the Mayor and the other 6 councillors, the repercussions of this division will impact negatively on the city council. The current polarization likely will erode further into animosity and enmity, undoubtedly threatening the effectiveness of future council endeavours and unity.

### ***Kicking matters up a notch***

Councillor Brenner has called for the rescinding of Councillor Robinson from the Community Safety Wellbeing Advisory Committee. Such a notice opens the door to political pressure, a 'fall-in-line' atmosphere. Councillors may be pressured into abandoning their digressive opinions. Instead of reviewing, reconsidering or rethinking

their positions, they may yield to collegial pressure. Free speech and freedom of opinion are threatened by this call for the rescission of a colleague.

The Pickering City Council is faced with a seriously divisive situation that may develop into greater division and polarization. Municipal councils benefit from discussion, diverse and differing views but the current schism only bodes ill for its future work.

This is a developing story with more information available at [Durham Region.com](http://Durham Region.com)

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### ***From the Mayor's desk:***

At the Council meeting of May 23, the City of Pickering passed a motion in support of Pride events and all Equity, Diversity, and Inclusion initiatives across the City and Durham Region, in honour of Pride Month and the 2SLGBTQIA+ community. Through this motion, the City also reaffirms its commitment to advancing respect and inclusion for all 2SLGBTQIA+ community members and allies. The motion passed 6 - 1 on a recorded vote.

“I am proud that Pickering Council made a strong statement about supporting the 2SLGBTQIA+ community and the tenets of Equity, Diversity, and Inclusion. We are also aware of a recent video circulating online and corresponding commentary, and denounces all forms of homophobia, transphobia, biphobia, and bigotry directed at the 2SLGBTQIA+ community and equity-deserving groups.

As Mayor, I want to be clear and unequivocal. Supporting 2SLGBTQIA+ rights is about building a stronger and more inclusive community, rather than creating a hierarchy or oppressing other groups. By advocating for the rights of Two-Spirit, lesbian, gay, bisexual, transgender, queer, intersex, asexual and other diverse sexual orientations and gender identities, we demonstrate our commitment to equity and respect for all community members. Embracing the diversity within our community and ensuring that everyone can live authentically and without fear of discrimination or prejudice is a core value that strengthens the fabric of our city.

Advancing 2SLGBTQIA+ rights enriches our community by fostering a sense of belonging, acceptance, and understanding for all. By standing together, we can create a community that celebrates the unique identities, perspectives, experiences and contributions of each resident, promoting unity, harmony, and a brighter future for everyone.

I look forward to our community coming together throughout June in celebration of Pride Month.”



*Mayor Kevin Ashe*

### **WARD 1 news**

**Councillor Brenner** replied to our invitation. He stated that he was unable to submit a message this month.

**Councillor Robinson** asks that constituents and interested parties confer with her media comments regarding the LGBTQ+ community, flag raising at public places and change room naming at the community center at [Metroland News \(Kristen Calis\)](#). Her final comment is that “Elected Officials must remain Neutral.”

### **WARD 2 news**

**Regional/Ward 3 Councillor Cook** reinforces her endorsement of Mayor Kevin Ashe’s media release in lieu of a separate and autonomous message.

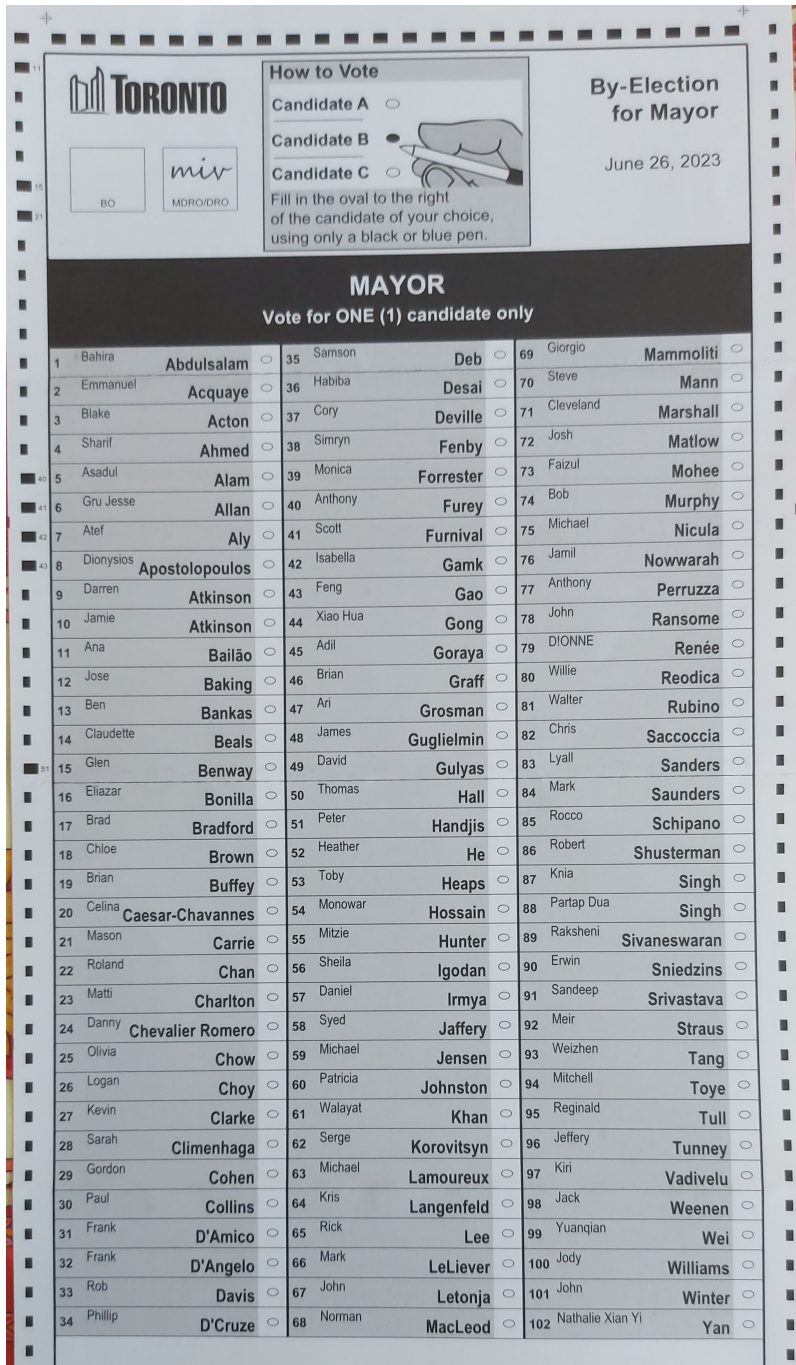
### **WARD 3 news**



### **TORONTO MAYORAL CAMPAIGN**

#### **102 candidates!!!**

Everybody thinks they can be mayor of Toronto. Just take a look at this ballot:



Even more amazing is the blatant hypocrisy of some candidates:

**Mark Saunders**, ex-chief of police, has received more than just verbal support from Premier Doggie Ford. He has been appointed as adviser to the Ford government regarding Ontario place to the tune of almost \$200,000 *per year*. The height of



hypocrisy! Saunders' campaign platform promises 'close scrutiny of current expenditures before expecting province or federal government funding.' Guess he doesn't read his own campaign stuff!

## **HEALTH:**

### **Briefly:**

- 

## **Isolation**

Isolation is as averse to good health as smoking 30 cigarettes a day.

### **Research confirmed**

Researchers have confirmed that '**ISOLATION**' is as detrimental to one's health as smoking a pack of cigarettes a day.

A person who lives independently but is isolated from family and friends is liable to stop doing things because of a lack of motivation. They likely lack self-drive putting themselves on track of doing nothing or very little. The momentum of this reduced self-motivation is self-fulfilling, a vicious circle. The less they do, the less they want to do. This can be deadly, literally.

### **The need for friends and/or family**

People with social circles, friends, and/or family, are sources of motivation and drive. Friends invite each other for coffee, a drink, a lunch. Family can create opportunities for social interaction, not just at festive times like Christmas, Thanksgiving but also for times like Sunday dinners or summertime barbecues.

### **Few people are self-driven**

People who have a concrete circle of social interactivity are fortunate. They receive more opportunities for mental stimulation and physical interaction,

valuable events to the improvement of their health and personal well-being. This is an especially vital concern for older people who lose drive and energy as they age.

Research reinforces the benefits of social interactivity. These opportunities decrease with age as friends and/ or family pass away. With growing isolation, the onus of developing important social interactivity lies with the older, more isolated person.

Unfortunately, the person who is 'on their own' may become anchored at a more challenging dock. They have no one there to motivate them or spark them to begin developing a socially beneficial environment. They are in the unfortunate situation of relying on luck or chance to rectify their situation.

### ***Our responsibility to others***

However, it is incumbent on the rest of us to reach out and help others, just one person. Help one person take the initial step to improve their health. Reach out to just one person, suggesting something to help them get out of the independent, isolationist rut they are in. Be it a family member, a neighbor, or an independent senior you know. Make the effort to help them.

You will never know the life you have saved, the life you have improved but rest assured, you have helped someone live longer, live healthier and live better. Go for it.

## ***The WWW World***

### ***Briefly:***

- Part I: a straightforward list of top 10 websites for seniors
- Part II: Readers should practice suggestions to benefit the most from the given advice.

## ***TOP 10 Websites for Seniors***

### ***1. [www.szpin.ca](http://www.szpin.ca)***

This website has been in publication for many years and is dedicated to:

- Informing seniors with information about numerous topics: health, finance, news;
- Providing site visitors with useful information and helpful advice based on research;
- Providing entertaining and diversionary sites that have some practical value besides

fun.

2. [www.pickering.ca](http://www.pickering.ca)

This website is the portal to the City of Pickering website. The site is overwhelming in the amount of information it provides, so it is best to tackle it in short sessions to explore where it is most useful to you and your interests.

3. <https://www.mayoclinic.org/diseases-conditions>



The Mayo Clinic is a medical information site. The URL used here links more deeply than the links on the site (see image above). The Mayo Clinic is a site that can be trusted. However, anything medical should always be corroborated by your family doctor.

4. <https://www.mcmasteroptimalaging.org/>

The **McMaster Optimal Aging Portal** is an excellent source of information and advice relating to seniors, aging, and health. Again, corroborate any suggestions pertaining to your health with your family doctor.

5. <https://www.carp.ca/>

**CARP** is a national, non-partisan, non-profit organization committed to a 'New Vision of Aging for Canada' promoting social change that will bring financial security, equitable access to health care, and freedom from ageism. The **C**anadian **A**ssociation of **R**etired **P**ersons organization is dedicated to the enhancement of the quality of life for all Canadians as we age.

6. <https://dailycaring.com/>

**DailyCaring** is a site that assists people in finding assistance with the support care of a family member.

7. <https://www.aarp.org/>

This site is the American version of CARP (see above) and is included in this list as the site does lead to other answers than the Canadian site to questions you may have about aging and health issues.

**8.** <https://www.drugs.com/>

This site provides information regarding prescriptions and medications, side effects, dosage guidelines, and such.

**9.** <https://www.goodrx.com/>

An excellent site for comparing the cost of various medications. Canadian medications are included in its database, but that information is not totally accurate or as comprehensive as in the American.

**10.** <https://www.agingcare.com/>

The site provides information about care for the aging. Again be aware that it is American based but still, it offers much useful information that is applicable in Canada.

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## ***Stay safe on the Internet***

The Internet is a boiling cauldron of dangers and risks. Then, why use it? Because it is also a treasure trove of information and data, available instantly and most often at no cost.

The Internet is a pervasive quagmire of perils and menaces, a huge collection of factual knowledge surrounded by serious threats.

### ***A pervasive preponderance of scams***

The Internet is a swamp of various kinds of scams:

- Impersonation scams
- Reactivation scams
- Family Emergency scams
- Contest winning scams
- Gift scams
- Delivery notification scams

Just as the list seems to end, the scammers create new scams.

The only real defense against scams is **YOU**. You need to be aware, to arm yourself with knowledge, to be able to identify the scam. Your best rule is, “When in doubt, pass on it!”

### ***Artificial Intelligence adds another layer of scamming***

The newest technology, Artificial Intelligence, has opened a new world to scammers. Hackers now exploit the worlds of impersonation, voice mimicry, visual fakery, logo forgery, and brand faking.

### ***Phone scammers...hang up !***

Scammers will phone you to record your voice. They want to record your “affirmation,” saying “yes.” Better still if they can get you to divulge financial data such as credit card numbers or bank account numbers.

*Do not engage these scammers in any way* as they are polished, practiced professionals in that work. They have refined their skills to the highest degree in order to trap you into revealing bits of information that you normally would protect dearly.

Scammers using artificial intelligence can create authentic-looking logos, brands, and corporate symbols which they attach to fake company stationary sending you AI-generated text that looks real and sounds authentic.

*If you didn't initiate the contact*, originate the phone call to an authentic source, trash the email, terminate the phone call, or delete the message.

**DO NOT ENGAGE THEM IN ANY WAY...**They are amazingly good at the game they play and will con you more easily than you would ever expect.



**Become informed, prepare yourself, avoid scams and protect your identity.**

### ***Basic rules to help you scams:***

1. Never click links or open attachments from unknown senders.
2. Reject suspicious messages or call phone numbers from suspicious sources – instead, go to the source, to the official website of the official phone

number.

3. Contact your bank directly speaking to someone there.
4. *Never provide personal or financial information unless you initiated the call.*
5. Banks and credit card companies **will never** call, text, or email you asking for your personal information, secure access codes, or login credentials.
6. Block unwanted calls or text messages.
7. Don't allow yourself to be pressured to act. Think before you take any action.
8. **Be proactive and be prepared.**
9. Create your own list of bank and credit/debit card companies and their contacts (hopefully, you'll never need to use it, but if you do you'll have the information at your fingertips that you trust and know is official and secure.)

## Upcoming events:

### *Briefly:*

- Material submitted by *Ikebana* International member, Yvonne Leung



*Oshawa Valley Botanical Garden*  
presents:

### *A glorious Peony Festival*

**June 10 - 11**

Free admission

155 Arena St., Oshawa

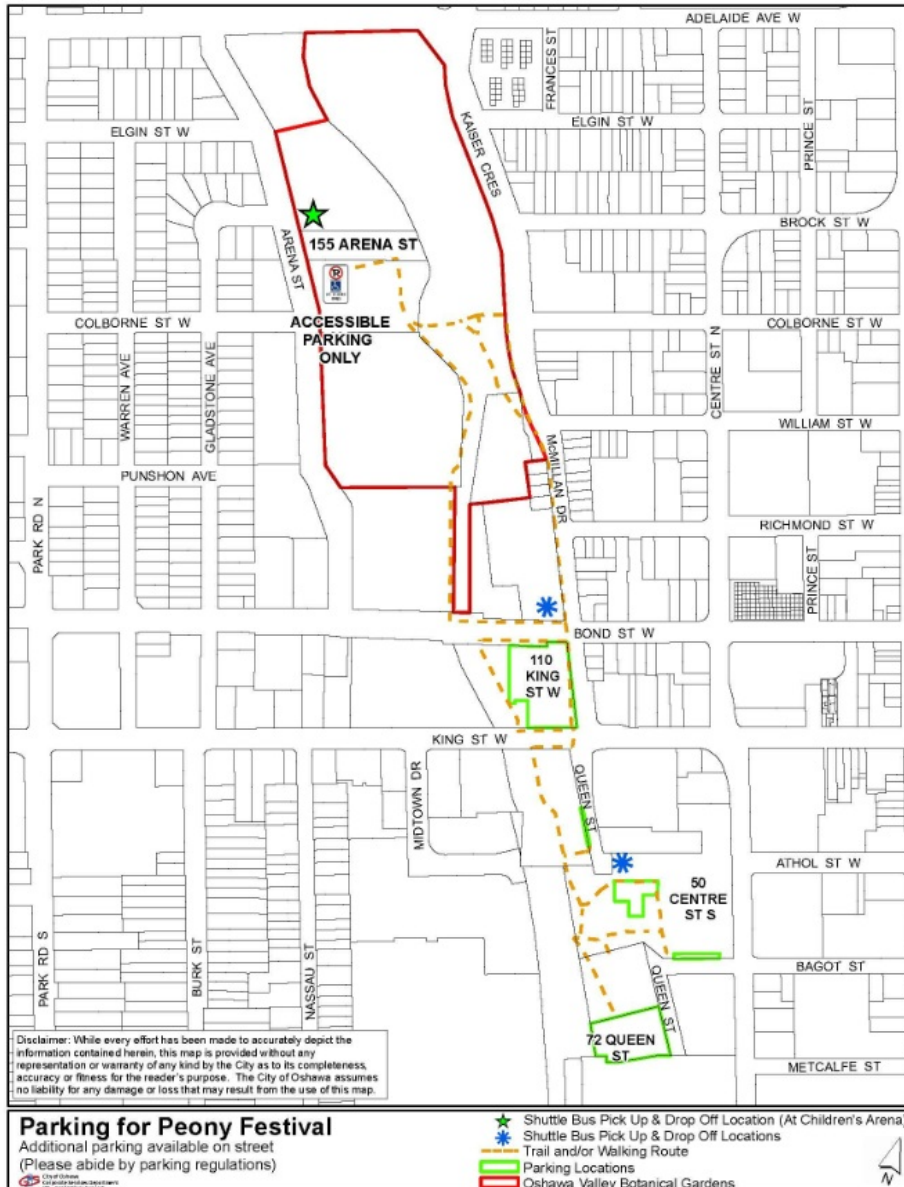
### *Peony Festival*

Ranked as one of Ontario's top 100 festivals, the Peony Festival 2023 is its 11th



year of blooming glory. Thousands from across Canada and other regions have enjoyed the magnificent floral pageantry that is the annual splendourous show in Oshawa.

There are 300 types of peonies on display at the Oshawa Valley Botanical Gardens during this weekend-long festival.



The Peony Festival is an event your whole family will enjoy. Post a reminder on your fridge door!

<p><b><i>Ikebana International</i></b>  <b><i>( Toronto Chapter )</i></b>  a demonstration presentation</p> <p><b>Ikebana Showcase</b>  Sunday, June 11  11 am - 11:45 am...</p>	
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<p><b><i>Ikebana International</i></b>  <b><i>( Toronto Chapter )</i></b>  a demonstration presentation</p> <p><b>Ikebana Showcase</b>  Sunday, June 11  11 am...</p>	
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Ikebanists from Ikebana International Toronto Chapter will do a live demonstration of *Japanese Style Flower Arrangements* for the public at no cost.

The Toronto Chapter #208 of Ikebana International was founded in 1981 and is a chartered chapter of Ikebana International.

For more details, click —> <https://www.ikebana-toronto.com/>

**Ikebana International (I.I.)** is a non-profit cultural organization with headquarters in Tokyo, Japan, is dedicated to the promotion and appreciation of *Ikebana*, the Japanese art of flower arrangement. Founded in 1956, it has now spread to over 60 countries/areas, with 165 chapters and over 8,000 member.



Ikebana arrangements: Yvonne Leung

## **TRIVIA**

*Source: Readers' Digest.ca*

# TRIVIA

BY Beth Shillibeer



**1.** What Guinness world record did actor John Cena set in 2022 for his work with the Make-A-Wish Foundation?

**2.** Bloomberg Philanthropies' Asphalt Art Initiative has awarded 19 European cities grants to do what in 2023?

**3.** Developed in the late 1930s, what sport is played on horseback, using a stick to capture the ball and score?

**4.** What chocolate bar has a version infused with sake, giving it an alcohol content of up to 0.8 percent?

**5.** Which seabird will fly the equivalent distance of nearly three times to the moon and back over its 30-year lifespan?

**6.** Trucks playing Beethoven's "Für Elise" travel through Taiwan gathering what?

**7.** What does it mean if a docked ship is flying the flag "Blue Peter"?

**8.** Which country shares a border with every other South American country except Ecuador and Chile?

**9.** Mr. Potato Head had a body made of what until 1964?

**10.** What global milestone did the human race reach on November 15, 2022?

**11.** In 1894, Luis Coloma rewrote the story of Ratoncito Pérez to comfort eight-year-old King Alfonso XIII of Spain when he lost what?

**12.** Ancient cultures were known to use what sweet and sticky substance as a food preservative?

**13.** Museums in Toronto and New York are employing what smartphone technology to superimpose images on nature and colourize ancient sculptures in many of their exhibits?

**14.** Cleopatra had her portrait carved into what gemstones?

**15.** Who wrote the "No. 1" book series, about a Botswanan woman who opens an investigative business?

**Answers:** 1. Most wishes granted (650). 2. Paint  
public murals. 3. Polocrosse. 4. Kit Kat. 5. Arctic  
tern. 6. Garbage. 7. Ready to sail, all aboard.  
8. Brazil. 9. A real potato. 10. A population of  
eight billion. 11. A tooth. 12. Honey (its high  
sugar content kills micro-organisms). 13. Aug-  
mented reality. 14. Emeralds. 15. Alexander  
McCall Smith (No. 1 Ladies' Detective Agency).

# Word Power

Source: Readers' Digest.ca

## WORD POWER

**This issue**, we're all about keeping it brief with a roundup of useful acronyms from the worlds of IT, HR and EMS, among others. Pronouncing them is as easy as ABC: Just recite the letters and you'll be GTG. ID these terms ASAP, then turn the page to see the answers spelled out.

BY *Samantha Rideout*

### 1. TBD

- A to be determined
- B terribly bad day
- C tactical business development

### 2. ESL

- A earnings, savings and loans
- B elementary-school level
- C English as a second language

### 3. DOE

- A date of event
- B depends on experience
- C day off due to exhaustion

### 4. P&L

- A parsley and lemon
- B position and location
- C profit and loss

### 5. GMO

- A genetically modified organism
- B give me one
- C guaranteed mail order

### 6. SEP

- A someone else's problem
- B solar energy production
- C seismic event prediction

### 7. PS

- A print supplement
- B postscript
- C parting statement

### 8. ABC

- A against book censorship
- B airway, breathing and circulation
- C access to basic care

### 9. URL

- A uniform resource locator
- B underground racing league
- C upper range limit

### 10. ROM

- A royal order of merit
- B rate of mortality
- C range of motion

### 11. SPF

- A sensor pixel format
- B sun-protection factor
- C single-parent family

### 12. SFPF

- A system for physical fitness
- B salty, fast or processed food
- C smoke-free, pet-free

### 13. TMI

- A test of machine intelligence
- B too much information
- C toxic materials index

### 14. LCD

- A low-cholesterol diet
- B liquid-crystal display
- C local courier delivery

### 15. JGI

- A just Google it
- B junior-grade infantry
- C judgment of guilt or innocence

## Word Power ANSWERS

**1. TBD (A)** *to be determined*

The band's exact dates and venues for their summer tour are TBD.

**2. ESL (C)** *English as a second language*

Mr. Jacobs spoke slowly to help his ESL students follow along.

**3. DOE (B)** *depends on experience*

Andréanne felt hesitant to apply for jobs that listed the salary as DOE.

**4. P&L (C)** *profit and loss*  
Every publicly traded company must issue P&L statements regularly.

**5. GMO (A)** *genetically modified organism*

So far, there are no signs that GMOs are unsafe for human consumption.

**6. SEP (A)** *someone else's problem*

Malcolm dismissed the fallen stop sign as SEP and kept walking.

**7. PS (B)** *postscript*

Sara added a hasty PS to her email after realizing she'd left out a key piece of information.

**8. ABC (B)** *airway, breathing and circulation*

The paramedic checked Lev's ABCs and concluded he wouldn't need CPR.

**9. URL (A)** *uniform resource locator*

Ravneet typed in the URL of the store's website to check the return policy.

**10. ROM (C)** *range of motion*

Debbie worried about losing the ROM in her arthritic shoulder.

**11. SPF (B)** *sun-protection factor*

Bill's skin burned easily, so he always chose a high-SPF sunscreen.

**12. SFPP (C)** *smoke-free, pet-free*

Used furniture sells more easily when it's from an SFPP home.

**13. TMI (B)** *too much information*

Nefeli wondered if some of the details in her story were TMI.

**14. LCD (B)** *liquid-crystal display*

The salesperson rattled on about the advantages of LCD TV screens.

**15. JGI (A)** *just Google it*

When his brother texted him asking how to boil an egg, Pranjai told him: JGI.

### Vocabulary Ratings

**9 & BELOW:** OK

**10–12:** VG

**13–15:** A1

# ***Sudoku***

*Source: Readers' Digest.ca*

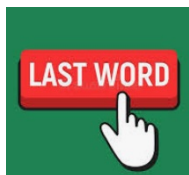
*Loius-Luc Beaudoin*

8			2	4				
2			9			7		4
1					5		9	
			8	3		2		
		6					7	5
	9				6	1		
	4		1	3	5			
		1	6		2			8
	2					9		

**SOLUTION**

6	2	3	4	5	8	9	1	7
7	5	1	6	9	2	3	4	8
9	4	8	7	1	3	5	2	6
4	9	2	5	7	6	1	8	3
3	8	6	1	2	9	4	7	5
5	1	7	8	3	4	2	6	9
1	7	4	3	6	5	8	9	2
2	6	5	9	8	1	7	3	4
8	3	9	2	4	7	6	5	1





Finally, remember *Dan Rather*, of CBS news acclaim? Well, at 92, he writes a daily blog regarding living in America today. Though almost exclusively about the US, sometime others will benefit from reading his columns. Recently, he posted an outstanding piece on summer vacations. If you're an older adult born in the 40s, the nostalgic trip about which he writes will make you smile. It will have you mentally revisiting your childhood, recalling automobile vacations if you were fortunate enough to have a family car and parents who wanted to take you on a road trip. Check it out, especially if your next holiday plans are “*stayclose-cations:*”

—> [DAN RATHER](#)

As always, wishing you the best and a great and safe summer...

*Richard  
Nadia & Fermo, too !*

