



# anything goes

something for "everyone"....

August 2023

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Andrea Smith

Tinya Porter

Milli Williams

## *I Saw an Angel Today*

By Tinya Porter, written in 2009

***I saw an Angel today.*** Yeah, I can hear some folks now, but that won't change the fact that I SAW an Angel today. I felt this with so much certainty that I told a couple of people about it. As I'm sure you all can imagine; my statement was receive with a variety of reactions. There was the "logical explanation", there was the "have you been drinking", there was the, "It's the season" and then there was my personal favorite, "that's wonderful".

See I truly believe that there are Angels walking among us and just like the Bible says, we never know who they are. Faith is not logical. Anyone who has any firm belief in anything AND a grip on reality will tell you that. It doesn't matter what your religion is, it is NOT based on logic. That's good because logic is based on fact and the fact is that we humans do not know and never will know everything. You can't realistically, not believe in anything until you know everything because then, you'll never believe in anything.

So as I said, I saw an Angel today. Oddly, she was working at a MacDonald's off of I66. I was coming from my Mom's house and had made several stops, for several reasons I was feeling kind of down, all she said was, "Have a happy holiday", then she smiled. That was all, but that smile reached down into the sadness in my heart and took it away. It washed from head to toe and I knew in my heart that everything was going to be alright and I didn't have to worry about stuff anymore.

No, I was not drinking, no, it wasn't just because it was Christmas Eve, well not unless you want to think that extra miracles happen now. Five miles down the road, I was still smiling to myself. I can't tell you what the young lady looked like, but I know that smile. I've seen it before, I've seen it on my Grandmother's face, I've seen it on the face of the lady who I always describe as "the Sweet Lady" and everyone knows who I'm talking about. It's the smile that says, "Have no fear, you are not alone and you are loved".

Now logical people tell me this, if the heart of a person is so good, so loving and so kind that their smile alone can make the heart of a stranger so light that they want to share it with others, if it makes them want to give that same sense of hope and happiness to others, logically, isn't that the definition of an Angel?

I stand by my statement and I hope you all run across one too. I saw an Angel today and it was a wonderful thing. God Bless you all.

## 5 ways older adults can exercise in the heat like a senior athlete



It's vital to stay active as you age, but how can you keep working toward your fitness goals during the sweltering summer heat? Exercising outdoors as the temps - and humidity - climb may be not only uncomfortable but can risk conditions like heat stroke and heat exhaustion. If you're beginning any exercise program, it's also best to check with your healthcare provider first.

Before heading out for a brisk power walk or a lively game of pickleball this summer, Andi Kwapien, a SilverSneakers National Trainer who will be teaching SilverSneakers classes from this year's National Senior Games, offers tips that hold true whether you're a competitive athlete or just staying active for your overall health.

### 1. Be informed

When planning outdoor activities, make sure to check the weather. Your local news station or the National Weather Service can help you decide if it's a good day to spend outside. Check not only the temperature and humidity but also the air quality where you live. If there are signs it could be hazardous for you to spend much time in the great outdoors, consider an indoor alternative.

### 2. Pace yourself

Fitness experts advise warming up and cooling down before and after a workout. Start at a slower pace at first, then cool down gradually a few minutes before you end your session, followed by gentle stretching. Choose activities that are easy to do anywhere and that you can adjust to your own pace, such as walking, or that require less strenuous exertion and strength while keeping you active and cool, such as water exercises.

Know your limits and listen to your body's signals. According to the Mayo Clinic, it can take time for your body to get used to the heat, so start nice and easy, and lower your expectations for how long and hard you exercise. Take breaks, especially if you feel overheated, lightheaded or out of breath.



### 3. Try an organized exercise program

Getting involved in a fitness program provides many benefits, including expert advice and instruction, plus opportunities to enjoy the social and mental health benefits of fitness.

For example, SilverSneakers® by Tivity Health® is a health and fitness program for adults 65+ and is included for free in many Medicare Advantage plans. It includes live, online fitness classes, on-demand videos and access to a network of up to 22,000 fitness locations nationwide, including community fitness locations.

SilverSneakers is sponsoring the 2023 National Senior Games presented by Humana from July 7-18, 2023, in Pittsburgh, Pennsylvania, to cheer on the more than 11,500 seniors competing. SilverSneakers has 18 million eligible members nationwide, and supports physical activity for all fitness levels, from beginners to seasoned athletes. As part of the National Senior Games, SilverSneakers will offer on-site workouts and special events from the games through SilverSneakers LIVE and will be the presenting sponsor of Pickleball and Power Walk events.

As a member, you can access multiple locations, and use the SilverSneakers GO mobile app to be active wherever and whenever you choose to work out. Learn more at [SilverSneakersLetsGo.com](https://www.silversneakers.com).

#### 4. Stay hydrated

Always keep water or beverages containing electrolytes (like sports drinks) nearby anytime you're working out, especially out in the heat. Take sips often, even before you feel thirsty, to help you regulate your temperature and replace moisture lost through sweating. The American Heart Association recommends drinking before, during and after your workout to help prevent health problems that could be exacerbated by dehydration.

#### 5. Prepare for heat and sun

The Mayo Clinic also recommends taking other precautions outdoors in the summer, like wearing light-colored, loose-fitting clothing and avoiding exertion during the hottest time of day (from around noon through 3 p.m.) To avoid too much sun exposure, stay in the shade when possible, wear a wide-brimmed hat and apply sunscreen. You may need to reapply it after swimming or sweating.

Using these tips should help you stay active even when it's hot outside. Commonsense measures can help you enjoy your favorite activities, no matter what the weather.

## *New Authors to check out!!*

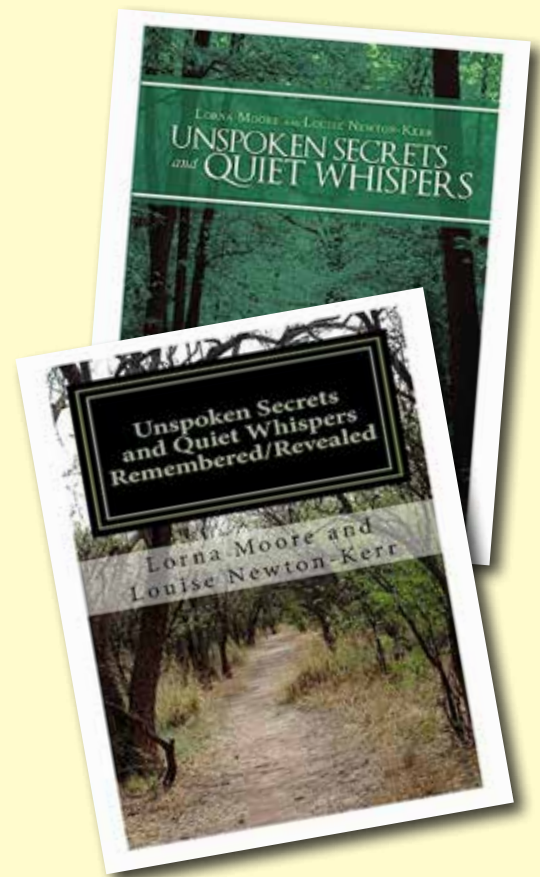
### *Lorna Moore and Louise Newton-Kerr*

**Lorna Moore**, born in Clearwater, FL; raised in Tarpon Springs FL. She attended Pinellas County Schools and she's a graduate of St. Petersburg College. She is co-Author of two books: *Unspoken Secrets and Quiet Whispers*, and *Unspoken Secrets and Quiet Whispers Remembered/Revealed*. She's a mother of three young adult children and enjoys spending time with her family. She currently resides in Georgia.

**Louise Newton-Kerr**, born in Dawson, GA, her family relocated to Largo, FL when she was young. She has two adult daughters and three grandchildren. She's co-Author of two books: *Unspoken Secrets and Quiet Whispers*, and *Unspoken Secrets and Quiet Whispers Remembered/Revealed* which are inspired by true events from her life. She writes poetry and she loves gardening.

These two young ladies also have a podcast: *Unspoken Secrets and Quiet Whispers*. You can listen on Apple Podcast.

Louise Newton-Kerr and Lorna Moore are mother and daughter.



**CLICK HERE!!**

*Unspoken Secrets and Quiet Whispers  
and  
Unspoken Secrets and Quiet Whispers Remembered/Revealed  
can be purchased on Amazon*

## *Unleash your wanderlust: Top travel ideas for pet owners*

Pets are like family and they bring deep meaning to life. While summer vacations can be exciting, bringing all family members along for the stay can make travel memories even richer. Are you ready to plan a summer getaway with your beloved pets?

According to data from Hilton, nearly 80 percent of pet owners say their pets influence the activities they plan and the destinations they visit. With scenic dog-friendly hikes across the U.S., outdoor beer gardens, hotels, restaurants and even entire cities catering to furry friends in creative ways, there are new opportunities to make incredible memories together while traveling with ease.

### Fur-ociously fun accommodations

When traveling with your pets, it matters where you stay, which is why Hilton's pet-welcoming hotels make bucket-list travel with your pets easier and better than ever. With more than 5,000 pet-friendly hotels across the United States and Canada, Hilton makes it easy to pair the fun summer vacation with the perfect stay. For example, you'll find enough room for you and your pets to spread out at Home2 Suites by Hilton, Hilton's first-ever pet-friendly brand, a thoughtfully local stay and comfy pet beds at Canopy by Hilton, and homelike accommodations while on the road at Homewood Suites by Hilton.

More than 9 in 10 travelers agree that a hotel stay experience can make or break your trip, and if your pet is happy and feels taken care of, you are too. Hilton's pet-friendly accommodations provide a seamless hotel stay, from the booking process, where you can search for pet-friendly properties, to arrival, when pets take refuge from the road.

### Paws-itively amazing travel ideas

When traveling with pets, seek pet-friendly destinations that allow your furry companion to have some fun, such as those with ample green space to explore together. One of those destinations, the City of Brotherly Love, Philadelphia, is home to one of the largest urban park systems in the U.S., with nearly 10,000 acres to enjoy.

If it's a beach vacation you're after, turn to destinations that have dog-friendly beaches, such as Myrtle Beach, South Carolina, which provides pet-friendly morning and evening hours on its famous sand and boardwalk.

You can even enjoy some kitsch on road trips with your pet, such as visiting the World's Largest Fire Hydrant in Beaumont, Texas, or exploring the coastal sand dunes in North Bend, Oregon, in a pet-friendly dune buggy.

With more than half of travelers (56%) concerned about having an easier travel experience in 2023, finding destinations that are heads and tails above the rest is a walk in the park with Mars Petcare's BETTER CITIES FOR PETS™ program, which celebrates and supports cities that strive to be pet-friendly. For example, Daytona Beach, Florida, is known for its fun activities for pets and their humans, such as Bark in the Park minor league baseball games, where four-legged friends can enjoy nine innings with a "pooch pass."

Another popular certified pet-friendly destination is Nashville, a city so pet-welcoming that its airport is filled with amenities to make travel easier, including a dedicated dog park with a dog drinking fountain, indoor relief areas and pet-themed murals in the terminals for selfies with your best friend.

So grab your leashes, pack up your dog beds, water bowls and a favorite toy or two and get ready to hit the road with your pets on the best summer family vacation yet.



# MILLI'S Simple Recipes

## MILLI'S E Z HERB & BACON DEVILED EGGS

- 12 lg. hard-cooked eggs
- 1/4 cup prepared ranch salad dressing
- 3 Tbsp. plain, thick Greek yogurt
- 2 tsp. Dijon mustard
- 1/2 tsp. white pepper
- 2 1/2 tsp. bacon bits
- 1 Tbsp. fresh chives, finely snipped

Cut eggs in half lengthwise. Remove yolks to small bowl, setting whites aside. Mash yolks. Stir in next 6 ingredients. Pipe or spoon into egg whites. Refrigerate, covered until serving. Sprinkle with Paprika, if desired.

## MILLI'S E Z SUMMERTIME BURGERS

- 1 1/2 lbs. 85% lean ground beef (best for moist burgers)
- 1/3 cup shallots, finely chopped
- 3 Tbsp. A1 steak sauce
- 1 Tbsp. Worcestershire sauce
- 2 tsp. sea salt
- 1/2 tsp. coarse ground black pepper
- 4 hamburger or Kaiser rolls

In a large bowl, combine all ingredients and gently mix with hands....(do not overwork meat)  
Shape into 4 1/4 in. thick burgers. Grill burgers, uncovered, over medium heat 15 to 20 mins. or until done (160 degrees F), turning once. Serve burgers on buns with choice of toppings listed below:

lettuce, sliced tomatoes, cheese, thin sliced onions, dill pickle slices

## Milli's PRETTY SUMMER COLE SLAW

- 1/2 cup Mayo
- 1/2 cup sour cream
- 1/4 cup evaporated milk
- 3 Tbs. fresh lemon juice
- 2 Tbsp. sugar
- 2 Tbsp. fresh dill, chopped
- 3/4 tsp. sea salt
- 1 tsp. fresh ground black pepper
- 1pkg. coleslaw with carrots
- 1 cup red cabbage, shredded
- 4 green scallions, chopped

In a bowl, whisk together mayo, sour cream, milk, lemon juice, sugar, dill, salt and pepper. Stir in coleslaw mix, red cabbage and scallions until well coated. Refrigerate at least 1 hour before serving.

Serves 6  
Good with fried or grilled chicken, and garlic bread

## MILLI'S EZ FRUIT COCKTAIL CAKE

Heat oven to 350 degrees

- 2 Cups flour
- 1 1/2 Cups sugar
- 2 teaspoons baking powder
- 2 Eggs
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract
- 2 Cups fruit cocktail with juice
- Whipped topping or ice cream

In a large bowl, combine flour, sugar and baking powder. Set aside. In another bowl, beat eggs, Add extracts and fruit cocktail. Fold fruit mixture into dry ingredients, and mix well. Pour batter into a greased & floured 10 qt. bundt pan. Bake at 350 degrees for 45 minutes. Cool completely, and serve with whipped topping, or vanilla ice cream.

## *Beat the heat safely: Your guide to exercising outdoors during summer*

Summertime is the ideal time to be active. As the weather heats up, many people are also turning up the heat on their personal fitness. While exercise can be particularly enjoyable during the warm weather months, it's important to take proper precautions to stay healthy and safe.

Samantha Clayton, master personal trainer and vice president of Sports Performance and Fitness Education at Herbalife, explains why the body responds differently to activity done in the heat:

“Heat adds stress to the body because it must work harder to balance a core temperature,” she said. “The body sweats more to cool down when training in hot weather. Losing that additional fluid can impact performance and lead to heat-related illnesses.”



Clayton shares three questions to ask yourself before exercising outdoors to help you be safe and feel well:

### 1. What is the weather forecast?

The first step is to check the expected weather conditions for the day. According to the National Weather Service, a heat index at or above 90 poses a significant health risk when engaging in physical activity outdoors. Keep in mind, each person has a different heat tolerance and fitness level, so this is just a guideline.

“Humidity is another key factor to watch,” said Clayton. “It impacts training because the moisture in the air prevents the body from cooling as efficiently through sweating and evaporation. Plus, the body responds to humidity by sending blood closer to the surface of the skin to cool down, depriving muscles of circulation, which can cause cramping.”

If weather predicts heat and humidity, choose a cool time of day to avoid midday sun. Early morning exercise is optimal. If needed, work out indoors at home or head to your local gym.

### 2. What clothes are best for the conditions?

During summer heat, it's important to wear lightweight clothing that will wick away sweat to keep you cool and dry, plus protect you from UV rays. Rather than hats, opt for sunglasses and visors that shade the eyes from the sun while allowing heat loss through the head to keep you feeling cooler.

“Beyond clothing, look for shaded outdoor spaces to work out, like a pavilion to stretch or a shaded park path for running,” Clayton suggested.

### 3. How much should you drink?

Your body sweats even if you don't feel like it is. When it's hot outside, it sweats even more. Add movement while training, and you can bet you're losing fluid quickly. That's why hydration should be a priority.

“Replacing lost fluid is important and the amount varies depending on your size, the weather and activity level. A good baseline is for every 20 minutes of exercise to sip at least 4 ounces of fluid,” said Clayton.

Remember, when the body sweats it loses more than just water. That's why when training it's smart to drink a sports drink, just like professional athletes, like Herbalife24® CR7 Drive Drink with electrolytes like potassium, magnesium and sodium to help enhance hydration and replace electrolytes lost in sweat.

### Beware heat exhaustion

Even professional athletes with years of experience may push themselves too far in the heat. That proves it's worthwhile for everyone to review the signs of heat exhaustion when exercising:

- \* Nausea
- \* Confusion
- \* Fatigue
- \* Excessive sweating
- \* Irritability
- \* Low blood pressure
- \* Increased heart rate
- \* Vision problems
- \* Muscle cramps

If you notice any of these symptoms, stop and find a cool place to rest, like in the shade or an air-conditioned building. Take small sips of water - cool is ideal but not ice cold. If symptoms don't subside after rest and fluids, you may need medical attention. Call your doctor's triage line with any questions or concerns.

"With the correct steps, you can continue to exercise safely outdoors many days this summer," Clayton said. "Be proactive and listen to your body and you'll feel great while striving toward your fitness goals."

For more information and tips on a healthy lifestyle, visit [iamherbalifenutrition.com](http://iamherbalifenutrition.com).

## *Kkids Kcorner*

### ***Cracking the gender barrier and inspiring girls to pursue tech careers***

Technology jobs continue to evolve, offering career opportunities as well as job security. Traditionally these jobs have been filled by men, but industry leaders and educational experts are calling for change. One strategy that is gaining momentum is engaging girls at a younger age.

#### Women in tech: The current landscape

There is a sizable gap with women and minorities in tech careers. While women make up approximately half of the U.S. workforce, they are critically underrepresented in the technology sector, making up only 28% of the industry. These numbers are even lower for women of color seeking opportunities in the field, with only 3% of computing-related jobs being filled by African American women, 6% by Asian women and 2% by Hispanic women.



#### Closing the gap

While hiring initiatives and higher education outreach are fundamental efforts to promote change, some experts believe closing the gap depends on reaching girls while they are still young, ensuring they stay informed, engaged and inspired.

“All girls need to see that women have an important role in the future of technology. Learning about STEM, experiencing activities and seeing women represented in these careers will help fuel the next generation of female technology professionals,” said Dr. La’Quata Sumter, professor at DeVry University’s College of Engineering and Information Sciences.

Sumter knows hands-on experiences matter for younger students. She is also the founder and CEO of Focusing on Me, Inc., which sponsors an initiative that provides teachers and facilitators with the tools and resources to teach drone technology to their students.

### Group efforts inspire change

Efforts like Sumter’s are important in reaching girls and ensuring today’s youth is prepared for the careers of tomorrow. More organizations are recognizing the importance of exposing girls to science, technology, engineering, and math - commonly called STEM - and adopting social responsibility programs to make a difference.

One initiative gaining worthwhile attention is HerWorld by DeVry University. The program introduces middle school girls to STEM by building their digital fluency and technology confidence while also encouraging curiosity in tech careers. HerWorld engages young women in underrepresented school districts by sharing stories about the types of careers they could have with technology and to give them hands-on interaction with different types of technology.

### Empowering girls during the summer

Even while school is out, it’s important to keep girls engaged in STEM. The summer months can be the ideal time to explore new hobbies and activities that promote curiosity and competency in technology.

Families with young girls should look to their local communities and organizations that have summer programs to keep girls engaged in STEM. One option is Girls Inc., which provides year-round after-school programming, weekend activities, and experiences that expand upon and support girls’ STEM learning.

“Ensuring kids have tech fluency and confidence is more crucial than ever. Girls are able to identify STEM concepts in everyday life and are introduced to women pursuing STEM careers, which makes it more relatable and their goals more feasible,” said LaKeshia Jackson, STEM Coordinator for Girls Inc., of Greater Atlanta.

Sumter agrees. “The need to prepare today’s youth for the careers of tomorrow has never been more crucial. By opening the conversation and providing opportunities to young girls, the future will be brighter for everyone,” she added.





# *How to spot fraud, outsmart criminals and protect yourself from scams*

By Martha Weaver, Retail Gift Card Association Fraud Committee Chair

Criminals are smart. And increasingly sophisticated. With technology and artificial intelligence (AI) at their fingertips, they are constantly finding clever ways to take advantage of honest, hard-working Americans. There are a variety of scams criminals use to steal money, and many are turning to more cunning methods that involve bank accounts, debit and credit cards, and gift cards.

People love gift cards; they've been the top requested gift in America for nearly two decades according to the National Retail Federation. But while everyday folks love giving, receiving and using gift cards, unfortunately so do criminals. Just like other payment methods, criminals use intelligent means of stealing money from gift cards - but we have some tips for how to spot them, outsmart the scammers and protect yourself.



Here are our top gift card safety tips:

- \* Gift cards can only be used at the company on the card. If you get asked to send money or pay for another service with a gift card, STOP and contact law enforcement, even if the fraudster tells you not to talk to anyone or a loved one is in trouble. No real government agency or business will ever reach out and ask you to pay them with gift cards - and you can't pay taxes or bail money with gift cards.
- \* Check gift card packaging at the store and make sure the gift card hasn't been tampered with. Look for things like ripped or torn packaging or missing scratch-off material over the top of the PIN number. If something doesn't look right, pick another card and show the questionable card to a store associate.
- \* When you buy a gift card, keep your activation receipt as proof of your purchase.
- \* Only buy gift cards from trusted sources. If you're offered a deal that's too good to be true, like a big discount on a gift card, it's likely a scam or you're getting a fraudulent card.
- \* Store your gift cards securely and don't share gift card numbers or PINs with people you don't know.

If you think you have been scammed or see fraud happening, contact your local law enforcement or the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint) or via this toll-free number: 1-877-FTC-HELP. You can also report IRS impersonation scams to the Treasury Inspector General for Tax Administration, visit their website or call 800-366-4484.

The Retail Gift Card Association (RGCA) is the only nonprofit trade organization that represents the gift card industry. We have more than 100 of the world's top brands on our roster, and together our mission is to promote positive gift card experiences among shoppers.

More information about how to have amazing gift card experiences is available at [GiftCardSafety.org](https://www.GiftCardSafety.org). You can learn more about the gift card industry at [www.thergca.org](https://www.thergca.org).

# Andrea's *REAL* Estates Tidbits

## *Hello house hunters!*

It's me again with a little tid-bit of information.

### *Renting vs Buying*

Buying is not for everyone, however, with the renting market these days...rent costs are just as much as a mortgage, sometimes more.

Why pay someone else's mortgage, when you can pay your own.

Renting is easy you say, you pay to stay and no worries, just let the landlord take care of everything. Wait that's not completely true, at times it is your responsibility to maintain someone else's property. Let's not forget, if you break it, you have to fix it, so you are improving someone else's property. Then there is the creative side... well there is no creative side. No you cannot change the paint color. No you cannot hang too many pics... some landlords will charge for each hole you put in the wall. No, no, no! It's not yours and you need permission before you do anything in the rental. This one really hurts some people... no pets! You cannot bring a part of your family. The downfalls and stipulations of renting is real.

Now, just think over the years, the money you spent paying rent is gone. No return on your investment. Not for the landlord though, you are contributing to his/her pocket, taxes, and equity. Yep you helped someone else build, they are making thousands off of you.

Now I mentioned buying is not for everyone, because you may not want all of that responsibility. Have you thought about a condo. Apartment living but it's all yours!

Let me help you build your your nest, and let's talk about Condos next month!



**Andrea Smith, Realtor Serving MD, WV, & PA**

**Cell: 240.446.1925**

**Email: [Andrea@homesweethomewv.com](mailto:Andrea@homesweethomewv.com)**

**Website: [www.HomeSweetHomeWV.com](http://www.HomeSweetHomeWV.com)**