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SHANNON FARQUHARSON

Cigna Medicare Agent & Benefits Advisor shannon.farquharson@cigna.com (480) 215-0565



DON'T FORGET MOTHER'S DAY. OR AS THEY CALL IT IN BEVERLY HILLS, DAD'S THIRD WIFE DAY



MEDICARE HEALTH INSURANCE

JANE L SMITH

1EG4-TE5-MK72 HOSPITAL (PAP-MEDICAL

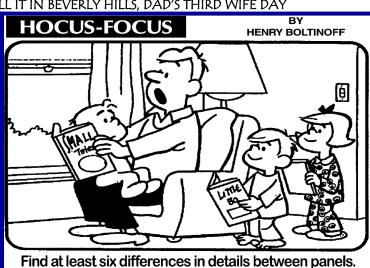
inside.

BEST

INSURANCE COMPANI

MEDICARE ADVANTAGE

ARIZONA 2022





Differences: 1. Shade is missing. 2. Title is different. 3. Lamp is moved. 4. Pillow is missing. 5. Switch is missing. 6. Pajamas are different.

TREASURE BOX II





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Hi Everyone! I'm Brenda, Photographer/Artist with BK Arts I am so happy to be part of this creative and talented group! I create items from my photographs that make everlasting impressions.



Come on in the Treasurebox II and check all the treasures we have created just for you!





My name is Kim Hermann I am a local artisan. I design and create a wide variety of handmade artwork which is on display and available for sale here at the Treasure Box II Boutique.





Pictured above is just one of many mosaic bird feeder designs you will find on display. Come on in and see more BK creative artwork designs! *Kim*

Vendor Space Available, For more information, please contact: Kathy Barr (480) 239-5288 -or- Teri Siggins (602) 320-4796 visit us at: www.Treasureboxtwo.com The Treasure Box II / Email: TheTreasureBoxTwo@gmail.com







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RUSSIAN RUDOLF NUREYEV, CONSIDERED THE WORLD'S LEADING MALE BALLET DANCER, DEFECTED TO FRANCE IN 1967

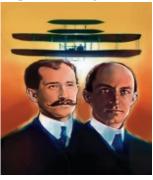


Moments in time THE HISTORY CHANNEL

* On May 27, 1679, the Habeas Corpus Act passed, strengthening an individual's right to contest unlawful arrest and imprisonment. The act is considered one of the most important rulings in English constitutional history.



* On May 24, 1887, President Chester A. Arthur and New York Gov. Grover Cleveland opened the Brooklyn Bridge. At the time, it was considered engineering's greatest achievement, with a span of 1,600 feet, which made it the longest suspension bridge in the world.



* On May 22, 1906, Wilbur and Orville Wright were granted a patent for their "flying machine." Their first application was rejected, and the overall process took three years, after which they sold the patent to the newly formed Wright Company for a sweet \$100,000, 40% of the company's stock, and a royalty of 10% on all aircraft sold.



WHATEVER YOU DO FOR THE LEAST OF THESE BROTHERS AND SISTERS OF MINE, YOU DO FOR ME - JESUS

* On May 23, 1962, 12 doctors at Massachusetts General Hospital in Boston performed the first successful reattachment of a human limb -- the severed arm of 12-year-old Everett "Red" Knowles. After four years of recovery, he had regained complete mobility and use of it.

* On May 26, 1993, Major League Baseball Jose Canseco and the Texas Rangers w playing against the Cleveland Indians wh the latter team's infielder, Carlos Martinez,

famously hit a fly ball that bounced off Canseco's head. All ended well, however, in a home run and no injuries, as well as some astonished laughs.

* On May 25, 2011, "The Oprah Winfrey Show" came to an emotional end after 25 years and 4,561 episodes, with its longtime host telling her audience, "You and this show have been the greatest love of my life." It remains one of the highest-rated daytime TV talk shows in American entertainment history.

* On May 28, 2016, a gorilla named Harambe was relaxing 🙀 inside the Gorilla World habitat at the Cincinnati Zoo when a 3-year-old boy climbed into the enclosure and fell into the moat. While it seemed that Harambe was protecting the boy from drowning, zoo officials decided to shoot the animal as they feared he might accidentally kill the child. (c) 2023 King Features Synd., Inc.



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runs May 1st-Oct.31st.



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CRIME IN AMERICA IS GETTING SO BAD THAT THE OTHER DAY THE STATUE OF LIBERTY HAD BOTH HANDS UP



MOTHER'S DAY

- "When your mother asks, 'Do you want a piece of advice?' it's a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway."—Erma Bombeck
- "My mother is my root, my foundation. She planted the seed that I base my life on, and that is the belief that the ability to achieve starts in your mind." — Michael Jordan
- "As mothers and daughters, we are connected with one another. My mother is the bones of my spine, keeping me straight and true. She is my blood, making sure it runs rich and strong. She is the beating of my heart. I cannot now imagine life without her." — Kristin Hannah
- Mother Nature, in her infinite wisdom, has instilled within each of us a powerful biological instinct to reproduce; this is her way of assuring that the human race, come what may, will never have any disposable income.







Medication Used for Perimenstrual Asthma Poses Health Risk



DEAR DR. ROACH: I'm a 55-year-old perimenopausal woman who developed asthma a few years ago. My symptoms always start right before my menstrual cycle. My doctor ruled out allergies as the cause. I used to get colds and sinus infections premenstrually in my younger years. Most medical practitioners don't see the correlation between hormones and respiratory symptoms. I sometimes take 10 mg of prednisone when I'm wheezing more than usual, and it seems to help. Is this dose putting me at risk for diabetes if taken regularly? -- B.S.

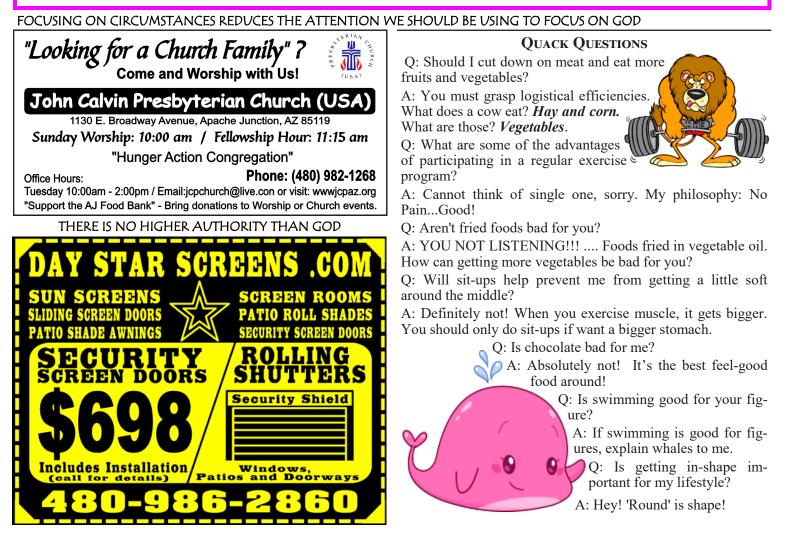
ANSWER: Perimenstrual asthma is a well-recognized condition that is nevertheless not well-known by most nonexperts. It is less likely to be caused by allergies and more likely to be aspirin-sensitive -- meaning that aspirin, or other anti-inflammatory drugs (like ibuprofen) commonly taken by women during menstruation, can trigger an asthma attack. Maybe a quarter of women with asthma have perimenstrual asthma. As you say, it is thought to be the hormone changes around menstruation that trigger the asthma. Oral contraceptives used continuously prevent large changes in progesterone and estradiol, and may be helpful in managing perimenstrual asthma. Although I didn't find a lot about it in literature, I suspect that when your periods stop, your asthma symptoms will get better. Increased medication at the time of menses is frequently needed. However, because prednisone, even at the fairly small dose of 10 mg, does increase risk of diabetes, osteoporosis, high blood pressure, glaucoma, cataracts and many other conditions, oral prednisone is not my first choice for medication in this situation. Inhaled steroids would be one choice, but they take a while to begin working. One recommended treatment is the oral medicine montelukast (Singulair), which has been proven effective in a small study and starts working right away.

DR. ROACH WRITES: A recent column regarding a "tip jar" in a living situation for a reader's brother who had suffered a stroke generated very powerful responses. (Respondents included nurses and administrators who worked in care facilities.) Many readers noted that they thought this was illegal in the states they lived in. While many readers responded that they were happy to give gifts to the caregivers, nearly every person wrote that the public nature of the "tip jar" was inappropriate. The institutions I have been affiliated with have very careful rules about accepting any kind of gift. In my opinion, the "tip jar" grossly violated ethical standards, and nearly all readers agreed with me. Several readers wished me to mention the state ombudsman program for long-term care. Every state is required to have such a program to address complaints and advocate for improvements. Residents in the U.S. can learn more about the long-term care ombudsman program at Itcombudsman.org/ about/about-ombudsman.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column

whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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IF GOD HAD WANTED US TO VOTE, HE WOULD HAVE GIVEN US CANDIDATES

I DID A PUSH-UP TODAY.

WELL, ACTUALLY I FELL DOWN. BUT I HAD TO USE MY ARMS TO GET BACK UP SO... YOU KNOW, CLOSE ENOUGH.

I NEED SOME CHOCOLATE.





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AS THE HEAVENS ARE HIGHER THAN THE EARTH, SO ARE MY WAYS HIGHER THAN YOUR WAYS - ISAIAH 55:9





1. Is the book of 2 Revelation (KJV) in the Old or New Testament or neither?

2. From John 20, which person's last recorded words in scripture were, "My Lord and my God"? Samson, Matthew, Thomas, David

3. Paul was shipwrecked on what island while on his way to Rome to face charges? Arvard, Cos, Melita, Samos

4. Which Psalm begins, "The Lord is my shepherd, I shall not want"? 1, 11, 23, 50

5. Who wrote the first five books of the Old Testament? Peter, Abraham, Luke, Moses

6. What's the longest book of the New Testament? Luke, John, Acts, Romans

ANSWERS:	Comments?
1) Neither	More Trivia?
2) Thomas	Gift ideas? Visit
3) Melita (Malta)	www.TriviaGuy.com.
(4) 23	(c) 2023 King Features Synd.,
5) Moses	
6) Luke	Inc.







by Freddy Groves

VETERANS NEEDED FOR GULF WAR ILLNESS STUDY

The Department of Veterans Affairs has just hooked up with the National Institutes of Health (NIH) to do a five-year study of Gulf War Illness (GWI). The war (Operation Desert Storm/ Operation Desert Shield) was from August 1990 to June 1991, and there are nearly 200,000 veterans still suffering the effects. Perhaps you can help.

The symptoms of GWI include headaches, rashes, gastro problems, muscle and joint pain and more. The IN-DEPTH project will be split, with the VA recruiting veterans to participate in the study (veterans who do and don't have GWI) and the NIH doing the research. To be noted, in bold type on the NIH's description page for the study reads: "Participants in the study will not receive treatment." It's all testing that will hopefully lead to treatments.

If you're interested in participating, you must be between the ages of 48 and 70. You'll be admitted to the NIH Clinical Center in Bethesda, Maryland, for 14 days, during which time you'll be tested from one end to the other. Some tests might be performed as outpatient.

To join the program, you'll first do a phone interview and your existing medical records will be checked. They'll do an at-home visit to check your vitals and review your medical questionnaires. If selected, you'll check into the clinic, where you'll undergo tests that include physical exam and strength testing, questions about food preferences, memory tests, wearing a heart monitor, stress tests on a stationary bike and much more. Once back at home, you might be asked to wear a monitor for a little while and to keep a health diary.

It doesn't cost anything to be in the study, but you'll be compensated and your travel may be paid for.

And, since the question will come up, if you've had Covid, you can't be in the study. They'll test you for antibodies during the screening.

If you have questions about the study, send an email to the NIH at gwiindepth@ninds.nih.gov. For the VA, send email to vha-was.indepth@va.gov.

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