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*Edited by NYU SoM NIEHS Center CEC*

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**AUGUST 2021 NEWSLETTER**



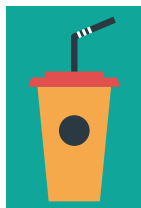
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# THIS DAY IN HISTORY

**AUGUST 1, 1981:** Music Television (better known as MTV) was launched.

**AUGUST 2, 1944:** Anne Frank penned her last entry into her diary.

**AUGUST 3, 1946:** The world's first theme park (called Santa Claus Land) opened in Santa Claus, Indiana.

**AUGUST 4, 1972:** Arthur Bremer was found guilty of shooting George Wallace, the governor of Alabama.

**AUGUST 5, 1962:** Film star Marilyn Monroe died at age 36 from an overdose of sleeping pills.

**AUGUST 6, 1945:** The first Atomic Bomb was dropped over the center of Hiroshima by the American B-29 bomber Enola Gay.

**AUGUST 7, 1782:** George Washington instituted the Purple Heart medal of honor.

**AUGUST 8, 1974:** President Richard Nixon announced his resignation, the first president to do so in U.S. history.

**AUGUST 9, 1930:** Animated cartoon character Betty Boop made her debut.

**AUGUST 10, 1954:** Construction began on the St. Lawrence Seaway.

**AUGUST 11, 1992:** Mall of America opened its doors to shoppers.

**AUGUST 12, 1981:** The IBM Personal Computer is stocked in stores for the first time.

**AUGUST 13, 1846:** The American Flag was raised for the first time in Los Angeles, California.

**AUGUST 14, 1935:** President Roosevelt signed the Social Security Act.

**AUGUST 15, 1969:** The Woodstock Music & Art Fair opened its doors to participants and spectators.

**AUGUST 16, 1954:** The first Issue of "Sports Illustrated" hit the newsstands.

**AUGUST 17, 2008:** Michael Phelps earned his 8th gold medal at the Olympics, breaking the record for the most gold medals won by a person in a single Olympic games.

**AUGUST 18, 1920:** The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.

**AUGUST 19, 1960:** Two dogs were launched in a satellite into Earth's orbit by the Soviet Union.

**AUGUST 20, 1988:** The Iran-Iraq War came to an end after seven years.

**AUGUST 21, 1911:** The Mona Lisa was stolen by a Louvre employee and recovered 2 years later in Italy.

**AUGUST 22, 1938:** Fred Astaire and Ginger Rogers appeared on the cover of "Life" magazine.

**AUGUST 23, 1959:** In the Peanuts comic strip, Sally debuted as an infant.

**AUGUST 24, 2006:** Pluto was declassified as a planet.

**AUGUST 25, 1940:** Arno Rudolphi and Ann Hayward were married while suspended in parachutes at the World's Fair in New York City.

**AUGUST 26, 1873:** The school board of St. Louis, Missouri, authorized the first U.S. public kindergarten.

**AUGUST 27, 1984:** Diane Sawyer became the fifth reporter on CBS-TV's "60 Minutes."

**AUGUST 28, 1996:** A divorce decree was issued for Britain's Charles and Princess Diana, ending their 15-year marriage.

**AUGUST 29, 1971:** Hank Aaron became the first baseball player in the National League to hit 100 or more runs in each of 11 seasons.

**AUGUST 30, 1963:** The "Hotline" between Moscow and Washington, DC, went into operation.

**AUGUST 31, 1994:** A cease-fire was declared by the Irish Republican Army after 25 years of bloodshed in Northern Ireland.



# HEALTH AND COMMUNITY NEWS

## ARTICLE OF THE MONTH

### SWITCH OUT THE SALT!

August 4th is "More Herbs, Less Salt Day," to celebrate learn a bit about why controlling salt is a big deal, and how herbs can help!

#### What's the deal with salt?

The recommendation for salt intake for adults, according to the American Heart Association, is about 1,500 mg per day. Following this guideline can have a huge impact on reducing the risk of high blood pressure (hypertension) and on overall heart health.

But reducing our salt intake can be challenging. First of all, we're used to salt, which is no surprise. It is one of the oldest flavoring agents and has been used for hundreds of years as a preservative. In addition, because some salt is necessary for our bodies to function properly, and in our deep human past it was hard to come by, we're born programmed to enjoy and seek out salt.

#### Ditch the salt, but not the flavor

Substituting other ingredients, such as herbs and spices, for salt will go a long way to keeping your body and brain healthy. Many herbs and spices have added health benefits, like bumping up nutritional components such as vitamins and minerals.



#### The Herbs

Rosemary packs a flavor punch. It is an extremely aromatic herb with a strong woody smell that some liken to pine and lemon. Add rosemary to soups, meat, and potatoes, and pair it with garlic and olive oil for a classic and flavorful combination. A hidden benefit to using rosemary in your cooking could be improved memory and the prevention of dementia and Alzheimer's disease. Rosemary is a popular aromatherapy oil and is also used in alternative medicines.

Your new love affair with green herbs doesn't have to stop at rosemary — think oregano, thyme, chives, basil, tarragon, sage, and mint! Oregano is often used in Mexican and Italian cooking. Thyme pairs well with chicken dishes, as does tarragon, and

both work well with potatoes. Sage is typically found in poultry seasoning, but its homey scent can warm any dish. Mint is most often seen in Greek cuisine. If you don't have your own herb garden, these bright herbs can be found in the produce section of most major grocery stores.

#### Easy to Find Salt-Free Seasonings

In addition to fresh herbs and spices, there are a number of salt-free blends to try. A simple shake can perk up any dish without any chopping and breaking the bank.

#### • Mrs. Dash

Anyone who has shopped in the spice aisle of the local grocery store will recognize this long-standing bastion of the salt-free seasoning world. These days, there's a Mrs. Dash for just about any cooking style and flavor profile.

#### • Add an Acid

The sharp taste of salt can be mimicked by acids like fresh lemon or grapefruit juice, and various vinegars. Infused and balsamic vinegars add a bumped up flavor. A peach balsamic vinegar is also a perfect topping for a summer salad.

#### • Olive Oil

Olive oil has a lovely fruity and sometimes peppery flavor on its own, but an infused oil can add even more "oomph." Try a lemon infused oil with a quinoa and tomato salad, or drizzle fish or steak with a garlic infused oil.

#### • Salt-free Blends

Of course, there are many blends of herbs and spices that skip the salt to try. Check your local purveyor of spices for their recommendations or explore your local grocery store aisles.

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# HEALTH & WELLNESS

## TIPS FOR SHOPPING FARMERS' MARKETS

Your local farmers' market is not only a great place to purchase fruits and vegetables that are grown nearby. It's a good opportunity to score other freshly baked and produced goods, from pastries and jams to handmade jewelry and homegrown flowers. A farmers' market is also a fun way to spend a few hours on a summer day.

How can you make the most of your weekly trip to the farmers' market? We have a few tips to help you master the market.

### 1. Bring your own bag.

A farmers' market essential is a sturdy bag to stash your goodies in. It's also an environmentally friendly way to shop. If you have other errands or stops to make afterward, consider bringing a cooler with ice to keep your produce cold.

### 2. Wear comfortable shoes.

When you shop at a farmers' market, it's guaranteed that you will do a lot of walking. Wearing comfortable shoes is a must.



### 3. Bring cash.

While some farmers might accept credit cards, cash is generally the preferred currency. It's also a great way to stay on budget and avoid indulging in too many impulse purchases.

### 4. Talk with the growers.

Vendors at farmers' markets can be a great source of information and advice. Make sure to talk with them as you make your rounds. There is much to be gained by talking with those who grow or make items to sell at a farmers' market, from learning how things are grown to getting suggestions for how to prepare produce.

### 5. Shop early if you can.

Farmers' markets have gained in popularity in recent years. If you want the largest variety of fruits,



vegetables, and other goodies, it's best to go early. You'll not only have the first pick of goods, you'll probably have more time to chat with vendors.

### 6. Get to know the market.

Most markets have regular vendors who set up in the same place week after week. Once you

get familiar with the market, you can visit your favorites each time you shop. It helps you plan your menus and snacks for the week. One tip, however, is not to fall into the trap of visiting only the vendors you've shopped before. Continue to explore new vendors and those who sell just a few times a summer.

### 7. Adhere to market etiquette.

Few farmers' markets encourage the haggling you often find at flea markets or other sales. Before you try to barter with vendors, take time to learn market etiquette. The market may discourage that type of behavior.

*(Courtesy of BPT)*

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# PUZZLES OF THE MONTH

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

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DIFFICULTY: ★★☆☆☆

## ENIGMA™ CRYPTOGRAM

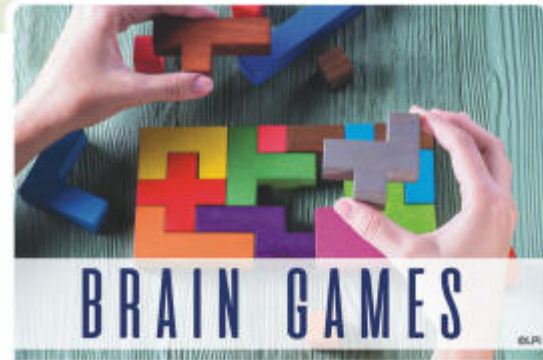
Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "D" = "E"

"GJD YQNNDS I WIP'V JDIF NDGV, GJD  
DIVQDS QG QV GK AQOO JQV VJKDV."  
— IUGJKS UPRPKLP

PREVIOUS SOLUTION: "The bigger a man's head gets, the easier it is to fill his shoes." — Author Unknown

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

Answer to Sudoku



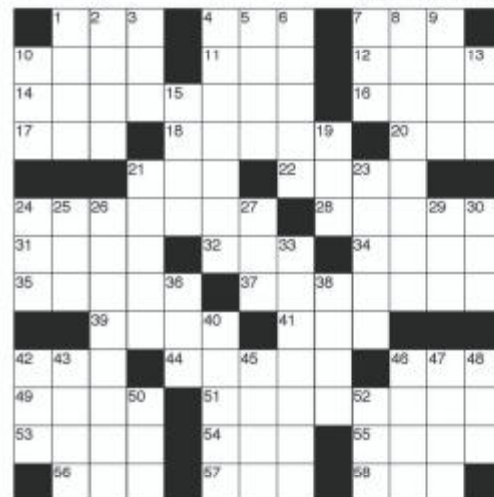
## CROSSWORD PUZZLE

### ACROSS

- 1 Sea (Fr.)
- 4 Amer. Standard Version (abbr.)
- 7 Inlet
- 10 Pledge
- 11 Social affair
- 12 Old-fashioned oath
- 14 Vega (2 words)
- 16 Concerning (2 words)
- 17 3 (Rom. numeral)
- 18 Pueblo Indian
- 20 Office of Economic Development (abbr.)
- 21 Feminine (abbr.)
- 22 Universe (pref.)
- 24 King of Athens
- 28 Plant slip
- 31 Wings
- 32 Twitch
- 34 In the past
- 35 Brain ridge
- 37 Hunting cry
- 39 Polish border river
- 41 Family member
- 42 Hawaiian fish
- 44 Tag
- 46 Uncle (Scot.)
- 49 Disease (pref.)
- 51 Immense
- 53 Joyous
- 54 Former cloth measure
- 55 Poultry
- 56 According to (2 words)
- 57 Female ruff
- 58 Guido's note (2 words)

### DOWN

- 1 Gardener caste
- 2 Case or box (Fr.)
- 3 Fluidity unit
- 4 Endeavor
- 5 With
- 6 Seaweed
- 7 Portuguese coin
- 8 Shame
- 9 Rhine tributary
- 10 Fetish
- 13 Month abbr.
- 15 Orkney fisherman's hut
- 19 Distress signal
- 21 Noted psychiatrist
- 23 Admonish
- 24 Insult
- 25 Eng. cathedral city
- 26 Orgy
- 27 Pose
- 29 Alas
- 30 New (pref.)
- 33 Grain beetle larva
- 36 Salt (Fr.)
- 38 New sugarcane shoot
- 40 Blacksnake
- 42 Angola (abbr.)
- 43 Nut
- 45 Tree stump
- 46 Ass or donkey (Ger.)
- 47 Polynesian spirit
- 48 Loop trains
- 50 Harem room
- 52 Pronoun



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# TECHNOLOGY

## PROTECTING SENIORS ONLINE FROM SCAMS, HACKS & TAX FRAUD

The vast majority of seniors today are using the internet at least once a week to check email, pay bills online, and keep in touch via social media. But all that time online puts them at risk for scams and hacks, such as tax fraud.

In fact, a new survey by Home Instead, Inc., franchisor of the Home Instead Senior Care network, found that 67 percent of surveyed older adults have been the victim of an online scam or hack.

Encouraging seniors to practice cyber security can go a long way toward protecting their identity and sensitive financial information. Home Instead collaborated with the National Cyber

Security Alliance to create Protect Seniors Online, available at [www.ProtectSeniorsOnline.com](http://www.ProtectSeniorsOnline.com), a free resource that educates older adults about cybersecurity. Here, seniors can test their cybersecurity skills with the "Can You Spot an Online Scam?" quiz.

Older adults can take the following steps now to protect themselves online:

- Password protect and secure devices, accounts. Lock all devices (including computers, tablets, and smartphones) with secure passwords in case devices are lost or stolen.
- Think before clicking. When faced with an urgent request — like emails asking for money — think before clicking or get a second opinion. Clicking on links is often how scammers get personal information. When in doubt, trash an unusual message.
- Share with care. More than half (51 percent) of seniors surveyed by Home Instead use social media to stay connected. Use care when sharing personal information, adjust privacy settings to limit who can see your information, and turn off location sharing.

- Use security software. Install anti-virus and anti-spyware software and program it to run regularly. And be wary of pop-up ads or emails, many of which contain malware that can infect computers.

- Log out. Log out of apps and websites when you are finished. Leaving apps and websites open on computer screens could make you vulnerable to security and privacy risks.

- Recommend support. Older adults who live alone may need help from a trusted source — such as a family member, tech-savvy friend or professional caregiver — to serve as a second set of eyes.

To explore additional Protect Seniors Online resources, including the interactive quiz, visit [www.ProtectSeniorsOnline.com](http://www.ProtectSeniorsOnline.com)

(Courtesy of NewsUSA)

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*Thank you to Mayor Richard Rigoglioso, the entire City Council & City Manager Erin Delaney for their support!*