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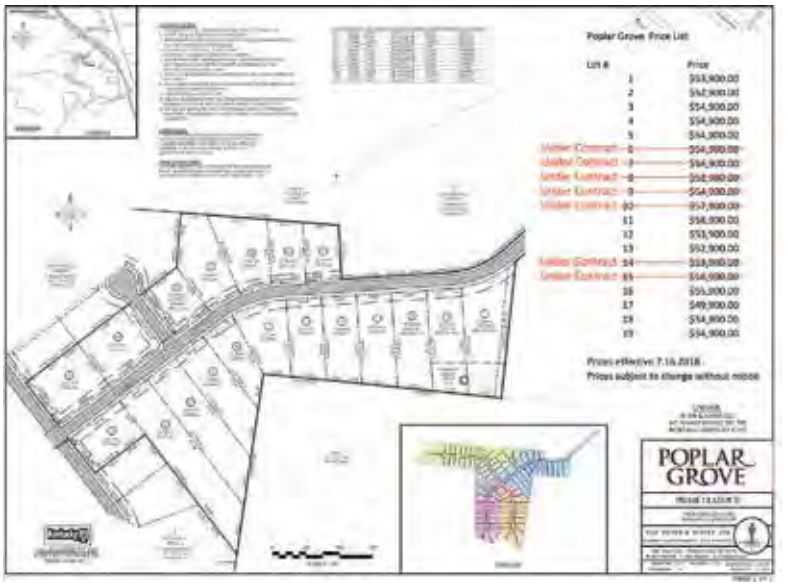

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EDITOR'S NOTE

These are the **Good Old Days**

Remember V8 engines and eight-track players?

The Malibu's and Camaros that your brother and his friends modified with sub woofers, cat-backs, and other loud things to the point that everybody had to scream the words just to be heard.

Remember compact cars with bucket seats and a cassette player that inevitably overheated and caused the ribbon to get tangled up in the device? You had to quickly eject and use pencils to backwards spool the song into place and hope it still worked.

And remember when your sister in law drove up in her new minivan with that sleek CD portal and you loaded the kids and the cousins and hit the road singing along to the soundtrack from Lion King until they fell sound asleep and woke up at the beach, amazed.

Well, if you answered yes to any of these, you may think it's time to let those kids drive—but thanks to new technology in today's automobile—older drivers are much safer on the road.

In this issue of BGH&L, we'll explore the road ahead for automobiles, technology, and the prospect of driverless cars. With help from the crew at local car dealers like Gary Force Honda and Luxury Imports of Bowling Green, you might even learn to love Apple Play, wireless chargers and a hands-free phone call home to find out what's for supper.

Or perhaps that aching back can't be ignored and it's time to take matters into your own hands. Check out the profile of Pilates instructor Kathy Perry who refused to give in to chronic pain and launched Absolutely Pilates on Fairview Avenue where she and her staff have helped hundreds of people of all ages and skill levels, gain core strength, flexibility, and better health.

The cover story features a home by Henon Construction in the neighborhood of South Glen Gables. The new development was once a family farm, and like much of Warren County, builders here are breaking ground for the growing number of new faces who will make memories of their own.

Finally, Dave and Sally Kirgan invite you to follow their roadmap to adventure. This time they'll get you off the Interstate and onto the back roads so go ahead—turn on the music, tune to your jam, and sing aloud 'til your heart's content. ✻

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The Honda Sensing Suite is a set of standard safety features that includes Adaptive Cruise Control, Lane Keeping Assist, Road Departure Mitigation, and Lane Departure Warning.

Todays Tech Is Here to Help **Keep Drivers Safe**

STORY BY **MARY NESTOR**

Technology in today's cars can level the playing field for drivers who may not have the same reaction times as they once did.

Lane assist, adaptive cruise control, navigation, and blue-tooth have become standards across the automotive industry. But what happens if rather than being a bridge to safer driving, the technology becomes a barrier to feeling in control of the car?

As more and more vehicles come standard with features that driver's have not yet encountered car dealers can find themselves playing the role of sales force and tech support.

At Gary Force Honda, Gary Parker has been selling cars for 41 years. Ongoing education and a natural curiosity for gadgets have kept him abreast of the latest tech. But at the same time, he can sympathize with older drivers who may face a steeper learning curve.

For example, Road Departure Mitigation System or RDMS is part of Honda Sensing® It adjusts the steering and braking if drivers try to change lanes without signaling. Forget to signal, and it may give the sensation that despite your intentions, the car has other plans.

Sometimes people will say 'Just show me how to turn the lights on. Show me the heat and air and the radio and I don't care about the rest'," explains Parker.

The customer is always right and Parker doesn't push them. "I tell them call me or comeback anytime and they'll come back and we'll go over it again." He says gradually drivers become more comfortable with all the safety and entertainment features that are available in their vehicle.

"You can't mess anything up," he says. "When you get home, take out your owners manual, and just play with it until it's second nature."

One method he likes to use to familiarize older drivers with their new cars is synching Bluetooth to their cell phones. The first time he will do it for them. But then he "un-pairs" the device and makes sure they know how to do it themselves. He says voice activation controls can be a real game changer by keeping drivers

focused on the road ahead.

Across town at Luxury Imports of Bowling Green, Vlad Trots has the title of Product Concierge. He and Parker are separated in age by several decades, but they share a passion for learning new tech and sharing it with new car buyers. Trots says he has been working at the dealership since he was in high school. Initially hired to detail the cars, he found himself fascinated by the advanced technology in the cars he was cleaning.

The German automaker, Mercedes, is especially known for its continuous innovation. Since 1886 when they rolled out the first rear-mounted single-cylinder engine on a three-wheeled frame, they have pioneered safety standards like crash tests, anti-lock brakes and independent suspension. Mercedes even claims the first female driver, when Bertha Benz, wife of inventor, Carl Benz, took that first vehicle on a 120-mile road trip and served as her own mechanic.

An essential component of the safety suite of any new car is the use of more and more sophisticated cameras. Many new vehicles now come with 360-degree

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ABOVE: The rear windshield screen can warn following cars when the ESF detects that it's coming up on a traffic jam and about to slow down. (Credit: Mercedes-Benz)

ABOVE: A robotic emergency road sign pops out of the car and rolls its way up the highway so other traffic can be made aware of an incident without the driver needing to get out of the car. (Credit: Mercedes-Benz)

views courtesy of top-mounted systems. At Mercedes, the driver can use the monitor to select which view they need at any given time. There are backup cameras, side cameras, and forward facing cameras, each with a specific purpose.

In a parking garage, the side cameras allow the driver to navigate tight spaces. When approaching a curb, the front camera can basically see over the hood even if the driver cannot.

Stephen Nelson also sells cars at Luxury Imports of Bowling Green and he says Mercedes knows its clientele and has always been able to incorporate cutting edge safety features in a way that is seamless to the driver. He cites things like cross-wind stabilization and break assist. "With a great deal of the safety features, you don't really see them, but they're there. They're constantly engaged."

Blue-tooth connectivity has been a game changer and Trots says it can be used to do everything from starting the car remotely, selecting a comfortable temperature, and unlocking it as the driver approaches all with the integration of a cell phone app and a system called mbrace®

Mercedes may be leading the way again with a system called "Pre-Safe." The basic idea, says Nelson is that once the vehicle senses that an accident is imminent, it basically takes over the vehicle. The car quickly snugs the seatbelt, automatically rolls up windows, closes the sunroof and immediately returns the seats to their upright and locked positions to insure that passengers have the best chance of walking away from the scene.

The main focus of continually integrating technology and safety features is to make life as convenient as possible. "I guess that's the philosophy of these cars." And as Nelson points out, no matter who or how old you are, "It's pretty convenient to be kept alive in the event of a crash. ✻

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SATURDAYS WITH

Dave & Sally

BY **DAVE KIRGAN**

Dispatch from the Heartland:

Exploring Campbellsville and Greensburg

With June in full bloom, Sally and I decided that traveling Kentucky's back roads would be an adventure. Of course if you read this column you know that we long ago finished our redecorating and our primary mission now is the spirit of a day-trip, and the pleasure of spending Saturdays together. Our ideal excursion most always involves boutiques, antiques and thrift shops. This time, Sally and I decided to visit the heart of the Commonwealth, so we set our sights on Campbellsville, Kentucky, with a plan to circle back to Greensburg.

We jumped on I-65 north for about 40 miles, until we could exit at Horse Cave where we hung a left and headed east on Kentucky Highway 218.

After ten miles of woods and farmland, our directions were to bear left onto Kentucky Highway 436, also known as the Hundred Acre Pond Road. I lost count of ponds and fences and farms as 436 turned into Kentucky Highway-88, which we traveled another 13 miles before we made a right turn onto Kentucky Highway-61. In a mile and a half, we took a left onto US-68 for another ten miles until we reached Campbellsville.

All of our shopping excursions were along Kentucky Highway-210 where it's hard to miss the sign for the Peddler's Mall.

"Peddlers" are popular venues in the Bluegrass Region. Consider them the "Walmart" of the consignment

world—with a broad inventory from a variety of vendors. Perusing a Peddler's Mall is also a great way to get to know the lay of the land because there is almost always a conversation to be had with someone who makes a living from a fascination with historical objects. This is the chance to reduce, reuse, and recycle your GPS by finding out about eateries, histories, and venues from a local source.

Next to the Campbellsville Peddler's Mall a store called This 'n That caught Sally's eye thanks to a colorful selection of women's fashions at great prices. This 'n That is not a consignment store, but rather offers all new merchandise. Sally picked up a few pieces of jewelry to accessorize some of her outfits and off we went!

Goodwill is another iconic thrift store that Sally and I decided to visit in Campbellsville. Goodwill cannot really stake its claim on the family-owned ambiance, and the question always comes up: When did America get so much stuff? Decorative baskets, Christmas ornaments, CD's, picture frames, purses, and blue jeans in every possible style and hue are continually being replenished by donations. And just when you've decided there's nothing that you don't already have, you spot that Mikasa® serving platter or that brand new fly fishing vest still in the package with a little orange sticker stamped 1.25. Goodwill indeed.

After a lunch at Colton's Steak House, we strolled through an adjacent strip mall with its outlet stores and Johannes crafts, just to stretch our legs

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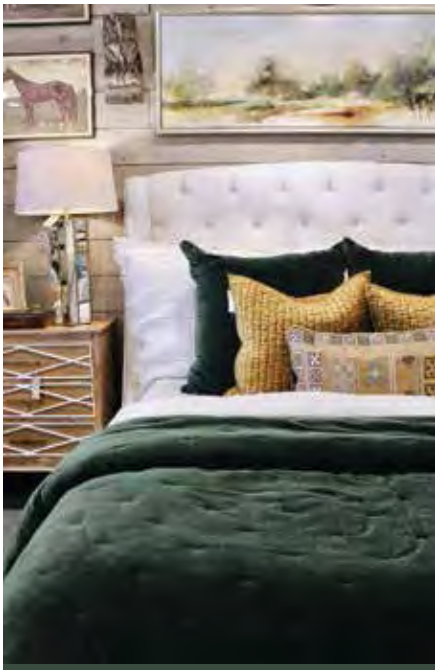

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before our trip to the historic town of Greensburg. And lucky for the queasy back seat driver in all of us, getting there required only one turn onto US-68, instead of the maze of roads we traversed to get to Campbellsville.

In Greensburg, many of the buildings downtown date back to the 1800s. There is a large two story antique mall right on Hwy 68 called Glover's Station Antiques & Collectibles. For 27 years and counting, the purveyors have offered vintage wares from the confines of a building that has already been a part of history. Built over a century ago, the two-story storefront was the home of general mercantile, so in this way it has come full circle. It's fun to shoot the breeze in a building that has stood for generations of people doing the exact same thing.

Right beside Glover's Antiques in the Greensburg Public Square is a place called the Adolphus Ennis Lunchroom which the band Kentucky Headhunters put on the map with their song, Dumas Walker. The seemingly throw away line

about, a slaw-burger, fries and a bottle of Ski was meant to pay homage to this Greensburg landmark. Naturally when we saw the sign for slaw-burgers, Sally and I momentarily had buyer's remorse from our earlier dining decision. And while I'm not yet sure it's to die for, a slaw-burger can certainly go on the bucket list of things to do on our next visit to Greensburg.

Beside the restaurant is the Wishing Well Boutique. This fun little store just opened in March, and their advice is to

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It was starting to get late, so it was time for us to find our way home. Traveling back roads can mean plenty of blind curves. Around one, we suddenly came upon a horse and buggy just about to cross the highway. On another curve an entire flock of buzzards was feasting on "road kill." Of course, this wouldn't be a travel column without travel tips so remember, it's always a good idea to know your route and have a paper map because satellite navigation and back roads are not always the best of buds. But despite these odd encounters, and miles of rural roads, we made it back to I-65 without having to pull over and "redirect." And as we perused through Horse Cave on the way to the interstate, we noticed a sign for a restaurant called Five Broke Girls that promised "Home style cooking with a Texas kick ~ Breakfast Lunch and Dinner".

All we can say at this point is this, "Hang tough broke girls." We'll be back, we promise. We have already added you to the bucket list alongside the restaurant hawking slaw-burgers so until next time...*

Dave and Sally

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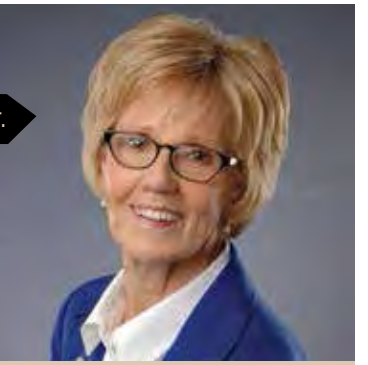

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Tim, we are retired and would like to remodel our home to make it comfortable for us in our retirement years. What should we look for?

This is an interesting question and one that many will be considering soon. By 2020, the number of Americans age 50+ is expected to reach nearly 120 million, according to U.S. Census Bureau projections. And with a majority of them interested in living in their own homes for as long as possible—Houzz's recent Aging-in-Place report found that 61% of respondents 55 or over planned to stay in their homes indefinitely.

Let's begin by defining what Aging-in-place or sometimes called Universal Design is exactly, and what it can do for us if we plan to live out our golden years in our existing home. The main tenet of universal design is making a home safer and more comfortable for its occupants by incorporating features such as grab bars, lever faucets, wide doorways, zero-threshold showers, etc.

The design standards for the homes we currently live in, were developed many decades ago, when the number of people who wanted to live out their retirement years in their existing home was much lower than it is today. Therefore, a growing number of people will need to remodel their home to accommodate their needs today, many of which were overlooked in the original design.

Most of us would like to get a return on our investment when we remodel our homes. With that in mind, this year's Cost vs Value

report was the first to include a universal design themed project converting a 'standard' bathroom into one that incorporates accessible features, like a shower, widened doorway, and appropriate grab bars and the like. According to the report, it's a decent investment, with an average 68.4% ROI in the 1st year after completion. Also, it's important to remember that (like many home improvement projects) the true value of universal design lies beyond its monetary gains.

What to look for: When discussing universal design, understand that creating a well-designed, accessible space isn't always so easy, so plan to hire a professional builder and designer. Ideally, a builder/remodeling company with in-house designers that understand your needs and can design your improvements without making your home look institutionalized. Sometimes space can be limited and the ability to see the remodel project in 3D can provide valuable insights and put apprehensive clients at ease. Moreover, these changes can significantly alter the structural integrity of your home, so a professional builder/remodeler will be needed to add the structural elements necessary to support new loads.

A proven track record: Lastly, Hiring a professional builder/remodeler who has completed many similar projects will make the process fun and enjoyable while eliminating unfortunate missteps that can sometimes appear. With the right builder/remodeler at your side, you and your loved ones will enjoy your beautiful and functional home for many years to come. ✻

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Easy Summer Thirst Quencher

(*Family Features*)

There's no time like a hot summer picnic to let your patriotic spirit show.

Watermelon is a patriotic picnic staple for countless reasons, not the least of which is that it's a beloved treat that many people associate with memories from childhood. However, nostalgia isn't the only reason adults are just as likely to gravitate toward watermelon at a summer event. Its sweet, cool and refreshing flavor also makes it a favorite for all ages.

From a practical standpoint, watermelon is also quite portable, versatile and easy to serve, and with a composition of 92% water, it's a simple way to sneak in some extra hydration on a hot day. Another benefit is its value; watermelon is one of the best values in the produce section among fruit, and just one watermelon can feed up to three dozen people. Find more ideas for incorporating watermelon into your summer festivities at watermelon.org.

A simple fruit-infused water can give your summer event an instant upgrade in no time at all. Add extra dimension and complexity to the flavor by adding some of your favorite herbs like basil and mint.

WATERMELON-INFUSED WATER

2 cups watermelon balls or cubes
1 cup other fruit, such as berries
herbs, such as basil or mint

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Can dogs smile? If they can, they should because the half-acre lot offers plenty of room to roam and part of the logic behind the extra garage was to give them a "space" of their own.

South Glen Gables Means More Space for Happy Homeowners

STORY BY **MARY NESTOR** | PHOTOGRAPHY BY **JOE IMEL**

The drive out Nashville Road toward the new home of Cole and Caitlin Murphy could be a nostalgic journey for one generation and a marvelous new adventure for another.

South Glen Gables is located across from the county's newest high school, and directly in the path of progress as Warren County continues to grow. Built on the site of what was once a family farm, in some way, it represents that intersection of days past and future plans. So it makes perfect sense that young families like the Murphys are buying lots and moving in.

With the arrival of their daughter Harper, the couple realized that their starter

Built by the team at Henon Construction, this nearly 3,000-square foot home in South Glen Gables offers tons of curb appeal. Manor House brick is paired with Bluegrass ledgestone. Rough sewn cedar timbers frame the arched double-door entry.

home off Three Springs Road had gone from cozy to crowded. They want more children, and they agreed that the window between play dates and school days was the best time to get situated. They turned a serious eye toward finding a lot and began to discuss what they wanted in a home.

One question that never arose was who would help them build it. Cole grew up around commercial construction, but he also grew up with a close-knit group of friends that included cousins Cory Henon and Colby Henon, the fourth generation in a family of talented developers.

Scott Henon and Tony Henon have owned and operated Henon Construction since 1985 when they took the reigns from their father and grandfather who had launched the company when Warren

TOP RIGHT: The blueprint was modified to create an extra bay, but the design keeps it from dominating the façade.

RIGHT CENTER: The new construction benefits from the decision to invest in sod and a sprinkler system to keep it looking fabulous.

RIGHT BOTTOM: Live a little. The home features a covered porch as well as this patio area perfect for entertaining guests.

ABOVE: Working together, homeowner and builder modified a loft-style vaulted ceiling for better energy efficiency, and quieter, more intimate living areas.

Architectural details were repeated so that each room has elements of the next. Even some of the exterior finishes were brought inside including the Bluegrass ledgestone used on both the façade and the fireplace.

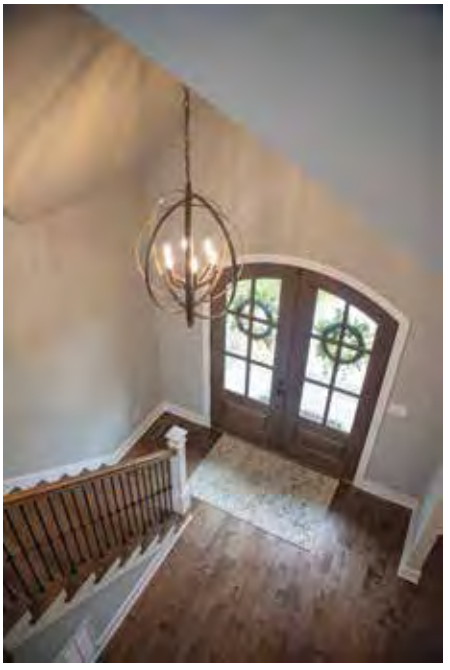
The mantle was reclaimed from what was once an old settler's barn that stood for years on a farm owned by Caitlin Murphy's grandfather. Its cantilevered design will allow them to remove and replace it with another if they ever decide to sell the home.

County was still rural and Bowling Green a sleepy college town.

When asked if he is nostalgic for those seemingly simpler times, Scott says he feels almost the opposite. "Being involved in it each and every day and seeing development from that standpoint…it's just progress that, to be honest, we've been proud to be a part of."

Scott also credits the City-County Planning Commission with getting out ahead of the rapid growth that the area is currently experiencing.

"Warren County has been fortunate that the majority of our growth is planned," Henon says. "This is a booming area, so it's a challenge to keep up with the amount of change we've experienced." He says often the builders themselves are the ones who find ways to mitigate the impact



TOP LEFT: "We love our entryway." The homeowners credit builder Scott Henon for framing the foyer to create a dramatic first impression.

LOWER LEFT: The mirror on this antique hall tree reflects the detailed craftsmanship of the staircase.

TOP RIGHT: Family and formal: This home has both. Here, the table is set for entertaining while in back, off the kitchen, is a cozy breakfast nook perfect for casual dining.

of development and advocate for sustainable growth.

For example, when South Glen Gables is complete, it will have green space pathways to connect to the South Warren Campus and Richpond Elementary as well as the nearby Michael Buchanon athletic complex. Sidewalks and streetlamps will lend a New Urban ambiance and the utility markers that often dominate the landscape (especially in new construction) have been placed out of sight, underground.

"It's been pleasing or prideful, or whatever you want to call it knowing that each generation (of Henon builders) has been able to carry on in the family business. And now we are building homes for people who we watched grow up along with our own children. It's pretty special," says Scott who served as the primary point person for the Murphy's custom project.

He has a broad view of the home building arc and he likes the way millennial homebuyers tend to know their options. They understand the value of a high SEER rating and can manage a smart home. The Internet has allowed a limitless

ABOVE: Take it all in: The design creates an open feeling but at the same time, each room has a distinct footprint. For example, the kitchen island frames the space, provides plenty of storage, and is perfect for bistro dining.

A double herringbone pattern in cool gray subway tile along the backsplash, is a unique way to celebrate tone on tone.

The back of the island is oftentimes framed in and sealed shut, but the homeowner offers this advice, "I highly suggest that anybody who is building put storage on the backside of the island."

Flower Power: Wildflowers arranged in a green glass vase offer a pop of kitchen color.

The view from the breakfast area showcases the circulation of the main living area which was modified from a vaulted catwalk to this more intimate scale.

A bead board ceiling gives the back porch a polished appearance and the ceiling fan is an essential element of summertime.

ABOVE: The kitchen has a pair of bubble glass pendant lights, above "thunder cloud" granite and flat-panel shaker style cabinets. The flooring throughout the main level is engineered hardwood with a distressed finish.

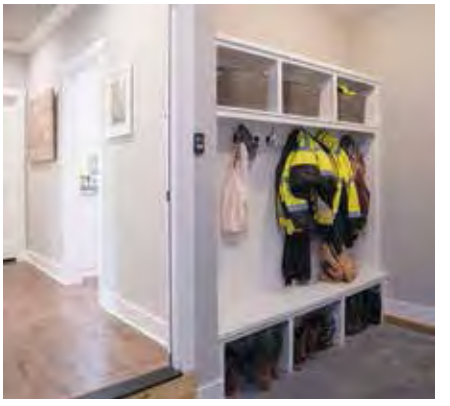
RIGHT MIDDLE: This front load washer dryer combination was built onto a platform complete with pull out drawers for laundry essentials. The design makes for easier access.

marketplace but in this changing economy, they tend to keep an eye toward resale which means they often go with tried and true elements like granite countertops and hardwood flooring—all the while looking for that one-off—that unique item that makes it theirs alone.

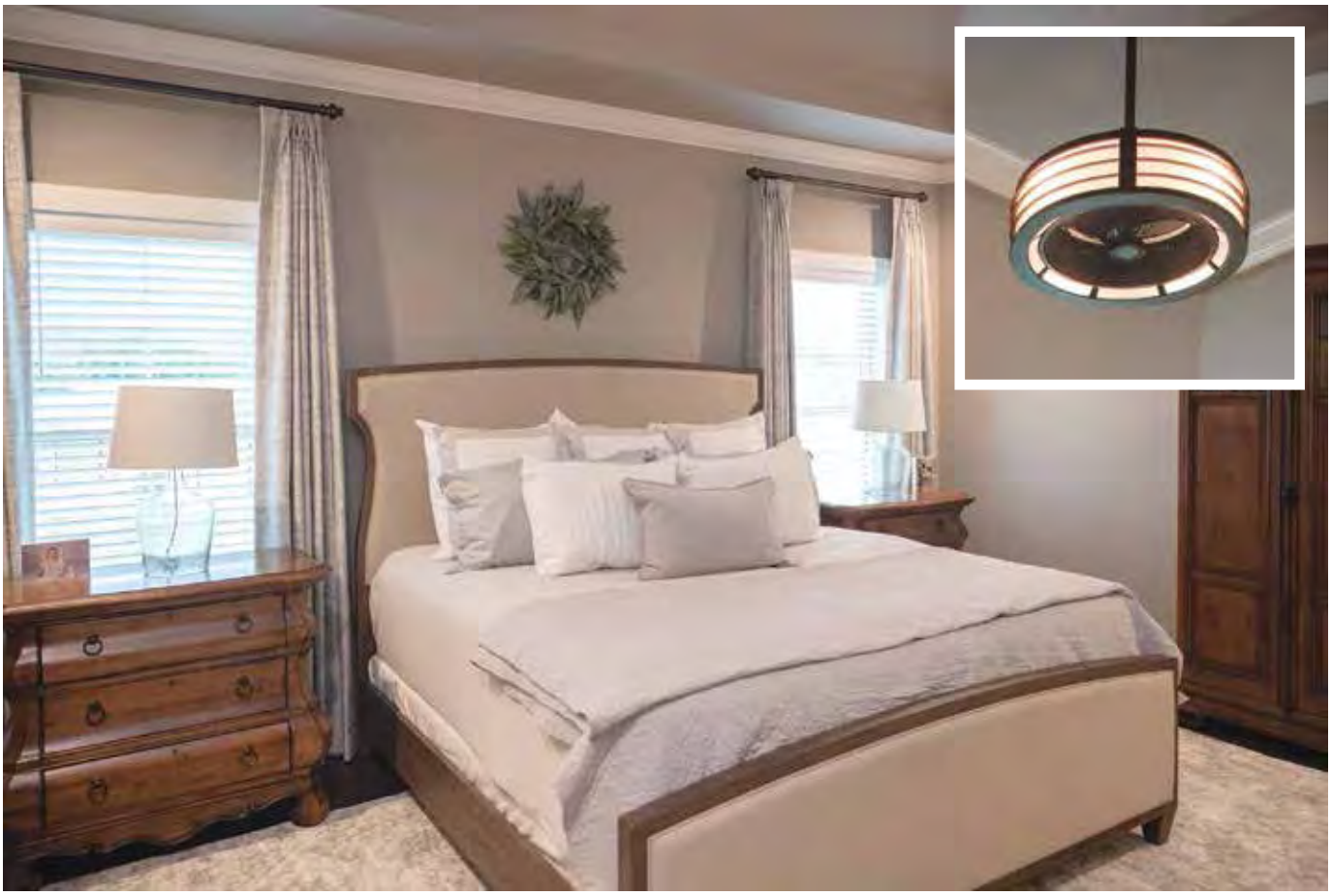
The Murphys personalized by blending three blueprints into one design. They wanted a two-story home with an open floor plan—but they weren't sold on the idea of a second-story catwalk or an open area loft. "It didn't make sense to us," says Caitlin who thinks vaulted ceilings can make the rooms below feel empty and cold.

So they asked their builder to lower the ceiling above the main living area and incorporate a stacked stone chimney complete with an heirloom mantle made from reclaimed barn-wood.

In the kitchen, a pair of bottle glass pendant lights illuminates the thick granite slab of the working island. Stainless



At the back of the garage just outside the entryway this custom storage area is perfect for work gear and winter boots.



ABOVE: Dorian Gray paint on walls and ceilings throughout the master suite help make the transition seamless.

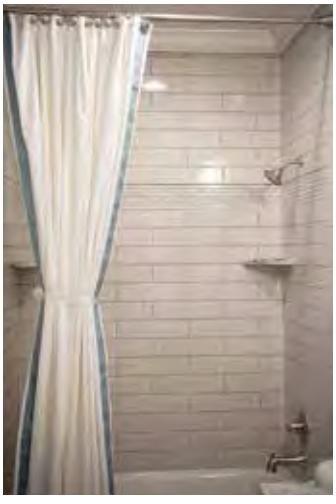
INSET ABOVE: "The ceiling fan is all Cole," jokes Caitlin Murphy of her husband's favorite piece. He calls the lighting cooling combo a "fandelier" and its design has a Craftsman quality that marries well with the furnishings and compliments the trim details.

MIDDLE LEFT: A freestanding soaker tub is always in style and the shiplap siding along the back wall was the perfect way to show it off.

BOTTOM LEFT: When building a home, every single design element reflects the personal taste of the owners and the professional skill of the builders. In this case, everything aligns!

BOTTOM RIGHT: A glass front shower shows off the tile which combines 12 by 24 lengths of Tuscany white with a band of gray called wooden silver sticks. Built in case goods keep towels within reach.

LEFT: Pretty in Pink: It looks like Miss Harper has got it made in the shade. Her's is the room with an accent wall in pink and cream gingham which comes courtesy of her mom's friend, decorator Tera Loague of Homes by Cardinal who helped Caitlin select some of her finishes.



One of the many decisions that the homeowners had to make during construction was in regards to tiling the bathrooms. Both agreed that leaving a bathtub tiled only three-quarters high and painting the rest was not what they wanted. Instead, they specified bathtub walls from "floor" to ceiling. The tile is from Tile Trends and is called "Dove Gray."

Thick, comfortable Shaw carpeting in "goose feather" was used throughout the entire upstairs. It is a luxury that stockinged feet will surely appreciate.

steel appliances, flat-panel shaker style cabinets, and a layered palette of tone on tone blends contemporary styling and traditional elements. Caitlin asked for a pantry with a sliding barn door and Cole wanted a covered back-porch complete with a ceiling fan and surround sound where they could enjoy watching the sunset and where he could keep a lookout for one particular wild turkey with the hope that eventually it gets complacent. "If he messes up and wanders into the backyard, he's gonna be in trouble," says this avid sportsman only half jokingly.

Harpers room is upstairs near the flex space that has been dedicated as a playroom for now.

The downstairs master suite is situated at the back of the home so the morning sun cannot disturb their sleep and for parents of young children, that's a very important consideration. Caitlin offers this advice, "Before you build, make sure you know where the sun comes up on the lot because it's important."

She also recommends relying on a trusted few for help with the myriad of decisions required when building a home. Fortunately, Tony's wife, Kelly Henon serves the role of in-house decorator. She has an excellent eye and helps her clients decide what works where. "Building this home was so much fun," says Caitlin. "I was here (onsite) almost everyday and I just loved watching it all come together." ✻

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FITNESS

Bowling Green Pilates Studio
Promises Pain Relief and Core Strength

Twenty-five years ago, Kathy Perry got a diagnosis that would change her life forever.

This active educator and mother of two, had begun suffering from the pain and stiffness of Rheumatoid Arthritis or RA--a debilitating autoimmune disease triggered by an excess of a inflammation.

And RA does not get better with time.

Perry set about trying to learn everything she could about her condition so she could make lifestyle changes from the inside out. She changed her diet and her mindset.

She also began to practice Pilates, an exercise regimen that brings balance, flexibility, and a path forward for anybody suffering from chronic pain. It brought her the relief she sought and today, Perry is pain free, happy, healthy, and anxious to share the exercises that helped her ward off the crippling effects of RA. In 2006, she opened Bowling Green's first and only full-service Pilates studio and christened it Absolutely Pilates, because Pilates absolutely saved her life.

Pilates has elements of yoga and also strength training. Its primary focus is to improve all around muscle tone and flexibility.

It is named for a German physiologist, Joseph Hubertus Pilates, who battled through a sickly childhood to become a self-taught exercise buff, preaching the importance of an engaged core and good posture. He went from asthmatic pre-teen to aviator, skier, diver, gymnast, and boxer, all while refining and formalizing the specific choreography that would become the Pilates Method.

When he arrived in the United States in 1927, his technique quickly became popular among dancers, athletes, and also ordinary people from all walks of life who were facing chronic pain.

At the time of his death in 1967, Pilates had personally trained enough students so that his techniques could continue on.

Pilates can be tailored to meet each person exactly where they're at because unlike cardio or free weights, the heaviest

LEFT INSET Everybody is welcome to visit our studio and let a certified instructor explain the tools and techniques that make Pilates so effective. Pictured is owner Kathy Perry using Joe the skeleton to help students better understand the connection between muscle and bone.

RIGHT INSET A purple cumberband is called a "Band." The exercise is called Pumping and it helps the torso stay strong and supple.

Absolutely Pilates is a Dedicated Pilates Studio. The distinction means they utilize all the pieces of equipment that founder Joseph Pilates designed over the years: the Cadillac, Towers, Reformers, Chairs, Barrels, Ped-a-Pulls, Toe and Foot Correctors and Magic Circles. (Pictured left) Instructor Pamela Lessenberry is using the Tower to teach the correct technique for side-bending.

thing most practitioners lift is their own body weight. Pilates uses yoga balls, exercise mats, and bungee style resistant bands that can help support deeper stretches.

Absolutely Pilates is located at 1051 Fairview Avenue. It offers everything that students need to see results. In addition to the equipment, there are a total of five instructors each one with a unique perspective on the ways Pilates helps the body heal.

Pilates is not about speed. It appears to be meditative and relaxing, but in reality, each movement requires that the abdomen and the pelvis be fully engaged and ultimately the goal is to reach the point where muscles do become fatigued.

Because as Perry points out, a little bit of burn is a good thing and the slow precise movements are truly healing. She teaches her students that going slowly, breathing correctly, and mastering the choreography, is much more important than how quickly they can move through the routine.

Pilates can make the difference between feeling at home in your body, or falling victim to it. When Perry was facing such a dark prognosis as RA, her mantra became "Absolutely Not." Her studio, Absolutely Pilates is testament to the body's ability to heal from deep within and to Perry's commitment to share this technique so that the Pilates Legacy lives on.

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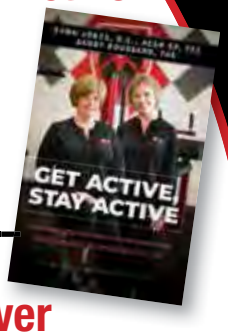

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EXCERCISE

Take Your Workout Outdoors for a **Fresh Burst**

Family Features)

As temperatures rise and the sun shines brighter, you might start taking your workouts outside more often. To ensure your body's comfort and safety, you may need to refresh your fitness regimen.

These tips can help you safely enjoy your summer workouts:

Wear sweat-proof sunscreen. Protecting your skin is a year-round endeavor, but when it's hot outside, you're more likely to lose the protection of sunscreen faster. Use a sunscreen that is designed to withstand your summer workout, whether it's a good sweaty run or laps in a refreshing pool. Reapply a broad-spectrum formula with an SPF of 15 or higher regularly and be sure you're using enough. Most people need a full ounce to cover their entire bodies.

Stay hydrated. In warmer weather, your body typically sweats at a higher rate, causing you to lose key electrolytes,

like salt and potassium, that are important to keeping your body properly hydrated. Stay hydrated by drinking fluids before, during and after a workout. To mix up your hydration plan, consider choosing a water formulated for fitness, like Propel Vitamin Boost, which is enhanced with 100% of the recommended daily value of vitamins B3, B5, B6, C and E and electrolytes to help replace what is lost in sweat.

Find a workout buddy. There's power — and safety — in numbers. Whether you grab a friend, spouse or pet, try exploring new places to work out for a change of scenery. Having a buddy by your side not only offers security, but also a boost of motivation. Together, you can work toward a common goal, keep each other accountable and encourage each other to crank up the intensity.

Time workouts for cooler periods. Avoid exercising during the heat of the day. Instead, opt for morning or evening workouts and be conscious of high humidity levels, which can adversely affect your respiration and lead to overheating. It's also a good idea to acclimate to the warmer temperatures by starting with a brief workout and gradually increasing the duration over the span of a week or two.

Wear appropriate clothes. Switching to summer attire isn't just about wearing less material; you also need to pay attention to the fabric you wear. The appropriate fit may vary depending on your chosen activity, but generally, breathable fabric in lighter colors is ideal.

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How to Reduce Health Risks by Understanding AFib

Family Features)

Oftentimes, seeking to improve your health starts at your core – your heart. One common condition to be aware of is atrial fibrillation (AFib), which is a quivering or irregular heartbeat that can lead to blood clots, stroke, heart failure and other heart-related complications.

Currently impacting up to 6.1 million Americans, AFib is projected to double by 2030, according to the American Heart Association. One in three individuals is at risk for developing AFib over the course of his or her lifetime, and the likelihood of developing the condition increases by almost 40 percent after the age of 55.

The average person living with AFib has a five-fold increase of experiencing a stroke than someone with a regular heartbeat. However, proper diagnosis and treatment can help reduce the chances of associated heart health complications, including stroke.

The first step toward managing AFib and preventing serious health complications is gaining knowledge about the condition. The experts at the American Heart Association are working to elevate awareness with these facts:

Causes

While in some cases the cause is unknown, AFib can be the result of damage to the heart's electrical system from other conditions such as longstanding, uncontrolled high blood pressure, obesity, smoking and heart disease. For example, smokers are 20 percent more likely to develop AFib than nonsmokers.

Symptoms and signs

A person living with AFib may have symptoms like a fluttering heartbeat, but he or she may not have symptoms at all. Nearly 80 percent of people who report having AFib note they did not experience symptoms, which can lead to the condition being overlooked or confused with other conditions, such as anxiety.

"Atrial fibrillation can be challenging to diagnose," said Dr. Georgeanne Freeman, a board-certified family medicine doctor and American Heart Association volunteer expert. "If you are feeling out of the ordinary, whether it's a racing pulse or irregular heartbeat associated with shortness of breath and fatigue, it's time to speak with your doctor to learn your risk for AFib and lower your chance for stroke."

Other common symptoms include dizziness, weakness, faintness or confusion; fatigue when exercising; sweating and chest pain or pressure.

At-risk populations

Anyone, at any age, can develop AFib. People over age 50, those with high blood pressure or other forms of heart disease and those with a family history of the condition are at highest risk and should discuss their medical history with their doctors.

People of African, Asian or Hispanic ancestry are typically less likely to suffer from AFib. However, research suggests that those with African or Hispanic ancestry living with AFib have a higher risk of death when the condition is combined with another factor such as heart failure or high blood pressure.

Risk factors

While some people living with AFib are unaware of the condition due to not experiencing symptoms, it causes the heart to beat erratically, stops blood from moving through the heart efficiently and may result in pooling or clotting. The clot may block blood flow to the brain, causing a stroke. Risk factors such as age, high blood pressure, heart failure, diabetes or medical history contribute to individuals' five-fold risk of stroke.

Treatment options

Although most primary care providers claim to have general knowledge of AFib, there are still challenges in their abilities to diagnose it. The treatment goals start with a proper diagnosis through an in-depth examination performed by a medical professional, health care provider or cardiologist. The exam usually includes questions about the individual's medical history and often a test such as an EKG or ECG to determine heart rate, rhythm and other information. If you have AFib, understand your options for medications and discuss with your doctor. Anyone on anticoagulants should carry information and be able to alert medical professionals in an emergency that he or she is on blood thinners.

To learn more and to access AFib tools and resources, visit heart.org/AFib.

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How the Internet Can Help Prevent Alzheimer's Disease

(Family Features)

Over the past 10 years, researchers have learned Alzheimer's disease starts much earlier than the onset of symptoms – 10-20 years before an individual, family member or friend might notice the signs of the debilitating disease.

According to the Alzheimer's Association, 5.5 million Americans, of all races and ethnicities, age 65 and older currently live with Alzheimer's disease, which is expected to grow to more than 7 million people by 2025.

The first-of-its-kind Alzheimer Prevention Trials Webstudy (APT Webstudy), funded by the National Institutes of Health, aims to increase the pace of research by enlisting thousands of healthy volunteers who can quickly be enrolled in clinical trials focused on preventing Alzheimer's disease. Enrollees in the APT Webstudy can use the internet to help stop the disease while being alerted to changes in their own memory function.

"In order to change the lives of the numerous people and their loved ones who will be affected by Alzheimer's, we need everyone to get involved with prevention efforts," said Paul Aisen, MD, co-principal investigator of the APT Webstudy. "The bigger the army of volunteers, the faster we can work to prevent this terrible disease."

Volunteers can access the Webstudy when and where it is convenient for them, such as on their computer or tablet, or even a public library; anywhere they can access the internet. Volunteers participate in regular online memory testing. If there is a change in memory function, eligible volunteers are alerted and may be invited to a no-cost, in-person evaluation at one of the research sites across the country.

"This is an opportunity for everyone to help future generations avoid the suffering caused by Alzheimer's," Aisen said. "With enough volunteers, we will be one step closer to seeing the first Alzheimer's survivor."

Researchers are looking for a diverse group of people ages 50 or older who have normal thinking and memory function. Volunteers must be willing to answer a few questions about their family and medical history and provide information about their lifestyles. Volunteers will take online memory tests every three months, each one about 20 minutes long.

Source: Alzheimer Prevention Trials

If you are interested in participating, visit aptwebstudy.org to learn more.

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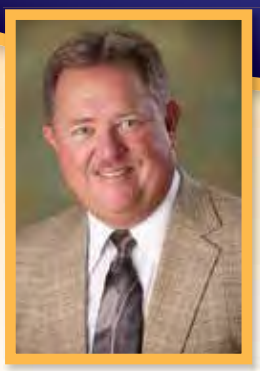
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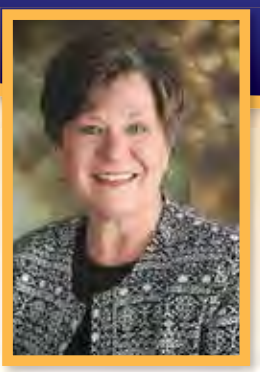
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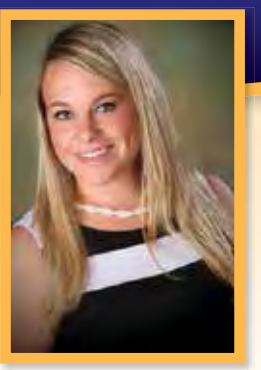
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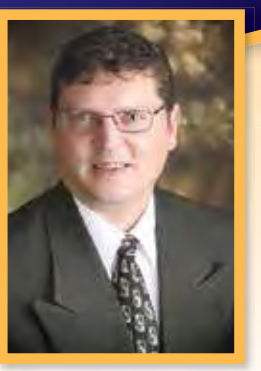
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A Financial Planning Tool for Every Stage of Life

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Family Features

From heading off to college to marrying the love of your life to taking those dream vacations, life's biggest moments are often tied to being financially responsible.

While memories of your first dance as newlyweds don't often include the cost of the band, money is frequently front and center when planning for some of life's larger events. From early adulthood through retirement, a credit card is one tool that can help you achieve your financial goals while offsetting some costs along the way.

"No matter your stage in life, it's important to plan ahead and have the right tools to meet your financial needs," said Jason Gaughan, credit cards executive at Bank of America. "A credit card offers flexibility, convenience and an increasing amount of rewards that can make your budget go even further."

These tips from financial experts can help you maximize financial tools like credit cards throughout life's milestones.

College Years

For many, college represents the first instance of being responsible for personal finances. During this time, some students apply for their first credit cards to cover a wide range of costs such as books or travel

expenses to and from school. Experts agree it's important to start building credit at this age, but only if you can handle the responsibility associated with a credit card.

"Though credit can be a somewhat foreign topic for beginners, online resources such as Bank of America's Better Money Habits offers tips to help young adults learn about things like how your credit score is calculated, the difference between a credit report and credit score and explains why it's important to understand before signing up for a credit card," said Lysandra Perez, a relationship manager for Bank of America who is responsible for educating clients on establishing strong financial habits including managing and building credit."

According to BetterMoneyHabits.com, an important rule for building strong credit is to spend no more than 30 percent of your available credit line. The online resource also recommends that students look for credit cards that offer low interest rates and no annual fee to help minimize finance charges if they aren't able to pay their bills in full each month.

"Establishing strong financial habits early on can help set you up for future credit opportunities later in life," Perez said.

Early Adulthood

As people become more established professionally, they often become more comfortable financially, allowing them to pursue their passions.

Using a credit card that offers rewards tied to interests is a strategy some young adults utilize. According to a Bank of America survey, 91 percent of Millennials ages 23-29 plan to use a rewards card to help pay for upcoming travel.

"It's common for people in their mid-to-late 20s to prioritize maximizing credit card rewards," Gaughan said. "They understand using a card for smaller, everyday purchases like coffee and groceries can be an easy way to earn points to pay for fun events like a trip abroad or home for a college reunion."

Saving and tracking rewards is key during this period, too. Digital tools like My Rewards provide new visibility into the rewards you earn and how to maximize their value. Also look to explore banking rewards options like Preferred Rewards, which can offer special perks and benefits like credit card rewards bonuses, discounts on home and auto loans, interest rate boosters and no-fee ATM transactions.

Marriage and Parenthood

A seismic shift often occurs when entering the marriage and parenthood stage of life. The individually minded spending of early adulthood transitions to down payments on homes and saving money for children's educations.

These years typically require more financial savviness to make every dollar count as large expenses requiring loans, such as houses and cars, are more prevalent during this stage.

Along with larger purchases, these years also often come with grocery store trips, filling up the gas tank for carpool duty and buying new clothes as your kids grow. Look for a cash back card that lets you earn rewards on your everyday purchases and offers redemption for cash back to cover expenses or invest in a savings account.

Retirement

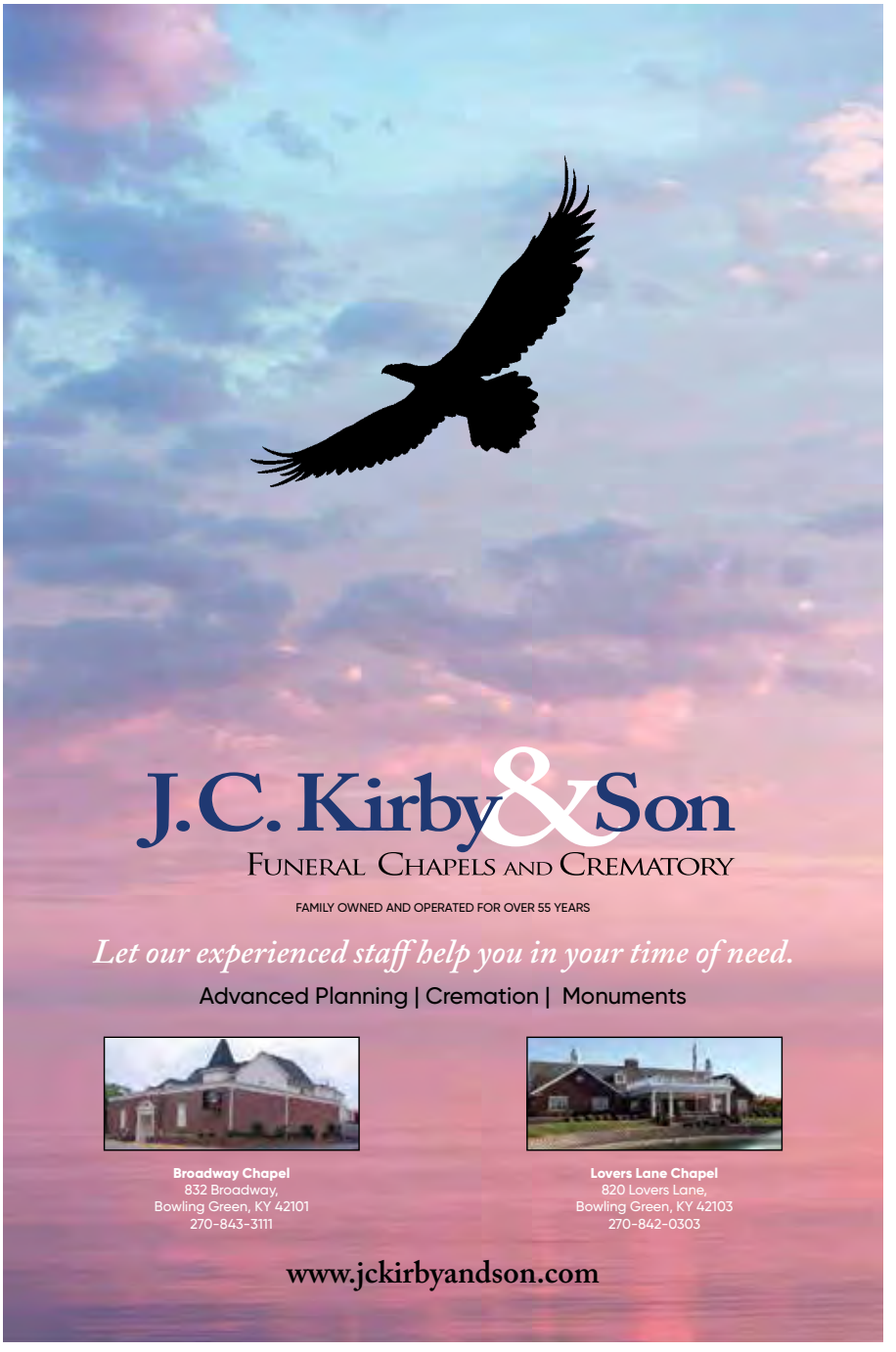
By retirement age, you've likely spent decades saving and are looking to enjoy the fruits of your years of labor. While the amount saved for retirement varies greatly depending on your situation, it's always important to spend wisely during retirement, and a credit card that reaps high rewards can help.

"There are many ways to continue saving and investing once in retirement," said David Poole, head of Merrill Edge Advisory, Client Services and Digital Capabilities at Bank of America. "Credit cards that allow you to invest rewards back into your retirement fund is an easy way to continue contributing to your 401(k)."

Credit cards can also help retirees fulfill long-standing travel goals. Some like the Bank of America Premium Rewards card offer lucrative travel benefits such as earning two points for every dollar spent on travel and dining purchases. Look for points that are flexible and can be used toward future travel purchases or as cash back.

"With so many credit card options available, it's important to understand what your current needs are," Gaughan said. "Do your research, develop a strategy and work with your financial institution to determine the best card for your lifestyle."

Find more information and credit card options at bankofamerica.com/creditcards. *



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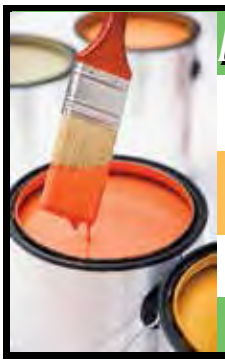

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