

# HERON POINTS

OUR NEIGHBORHOOD NEWSLETTER  
March 2017

## GREETINGS

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## How Silicon Valley Is Trying to Hack Its Way Into a Longer Life

The titans of the tech industry are known for their confidence that they can solve any problem--even, as it turns out, the one that's defeated every other attempt so far. That's why the most far-out strategies to cheat death are being tested in America's playground for the young, deep-pocketed and brilliant: Silicon Valley.

Larry Ellison, the co-founder of Oracle, has given more than \$330 million to research about aging and age-related diseases. Alphabet CEO and co-founder Larry Page launched Calico, a research company that targets ways to improve the human lifespan. Peter Thiel, co-founder of [PayPal](#), has also invested millions in the cause, including over \$7 million to the Methuselah Foundation, a nonprofit focused on life-extension therapies.

Rather than wait years for treatments to be approved by federal officials, many of them are testing ways to modify human biology that fall somewhere on the spectrum between science and entrepreneurialism. It's called biohacking, and it's one of the biggest things happening in the Bay Area.

For some, that means daily pill regimens and fasting once a week. For others, it means having the blood of a young person pumped into their veins. "I see biohacking as a populist movement within health care," says Geoffrey Woo, the CEO of a company called Nootrobox that sells

supplements that promise to enhance brain function. Many scientists are skeptical. Here's what's known--and what isn't--about the latest front of humanity's fight against the inevitable.

## **YOUNG-BLOOD TRANSFUSIONS**

**THE HACK:** It may sound vampiresque, but 50 people in the U.S. have paid \$8,000 for a transfusion of plasma from someone between the ages of 16 to 25. The study is run by Ambrosia, a company based in Monterey, Calif.

**THE HYPE:** The transfusions are based on the idea that two-liter injections of blood from the young may confer longevity benefits. Now, in the first known human clinical trial of its kind, Ambrosia is enlisting people willing to pay the hefty price to give it a shot.

Ambrosia's founder, Jesse Karmazin, who has a medical degree but is not a licensed physician, says that after the transfusions, his team looks for changes in the recipient's blood, including markers of inflammation, cholesterol and neuron growth. "When we are young, we produce a lot of factors that are important for cellular health," he says. "As we get older, we don't produce enough of these factors. Young blood gives your body a break to repair and regenerate itself."

**THE DEBATE:** Scientists are roundly critical of this study, in large part because of the way it has been designed: there's no control group, it's costly to participate in, and the people enrolled don't share key characteristics that make them appropriate candidates to be looked at side by side. "What Ambrosia is doing is not useful and could be harmful," says Irina Conboy, an associate professor of bioengineering at the University of California, Berkeley, who is also studying blood as a potential target for aging. The concept stems from mouse research by Conboy and others. In 2005, she and her research partner and husband Michael Conboy showed that when older mice were surgically sutured to younger mice, their tissues got healthier. The takeaway was not that young blood is a cure-all, but some entrepreneurs ran with the idea. "The story has switched into a highly exaggerated search of young blood as a silver bullet to combat aging," Irina says. In a recent follow-up study, the Conboys developed a way to exchange the blood of young and old mice without surgically joining them. They found that old mice had some improvements but that young mice experienced rapid declines. "The big result is that a single exchange hurts the young partner more than it helps the old partner," says Michael. Ambrosia says plasma transfusions are safe and, if proven effective, should be made available.

**THE BOTTOM LINE:** Blood-based therapies for longevity could still be in our future, but the science isn't there yet. "Donor blood can save lives, but using it to rejuvenate oneself is counterproductive," says Irina.

## **DATA-MINING YOUR OWN DNA**

**THE HACK:** If you could learn your risks for the most-feared diseases years before you'd actually get sick, would you? For the curious (and the brave), there's Health Nucleus, an eight-hour, \$25,000 head-to-toe, inside-and-out physical exam that includes whole-genome sequencing, high-tech scanning and early diagnostics. The goal is to paint a granular picture of an individual's health and disease risk, which could then inform lifestyle and medical choices that keep you healthier, longer.

**THE HYPE:** Health Nucleus bills the elite program as "a genomic-powered clinical research project that has the potential to transform health care." It was founded in 2015 by J. Craig

Venter, the scientist widely credited with being one of the first to sequence the human genome, and it doesn't come cheap. The Health Nucleus price tag is for a single session, during which patients get a sequencing of their genome and microbiome, a full-body MRI and an array of blood tests. When the results come in, doctors translate the findings into measurements that patients can understand--and advice they can act upon.

The Health Nucleus team believes this deluge of information can help doctors flag problems that could lead to premature death for their patients down the line. "Right now medicine is a reactionary system where if you get pain or other symptoms, then you go see your doctor and they see if they can fix it," says Venter. "It's totally different from trying to predict your risk or identifying problems early, before they cause fatal disease. If you have the right knowledge, you can save your life."

**THE DEBATE:** Genome sequencing can indeed pinpoint genetic risk for some cancers and other diseases. And microbiome profiles--which look at the makeup of bacteria in the gut--can provide clues about the presence of some chronic diseases. Changes in cholesterol and blood sugar can also signal illness, though that kind of blood work is routinely tested by primary-care physicians. About 400 people ages 30 to 95 have had the physical so far, and the test has identified significant medical problems in 40% of them, according to Venter, who says they've found cancer, aneurysms and heart disease in several people without symptoms.

Still, it raises questions among its skeptics about whether or not patients can actually use most (or any) of the data they receive. It also highlights some doctors' concerns about the negative consequences of overscreening, where there is always a risk for false positive results. "When healthy people undergo scanning, it can backfire," says Dr. Eric Topol, director of the Scripps Translational Science Institute, who has studied data-driven medicine. "It can find abnormalities and lead to more tests and procedures, many of them unnecessary. It can cause harm, not to mention anxiety and expense." This isn't news to Venter. "The criticism people throw out is 'How dare you screen healthy people?'" he says. "My response is, 'How do you know they're healthy?' We are finding pretty good evidence that many are not."

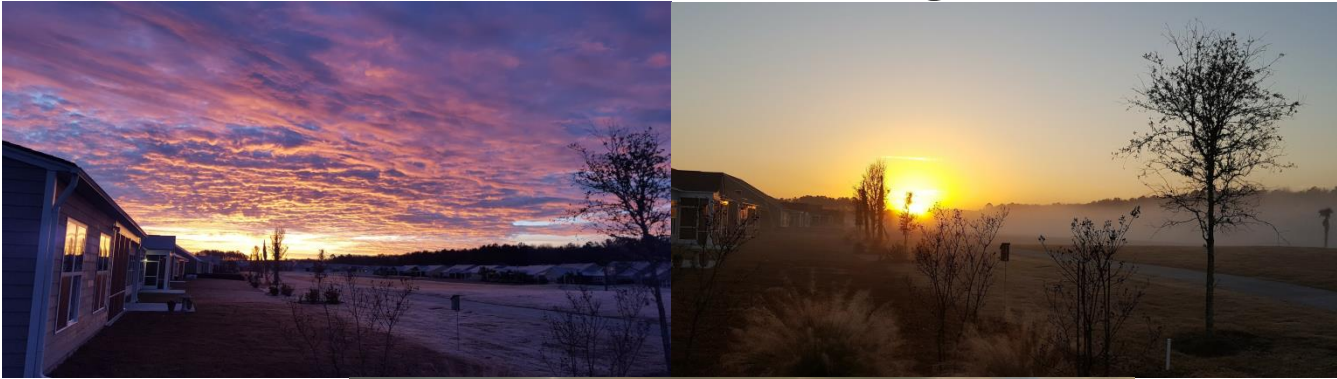
Topol says a rigorous study of the program by independent researchers could help settle the score. "If validated for benefit in this way," Topol says, "my outlook would be more positive."

**THE BOTTOM LINE:** Venter acknowledges that while costs may come down, the battery of tests is so far too expensive to be realistic for most. Whether it adds years to a person's life is also an open question. For now, looking into the crystal ball requires a whole lot of money--and a comfort with uncertainty.

# Pictures of The Month

Bob White

## Good Morning



## Good Afternoon



# Good Evening



# Ladies Poker

# Joe and Erma Green's Son's Wedding in Italy Last Summer



Six Heron's Pointe couples got together for a progressive dinner to celebrate Mardi Gras. Guests and homes were decorated and New Orleans food was served as we moved from house to house. The food was wonderful!

Clock-wise, Kathy Cherry, Brian Cherry, Bruce Adams, Jim Welsh, Collin Silvester, Wyatt DeLoache, Joe Green, Karen Adams, Irma Green, Patti DeLoache.



The guys wore their hats all night!

Clock-wise, Bruce Adams, Wyatt DeLoache, Joe Green, Jim Welsh, Brian Cherry, Collin Silvester.



## Interesting Photos Ted took on his travels



## What's The Pointe

### Heron's Pointe Neighborhood Website

I've refreshed the website. It continues to be updated with new neighbors added to our directory as well as changes to some neighbors' addresses/phone numbers. **If you haven't already checked out the directory you may wish to be sure you are listed and the information is correct.** It includes our newsletters, calendars, Heron's Heroes minutes, order forms for apparel, neighborhood news, your neighborhood officers' contact information, neighborhood directory and additional information, e.g., lawn care. The directory was lifted/copied from the Sun City resident website and consequently there were transfer issues, e.g., it's not pretty. <http://heronspointeneighborhood.weebly.com/>

**I also strongly recommend you update your information on the Sun city Website and download the Sun City AP to your smartphone.**



**Dot Prescott**

**CONCEALED WEAPON TRAINING**

I completed my Concealed Weapon Training & Certification last Saturday, February 25th. I went through a local team, CWP101. Several of you have expressed an interest in training and to that end the Swahns have agreed to come to us for a day of classroom and then range training in Ridgeland with a minimum of 12 students. The cost is \$125.00 plus gun/equipment rental if needed. I qualified with my 40 Caliper Glock semi-automatic. Not perfect, but a score of 96 on each written and field. If you have an interest email me. I will wait a few days before I put this offer out to The Hunting & Fishing Club as well as Heron's Pointe.

<https://cwp101.com/product/concealed-carry-weapons-permit/>



**We Wish Hank Whittier, Ken Zadoorian and Ed Miglarese Well!!**

## Stan Green

- > Facts about the 1500's
- > The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be.
- >
- > Here are some facts about the 1500s:
- > \* \* \* \* \*
- > Most people got married in June because they took their yearly bath in May and still smelled pretty good by June. However, they were starting to smell so brides carried a bouquet of flowers to hide the body odor.
- > Hence the custom today of carrying a bouquet when getting married.
- >
- > Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children-last of all the babies. By then the water was so dirty you could actually lose someone in it.
- > Hence the saying, "Don't throw the baby out with the bath water."
- >
- > Houses had thatched roofs --- thick straw piled high, with no wood underneath. It was the only place for animals to get warm, so all the dogs, cats and other small animals (mice, bugs) lived in the roof.
- > When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs."
- > There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could really mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.
- >
- > The floor was dirt. Only the wealthy had something other than dirt.
- > Hence the saying "dirt poor."
- >
- > The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on the floor to help keep their footing.

As the winter wore on, they kept adding more thresh until when you opened the door it would all start slipping outside. A piece of wood was placed in the entranceway. Hence the saying a "thresh hold."

- >
- > In those old days, they cooked in the kitchen with a big kettle that always hung over

the fire. Every day they lit the fire and added things to the

> pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes the stew had food in it that had been there for quite a while. Hence the rhyme, "Peas porridge hot, peas > porridge cold, peas porridge in the pot nine days old."

>

> Sometimes they could obtain pork, which made them feel quite special.

> When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man "could bring home the bacon."

> They would cut off a little to share with guests and would all sit around > and "chew the fat."

>

> Those with money had plates made of pewter. Food with high acid content > caused some of the lead to leach onto the food, causing lead poisoning and > death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

>

> Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or "upper crust."

>

> Lead cups were used to drink ale or whisky. The combination would > sometimes knock them out for a couple of days. Someone walking along the > road would take them for dead and prepare them for burial. They were laid > out on the kitchen table for a couple of days and the family would gather > around and eat and drink and wait and see if they would wake up.

> Hence the custom of holding a "wake."

>

> England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a "bone-house" and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized > they had been burying people alive. So they thought they > would tie a string on the wrist of the corpse, lead it through the coffin > and up through the ground and tie it to a bell. Someone would have to sit > out in the graveyard all night (the "graveyard shift") to listen for the > bell; thus, someone could be "saved by the bell" or was considered a "dead > ringer."

>

> And that's the truth. Now, whoever said that history was boring!

> Educate someone. Share these facts with a friend.

# JOKES OF THE MONTH

## Ken Clanton

A young boy went up to his father and asked him, 'Dad, what is the difference between 'potentially' and 'realistically'?' The father thought for a moment, then answered, 'Go ask your mother if she would sleep with Brad Pitt for a million dollars.'

Then ask your sister if she would sleep with Brad Pitt for a million dollars, and then ask your brother if he'd sleep with Brad Pitt for a million dollars. Come back and tell me what you learn from that. So the boy went to his mother and asked, 'Would you sleep with Brad Pitt for a million dollars?' The mother replied, 'Of course I would! We could really use that money to fix up the house and send you kids' to a great University!'

The boy then went to his sister and asked, 'Would you sleep with Brad Pitt for a million dollars?' The girl replied, 'Oh my Gawd! I LOVE Brad Pitt I would sleep with him in a heartbeat, are you nuts?'

The boy then went to his brother and asked, 'Would you sleep with Brad Pitt for a million dollars?' 'Of course,' the brother replied. 'Do you know what a million bucks would buy?'

The boy pondered the answers for a few days and then went back to his dad. His father asked him, 'Did you find out the difference between 'potentially' and 'realistically'?''

The boy replied, 'Yes, 'Potentially', you and I are sitting on three million dollars. But, 'Realistically', we're living with two hookers and a queer.'

## Jack Prescott

I never really liked the term "Old Person". But this makes me feel better about it. And if you aren't one, I bet you know one! I got this from an "Old Person" friend of Mine!

### OLD PERSON PRIDE

I'm passing this on as I did not want to Be the only old person receiving it. Actually, it's not a bad thing to be called,

As you will see.

- 1. Old People are easy to spot at sporting Events;

during the playing of the National Anthem. Old People remove Their caps and stand at attention and Sing without embarrassment. They Know the words and believe in them.

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- 2. Old People remember World War II, Pearl arbor, Guadalcanal , Normandy and Hitler. They remember the Atomic Age, The Korean War, The Cold War, the Jet Age and the Moon Landing. They remember The 50 plus Peace-keeping Missions from 1945 to 2005, not to mention Vietnam .
- 
- 3. If you bump into an Old Person on he Sidewalk he will apologize. If you pass an Old Person on the street, he will nod or Tip his cap to a lady. Old People trust Strangers and are courtly to women.
- 
- 4. Old People hold the door for the next Person and always, when walking, make Certain the lady
- 
- is on the inside for Protection.
- 
- 5. Old People get embarrassed if someone Curses in front of women and children And they don't like any filth or dirty Language on TV or in movies.
- 
- 6. Old People have moral courage and Personal integrity. They seldom brag Unless it's about their children or Grandchildren.
- 
- 7. It's the Old People who know our great Country is protected, not by politicians, But by the young men and women in the Military serving their country.
-

This country needs Old People with their Work ethic, sense of responsibility, pride In their country and decent values. We need them now more than ever.

**Thank God for Old People. Pass this on to all of the "Old People" You know.**

I was taught to respect my elders. It's just getting harder to find them.

## "LEROY"

A woman walks into the downtown welfare office, trailed by 15 kids.

'WOW,' the social worker exclaims, 'are they all yours?' 'Yep, they are all mine,' the flustered momma sighs, having heard that question a thousand times before. She says, 'Sit down Leroy' All the children rush to find seats.

'Well,' says the social worker, 'then you must be here to sign up. I'll need all your children's names.' 'Well, to keep it simple, the boys are all named Leroy and the girls are all named Leighroy.' In disbelief, the case worker says, 'Are you serious? They're ALL named Leroy?'

Their momma replied, 'Well, yes-it makes it easier.

When it's time to get them out of bed and ready for school, I yell, 'Leroy!' An' when it's time for dinner, I just yell 'Leroy!' An they all comes a runnin. An' if I need to stop the kid who's running into the street, I just yell Leroy' and all of them stop. It's the smartest idea I ever had, namin' them all Leroy.'

The social worker thinks this over for a bit, then wrinkles her forehead and says tentatively, 'But what if you just want ONE kid to come, and not the whole bunch?'

'Then I call them by their last names.

Two priests decided to go to Hawaii on vacation.

They were determined to make this a real vacation by not Wearing anything that would identify them as clergy. As soon as the plane landed they headed for a store and bought some really outrageous shorts, shirts, sandals, sunglasses.

The next morning they went to the beach dressed in their 'tourist' garb. They were sitting on beach chairs, enjoying a drink, the sunshine and the scenery when a 'drop dead gorgeous' topless blonde came walking straight towards them.

They couldn't help but stare.

As the blonde passed them she smiled and said 'Good Morning, Father ~ Good Morning, Father,' nodding and addressing each of them individually, Then she passed on by. They were both stunned. How in the world did she know they

were priests? So the next day, they went back to the store and bought even more outrageous outfits. Once again, in their new attire, they settled down in their chairs to enjoy the sunshine. After a little while, the same gorgeous topless blonde came walking toward them. Again she nodded at each of them and said - 'Good morning, Father ~ Good morning, Father,' and started to walk away. One of the priests couldn't stand it any longer and said, 'Just a minute, young lady.' 'Yes, Father?'

'We are priests and proud of it, but I have to know, how in the world did you know we are priests, dressed as we are?'

She replied, 'Father, it's me, Sister Kathleen.'

## **Connie Sylvester**

### **GOOD SAMARITAN**

A Sunday school teacher was telling her class the story of the Good Samaritan. She asked the class, "If you saw a person lying on the roadside, all wounded and bleeding, what would you do?" A thoughtful little girl broke the hushed silence, "I think I'd throw up."

### **DID NOAH FISH ?**

A Sunday school teacher asked, "Johnny, do you think Noah did a lot of fishing when he was on the Ark?" "No," replied Johnny. "How could he, with just two worms."

### **THE LORD IS MY SHEPHERD**

A Sunday School teacher decided to have her young class memorize one of the most quoted passages in the Bible - Psalm 23. She gave the youngsters a month to learn the chapter. Little Rick was excited about the task - but he just couldn't remember the Psalm. After much practice, he could barely get past the first line. On the day that the kids were scheduled to recite Psalm 23 in front of the congregation, Ricky was so nervous. When it

was his turn, he stepped up to the microphone and said proudly, "The Lord is my Shepherd, and that's all I need to know."

### **UNANSWERED PRAYER**

The preacher's 5 year-old daughter noticed that her father always paused and bowed his head for a moment before starting his sermon. One day, she asked him why. "Well, Honey," he began, proud that his daughter was so observant of his messages. "I'm asking the Lord to help me preach a good sermon." "Then how come He doesn't answer?" she asked.

### **BEING THANKFUL**

A Rabbi said to a precocious six-year-old boy, "So your mother says your prayers for you each night ? That's very commendable. What does she say ?" The little boy replied, "Thank God he's in bed!"

### **ALL MEN / ALL GIRLS**

When my daughter, Kelli, said her bedtime prayers, she would bless every family member, every friend, and every animal (current and past). For several weeks, after we had finished the nightly prayer, Kelli would say , "And all girls."

This soon became part of her nightly routine, to include this closing. My curiosity got the best of me and I asked her, "Kelli, why do you always add the part about all girls ?" Her response, "Because everybody always finish their prayers by saying 'All Men!'"

### **SAY A PRAYER**

Little Johnny and his family were having Sunday dinner at his Grandmother's house. Everyone was seated around the table as the food was being served. When Little Johnny received his plate, he started eating right away. "Johnny! Please wait until we say our prayer." said his mother. "I don't need to," the boy replied. "Of course, you do" his mother insisted. "We always say a prayer before eating at our house." "That's at our house." Johnny explained. "But this is Grandma's house and she knows how to cook."

## **Ken Clanton**

### **Bagpipes at a Fueneral**

Time is like a river. You cannot touch the water twice, because the flow that has passed will never pass again. Enjoy every moment of life!! As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the Nova Scotia back country. As I was not familiar with the backwoods, I got lost and, being a typical man, I didn't stop for directions.



I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch. I felt badly and apologized to the men for being late.

I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play. The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man. And as I played "Amazing Grace", the workers began to weep. They wept, I wept, we all wept together. When I finished, I packed up my bagpipes and started for my car. Though my head was hung low, my heart was full.

As I opened the door to my car, I heard one of the workers say, "I never seen anything like that before, and I've been putting in septic tanks for twenty years."

Apparently, I'm still lost....it's a man thing.

## **Ken Clanton**

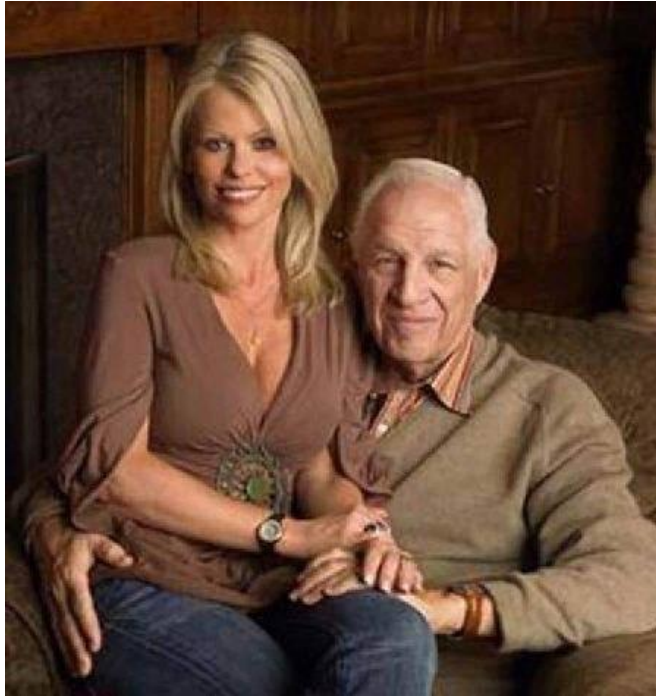


## **Colin Sylvester (From Experience)**

It only takes one drink to get me loaded.

The only trouble is I can't remember if its the thirteenth or fourteenth!!

## Karen Adams



A balding, white haired man walked into a jewelry store this past Friday evening with a beautiful much younger gal at his side. He told the jeweler he was looking for a special ring for his girlfriend. The jeweler looked through his stock and brought out a \$5,000 ring.

The man said, *'No, I'd like to see something more special.'*

At that statement, the jeweler went to his special stock and brought another ring over. *'Here's a stunning ring at only \$40,000 the jeweler said.* The lady's eyes sparkled and her whole body trembled with excitement. The old man seeing this said, *'We'll take it.'* The jeweler asked how payment would be made and the man stated, *'By check. I know you need to make sure my check is good, so I'll write it now ;and you can call the bank Monday to verify the funds; I'll pick the ring up Monday afternoon.'*

On Monday morning, the jeweler angrily phoned the old man and said *'Sir...There's no money in that account.'*

*'I know,'* said the old man...*'But let me tell you about my weekend.'*

Chris Chase



**Did you know?**



Line dancing was started by women waiting to use the bathroom.


Shut Up I'm Still Talking

www.facebook.com/ShutUpImStillTalking

**aunty acid**  
www.facebook.com/auntyacid

I'm thinking of calling in **GHOSTBUSTERS** coz I'm convinced I live in a **HAUNTED HOUSE.**

Every time I look in the freakin' mirror, this old lady comes and stands in front of me and blocks out my reflection.



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