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Contact me for all of your auto accident and personal injury needs!

Visit Machu Picchu This May

THE GREAT INCA CITADEL

Before Columbus landed on what he thought was India in 1492, and before Pizarro later wiped them out, the Incas controlled the largest empire on the North American continent — and maybe the biggest in the entire world. The religiously and culturally diverse civilization spanned a huge portion of western South America, comparable to the most robust territories of Eurasia.

Nowadays, not much remains of the Inca Empire, save for some ruins and the otherworldly constructions of Machu Picchu. The Inca citadel, probably built as an estate for the Inca Emperor Pachacuti, still stands after over 500 years, and the blocks of polished stone overlook intense, vertigo-inducing views, considered by some to be among the most beautiful in the world.

If you're thinking of visiting the enormous agricultural terraces and fantastic stone constructions of Machu Picchu, it's best to go in May, right as the rainy season ends. That way, you won't have to deal with the battering rain or the rather large crowds that form during the peak season of July and August. Both of these could potentially muddy the experience of such a historical location.

Fly into Cusco, then immediately take the train to Machu Picchu Pueblo, colloquially known as Aguas Calientes.

It's a scenic 3.5-hour trip running along the Urubamba River, through the fabled hills of the Inca which contain breathtaking canyon walls rising above on either side. Spend a night or two in the town to get acclimated to the 6,700-foot elevation and then head to Machu Picchu for some exploring before you return to Cusco. This will minimize the unpleasant — and sometimes dangerous — effects of altitude sickness that such heights can bring.

You might find yourself dizzy from more than the altitude, though. The views are world-class, and the feeling of being in such an ancient place imbued with cultural importance is electrifying.



READY FOR SUMMER!



Even with a couple months of school left, many of us are already thinking about summer.

What can I say? The weather is warming up, the sun is out more frequently, and road trips are on my mind. My son has been on road trips since he was very young, so three hours up to Philadelphia to visit family and three hours back is no big deal to him. That's great because I have a niece with a June birthday (much like my husband and I) and another niece with an August birthday.

Last summer, we enjoyed a trip to the beach in Margate, New Jersey, and I'm sure we'll return this summer as well. In Puerto Rico, going to the beach involves frozen-treat vendors, outdoor barbecues, and even wandering masseuses. That's not the case here in the U.S., but we enjoy loading up the car and heading to the ocean anyway.

When considering summer road trips, be sure to ask yourself: "Is my car ready for summer adventures?" Whether you're commuting to work, visiting family in another state, or taking the great American road trip, it's important to have your automobile serviced before the summer starts. For most people, that means going to a mechanic for an oil change and tire rotation. They'll top off your coolant and windshield wiper fluid as well. If your car is well-maintained, this may be all you need for your summer adventures.

If your tires are old and worn, now is a great time to buy new ones. Memorial Day sales and other events this month can help you purchase tires for cheaper than usual. It's very important to have safe tires. If a tire fails when you're on the highway, it puts you — and everyone else on the road — in great danger. It's also good to repair anything that has been neglected on your car. More use in the summer means more chances for *something* to go wrong. And if there's already something wrong, you should fix it immediately. That way, you'll be safe and comfortable when you drive this summer.

Make sure you're ready in case something bad happens, too. It's always good to have a first aid kit, flashlight, and extra batteries in the car. You'll want to make sure your spare tire is inflated, and that you have a car jack and tools to change the tire. And it doesn't hurt to have some extra motor oil and coolant on hand, just in case.

I'm excited to get a jump on summer, and I hope you are as well. Let me know if you need any help with your car — I know an excellent mechanic in the area who does good work. And of course, if you need legal help, I'm only a phone call away.

- Melina Pérez Halpern

MAKE THE PERFECT PUMP-UP PLAYLIST

Science Shows Certain Tempos Can Enhance Your Workout

Could you make the ultimate workout playlist?

Just about everyone with a Spotify or Apple Music membership has tried. Some borrow from curated playlists made by the site's experts, while others rely on music that personally gets them going. For you, that could be anything from extreme dubstep to Abba's "Dancing Queen." We're not here to judge.

Two years ago, a sports medicine scientist took a crack at crafting the perfect music playlist for optimal athletic performance. Dr. Costas Karageorghis of Brunel University in London analyzed nearly 7 million playlists to determine what the perfect pump-up mix would sound like. He found that your personal taste plays a part, but science plays a bigger role.

Here's how: Music induces alpha brain activity, which helps athletes get "in the zone" and become hyperfocused. To reach that state, you need to experience

warm up, peak, and cool down periods. Dr. Karageorghis' perfect playlist starts with medium-tempo songs with strong beats, like Katy Perry's "Roar" and Daft Punk's "Get Lucky." It then ramps up to Pitbull's "Timber" and peaks with Pharrell Williams' "Happy," which runs at 160 beats per minute. It then slows back down, closing with "Royals" by Lorde.

The tempo isn't just about running — it's indicative of an entire workout cycle. "Roar" is what Dr. Karageorghis calls stretching music, whereas "Get Lucky" through "Happy" is for cardio, and the latter half has strength-exercise songs like "Get Down" by Groove Armada, before the music starts heading to a close.

Dr. Karageorghis also did live test research, where subjects exercised on a treadmill to various songs. He found that certain upbeat tempos and strong beats were able to increase performance. However, the biggest takeaway from the study was this: Simply having music

enhanced endurance by 15 percent. It enabled athletes to get more pleasure from their workout. Regardless of what you listen to, crank those tunes and hit the gym!

The playlist devised by Dr. Karageorghis was published in Medical Daily and can be found on their website under "The Optimal Workout Music Playlist As Designed By Scientists."



THE STAINLESS STEEL MIRACLE

IS METAL A TRUE ODOR ELIMINATOR?



You're in the kitchen chopping garlic for a marvelous tomato sauce for your penne pasta. You use your hands to toss the garlic into the pot and then proceed to wash your hands with soap and water. It's not enough.

The odor hits your nose. Garlic. It's still on your fingers, permeating every crease and crevice. You wash your hands a second time. No help.

Then you remember the stainless steel bar you received for Christmas three years ago. The one shaped exactly like a bar of soap. You pull it out

of the drawer of misfit utensils and take it to the sink. *Will it work?*

Absolutely. Washing your hands with a stainless steel bar is the most effective way to remove common kitchen odors from your hands — including garlic, onion, and fish.

How does it work? Certain compounds (such as the sulfur-based compounds found in garlic) bond with molecules in stainless steel. As you wash your hands with stainless steel under cold water, the compounds are "pulled" from your hands, and a reaction occurs when they bond with the metals present in stainless steel — a reaction that completely neutralizes the unpleasant smell!

THE ROSETTA PHONE

Language-Learning Apps for Everyday Life

It's said that the best way to learn a new language is to be fully immersed in another country.

Unfortunately, most of us need to be at work on Monday. So, if taking an extended trip for an immersive language lesson is out of the question, consider one of these language-learning apps, perfect for learning around your 9-to-5.

Duolingo Learn a new language on your own time with Duolingo. This app lets you select your lesson intensity based on how much time you're able to dedicate to each session and can be adjusted at any time. Lessons can range from 5-25 minutes, meaning you can be learning a new language during your lunch break! Additionally, Duolingo blends video game aspects into the learning, awarding students with experience

and providing support and encouragement as you advance through the lessons.

busuu Along with writing and grammar exercises, as well as flashcards and quizzes, students can communicate with any of the 60 million other users across the globe through audio recordings. Users can get help with pronunciation and find answers to questions from native speakers with firsthand knowledge. An independent study conducted by City University of New York determined 22.5 hours of busuu Premium offered the same level of knowledge and experience as a semester in a college-level language course.

Babble Using speech recognition technology, the Babble app really focuses on helping students get their pronunciation correct right from the start. Rather than

overwhelming students with grammar rules, vocabulary comes first, with students learning grammar as they go. Babble offers more customization in its lesson plans, meaning you can focus on the vocabulary that's relevant to you and your current needs.

Whether you need to learn a new language for travel, work, or just for fun, apps like these can help turn you into a real multilingual logophile.



PUZZLE YOUR BRAIN

BREAK CORNER

Sudoku Rules:

- Use numbers 1-9 only.
- The full grid is 9x9 cells.
- The full grid is broken into 9 regions, 3x3 cells each.
- Each region can contain only one of each number 1-9.
- Each cell can contain only one number.
- Each row and column should contain only one of each number, 1-9.

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



QUICK QUICHE LORRAINE

Ingredients

- 1 (9-inch) frozen deep-dish pie shell
- 8 ounces bacon
- 1 onion
- 6 large eggs
- 1 cup half-and-half
- 1 cup shredded Swiss cheese
- Salt and pepper, to taste

Directions

1. Preheat oven to 400 F. Use fork to prick inside of frozen pie crust.
2. Bake for 8 minutes.
3. Remove from oven and lower oven to 325 F.
4. Meanwhile, cook the bacon in medium skillet on medium heat.
5. Add chopped onion and salt and pepper to bacon fat. Sauté over medium heat until onions are golden.
6. Transfer onion to pie shell.
7. In a large bowl, beat eggs with the half-and-half. Stir in cheese and cooked bacon.
8. Pour mixture into pie shell.
9. Bake until set, about 40 minutes.
10. Let stand 10 minutes before slicing.

Recipe courtesy of Food.com.