



# talk of the table

## 60-SECOND INTERVIEW HARD-HITTING WOMAN

**Laila Ali**, 38, the undefeated super-middleweight boxing champion (now retired), TV host, author, daughter of boxing legend Muhammad Ali and mother of two, takes on a fresh challenge as a competitor on *The New Celebrity Apprentice*. It premieres Jan. 2 on NBC, with Arnold Schwarzenegger overseeing the boardroom.

**What was challenging about *The New Celebrity Apprentice*?** Putting on my business executive cap and being in a situation with a group of people with different personalities and with an almost impossible task to achieve in a short amount of time, while being under a microscope and having to deliver.

**We haven't seen Schwarzenegger in the boardroom yet. What's he like?** There was anticipation about what he would say when he fired people. He got better and better as the show went on, but he was stern. Obviously, he's a very smart and experienced businessman himself, so he imparted a lot of wisdom to us along the way.

**What was the best advice your father ever gave you?** What stands out is when he told me to never step on others to get ahead and to treat everyone with kindness and respect no matter what their position is in life. So, for me, it doesn't really matter what you do for a living, or whether

you can or can't do something for me, I want to treat everybody the same.

**What are the holidays like at your house?**

Holidays are filled with excellent food. Even if they've got something else to do, people stop by my house ready to take a to-go plate. I cook lots of food, and it's a relaxed situation. I don't do

a whole sit-down dinner. I have a 5-year-old girl and an 8-year-old boy, so presents are a big deal.

**You have a cookbook coming out next year. What**

**types of recipes are in it?** It's

something I've wanted to do for

years. It talks about my theory on eating and nutrition. My focus is to make recipes that we love, like comfort foods, but make them more nutritious.



### CATCHING UP WITH

#### REESE WITHERSPOON

The *Walk the Line* best actress Oscar winner is the voice of Rosita, an overworked pig with 25 piglets, in the animated musical comedy *Sing*, which opens in theaters Dec. 21. Witherspoon, 40, who was raised in Nashville, Tenn., also stars in *Big Little Lies*, a dark comedy miniseries coming to HBO next year. She is penning her first book, which "celebrates the South's signature style, grace, and charm," set for release in 2018.

#### TONY BENNETT

The 19-time Grammy winner receives a two-hour toasting when *Tony Bennett Celebrates 90: The Best Is Yet to Come* airs Dec. 20 on NBC. Among the singers paying tribute will be Michael Bubl , Lady Gaga, Billy Joel, Elton John and Stevie Wonder. Earlier this year, a bronze statue of the crooner was unveiled near San Francisco's Fairmont Hotel, where Bennett first sang his signature tune, *I Left My Heart in San Francisco*, in 1962.



COVER PHOTO BY MICHAELANGELO'S PHOTOGRAPHY

### EVERYBODY'S TALKING ABOUT ...

#### HOLIDAY WISHES

##### VANESSA FERLITO

*NCIS: New Orleans*

I'll go the corny route. I would honestly like to have happiness and health in a box. Or maybe that I could fly.



##### JOEL McHALE

*The Great Indoors*

I would like to find a machine that stops time, so I could play video games forever and spend all that time with my kids.



### OUR PICK MEET THE BEATLES

Young or old, your holiday guests are sure to bond over *The Beatles: Eight Days a Week*, a documentary that chronicles the rock pioneers' touring years, behind-the-scenes antics and the historic career that united John, Paul, George and Ringo. Directed by Oscar-winning filmmaker Ron Howard, the film features interviews with celebrities, music historians and The Beatles themselves, along with previously unseen footage of their 1966 Shea Stadium concert. Available on DVD (\$20, amazon.com).



**CONTACT US** Send mail to Community Table, 2451 Atrium Way, Suite 320, Nashville, TN 37214, call 800-284-5668 or email [editor@CommunityTable.com](mailto:editor@CommunityTable.com)

Visit our websites at [CommunityTable.com](http://CommunityTable.com) and [AmericanProfile.com](http://AmericanProfile.com)





## Announcing the Gradual Quit Approach, a new way to use CHANTIX.

Until now, you could set a quit date of either a week or up to a month after starting CHANTIX (varenicline). Now, there's another option. If you're sure you can't quit smoking that abruptly, there's the Gradual Quit Approach. You start CHANTIX, then cut your smoking in half each month with the goal of quitting at the end of three months, or sooner. Ask your doctor about these options and learn more at [CHANTIX.com](http://CHANTIX.com). CHANTIX, along with support, can help you quit smoking. Now the only question is: *What would you do with that ashtray?*

**CHANTIX: THE #1  
PRESCRIBED RX  
QUIT-SMOKING AID.**

### What is CHANTIX?

CHANTIX is a prescription medication that, along with support, helps adults 18 and over stop smoking.

### Important Safety Information

**Some people have had changes in behavior, hostility, agitation, depressed mood, suicidal thoughts or actions while using CHANTIX to help them quit smoking. Some people had these symptoms when they began taking CHANTIX, and others developed them after several weeks of treatment or after stopping CHANTIX. If you, your family or caregiver notice agitation, hostility, depression or changes in behavior, thinking, or mood that are not typical for you, or you develop suicidal thoughts or actions, anxiety, panic, aggression, anger, mania, abnormal sensations, hallucinations, paranoia or confusion, stop taking CHANTIX and call your doctor right away. Also tell your doctor about any history of depression or other mental health problems before taking CHANTIX, as these symptoms may worsen while taking CHANTIX.**

Some people had seizures during treatment with CHANTIX. Most cases happened during the first month of treatment. Tell your doctor if you have a history of seizures. If you have a seizure during treatment with CHANTIX, stop taking CHANTIX and contact your healthcare provider right away.

Decrease the amount of alcohol you drink while taking CHANTIX until you know if CHANTIX affects your ability to tolerate alcohol. Some people experienced increased drunkenness, unusual or sometimes aggressive behavior, or memory loss of events while consuming alcohol during treatment with CHANTIX.

Sleepwalking can happen with CHANTIX, and can sometimes lead to behavior that is harmful to you or other people, or to property. Stop taking CHANTIX and tell your doctor if you start sleepwalking.

Do not take CHANTIX if you have had a serious allergic or skin reaction to CHANTIX.

Some people can have serious skin reactions while taking CHANTIX, some of which can become life-threatening. These can include rash, swelling, redness, and peeling of the skin. Some people can have allergic reactions to CHANTIX, some of which can be life-threatening and include: swelling of the face, mouth, and throat that can cause trouble breathing. If you have these symptoms or have a rash with peeling skin or blisters in your mouth, stop taking CHANTIX and get medical attention right away.

Before starting CHANTIX, tell your doctor if you have a history of heart or blood vessel problems. If you have new or worse heart or blood vessel symptoms during treatment, tell your doctor. Get emergency medical help right away if you have any symptoms of a heart attack or stroke.

The most common side effects of CHANTIX are nausea, sleep problems, constipation, gas and vomiting. If you have side effects that bother you or don't go away, tell your doctor. Patients also reported trouble sleeping, vivid, unusual or strange dreams. Use caution driving or operating machinery until you know how CHANTIX may affect you.

You may need a lower dose of CHANTIX if you have kidney problems or get dialysis. Before starting CHANTIX, tell your doctor if you are pregnant, plan to become pregnant, or if you take insulin, asthma medicines or blood thinners. Medicines like these may work differently when you quit smoking. CHANTIX should not be taken with other quit-smoking medicines. Should you slip up and smoke, keep trying to quit.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.**

*Please see important risk information on the next page.*

**CHANTIX<sup>®</sup>**  
**(varenicline) TABLETS**

This time could be different

In need of prescription assistance?

Pfizer RxPathways<sup>®</sup> can connect you with services to help you pay for your Pfizer medicines.

Learn more at:  
[PfizerRxPath.com](http://PfizerRxPath.com)



QUESTIONS? 1-877-CHANTIX (1-877-242-6849) or [www.chantix.com](http://www.chantix.com).

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# IMPORTANT FACTS

**CHANTIX**<sup>®</sup>  
(varenicline) TABLETS

(CHANT-iks)

## WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT CHANTIX?

Some people have had serious side effects while using CHANTIX (varenicline) to help them quit smoking, including:

**New or worse mental health problems, such as changes in behavior, hostility, agitation, depressed mood, and suicidal thoughts or actions.** Some people had these symptoms when they began taking CHANTIX, and others developed them after several weeks of treatment, or after stopping CHANTIX.

**Before taking CHANTIX**, tell your doctor if you have ever had depression or other mental health problems. You should also tell your doctor about any symptoms you had during other times you tried to quit smoking, with or without CHANTIX.

**Stop taking CHANTIX and call your doctor right away** if you, your family, or caregiver notice agitation, hostility, depression or changes in your behavior or thinking that are not typical for you, or you develop any of the following symptoms:

- thoughts about suicide or dying, or attempts to commit suicide
- new or worse depression, anxiety, or panic attacks
- feeling very agitated or restless
- acting aggressive, being angry, or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- abnormal thoughts or sensations
- seeing or hearing things that are not there (hallucinations)
- feeling people are against you (paranoia)
- feeling confused
- other unusual changes in behavior or mood

When you try to quit smoking, with or without CHANTIX, you may have symptoms that may be due to nicotine withdrawal, including urge to smoke, depressed mood, trouble sleeping, irritability, frustration, anger, feeling anxious, difficulty concentrating, restlessness, decreased heart rate, and increased appetite or weight gain. Some people have even experienced suicidal thoughts when trying to quit smoking without medication. Sometimes quitting smoking can lead to worsening of mental health problems that you already have, such as depression.

See "WHAT ARE THE POSSIBLE SIDE EFFECTS OF CHANTIX?" for more information about other side effects.

## WHAT IS CHANTIX?

CHANTIX is a prescription medicine to help adults stop smoking.

## WHO SHOULD NOT TAKE CHANTIX?

Do not take CHANTIX if you have had a serious allergic or skin reaction to CHANTIX. Symptoms may include:

- swelling of the face, mouth (tongue, lips, gums), throat or neck
- trouble breathing
- rash, with peeling skin
- blisters in your mouth

Some of these reactions can become life-threatening.

## WHAT SHOULD I TELL MY DOCTOR BEFORE TAKING CHANTIX?

See "WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT CHANTIX?"

**Before you take CHANTIX, tell your doctor if you:**

- use other treatments to quit smoking. You should not use CHANTIX while using other medicines to quit smoking. Using CHANTIX with a nicotine patch may cause nausea, vomiting, headache, dizziness, upset stomach, and tiredness to happen more often than if you just use a nicotine patch alone.

## WHAT SHOULD I TELL MY DOCTOR BEFORE TAKING CHANTIX? (continued)

- have kidney problems or get kidney dialysis. Your doctor may prescribe a lower dose of CHANTIX for you.
- have a history of seizures
- drink alcohol
- have heart or blood vessel problems
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if CHANTIX will harm your unborn baby.
- are breastfeeding. It is not known if CHANTIX passes into breast milk. If you breastfeed and take CHANTIX, monitor your baby for seizures as well as spitting up or vomiting more than normal.

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements. Your doctor may need to change the dose of some of your medicines when you stop smoking.

## WHAT SHOULD I AVOID WHILE TAKING CHANTIX?

- Use caution when driving or operating machinery until you know how CHANTIX affects you. CHANTIX may make you feel sleepy, dizzy, or have trouble concentrating, making it hard to drive or perform other activities safely.
- Decrease the amount of alcoholic beverages that you drink during treatment with CHANTIX until you know if CHANTIX affects your ability to tolerate alcohol.

## WHAT ARE THE POSSIBLE SIDE EFFECTS OF CHANTIX?

**Serious side effects of CHANTIX may include:**

- See "WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT CHANTIX?"
- **Seizures**
- **New or worse heart or blood vessel (cardiovascular) problems**
  - Get emergency medical help right away if you have symptoms of a heart attack
- **Sleepwalking** which can sometimes lead to behavior that is harmful to you or other people, or to property.
- **Allergic or serious skin reactions.** See "WHO SHOULD NOT TAKE CHANTIX?"

**If you experience any of the above side effects, stop taking CHANTIX and get medical help right away.**

The most common side effects of CHANTIX include:

- nausea
- sleep problems (trouble sleeping or vivid, unusual, or strange dreams)
- constipation
- gas
- vomiting

Tell your doctor about side effects that bother you or that do not go away. These are not all the side effects of CHANTIX. Ask your doctor or pharmacist for more information.

You may report side effects to the FDA at 1-800-FDA-1088.

## WANT MORE INFORMATION?

- Ask your health care provider for complete product information. This is only a brief summary of important information.
- Go to [www.CHANTIX.com](http://www.CHANTIX.com) or call 1-877-242-6849 (1-877-CHANTIX) for information about CHANTIX, including the FDA approved product labeling.



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# good life guide

## KIDS' TABLE

### THE GIFT OF GRATITUDE

Mom-tested tricks that help children make a habit of writing thank-you notes

**PREP IT** Gather writing materials before the chaos of the holidays hits, says Mavis Butterfield, blogger at [onehundreddollarsamonth.com](http://onehundreddollarsamonth.com) and mom of two, who credits her mom with the idea. "I always got thank-you cards and stamps as one of my gifts," she says. "It was my mother's not-so-subtle way of providing me with the tools to get the job done."

**TRACK IT** "As your children open their gifts, write down who they're from and what the gifts were on the back of the gift tags before the gifts disappear," says Kelly Browne, mom of two, blogger at [kellybrowne.net](http://kellybrowne.net) and author of *101 Ways to Say Thank You for Kids & Teens* (Cedar Fort).

**SCHEDULE IT** "Set aside a time where you can all sit down and write them," says Butterfield. "Make snacks, turn on music or a family favorite movie and get to work to make it fun and not completely painful."

**DRAW IT** If kids are too young to pen a note, let them express their gratitude through art. "If they want to draw a picture, that's even better because the drawings are one-of-a-kind treasures from your child's heart and imagination," says Browne.

—Solana Hawkenson



## GET CRAFTY

### NEW YEAR, NEW PLAN

Get ready for 2017 with this DIY calendar created by Alexa de Crispino, blogger at [allthingspinkandpretty.com](http://allthingspinkandpretty.com), that you can make in less than 20 minutes

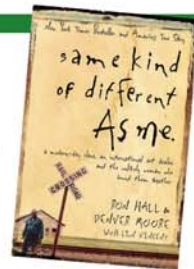
With a **permanent marker**, label 12 **gift tags** with the months of the year, and 12 more tags with the numbers 0 through 9, making two with 1 and 2. **Paint** a small **wooden box** and let dry. Use a **pencil** to mark three evenly spaced dots near the top, using the gift tags as your guide. Screw a **small hook** onto each pencil mark. Place the month tags on the first hook and number tags on the next two for the days.



## UNDER THE TREE

### HEARTWARMING READ

The true story of a friendship between an international art dealer and a homeless man is a timely reminder of the life-changing bonds between people, regardless of their differences. Share author Ron Hall's autobiographical *Same Kind of Different as Me* (Thomas Nelson)—soon to be a movie starring Jon Voight and Renée Zellweger—with the readers on your list this year.



## WELLNESS WORKSHEET

HELP OTHERS  
GET FIT  
FIND NEW JOB  
DRINK LESS  
FIND LOVE  
QUIT SMOKING  
ENJOY LIFE  
SAVE MONEY

WHY?

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## RESOLUTION SOLUTIONS

Avoid New Year's pitfalls with these ideas from life coaches Gretchen Hydo ([anylengthslifecoaching.com](http://anylengthslifecoaching.com)) and Kate Swoboda ([yourcourageouslife.com](http://yourcourageouslife.com))

**GET SET** "Define your 'why,' your reason for wanting to make a change," says Hydo, who cautions that making vague goals because they sound good won't work. Spell out how reaching that goal will actually impact your life and the lives of those around you. Be specific.

**HALT!** Instead of just identifying things you want to do, make a "Stop Doing" list of the habits or actions that are impeding your goals, says Swoboda. Your list might include spending money on services you rarely use or staying up too late. A "don't"

list will often show you clearly what you do want, she says.

**DO IT FOR YOU** If you're resolving to do something because someone else thinks you should, you're unlikely to hang in there with it, says Hydo.

**MAKE IT STICK** Create new habits by developing a cue-routine-reward loop, says Swoboda. For example, if you want to get up early to exercise, the cue is your alarm clock, the routine is the exercise and the reward is feeling good about what you've done.

—Heather Donahoe



# good life guide



BEAUTY

## PARTY PERFECT MAKEUP

Add glam to your holiday beauty routine with these tips from Lara Eurdolian, beauty editor at prettyconnected.com, voted one of the best beauty blogs of 2016 by The Fashion Spot, an online community of fashion and beauty experts and social forum for industry news.



**CAMERA READY Lip liner pencil Stila Stay All Day Lip Liner**, (\$20, Ulta) acts as a long-lasting stain, so you're always smile ready.

Add a matte lipstick like **Lorac Pro Matte Lip Color** (\$18, Kohl's), which has more staying power than shimmer or gloss products.

**GLITTER ON** Bold sparkle is an on-trend option. Use liquid glitter eyeliner like **NYX Cosmetics**

**Liquid Crystal Liner** (\$5, Target) for easy-glide application. Or try **Hard Candy Glitteratzi Compact Eye Shadow** (\$6, Walmart), which you can even dab on your lips.



**SPOTLIGHT ON EYES** Make them pop by swiping a light shade of eyeshadow, like **e.l.f. Prism Eyeshadow Palette** (\$10, CVS) underneath your eyebrows. —Lauren Harris



**KEEP IT CLEAN** Eye makeup remover pads like **Pixi Lash Nourish Makeup Remover Pads** (\$10, Target) aren't just for after the party. They can remove fallout beneath your eyelashes, clean edges and quickly fix mistakes.



## ONE SMART MOVE

### POSE TO DOZE

Escape the chaos of the holiday season and prepare for bed with this simple move from *Restorative Yoga for Life* by Gail Boorstein Grossman, founder of Om Sweet Om Yoga in Port Washington, N.Y. You'll need a bolster, but if you don't have one, you can improvise: Roll up a large towel or blanket.

#### Side Lying Stretch

Lie on your side and place the bolster under your waist. Stretch your arms up with your knees gently bent. Let your body relax fully over the bolster, using your bottom arm as a pillow for your head. Hold the pose for three minutes on each side.



**TIP:** Do this pose in your PJs to help signal your body it's time for sleep.

## GEEK SPEAK

### ORGANIZE YOUR NEW YEAR

These free apps help you easily manage your busy days and important events

#### KEEP UP

You'll never miss a game with **Jorte** (iOS and Android), which lets you download events from news organizations and your favorite sports teams to your calendar.



#### MEETING MINDER

Great for work, **Simpliday** (iOS) converts emails into meeting time slots or reminders and lets you attach files with Dropbox, Google Drive, OneDrive or iCloud. You also can create invitations.



#### SHARE THE WORK

Manage home and work life with the easy-to-use **Any.do** (iOS and Android). Share lists and assign tasks with coworkers or set up grocery and errand lists for family members.



## PET PARENTING

### BEDS FOR YOUR BESTIES

Keep your pets cozy during the cold winter months

**Soft Spot 36 x 27-inch Lounger Pet Bed** (\$28, Walmart) If Rover likes leaning into things, he'll love this bed's cushioned walls. You'll love the machine washable cover.



"We used to have the hardest time keeping our beagle Winston off the couch, but he actually prefers hanging out here now." —Lorra

**Martha Stewart Pets Convertible Cat Bed** (\$30, PetSmart) Luxury-loving felines are bound to lounge nonstop in this ultimate tight space, which also collapses into a mat for sprawling.



"My cat Timothy never cared about beds until we brought this one home. He rarely leaves it." —Geoff

**Boots & Barkley Rectangle Orthopedic Pet Foam Mat** (\$20 to \$30, depending on size, Target) Older pets will appreciate this supportive foam cushion and plush top. Bonus: it fits nicely inside a crate.



"Arthritis had made it difficult for Sally, my Saint Bernard, to get comfortable at night.

Most beds we tried were too soft for her. This one is exactly right." —Tristan



## BAR NONE

*Transform a cake mix into something special*

### CRANBERRY PECAN BARS

- 1 (15-oz) box vanilla cake mix (like Betty Crocker SuperMoist French Vanilla)
- $\frac{1}{3}$  cup butter, melted
- 2 Tbsp water
- 2 eggs
- $\frac{1}{2}$  cup toasted chopped pecans, plus more for topping
- $\frac{3}{4}$  cup dried cranberries, plus more for topping
- 1 (16-oz) can cream cheese frosting (like Betty Crocker)

1. Preheat oven to 350°F. Coat a 13 x 9-inch baking dish with cooking spray.
2. Prepare cake mix according to package instructions, using butter, water and eggs. Stir in pecans and cranberries. Spread in prepared pan and bake 20 to 25 minutes, until top is golden brown and bars are firm in the center. Let cool.
3. Frost bars with cream cheese frosting and top with additional pecans and cranberries. **Serves 24**

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BY  
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NEW  
**BOUNCE  
BACK  
DENIM**

New at  
**Walmart**

**STRETCH THAT KEEPS ITS SHAPE**  
*and flatters yours*



# Letters of Hope

By Lauren Harris



Updated Legal Notice

## If You Bought or Leased a New Vehicle, or Bought Certain Replacement Parts for a Vehicle Since 1996

**You Could Get Money From Settlements Totaling Approximately \$604 Million**

Twelve defendant groups and their affiliates have agreed to Settlements resolving claims that they fixed the price of certain vehicle components. This may have caused individuals and businesses to pay more for certain new vehicles and replacement parts. These Settling Defendants deny any claims of wrongdoing.

### Am I included?

You may be included if, from 1996 to 2016, you: (1) bought or leased a qualifying new vehicle in the U.S. (not for resale) or (2) bought a qualifying vehicle replacement part (not for resale) from someone other than the manufacturer of the part. In general, qualifying vehicles include four-wheeled passenger automobiles, cars, light trucks, pickup trucks, crossovers, vans, mini-vans, and sport utility vehicles. Visit the website or call for a full list of Settling Defendants and applicable time periods and to determine whether you are included.

### What do the Settlements provide?

The Settlements, totaling \$379,401,268, are being presented to the Court for approval. The Court previously approved settlements, totaling \$224,668,350. The Settlement Funds (minus expenses, attorney fees, and other costs) will be used to pay consumers and businesses in 30 states and the District of Columbia. The Settlements also include non-monetary relief, including cooperation, and agreements by certain Settling Defendants not to engage in certain conduct for a period of 24 months.

The 30 states are: Arizona, Arkansas,

California, Florida, Hawaii, Iowa, Kansas, Maine, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Mexico, New York, North Carolina, North Dakota, Oregon, Rhode Island, South Carolina, South Dakota, Tennessee, Utah, Vermont, West Virginia, and Wisconsin.

### How can I get a payment?

You must submit a Claim Form online or by mail. There is no deadline yet to submit a claim. You can get a Claim Form at the website or by calling the toll-free number below. At this time, it is unknown how much each Class member who submits a valid claim will receive. Payments will be based on a Plan of Allocation, which is available for review at the website.

### What are my rights?

Even if you do nothing, you will be bound by the Court's decisions. If you want to keep your right to sue, you must exclude yourself by **March 16, 2017**. If you do not exclude yourself, you may object to one or more of the Settlements applicable to the Settlement Class in which you remain by **March 16, 2017**.

The Court will hold a hearing on **April 19, 2017** to consider whether to approve the Settlements. Settlement Class Counsel may also request reimbursement of costs and expenses as well as attorneys' fees of up to 27.5% of the Settlement Funds (minus costs and expenses). You or your own lawyer may appear and speak at the hearing at your own expense.

## This teen is spreading smiles to the elderly one note at a time

When Jacob Cramer was 10, he turned the loss he felt after his grandfather passed away into a global mission to help the elderly. With colored construction paper and just a few gel pens, Jacob began delivering greetings to residents of a nursing home near his Cleveland home. He's grown that act of kindness into Love for the Elderly, a nonprofit that has collected more than 15,000 anonymous letters from 51 countries and given them to senior citizens nationwide.

"It makes me so happy to give out these letters and see the smiles the seniors have when they open the envelope," Jacob, now 16, says. "It motivates me to continue what I'm doing."

**CONTINUED ON PAGE 10**

**For More Information or to Register: 1-877-940-5043 [www.AutoPartsClass.com](http://www.AutoPartsClass.com)**

**8 Visit us on [communitytable.com](http://communitytable.com)**



Breakthrough technology converts phone calls to captions.

No Contract  
No Monthly Fee

# New amplified phone lets you hear AND see the conversation.

The Hamilton® CapTel® Captioned Telephone converts phone conversations to easy-to-read captions for individuals with hearing loss.

Do you get discouraged when you hear your telephone ring? Do you avoid using your phone because hearing difficulties make it hard to understand the person on the other end of the line? For many Americans the telephone conversation – once an part of everyday life – has become a thing of the past. Because they can't understand what is said to them on the phone, they're often cut off from friends, family, doctors and caregivers. Now, thanks to innovative technology there is finally a better way.

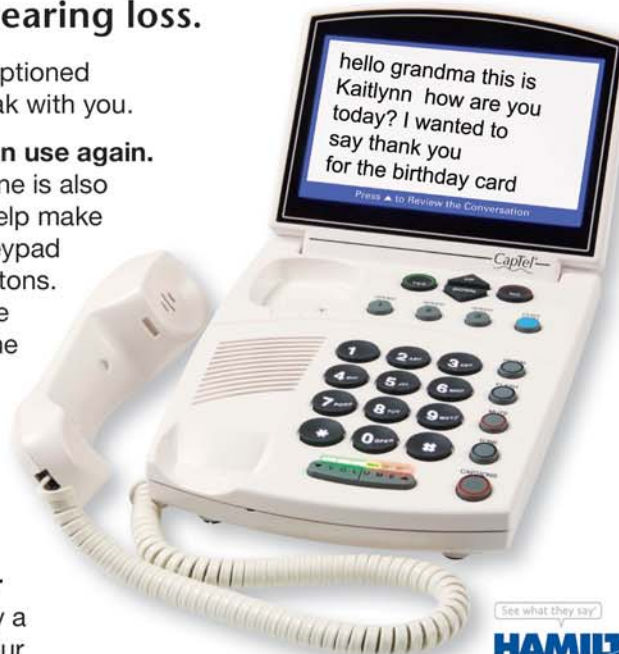
**A simple idea... made possible with sophisticated technology.** If you have trouble understanding a call, captioned telephone can change your life. During a phone call the words spoken to you appear on the phone's screen – similar to closed captioning on TV. So when you make or receive a call, the words spoken to you are not only amplified by the phone, but scroll across the phone so you can listen while reading everything that's said to you. Each call is routed through a call center, where computer technology – aided by a live representative – generates voice-to-text translations. The captioning is real-time, accurate and readable. Your conversation is private and the captioning service doesn't cost you a penny. Internet Protocol Captioned Telephone Service (IP CTS) is regulated and funded by the Federal Communications Commission (FCC) and is designed exclusively for individuals with hearing loss. To learn more, visit [www.fcc.gov](http://www.fcc.gov). The Hamilton CapTel phone requires telephone service and high-speed Internet access. WiFi Capable. Callers do not need

special equipment or a captioned telephone in order to speak with you.

### Finally... a phone you can use again.

The Hamilton CapTel phone is also packed with features to help make phone calls easier. The keypad has large, easy to use buttons. You get adjustable volume amplification along with the ability to save captions for review later. It even has an answering machine that provides you with the captions of each message.

**See for yourself with our exclusive home trial.** Try a captioned telephone in your



See what they say!  
**HAMILTON**  
capitel



**SEE what you've been missing!**



**"For years I avoided phone calls because I couldn't understand the caller... now I don't miss a thing!"**

own home and if you are not completely amazed, simply return it within 60-days for a refund of the product purchase price. It even comes with a 5-year warranty.

## Captioned Telephone

*Call now for our special introductory price!*

Call now Toll-Free

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Please mention promotion code 105177.

The Captioning Telephone is intended for use by people with hearing loss. In purchasing a Captioning Telephone, you acknowledge that it will be used by someone who cannot hear well over a traditional phone. Hamilton is a registered trademark of Nedelco, Inc. d/b/a Hamilton Telecommunications. CapTel is a registered trademark of Ultratec, Inc.



"I'm a bit sad that my fiance and I didn't know about Stauer before we got engaged. This ring is so much more clear and sparkly than my real diamond!"

— P.T. FROM BALTIMORE, MD

Limited to the first 2100 responders to this ad only!



## URGENT: Diamond Ring Recall

Experts warn that millions of rings may be "romantically defective" when compared to the spectacular 4-Carat DiamondAura® Avalon

She loves natural diamonds. She loves you even more. But when even the skimpiest solitaires sell for as much as \$1,200, it's time to reconsider your relationship...with diamonds. Have you recently overpaid only to be overwhelmed? You can do bolder. You can do brighter. You can own the Stauer 4-carat DiamondAura® Avalon Ring for under \$80.

**We rewrote the rules of romance.** Only Stauer's exclusive lab-created DiamondAura gives you the luxury look of large-carat diamonds for a fraction of the price. The ingenious DiamondAura process involves the use of rare minerals heated to incredibly high temperatures of nearly 5000°F. After cutting and polishing, scientists create a faultless marvel that's optically brighter and clearer with even more color and fire than a "D" flawless diamond.

Our exclusive DiamondAura jewelry features all of the classic specifications, including color, clarity, cut and carat weight and is hard enough to cut glass.

Today you can wear this 3 ¾ carat lab-created DiamondAura solitaire, accented with 32 gleaming DiamondAura rounds in fine .925 sterling silver for **only \$79!**

**That's good, but you deserve better.** Order now and we'll include the matching 1-total carat DiamondAura Avalon Earrings...absolutely **FREE**. That's right, 5 total carats of DiamondAura in sterling silver for under \$80. Talk about money in the bank!

**Your satisfaction is guaranteed.** If for any reason you don't absolutely adore your DiamondAura Avalon Ring, return it within 60 days for a full refund of your item sale price. But we promise that once you get a look at the Avalon up close, you'll see love in a whole new light.

**DiamondAura® Avalon Ring (4 ctw) \$295!**

Offer Code Price Only **\$79** + S&P **Save \$216!**

You must use the offer code to get our special price.

**1-800-333-2045**

Offer Code: **AVR396-06**

Use this code when you order to receive your discount.

**Stauer®**

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Rating of **A+**



† Special price only for customers using the offer code versus the price on Stauer.com without your offer code.

3 ¾ carat DiamondAura® center stone • 32 brilliant-cut accent DiamondAura® stones

• .925 sterling silver setting • Whole ring sizes 5–10

Stauer...Afford the Extraordinary.

CONTINUED FROM PAGE 8

## Low-Tech Connection

In an age when most teens are glued to their screens, Jacob's old-fashioned way of spreading cheer has turned him into an advocate for social reform, working to improve life for senior citizens, who are often isolated and neglected.

"Our elders are definitely underappreciated and don't receive that love and kindness and joy they deserve to experience every single day," he says. With each visit or delivery, he has seen seniors' attitudes instantly brighten, creating a happier, healthier environment.

Through fundraising campaigns, grants and sponsors he also started the SunshineBox program, which gathers small items such as sunglasses, stress balls, bright bandannas and smiley face pens, to deliver to seniors year-round. After his first SunshineBox drop-off in September to The McGregor Home in Cleveland, director of volunteer services Judy Simon took special note of the organization's impact.

"Our residents absolutely love having a younger person involved with them," she says. "They are still wearing their yellow bandannas, and I see the boxes out in the open when I go to a resident's room."

## Bridging the Generation Gap

Jacob discovered early on that the kindness he was showing the elderly was not a one-way street. Connecting with elders not only combats loneliness in senior communities; it also teaches young visitors

10 [communitytable.com](http://communitytable.com)

**EXCLUSIVE FREE**  
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-a \$99 value-  
with purchase of the Avalon Ring



irreplaceable lessons from a more experienced generation. Jacob found a friend in 77-year-old Cynthia Jacobs, who he visited every week, talking about his activities and hearing stories from her past. He soon learned he was her only visitor, and when she passed away, he realized the wisdom she had shared.

“It totally opened my eyes to the fact that we don’t have an unlimited amount of time on this Earth, so we should make as much of an impact while we can,” he says.

He launched Senior Buddies this year, another part of Love for the Elderly, that pairs pen pals from a U.S. nursing home with children at a school in São Paulo, Brazil, a group he discovered through social media. In addition to creating friendships, the children are motivated to practice English so they can write to their Senior Buddies. “They’re improving their English skills,” Jacob says. “It’s giving them concepts of grammar and syntax that they probably could not otherwise find.”

## Inspiring Others

Mature beyond his years, Jacob is dedicated to spreading the message that the elderly have worth and need to be cherished, even through small efforts. He speaks at schools and TEDx events (public seminars that present a variety of community-driven ideas) to get people involved with their elders, even with something as simple as writing a letter. Encouraged by youth involvement, Jacob is working on a children’s book based on his organization’s mission. “I want to bridge that barrier by showing kids their elders are amazing, wonderful, kind people who radiate wisdom, kindness and altruism,” he says.

“And we can learn a lot from them.”



MICHAELANGELO'S PHOTOGRAPHY

### GET INVOLVED

Send your own anonymous letter to:

**Love for the Elderly**  
**P.O. Box 24248 • Cleveland, OH 44124**

Go to [lovefortheelderly.org](http://lovefortheelderly.org) for guidelines and examples.

## MORE KINDNESS FOR SENIORS

### *The LAWN Academy* [lawnacademy.com](http://lawnacademy.com)

Providing free lawn care service for the elderly, veterans and disabled or handicapped, the community service program in Detroit also teaches leadership skills and provides mentoring for young men while giving back to their community.

### *One Simple Act*

Brandon Rollins, a young employee at Ingles Market in Greenville, S.C., was spotted helping an elderly woman cross the parking lot to her car. Proving that something small can have a bigger impact, a customer posted a photo of the good deed on Facebook and it went viral, inspiring others. Go to [randomactsofkindness.org](http://randomactsofkindness.org) for resources to spark your own good deeds.

### *Dreams for Seniors Charity*

[dreamsforseniorscharity.org](http://dreamsforseniorscharity.org)

By providing cleaning services at home or a new computer to communicate with family, this nonprofit organization is making simple dreams a reality for chronically or critically ill seniors in Pekin, Ill., The Villages, Fla., and surrounding areas.

## LEGAL NOTICE

### IF YOU PURCHASED POCKET HOSE PRODUCTS, YOU COULD RECEIVE A CASH PAYMENT AS PART OF A CLASS ACTION SETTLEMENT

Inocencio et al. v. Telebrands Corp., Docket No. L-4378-16

#### WHAT IS THIS NOTICE ABOUT?

There is a Proposed Settlement of a lawsuit pending in the Superior Court of New Jersey that may affect your rights. The litigation claims that Telebrands Corporation (“Telebrands”) made false and misleading statements in connection with the sale of “Pocket Hose” garden hose products: (i) “Pocket Top Brass II”, (ii) “Pocket Hose Top Brass”, (iii) “Pocket Hose Dura Rib II”, (iv) “Pocket Hose Dura Rib”, (v) “Pocket Hose Ultra”, and (vi) the “Pocket Hose” products (the “Class Products”).

#### WHO IS INCLUDED AND WHAT DOES THE SETTLEMENT PROVIDE?

The Settlement includes all persons in the United States who purchased the Class Products between January 31, 2014 and November 4, 2016. Subject to Court approval, Telebrands will provide cash refunds of between \$7.00 and \$50.00 for Class Products purchased between January 31, 2014 and November 4, 2016.

#### WHAT ARE MY RIGHTS?

You have a choice of whether to stay in the Class or not, and you must decide this now.

1. **You Can Accept the Settlement.** Class Members who wish to receive Cash Payments must submit claims by February 10, 2017. You can obtain a Claim Form at [www.pockethosesettlement.com](http://www.pockethosesettlement.com), or by calling 1-877-338-8286. Read the instructions carefully, fill out the form, and submit it online (or by mail). If you fail to submit a timely Claim Form and do not exclude yourself from the settlement, then you will be bound by the settlement but will not receive any Settlement Benefits.

2. **You Can Object to the Settlement.** If you disagree with the settlement, you may send a written objection to the Clerk of the Superior Court of New Jersey, and to Class Counsel. Addresses can be found at [www.pockethosesettlement.com](http://www.pockethosesettlement.com). Objections need to be in writing and sent by February 10, 2017.

3. **You Can “Opt Out” of the Settlement.** If you exclude yourself from the Class (“opting-out”) you won’t get payment from the Settlement but won’t be barred from asserting claims against Telebrands. You must send a notice including your name, address, signature, and a statement that you want to be excluded, no later than February 20, 2017. Send the notice to Pocket Hose Products Litigation Administrator, P.O. Box 1571 West Palm Beach, FL 33402.

#### THE FAIRNESS HEARING

On March 3, 2017, a hearing will be held in the Superior Court of New Jersey to determine: (1) whether the Settlement is fair, reasonable and adequate and should receive final approval; and (2) whether the application for counsel fees and expenses of \$200,000.00 should be granted.

#### HOW CAN I GET MORE INFORMATION?

If you have questions and for complete information visit [www.pockethosesettlement.com](http://www.pockethosesettlement.com). You may also contact Class Counsel at [avozzolo@vozzolo.com](mailto:avozzolo@vozzolo.com).

By order of the Superior Court of New Jersey.

**Reagan dollar – last-ever Presidential coin!**

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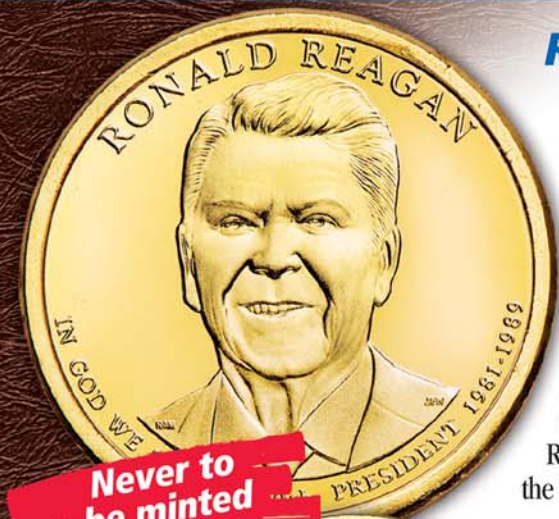
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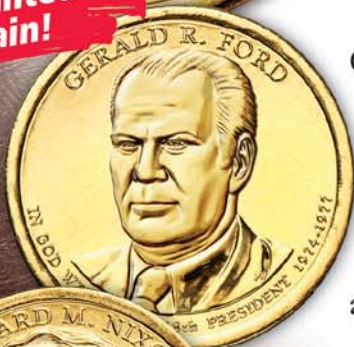
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