

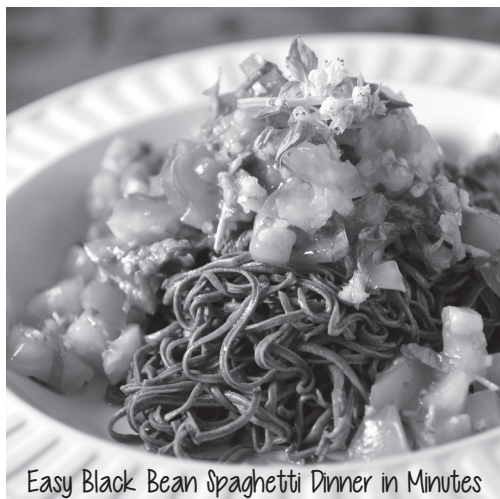


A Bit of Cape Cod in Sarasota

The Cape Cod Beach Chair is a must-have for all beach and pool-goers as the weather starts to heat up. The chairs are made with weather resistant materials and are lightweight for carrying. Choose a beach chair with a unique mix of fabrics and/or exotic specialty wood frames. You can even customize your new beach chair by choosing to personalize it with embroidery of your initials, name or favorite vacation spot. The chairs come in children-sized versions too. Starting at \$99; www.capecodbeachchair.com.



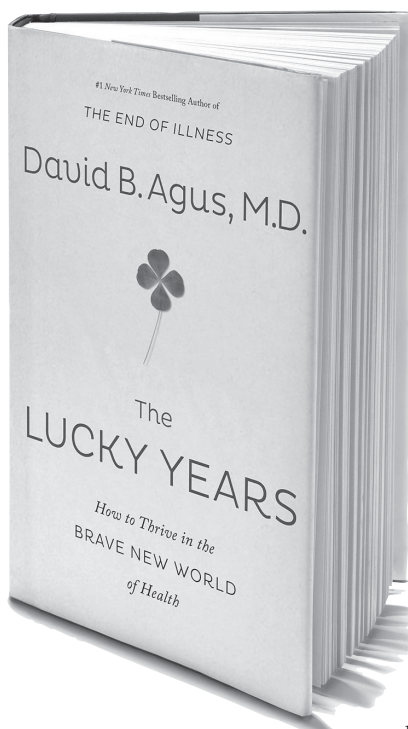
Can Pasta get Even More Innovative? How About Gluten-free?



Easy Black Bean Spaghetti Dinner in Minutes

Explore Cuisine's new products include innovative pastas like Red Lentil Penne, Chickpea Fusilli, Black Spaghetti, Edamame Spaghetti and more.

All Explore Cuisine products are vegan, organic, gluten-free, and kosher, ensuring your health and igniting your taste buds! For example, our delicious bean pastas contain nearly 20-25 grams of protein per serving and are low in carbs and sodium while simultaneously containing a high fiber content. Explore Cuisine is the first company to make bean pastas. They both retail for \$4.99.



Are you Entering "The Lucky Years?"

"*The Lucky years: How to Thrive in the Brave New World of Health*" is a new book by David B. Agus, MD, the author of "The End of Illness and A Short Guide to a Long Life."

The author notes, "Chances are you stand to live a much longer, more enjoyable life than you ever thought possible." The startling developments in medical technologies, personalized medicine, and new means of prevention that are happening right now will allow us to take control of our own health as never before, and will forever change our approach to health care.

"For the first time, we have at our disposal all the information we need to design our own health—and, in turn, the health of the planet" he says. "Put simply, people living in the twenty-first century are the most fortunate of all previous generations. That's why these are the Lucky Years."

But as Dr. Agus points out, there is a catch to benefiting from this new era: Only those who know how to access and adapt to these breakthroughs—without being distracted by hyped ideas and bad medicine—will reap the rewards of the Lucky Years. The ongoing explosion of medical information has far outstripped our ability to process it. "I'm

worried that many people won't benefit from this medical revolution unless they have a certain knowledge base and the tools to take action."

In "The Lucky Years" Dr. Agus offers a practical, actionable guide that will enable you to take advantage of these amazing developments and discoveries, and many more that will follow in the coming years. Once you know how to adapt to this emerging brave new world of medicine, you'll be able to:

- Edit your DNA to increase a healthy lifespan
- Use simple technologies to avoid or control chronic ailments like pain, depression, high blood pressure, and diabetes
- Prolong fertility and have children in your forties
- Lose weight effortlessly without a trendy diet
- Reverse aging to look, feel, and physically be ten years younger
- Turn cancer into a manageable condition you can live with indefinitely
- Detect signs of cognitive impairment decades before symptoms develop so you can intervene today
- Keep track of your body's health status without invasive testing

David B. Agus is a professor of medicine and engineering at the University of Southern California and heads USC's Westside Cancer Center and the Center for Applied Molecular Medicine. "*The Lucky Years: How to Thrive in the Brave New World of Health*" costs \$27 and is available in many online stores. ISBN: 978-1-4767-1210-9.



wcw shopper continued

Love Golf? Then You Need the Golf Card

Don't miss out on playing golf all summer long at preferred rates at Southwest Florida's top area courses. The Golf Card offers prime tee times, no blackout days or times—all at the lowest rates available. And there's a course for everyone no matter your level of play whether a beginner or seasoned golfer.

In addition, every round played at a Big Summer Golf Card Exclusive course (go to www.bigsummergolf.com for list) puts you one step closer to an entry in the Big Money Tour with \$30,000 of giveaways to be won this summer. The website has up to date rates, special offers, play dates and an exclusive invitation from The Ritz-Carlton Golf Club.

The Golf Card helps you gain prime time access to favorite area courses for unlimited play May thru October and beyond. Cardholders get preferred rates with exclusive courses offering a minimum 25% off greens fees and cart. Most of the courses are semi-private but a select number of private courses work with BSGC for cardholder play.



"The Big Summer Golf Card gives us a unique advantage of being able to play many different up-scale courses while also saving us a significant amount of money on greens fees," said Jan Baker, who won free rounds of golf in 2013 and a TaylorMade driver in 2014.

The Big Money Tour has prizes every month there are 10 prizes of cash, golf certificates and top of the line equipment

including a monthly grand prize of \$1,000. Since 2013 some 170 area golfers have shared \$85,000 of prizes. Join the growing list of winners and make sure every round you play is registered when you "Sign up for the Tour" on the web site. For full details visit www.bigsummergolf.com and click on Big Money Tour in the menu pane.

Would you like to play The Ritz-Carlton Golf Club? While traditionally closed on Mondays Big Summer Golf Cardholders have an exclusive opportunity to experience the acclaimed Tom Fazio designed 18-hole course in a fun casual, atmosphere. Dates for the months ahead will shortly be available on line.

The Big Summer Golf Card is the area's most respected golf privilege card serving Manatee, Sarasota and Charlotte counties for 24 years and now expanding to the Tampa Bay and Pinellas area.

Big Summer Golf Card 2016 is available by calling 941-923-2232 or go to bigsummergolf.com to get your card. The summer season price is just \$60 – a great value on some great courses.



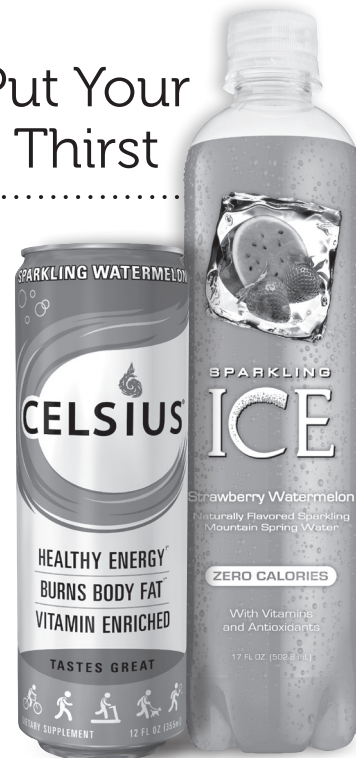
Who Put the Gummy Bear in the Pool?



How about this super fun pool float? AlwaysFits.com has lots of fun floats to hold you or your drinks and they're very affordable. For example, a 3 pack of cute little "beverage boats" for the pool – available in flower, flamingo or donut costs \$14.99.

An enormous Pink Flamingo — at 12 feet long and nearly 11 feet tall — is the definition of big fun for \$400 whereas the pizza pool ball (\$14.99) and Tears of joy emoji beach ball (\$14.99) show that you're the life of the pool party. Remember: don't bite the Gummy Bear or you'll sink. All are available at alwaysfits.com.

Put Your Thirst on Ice



Watermelon is now the most-consumed melon in the US.

Filled with vitamins A, B6 and C as well as lycopene, antioxidants and amino acids – watermelon is not only a quintessential summer snack, but a superfruit with numerous health benefits.

Here are two refreshing-sounding drinks for the warm weather ahead...

Celsius Sparkling Watermelon is a health energy drink that's sparkling (carbonated). Cost: \$2.39/can.

Another option is Sparkling Ice, a lightly carbonated beverage made of sparkling water, natural flavors, fruit juice, vitamins and antioxidants. Both are excellent soda alternatives that are sugar free, gluten free, and sodium free. Sparkling Ice costs \$1.19-\$1.29/bottle.

Backed by multiple published university studies, drinking Celsius before exercise has been proven to help burn up to 93% more body fat, burn 100 calories and more per serving and provide healthy clean energy – so says their press release. Drink up and let us know how you did. They are both sold at PUBLIX.



Mother's Day is May 8

The Essenza Luxury Hand Soaps make great gifts to pamper moms and grandmoms. The luxurious hand soap features essential oils, shea butter, and aloe so hands stay soft. Scents include Pomegranate Acai or French Lavender and they're affordably priced from \$3.99-\$4.99 each. And an added bonus: Essenza Luxury Hand Soaps make a convenient last-minute gift as they can be found at Walgreens, Target and Bed Bath & Beyond locations nationwide, and on Drugstore.com.