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LIVING

How to Experience the Thrill and Majesty of Kentucky Horse Racing

There are few words more synonymous with Kentucky than horses. In fact, just saying the words together evokes images of thoroughbreds and jockeys adorned in vibrant colors, as they thunder into the homestretch at Churchill Downs - all competing for the dream of winning the Kentucky Derby.

Horse racing and the Kentucky Derby are so ingrained in Kentucky culture that the first Saturday in May, or Derby Day, as Kentuckians call it, is akin to a state holiday. More than 150,000 people travel to Louisville every year to witness the most exciting two minutes in sports. Millions more, particularly those in the Bluegrass State, throw Derby Parties and tune in at home. Since 1935, the city of Louisville begins celebrating a full two weeks early with elegant balls, a marathon, concerts, and community events during the aptly named, Kentucky Derby Festival.

This year will be particularly special because it's the 150th "Run for the Roses," making it the oldest continuous American sporting event. Over the last one and a half centuries, the size and scope of the venerated race, and horse racing culture, have grown exponentially.

As massive as the Derby is in the world's consciousness, it's just the beginning when it comes to Kentucky horseracing. Here's what to know, about all of Kentucky's thoroughbred racetracks, whether you are a horse enthusiast or just looking for a fun way to spend your afternoon:

Churchill Downs

With approximately 70 days of live thoroughbred racing a year, Churchill Downs is a busy place. Every year, the mile-long course and the barns next to it house, train and race more than 1,400 horses and welcome more than a quarter of a million visitors. Meets at the "Twin Spires" include the Spring Meet, which begins after Derby Day, the September Meet, and the Fall Meet. If you find yourself at Churchill Downs on a day without races, check out the Kentucky Derby Museum next to the track, where you can also book racetrack and barn tours to get an insiders' look at what makes Churchill Downs so special.

Keeneland Race Course

Keeneland in Lexington has been a horseracing hub since its first races in the late 1930s. With a Spring Meet in April and a Fall Meet in October, Keeneland features around 30 days of racing annually, and each year, its four thoroughbred auctions result in more than \$500 million in sales. Keeneland, a National Historic Landmark, offers year-round tours of its grounds and training facilities as well as the opportunity to watch horses conduct morning workouts.



Turfway Park

A few miles from the Cincinnati/Northern Kentucky Airport, Turfway Park holds two meets each year: The Holiday Meet in December and the Winter/Spring Meet from January to late March. Turfway originally opened in 1959 as Latonia Race Track and has featured several prestigious races over the years, including the Jeff Ruby Steaks and the John Battaglia Memorial, both of which are included on the "Road to the Kentucky Derby." Due to its winter and early spring races, Turfway's track is made of synthetic material that makes racing safer during bad weather.

Kentucky Downs

Located just north of the Kentucky-Tennessee border in Franklin, the all-turf flat racetrack at Kentucky Downs is beautiful, and the only European-style track in North America. Kentucky Downs only holds one meet a year during late summer, making it one of the most exclusive racing events around. During these seven race days, Kentucky Downs offers experiences ranging from VIP treatment at the finish line to free tailgating and general admission on the final turn and stretch.

Ellis Park

Positioned just north of the Ohio River and just south of the Kentucky-Indiana border in Henderson, Ellis Park Race Course holds meets from July to September. Designed after the Saratoga Race Course in New York, the 1.125-mile dirt track features a 60,000-person grandstand offering amazing views of the racing action.

To learn more about Kentucky horse racing and to plan your trip, visit kentuckytourism.com.

No matter the time of year, experiencing the thrill and majesty of thoroughbred horseracing is always an option when you are looking for an unforgettable Kentucky experience.

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2" THICK GLASS DINING ROOM TABLE ON PEDISTAL very heavy and Nice \$500 714-951-1920

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

Level: Beginner

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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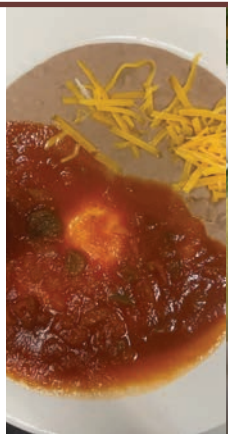
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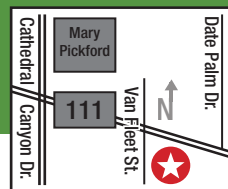
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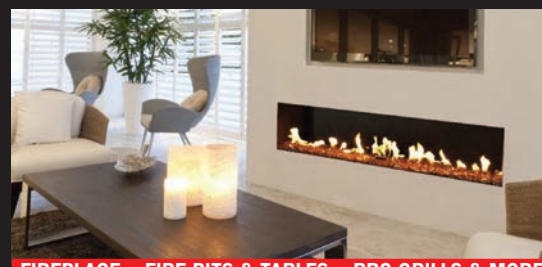
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Cuisine key when celebrating Cinco de Mayo

Breaking bread with some traditional Mexican cuisine is how many people choose to celebrate Cinco de Mayo. Those who want to add some authentic Mexican cuisine to their Cinco de Mayo celebration this year should consider the following recipe for "Baja Fish Tacos" from Karen Adler and Judith Fertig's "Gardener & The Grill: The Bounty of the Garden Meets the Sizzle of the Grill" (Running Press).

Baja Fish Tacos

Serves 4

Grilled Napa Cabbage Slaw

- 1 large head Napa cabbage, cut in half lengthwise
- Vegetable oil, for brushing
- 1 cup assorted baby greens
- 8 green onions, chopped (white and green parts)
- 1/4 cup tarragon vinegar
- 1/4 cup sour cream
- 1/2 cup freshly squeezed lemon juice
- 1/2 teaspoon fine kosher or sea salt

Baja Fish

- 1 1/2 pounds mahi mahi, catfish, halibut, or other mild white fish
- 1/4 cup Red Hot Blackened Seasoning (see below)
- 8 flour tortillas, for serving
- 8 lemon wedges, for serving
- 1 1/2 cups salsa, for serving

Prepare a hot fire on your grill.

Brush the cut sides of the Napa cabbage with oil. Coat the fish fillets with the Red Hot Blackened Seasoning.

Grill the cabbage, cut side down, directly over the fire for 2 to 3 minutes or until the cabbage has good grill marks. Remove from the grill.

Grill the fish directly over the fire, flesh side down first, for 4 to 5 minutes per side, or 10 minutes per inch of thickness. Turn only once to grill the skin side, halfway through grilling.

To make the slaw, thinly slice the grilled cabbage and place in a large bowl. Stir in the greens and the green onions. In a small bowl, combine the vinegar, sour cream, lemon juice, and salt to make a dressing. Pour the dressing over the cabbage mixture and toss to blend.

To assemble the tacos, place some of the grilled fish on each tortilla. Top with about 1/3 cup of the slaw and roll up, soft-taco style. Serve with a lemon wedge and a small ramekin of salsa.

Red Hot Blackened Seasoning

Makes about 1 1/4 cups

- 1/4 cup paprika
- 3 tablespoons garlic salt
- 2 tablespoons granulated onion
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 1 1/2 teaspoons dried thyme
- 1 1/2 tablespoons black pepper
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Combine all of the ingredients in a glass jar and cover with a tight-fitting lid. Shake to blend. This keeps for several months in the pantry.



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Dental Care
Los Algodones, Mexico, 2024

What Is Gingivitis?

Gingivitis develops when plaque, tartar and bacteria build up on the teeth. This causes red, swollen and bleeding gums.

It's the earliest stage of gum disease, also called periodontal disease. Left untreated, it can lead to periodontitis, a more severe type of gum disease that involves bone loss in your jaw.

SYMPTOMS


Almost half of all adults older than 30 have some kind of gum disease, the Cleveland Clinic says. A symptom of gingivitis is bad breath, particularly the kind that doesn't go away, even after brushing. Also be on the lookout for gums that bleed easily, red and swollen gums, sensitivity to heat and cold, and tenderness or pain when you chew food.

CAUSES

Gingivitis is more likely to occur in men, those living in poverty, those with less than a high school education and people who smoke or use tobacco. Women who are pregnant or have other hormonal changes are also more susceptible, as are diabetics and people with a family history of gum disease.

Some prescriptions and over-the-counter medications can contribute to gingivitis, the Cleveland Clinic says, especially medications that cause dry mouth. Medications that treat epilepsy, some cancer therapies, calcium channel blockers and some oral contraceptives can all cause dry mouth.

Gingivitis is the body's inflammatory response to plaque and tartar on your teeth. When plaque and tartar stay on your teeth too long, it irritates the gums. It's not contagious, though people with gingivitis can spread bacteria through saliva-to-saliva contact.



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DIAGNOSIS

If you have symptoms of gingivitis, talk to your dental professional. Your dentist will look for signs of bleeding, infection, loose teeth and gums that are pulling away from your teeth. Dental X-rays can show whether you've lost any jawbone underneath. You may be referred to a periodontist, who is a specialist in gum disease.

TREATMENT

Gingivitis treatment involves controlling the infection. You'll have your teeth cleaned thoroughly to remove the harmful bacteria, plaque and tartar. Depending on the severity of your disease, a dental professional may recommend scaling and root planning, a deep dental cleaning and smoothing the surfaces of the roots of teeth so that bacteria doesn't stick.

Improved oral hygiene will greatly help, including scheduling regular check-ups. You may be prescribed an antimicrobial mouthwash.



Dental Care

Los Algodones, Mexico, 2024

Why Is Flossing Important?



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Brushing is important, of course, but so is cleaning between the teeth where the brush cannot reach.

Flossing will keep plaque—a sticky biofilm of bacteria and food particles that form on the surfaces of the teeth—at bay.

Plaque can cause gingivitis and calculus, which is plaque that has absorbed calcium from saliva and hardened. Calculus cannot be removed by brushing and flossing. It must be removed by a dental professional. If it's not removed, calculus can cause periodontitis, which can destroy the bones, gums and tissue that support the teeth.

Cleaning all sides of your teeth is important when removing plaque. It's true, the National Institutes of Health says, that there aren't many large-scale studies of flossing. Researchers have found modest benefits from flossing in short-term studies. The Institute says there aren't many studies because of the expense of conducting them and because periodontitis can take years to develop. The studies that are done are pursuing another goal, such as plaque formation, rather than the onset of disease. In the end, the NIH

says, flossing is a low-risk, low-cost way to clean your teeth.

If you really hate flossing, there are alternatives. You can try a water flosser, a floss holder or interdental brushes. You just need to disrupt the plaque before it hardens into a calculus and causes harm.

Ask your dentist to show you the proper flossing technique. Try using a piece of floss that's 18 inches or more, with the unused floss wrapped around the middle and ring fingers of both hands. Don't snap the floss through the contact area between the teeth. Instead, the NIH suggests sawing the floss through the tight points. You can try a floss threader to get the floss where it needs to go.

A dentist can always tell when a patient hasn't flossed, says NIH's Dr. Timothy J. Iafolla. Missing a day or two won't hurt, but flossing or another form of interdental cleaning should be done regularly to keep infection at bay. Try to stick to the same flossing pattern and don't skip around to make sure you're getting every tooth, every time.



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Your Teeth and Your Heart



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What do your mouth and your heart have in common?
An awful lot, as it turns out.

There's a connection between poor oral health and poor heart health, including cardiovascular disease, heart attacks and stroke.

WHAT'S THE DEAL?

There are several theories as to why heart health and oral health are connected, Harvard University says. Some of them are that poor oral health kicks off the body's immune response, causing inflammation that can cause vascular damage throughout the body, including the heart and brain.

Another theory is that the bacteria that causes gingivitis and periodontitis also travels to blood vessels throughout the body, causing inflammation and damage. In turn, that damage causes tiny blood clots, heart attacks and stroke. Researchers have found the remnants of oral bacteria within atherosclerotic blood vessels from the mouth, Harvard says.

Lastly, it may be that there's not a direct connection, rather there's a third risk factor, such as smoking, poor access to health care and a lack of exercise that's a risk factor for both conditions.

IT'S NOT JUST THE HEART

The link between poor oral health and heart disease isn't the only one. Harvard says that periodontal

disease, especially cases caused by the bacterium called *Porphyromonas gingivalis*, is linked to rheumatoid arthritis and pancreatic cancer.

Watch out if you already take medications for pre-existing conditions. Some medicines, such as decongestants, antihistamines, painkillers, diuretics and antidepressants can dry out your mouth. A dry mouth tends to be a dirtier mouth because saliva washes away food and neutralizes acids in the mouth, protecting you from bacteria that can lead to disease.

WHAT YOU CAN DO

The good news here is that this can mostly be avoided. The American Dental Association says you should be brushing your teeth twice a day for two minutes with fluoride toothpaste. Use floss regularly and follow the regimens your dental professionals recommend and see them for professional cleanings every six months.

Change out your toothbrush regularly to make sure you're getting the optimum cleaning. Use a mouthwash with the ADA Seal of Acceptance. That means that scientific evidence demonstrated the safety and efficacy of that product, which has been evaluated by the ADA Council on Scientific Affairs.



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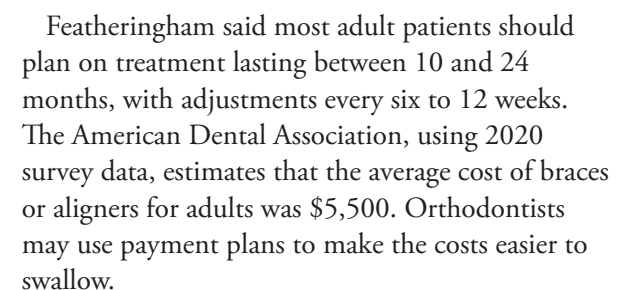
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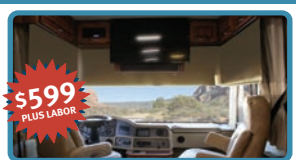
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- 1 year/12,000 mile tire & roadside hazard protection

MSRP of \$24,675 excludes document & license fee, title, registration, taxes, insurance, service contracts, after-market products, financial add-ons, and any outstanding prior credit balances. Purchase price of \$24,675 includes \$500 [including \$500 Customer Cash] total manufacturer purchase rebates. For well-qualified buyers. Selling price of \$25,175. Finance payment of \$304/month includes \$5,035 cash down. Payment based on 6.99% APR over 84 months. 6.99% APR financing for 84 months at \$15.09 per month, per \$1,000 financed. Low APR may not be combined with other offers. Not all buyers will qualify. 4.75% APR financing for 48 months at \$22.92 per month, per \$1,000 financed. For well-qualified buyers. Lease selling price of \$25,175. Estimated Net Cap Cost of \$22,658 based on MSRP of \$24,675 and \$2,517 cash down at signing. \$2,812 due at signing includes money down and first month's payment. Residual value of \$15,545 based on 36-month term and 10,000 miles per year. Total payments of \$10,620. 20¢ per mile over annual mileage. Stock #K14142 / VIN KNDJ23AU7R7906457. Photos for illustration purposes only. See dealer for full detail. On approved credit. Not all credit will qualify for the above rate. Some displayed manufacturer incentives on Approved Credit only. All vehicles are subject to prior sale. Please verify any information in question with a Palm Springs Kia representative. Not responsible for typographical errors. All New vehicles have dealer-installed products and market adjustment that is not included in the above pricing. Current dealer-installed products include Stargard for \$1495, NG2 Paint & Fabric Protection for \$1,495, Nitrogen for \$310 plus added mark-up of \$15,000 on Telluride and Carnival; \$5,000 for all other models. The dealer-installed products and market adjustment are in addition to any displayed MSRP or PRICE AFTER REBATES. All pricing is exclusive of sales tax, government fees, tags, any dealer-installed options, dealer market adjustments, and an \$80 doc fee. Must take delivery from dealer stock by the expiration date noted. Offers expire 04/12/2024.

MON-SAT 9AM-8PM / SUNDAY 10AM-6PM
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