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GREAT FALLS/MCLEAN EDITION ▼ MARCH 26, 2007 ▼ PUBLISHED BI-WEEKLY ▼ ENJOYED WITH COFFEE

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## HEALTH AND FITNESS

### Maintaining Your Brain: The Importance of Brain Plasticity

Years ago, scientists believed the adult brain was hardwired and cognitive decline was an unavoidable consequence of brain machinery wearing down over time. Recent studies have shown that the brain retains its ability to create new neural pathways—scientists call this "brain plasticity." Now, scientists believe that for sharp people, cognitive decline is preventable. And for those who are already struggling, cognitive decline is reversible!



Everyone has heard of "use it or lose it." But, if you are doing crossword puzzles or even Sudoku, they may not be turning on your brain. Instead, the brain needs new, varied and challenging stimulation.

That's where the groundbreaking Brain Fitness Program developed by Posit Science comes in. Recognizing the importance of cognitive abilities to its senior clients, Jim Luce, Chief Operating Officer of Great Falls-based Anova Senior Kare, last year joined Posit Science's Authorized Provider program.

Developed by more than 50 world renowned brain scientists, the Brain Fitness Program operates on almost any Windows based PC. A number of scientific studies have shown that eight weeks of the Brain Fitness training reverses 10-12 years of cognitive decline for the average participant. However, absolutely no computer experience is required.

One of Anova Senior Kare's clients reported a 91% improvement in the processing speed of her brain. Another graduate of the program, Diane Goldsmith, can now keep up with her light speed Generation Y grand kids. She tells them "I don't care how fast you speak to me, I am with it!"

For more information on this innovative program, contact Jim Luce at (703) 621-4825.

## QUOTE OF THE WEEK

“ It is wise to direct your anger towards problems — not people; to focus your energies on answers — not excuses. ”

—William Arthur Ward

## RECIPE CORNER

### Pat's Perfect Brie en Croute

Here is a lovely recipe for brie that will simply delight your guests. Serve with a delicious wine and add grapes to round out the presentation. This recipe is courtesy of Pat from Westchester County, New York — a great cook, dedicated high school teacher and long-time friend!

1 sheet of frozen puff pastry  
1 lb. brie  
1/4 cup sliced, toasted almonds  
1/4 cup parsley, chopped  
1 egg, beaten with 1 teaspoon of water



1. Thaw pastry for 20 minutes. On a floured surface, roll pastry into a 15-inch circle. Preheat oven to 400°. Slice brie in half horizontally, and layer with almonds and parsley.
2. Re-assemble and place in center of pastry. Brush pastry edges with egg wash, and pull up sides to enclose brie.
3. Place seam side down on ungreased baking sheet. If desired, decorate top with pastry scraps.
4. Brush with egg wash. Bake 20 minutes. Let stand for 10 minutes before serving. (12 servings)

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March 26, 2007 / Volume 3, Number 7

Java Town Publications  
A free-of-charge bi-weekly newspaper published by  
Pinnacle Design and Consulting  
PO Box 898, Great Falls, Virginia 22066  
Telephone: 571.239.0011 / Fax: 703.759.2857



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