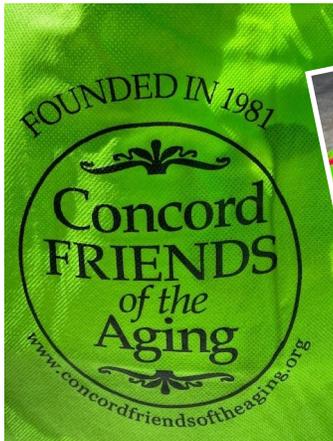


Concord Council on Aging  
**HIGH SPIRITS**  
Mid-Month Notes from Your COA

May 2022

Volume 5 No. 3

It really feels like we are back in full swing this month! Events like Harvey's Treasure Chest Gift Shop's annual Mother's Day Sale with the Carousel Preschool returned as did our annual Tea Party. Special thanks to the volunteers who helped make things happen. Concord Friends of the Aging hosted a Spring Fling drive-thru lunch with tasty foods from Trail's End Restaurant. Each tote bag also included a geranium plant! Look out for our June newsletter with more programs and activities that we think you're going to like!



### Produce Stickers: How to Read Them!

There's no governing body requiring that every banana, pear, etc. have a sticker that you will peel off to eat them. The stickers are voluntary, and for the check-out clerks and inventory people at your grocery. Price Look-up (PLU) codes first appeared in 1990. Here's what they signify:

Four numbers, beginning with 3 or 4 – Conventional farming, including use of pesticides.

Five numbers, beginning with 9 – Organic.

Five numbers, beginning with 8: the "8" signifies genetically modified products – usually corn, soybeans, canola, cotton, papaya and squash. The tricky part is that growers are not required to use the "8" label.

So, if avoiding GMO produce is important to you, look for the "USDA Certified Organic" or "Non-GMO Project Verified" label.



### TV Corner



#### Celtics v Milwaukee Bucks

Game 6 Eastern Conf. Semifinals

**Fri. May 13 7:30 PM on ESPN**



Bucks lead series 3 to 2.

**Must win for Celts!**

## Your Top 5 Vehicle Maintenance Tips (Go by Time or Mileage?)

**Oil and oil filter** – You might think an oil and filter change every 3,000 miles is standard. But condensation from the air can find its way into your engine - that's bad for motor oil. You might need an oil change every few months, even if you have reduced your driving substantially. Also, if most of your trips are short ones, in stop-and-go traffic, that will shorten the optimum interval between oil changes. So will extreme heat, cold & dust.

**Brake fluid** – Condensation is the enemy. If your brake fluid absorbs moisture from the air, it can cause contamination in your brake lines – which also are your lifelines when you need to stop.

**Wiper blades** – When they are turned on, do they skitter across the windshield? Replace 'em. By the way, a product such as Rain-X on your windshield will make raindrops bead up, saving your wipers some work.

**Tires** – If your vehicle doesn't move for 2-3 wks., your tires can develop flat spots. Sometimes the tire will round back into shape, or not. Exercise your car every few days to prevent this problem. If you see fine lines on the tire's sidewall, that's a sign of another atmospheric hazard – ozone damage that can weaken your tires. Most tires have a life of ten years, even if mileage is low. On the sidewall, you can find the letters DOT, with a series of letters and numbers following. The last four numbers are the date of manufacture.



### Vintage Car Racing

**Thurs. May 19 1:00 PM at COA**

**Check It Out—It's a Cool Thing!**

John Gardella and Phil Gott will introduce you to Vintage Car Racing! It's a hot past time these days and anyone can be a part of it, car owner or not.



## Tech Corner

The PhotoStick OMNI is a small but powerful device that **automatically finds, sorts, and safely backs up** your photos, videos and other files. It's perfect for anyone who wants to keep their memories safe & organized **WITHOUT** all the hassle, time, and money it would cost to do it yourself! Online: for \$59.99.

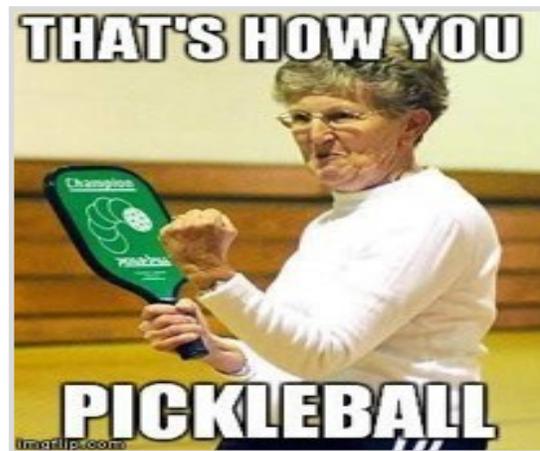
**Easy to Use** – Simply plug in the stick and click 'GO!' It does everything automatically. No complicated setup, logins, or software to install!

**Works On All Devices** - Works on all computers, phones and operating systems – including Windows, Apple, Android, Google, and more!

**Convenient & Secure** – The stick keeps all your most important files right at your fingertips, so they're easily accessible when you need them – yet stored safely and away from hackers.



## Comedy Corner



To unsubscribe contact Vikki at [vjacobson@concordma.gov](mailto:vjacobson@concordma.gov) or call 978 318 3020.

Concord Council on Aging ♦ 1276 Main Street ♦ 978 318 3020