

## **UPPERS & DOWNERS**

“Researchers found that those who drink moderate amounts of beer or wine, along with two cups of coffee, increase their chances to live a long life,” reports Brian Manzullo, Detroit Free Press, February 22, 2018. This research study out of the University of California-Irvine revealed that consuming moderate amounts of alcohol and coffee is linked to living a longer life. The keyword is "moderate," of course.

“The 90+ Study” started in 2003 and examined "the oldest-old" age group -- about 1,700 nonagenarians -- to determine what is key to living to age 90 and beyond. The study found that people "who drank moderate amounts of alcohol or coffee lived longer than those who abstained" and that "people who were overweight in their 70s lived longer than normal or underweight people did."

“I have no explanation for it, but I do firmly believe that modest drinking improves longevity,” Dr. Claudia Kawas, a key researcher for the study, recently told the American Association for the Advancement of Science conference in Austin, Texas.

The study found that subjects who drank two glasses of beer or wine every day decreased their chances of premature death by 18%, and those who drank two cups of coffee a day decreased their chances by 10%.

But don't go planning your happy hours just yet -- you should still exercise! This same research found that regular exercise -- as well as keeping busy with a regular hobby -- is also key to living a longer life.

So there you have it. Next time someone gives you grief about another trip to the coffee stand or unwinding after work with that nice glass of beer, tell them you just want to live a long, beautiful life.

(Goat farmer and bon vivant Pete Hammar wrote this item, with a little help from his friend and editor Juan Mayburrito.)

## **WOMEN'S SELF-ESTEEM**

Although few women are likely to welcome the aging process, getting older does have its benefits. With experience comes wisdom, and this is particularly true when it comes to self-esteem. While self-esteem can be rather fragile in youth, as women age they are more likely to understand the importance of self-respect, of asserting themselves, of knowing the difference between

destructive and constructive criticism and how to put it to use. They also know not to put much stock in glossy magazines displaying seemingly perfect bodies, or to allow the media to dictate how they should feel about themselves. But for younger women, these are lessons that still need to be learned. In their analysis of the 7,287 women who took the Emotional Intelligence Test, researchers at PsychTests discovered a distinct disparity in how younger and older women feel about themselves. Self-esteem, a major facet of emotional intelligence, appeared to play a major role in how the women coped with decisions, challenges, and their own identity.

### **SWAMI SEZ**

“Q: How many mystery writers does it take to change a light bulb? A: Two. One to screw the bulb almost all the way in, and one to give a surprising twist at the end.” (Tatiana Ayazo)

### **MAYBURRITOVILLE**

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