

Chris's Top Ten (actually, fourteen) Pandemic Tips

- 1) Waste not, want not.
- 2) Take better care of your teeth.
- 3) Buy a Flowbee.
- 4) Start a garden (you can grow greens in hanging pots indoors or in pots outside or in a window sill; collards, spinach, beets, lettuce, cabbage, etc. It's easy to do and if you have bulk pasta and steamed greens, you'll be well fed on the cheap).
- 5) Buy in bulk and have it delivered.
- 6) Schwans for pizza, Bevmo for beer.
- 7) Learn as much as possible about the internet and computer networking.
- 8) Buy, beg or steal a big video screen, a quick PC (not a phone), a wireless keyboard, and the fastest internet you can afford, so you can sit on your couch and improve your life, while video chatting with everyone you want to or need to, including your doctor.
- 9) Exercise more, indoors or out.
- 10) If recently unemployed, create a job as quickly as you can in the gig economy; look for opportunities as the world changes permanently.
- 11) For dry skin use Coconut Oil and Aloe Vera; if you're hungry you can EAT the Coconut Oil (although be careful, it has more saturated fat than bacon!)
- 12) Wanna stop using Tinactin? (A good product, I still have a couple of tubes.) Spray Hydrogen Peroxide in your shower stall after every shower, and sprinkle Desenex powder in your slippers. You'll save a lot of money, and substituting Hydrogen Peroxide for chlorine products will be better for the environment, too.
- 13) Buy a bread machine. I spent \$28 for a Sunbeam at Walmart years ago and it's still chugging along. I can make a loaf of the best bread in the world for 75 cents anytime I want to, and if you toast a couple slices and spread with butter and cherry or blackberry preserves, you'll never want another donut, and you'll be healthier, too.
- 14) Ever hear about eating a clove of garlic a day for health? Try black garlic--very tasty!