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Genius Technology 3 Ways AI Is Changing Our Lives for the Better

Artificial intelligence (AI) became a household feature when Apple introduced us to Siri, and it expanded with Amazon's Alexa and Google Home. However, AI can do so much more than tell us the weather or answer our customer service questions.

Today, AI is more advanced than ever, and as engineers continue to tweak its capabilities, it continues to shape the way we think about the future. Here are three ways AI is expanding beyond computer programs.

Exploring Mars

Putting humans on Mars is NASA's ultimate goal, so it's probing for safe landing sites on the big red planet with the help of AI. For the past 15 years, scientists have relied on the Mars Reconnaissance Orbiter to send photos and other valuable data to NASA. One of the crucial aspects of the planet that NASA needs to study is the craters, both old and new. But expecting the orbiter to find these with precision hasn't always been easy. In 2020, NASA scientists developed an AI software that could detect fresh craters on Mars' surface in the photos that the orbiter sends back. This has already led to the discovery of dozens of once-hidden craters in the orbiter's photos.

Detecting Disease

Our health has never been more in focus than it is today, and innovators know that. Some AI devices now can detect illness just by smelling someone's breath. The bots are designed to pick up on certain odor cues that the body gives off while fighting diseases, like cancer or diabetes. While these machines are still in the implementation and development phases, they have the potential to improve diagnostic testing and find diseases in the near future.

Creating Better Engineering Platforms

Engineers have thankless, albeit powerful, jobs. While they're responsible for some of our biggest achievements, much of their job is spent tinkering with existing models to improve small components for greater success. Thanks to AI, Stanford University professor Chris Re surmises that engineers may be able to spend more time playing with greater ideas instead. Machine-learning technology is capable of understanding where the pitfalls in a device lie and how it would need to be improved. This can cut down on time spent doing mundane work, and instead, engineers can move innovation along faster than ever.

Younger Next Year How I Began Running Again — in My 60s

In the spring, most people think about getting outdoors, whether it's lawn work, gardening, hiking, or walking. Personally, I think about running races. Marathon racing begins in earnest during the spring. While I've never run a marathon, I've run quite a few 5K races.

The first time I ran a 5K was 37 years ago when I'd just finished law school. Although I'd been running throughout law school just for stress relief and better health, I never thought about doing a 5K. However, I've shared before in this newsletter about how difficult law school was in the beginning, especially as an older adult — finishing it made me feel invincible. I thought I'd give 5K racing a go next, and it was amazing. It helped my body feel amazing.

After I got my first job as an attorney, though, I didn't think about doing another race. I fell away from the sport entirely until I read a book by Chris Crowley, "Younger Next Year."

Crowley isn't a doctor. He's a 70-year-old patient who became stronger than he was when he was 40. His life was changed entirely by following his doctor's rules, also called "Harry's Rules." Harry is Dr. Henry S. Lodge, M.D., a specialist in internal medicine and preventative care. Research proves that men 50 and older can stave off 70% of the normal decay associated with aging (weakness, sore joints, apathy) and eliminate over 50% of all illness and potential injuries.



"It's never been so clear to me that the human body is one of the few, fascinating machines that improves upon use."

What caught my eye the most wasn't just the impressive statistics though. The way the lighthearted text talks about the body is seriously fascinating. It's never been so clear to me that the human body is one of the few amazing machines that improves upon use.

Ultimately, Harry's Rules are all about positive lifestyle changes, such as regular exercise six days a week. Exercise is a crucial component of Harry's Rules because moving your body can help eliminate or prevent problems that could take you into the doctor's office in the future.

It might sound a little odd at my age to be interested in running, but, while I'm not a fast runner, I can run a long way slowly, and I enjoy it. I've never considered myself an athlete, but this book really struck a chord with me and made me realize why I ran (and why I needed to keep doing it!).

The book had such a strong effect on me, I wish I could share it with more people. Many people accept the aging process and assume that their bodies are supposed to hurt, but that's simply not the case. Age 50 is very young! There's no reason to stop exercising and enjoying life.

Exercise may seem like a chore today, but it's key to find an outdoor activity that you enjoy. Even if it's walking to a beautiful spot outdoors and doing Pilates or yoga, movement and exercise can do wonderful things for your health that will keep you strong, resilient, and young for decades to come.

-Bill Steffens

For the First Time, a Vegan Restaurant Gets a Michelin Star

It's difficult to take animal products out of French cuisine and replace them with lemongrass, seaweed, and fir (yes, the tree). French meals are generally meat-centric, featuring vegetables solely as a side dish. And, even with no meat, how do you cut out cheese and cream?

Claire Vallee, owner of the vegan restaurant ONA, found a way. The name is an acronym, standing for "origine non-animale." And her restaurant, located near Bordeaux, France, was among the 54 restaurants to earn their first Michelin star in 2021. Although a few restaurants in the U.S. and Germany featuring vegan dishes have earned Michelin stars in the past, no restaurant that was 100% vegan has been honored with a star.

ONA had a bumpy start despite this amazing honor. After crowdfunding and securing a loan from La Nef, which specializes in loans for ethical and eco-friendly businesses, Vallee still ran out of money to complete construction. Undaunted, she used social media to rally 80 volunteers to help finish the job over the course of two months. She finally opened ONA in 2016.

"This is a good thing for the vegan community, as this star is evidence that French gastronomy is becoming more inclusive, that plant-based dishes belong there, too," Vallee told CNN.

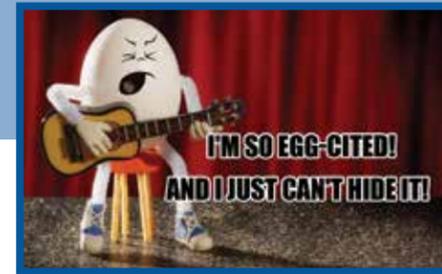


During the initial phases of the COVID-19 pandemic, ONA went to takeout only. With the rise in popularity of plant-based diets, demand for vegan restaurants has been growing, but ONA still struggled. Last fall, its seven-course menu featured dishes with intriguing combinations of fir, boletus and sake shiitake mushrooms, dulce seaweed, lemongrass, and galangal (also known as Thai ginger).

Today, the restaurant is currently closed because of the pandemic, but the victory is huge for French cuisine. Gwendal Poullenc, the international head of the Michelin Guides, told The New York Times, "The general public might not associate pure veganism with a gastronomical experience." But a Michelin star could liberate chefs who are still reluctant to explore plant-based cooking.

For most of us, international travel won't be on the menu anytime soon — but we hope ONA opens its doors again soon. The world deserves to enjoy ONA's award-winning menu!

TAKE A BREAK



SPRING VEGETABLE AND CHICKEN PASTA BAKE

Inspired by [TheSeasonedMom.com](https://www.theseasonedmom.com)

Ingredients

- 1 cup cooked chicken, diced
- 1 14-oz can artichokes, drained and quartered
- 1 cup fresh asparagus pieces
- 1/2 cup carrots, grated
- 1 1/2 cups uncooked penne pasta
- 1 3/4 cups chicken broth
- 1/2 cup fresh chives, chopped and divided
- 1/4 cup fresh parsley, chopped and divided
- 2 tsp minced garlic
- 1/4 tsp salt
- 1/4 cup grated Parmesan cheese, divided

Directions

1. Preheat oven to 425 F and grease an 8-inch square baking dish with cooking spray.
2. In the prepared dish, stir together cooked chicken, artichokes, asparagus, carrots, uncooked pasta, chicken broth, half the chives, half the parsley, garlic, salt, and 2 tbsp Parmesan.
3. Cover the dish tightly with foil and bake for 35 minutes.
4. Uncover and stir. At this point, check the pasta to make sure it is al dente. If it's undercooked, cover the dish and return to the oven until pasta is tender.
5. Remove from oven and garnish with remaining Parmesan, chives, and parsley.

TRENDING RAINCOAT STYLES FOR 2021

As April showers arrive, how do you stay dry when dashing from place to place? Luckily, wearing a raincoat doesn't mean looking like Paddington Bear anymore. Here are several raincoat styles you'll love so much you'll be praying for rain.

No. 1: The Everyday, Lightweight Hoodie Raincoat

There's something satisfying about wearing a black hoodie and not having to make other decisions about an outfit that day. The same applies to your everyday, lightweight black hoodie raincoat. Beautifully simple, you can wear it over anything you own — but until the rain comes, you can leave it rolled in your bag or pocket. Yes, it's that compact! Check out Rain's Ultralight Jacket on [US.Rains.com](https://www.usrains.com), which fits the bill perfectly.

No. 2: The Confident, Classic Trench Raincoat

Just because you have a trenchcoat doesn't mean it's rainproof anymore — so why not buy a fashionable, elegant trenchcoat you can wear rain or shine? A high-quality trenchcoat is super practical, and it'll also give you a classic, on-trend look for years to come. Find yours on [Zappos.com](https://www.zappos.com), which has beautiful coats that'll last a lifetime at a decent price.

No. 3: The Practical, Stylish Poncho

Ponchos are a rainy day favorite because they're affordable, easy to put on no matter how bulky your clothes are, and generally easy to store once you're done wearing them. If you live somewhere that doesn't rain often or you just prefer the feeling of a loose wrap, then a light poncho might be your best option. Some even include pockets, making your life a little easier wherever you're headed! Try [Amazon.com](https://www.amazon.com) to find diverse styles at various price points.

Of course, we cannot ignore the popularity of Sherlock Holmes. Will his raincoat, the Inverness cape, be the next sensation? Combining elements from a poncho and trenchcoat, the Inverness cape is a unique style that's fashionable and practical! No matter which style you prefer, these coats prove that looking good while staying dry is possible.



Up in Flames

The Fyre Festival's Legal Fallout for Influencers

Influencer marketing has long been a legal gray area, but recently settled celebrity lawsuits related to the Fyre Festival — a failed luxury musical festival — have definitely added some color to the debate.

The idea for the Fyre Festival came from rapper Ja Rule and his business partner Billy McFarland, a 25-year-old CEO of a luxury concierge service. The duo created the event together and touted it as the world's most expensive music festival. They'd also launched an attractive marketing campaign which included celebrity promotions by Kendall Jenner, Bella Hadid, and other influencers. All the while, the organizers knew the Fyre Festival was doomed from the start. In lieu of a multiday, luxury experience, thousands of people were scammed and left stranded in the Bahamas instead.

"[The organizers] had six to eight weeks to pull off something that should have taken close to a year," says Chris Smith, who directed a Netflix documentary on the festival. "But what was most surprising to me was going to the Bahamas and seeing the aftermath of what was left behind and the effect on the people there."

The local economy was devastated. "They had engaged with so much of the local community to try and pull this off. There were hundreds of day laborers working," says Smith. "Fyre had such a high profile that I don't think anyone could have assumed that it wouldn't work out."

As the Fyre Festival fell apart, Gregory Messer — the trustee in charge of overseeing the bankruptcy for Fyre Media — looked into the finances. He began to suspect that there had been "fraudulent

transfers" between the founders and many of the event's promoters, and he began to sue the celebrities and influencers that drove the hype behind the festival.

For example, McFarland and Ja Rule reportedly paid Kendall Jenner over \$275,000 to publish an Instagram post promoting the festival. Although Jenner denied liability, she did not disclose on the post that it was paid and sponsored. Messer's attorney further argued that Jenner had not told her Instagram followers that she'd pulled out of the festival after learning of its disastrous problems.

Although more legal parameters will likely spring up in the future to further define the limits of influencer marketing, this will certainly make any celebrity think twice about accepting money to promote events and brands. And that's definitely for the best!