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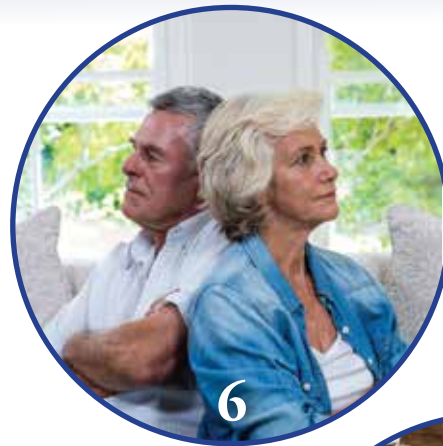
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AARP Real Possibilities in
Louisiana

DECEMBER 5

Challenges of Aging & Dying Well

Joseph E. Davis, professor of sociology
at the University of Virginia

DECEMBER 12

Area Social Services Organizations

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Providence House; and Gale Dean,
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Major Events that Changed the World – Part I

Special Guests
Part II on January 2, 2021

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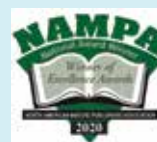
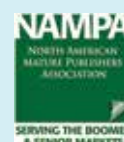
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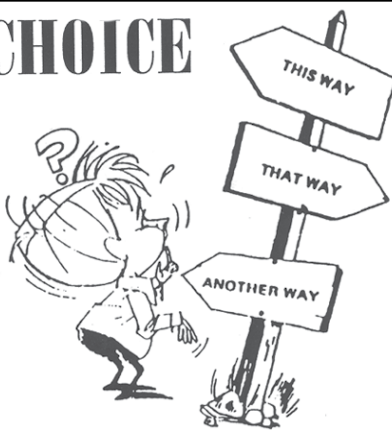
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The Best of Times was awarded a record 22 awards at the North American Mature Publishers Association (NAMPA) convention. Kudos to our talented designers, writers, and contributors for their commitment to excellence!

BEST OF SHOW

FIRST

- Senior Issues – Lee Aronson’s “Laws of the Land” column
- Special Section – Coronavirus and Older Adults (April 2020)
- Table of Contents (Design)
- Self Promotion Awards – NAMPA awards ad
- Best Ad (Black and White) – Bible Correspondence Course
- Best Banner
- Website Self Promotion

SECOND

- Briefs and Shorts (content) – STAT! Medical News
- Topical Issue – Kathleen Ward’s article “Animals: Helping Us Feel, Heal, and Find Our Best Selves”
- Front Cover Design (Photo) – November 2019
- Front Cover Design (Illustration) – September 2019
- Briefs and Shorts Design – Favorite Five
- Best Overall Use of Photography
- Best Overall Use of Color
- Self Promotion Outside Source – Strand program ad
- Syndicated Column – Vella Mbenna’s article “Are You Living an Adventure-Starved Life?”
- Best Ad Color – Community Healthcare

THIRD

- Profile – Kathleen Ward’s article “Johnny Hays: Graduating College at 75”
- Feature Layout – February 2020
- Overall Design
- Cover Story – Kathleen Ward’s article “Rest Assured: Area Assisted Living Residents Shelter Safely with Friends”

Stat!

Medical News & Info

Physical Activity at Any Intensity Linked to Lower Risk of Early Death

A new study has found that any level of physical activity lowers the risk of an early death for middle-aged and older individuals. The findings also show that being sedentary, for example sitting still, for 9.5 hours or more a day (excluding sleeping time) is associated with an increased risk of death. Researchers at the Norwegian School of Sports Sciences analyzed studies assessing physical activity and sedentary time

with death. What they found was that deaths fell sharply as activity increased. Past guidelines have recommended at least 150 minutes of moderate intensity (brisk walking, mowing the lawn) or 75 minutes of vigorous physical activity (jogging, carrying heavy loads) each week. But this study suggests that light intensity activity such as walking slowly or washing dishes are just as important.



Marital Conflict Causes Loneliness, Health Problems

Healthy couples fight. But couples that clash often are more likely to experience feelings of loneliness and poorer physical health down the line, according to new University of Georgia research. The 20-year study showed that couples who fought regularly early in their marriage were likely to continue that pattern over time. Partners who argued frequently were more likely to feel lonely. And the researchers found that those arguments from earlier in the marriage could have a lasting effect on how lonely partners felt more than a decade later. Those feelings of loneliness coincided with poor physical health outcomes, with participants reporting that their health is poorer than others their age. The depression that often co-exists with feelings of loneliness can also lead to poor lifestyle decisions, such as unhealthy eating and not getting enough exercise. The married couples' feelings of loneliness were linked, the study found. When one partner felt lonely, their spouse did as well. The more conflict in their marriage, the more often they felt lonely. The study was published in the *Journal of Family Issues*

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Positive Outlook Predicts Less Memory Decline

We may wish some memories could last a lifetime, but many physical and emotional factors can negatively impact our ability to retain information throughout life. A new study published in the journal *Psychological Science* found that people who feel enthusiastic and cheerful - what psychologists call "positive affect" - are less likely to experience memory decline as they age. This result adds to a growing body of research on positive affect's role in healthy aging.








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Old Home Remedies

By Elaine Marze



Professional medical care was not readily available to the general populace back in the early 1900's when more people lived in rural areas, prior to insurance and government hospitalization programs, so folks self-medicated with herbs and "cures" handed down for generations.

During this age of internet, researching ailments is easy, and emergency rooms are open to all, but it may be surprising to discover a renewed interest in old remedies partially in an effort to bypass the many drugs that are prescribed "willy-nilly" (an old term meaning "haphazardly").

When people over 60 discuss the medical treatments of their youth, they may share how, when cold or flu-like symptoms presented themselves, mothers and

grandmothers made them swallow a dollop of Vick's VapoRub Ointment regardless that the directions on the jar say not to take internally or it was crammed up stuffy nostrils and slathered on heated flannel cloths to make smelly chest compresses. It was easy to tell which smelly kids on the school bus were taking a Vick's cure. Vick's was also credited with curing rashes.

Also, Truman Miers remembers how bark from Red (not White) Oak trees was boiled, strained and the syrup was poured over a spoon of sugar to treat sore throat and colds. He recalled that his grandma used spider webs to treat wounds, and how they cut bark off of what was known as Toothache trees to chew to numb tooth pain.

My mother and aunt, both in their late 80's, remembered how they would go to the creek bed and dig plants to make herbal necklaces for their siblings when my grandma would give birth to a new baby. They couldn't remember the name of the plant or what it was for but 99-year-old Sylvia Evans Brown does remember. She is a lifelong resident of the Toro/Rattan area in Sabine Parish where my grandparents raised their nine children. A childless widow who lives alone, Ms. Sylvia is proud that she can do her own housework and cooking, and she reads, works puzzles, quilts and crochets to keep her mind active.

When birthing time came my grandpa would saddle his horse and go get the local midwife, Josephine Miers who has descendents still living all across Louisiana including grandson, Truman Miers.

Sylvia believes it was Lady Fingers that my mother and aunt dug up to make necklaces thought to prevent colic and other childhood diseases. Sylvia said a threaded needle was run through dried Lady Finger roots to make the necklaces. Lady Finger plants had a white tassel bloom, and the roots could also be boiled for a tonic. While she was in the woods squirrel hunting one day, Sylvia ran across a yellow blooming medicinal Lady Slipper plant she intended to dig up and replant in her garden after the hunt, but sadly, deer beat her to it.

Some protected their babies by making necklaces from asphidity (also spelled asafitidy). Chunks of blue asphidity bars were wrapped in bits of cloth, and tied by string woven into a necklace. Asphidity smelled so bad young Sylvia would try to avoid a baby or toddler wearing it.

Other folk lore shared with me by seasoned citizens included another remedy for babies who are cutting teeth. First you had to find a piece of wood with a "devil's nest" growing on it. The devil's nest was sewn



99-year-old Sylvia Evans Brown is a lifelong resident of the Toro/Rattan area in Sabine Parish where her parents raised their nine children. Every morning Sylvia and her six siblings got a dose of cod liver oil which is still used to prevent rickets. She vividly remembers the taste and smell. Nasty!

into a little sack of cloth and tied around the baby's neck to prevent teething pain.

Every morning Sylvia and her six siblings got a dose of cod liver oil which is still used to prevent rickets. She vividly remembers the taste and smell. Nasty!

Some of the old remedies were seasonal. Every spring from the time she could walk, Sylvia joined family and friends to seek out sassafras plant roots to boil with a little sugar added for sweetening to make a tea that she thinks tasted like present day root beer sody. This tea thinned the blood after hard winters to prevent clots. "Now I take a pill the doctor prescribed to thin my blood, but then we drank sassafras tonic," she says.

One treatment for earaches was to bake an onion until it was soft, and then squeeze its juice into the aching ear. Bobby Moore says that his Grandpa Brooks cured him

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of ear ache by packing Bobby's aching ear with a boiled dirt dauber's nest when he was eight.

Chicken broth was good for settling an upset stomach among other ailments. Sylvia says that when her sickly sister would complain of stomach problems her grandma would say, "Go get me a broiler (young chicken)." Then her grandma would pluck and boil it, thicken it with corn meal, and Sylvia said she loved it so much she would gag herself so she could lie on the bed next to her sickly sister to get some of that delicious broth.

The Seven Year Itch was a frequent affliction. Sylvia's daddy bought sulfur and carbolic acid which her momma would then mix with lard to make a paste to cover the rash. "Momma would bathe us kids out in the smoke house, and then rub us down with that paste. Daddy would carry us to the back porch so we wouldn't get our feet dirty."

Intestinal parasites were an ever present problem. Everybody had farm animals and kids went barefoot thus monthly worming was common. Folks passed pin, round and hook worms back and forth. In fact, Ms. Sylvia says that with kids sleeping together they needed to get wormed together. One popular worm antidote was called Blue Mast. Kids with worms supposedly turned a pale, pasty color. Another cure for pinworms was two drops of turpentine on a lump of sugar, and covering ringworms with fig milk fixed them.

To prevent blood poisoning, lockjaw and gangrene, kerosene was poured over wounds. My mother said when she stepped on a rusty nail her dad poured kerosene on her foot, built up a fire and held her foot over the smoke, believing it would fight infection.

Many of us grew up in small rural towns where home remedies were commonly considered smart doctoring. Like when my brother was bitten by a snake, a wad of chewing tobacco was used to draw the poison out, and since my brother did not die from the bite, it may have worked ... or the snake wasn't poisonous. Wet tobacco was also used to soothe bee and wasp stings.

What some people may consider silly, old wives' tales, others may give credence to. What one person swears by, another will scorn, but I consider first-hand recollections of old home remedies a treasure trove.

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Aloe Vera Has 10 Impressive Uses

By Suzy Cohen, R.Ph.

Aloe vera made a couple of headlines recently. The first was when the actress Drew Barrymore dabbed some on a facial sore and it instantly took out the redness. The second was when Prop 65 regulations in California called out a known carcinogen in aloe vera called “aloin.”

Don't worry, aloe will never get banned!

Not to be morbid from the get-go, but extracted compounds from this spiky succulent were used in the middle east during ancient times to clean dead bodies and prepare them for burial.

Plants of aloe vera give us two different substances, one is called “gel” and the other is called “latex.” Both have medicinal value. The gel is the clear part that comes from the center of the leaf. You know it well... it looks like jelly and it's what you put on the skin for cuts and minor burns. The aloe latex is visible just beneath the plant's outer

skin, and it's yellow in color. This has a laxative effect on the body.

Aloe is very useful for psoriasis, food sensitivities, diabetes, gastritis and gingivitis. If these topics interest you, I have a way longer version of this article which I'll email to you next week if you sign up to receive my free health newsletter at suzycohen.com.

Right now, here are 10 things you can use your aloe plant for:

1. Moisturize yourself.

Mix some into your favorite lotion and put on your face or arms.

2. Heal bug bites.

Dab aloe gel directly onto painful or itchy bug bites, or combine the aloe in the palm of your hand with some hydrocortisone cream.

3. Cool off burns.

Squeeze a dab of aloe vera into tradition-





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al burn ointment and use on superficial burns.

4. Soothe eczema itch. You can buy any salt or sugar scrub that feels good to you and just mix in aloe vera gel.

5. Ease dandruff. Find a selenium sulfide-based shampoo and add some aloe vera gel to the shampoo then massage to your scalp.

6. Fix gingivitis. Squeeze some aloe vera gel onto your toothbrush and brush like normal.

7. Shave your legs. Instead of using expensive, perfumed shaving cream on your legs, use aloe vera gel.

8. Get moving. There are commercially prepared products used as dietary supplements which might help constipation. Some people like this, others react poorly.

9. Give yourself a facial. Do you want softer skin and more radiance without spending a fortune on fancy creams? Apply the gel to your cheeks and forehead, and rest for 15 minutes. Rinse and pat dry.

10. Soothe a sunburn. Snap off a stalk from your aloe plant and apply the clear gel onto the sunburned area for a natural cooling balm. It helps with redness and inflammation.

These sound great and they are for most people. Occasionally with aloe, you hear of unexpected problems such as diarrhea, skin or eye irritation and possibly dehydration from the laxative effect.



Cohen

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Women Have Special Nutritional Needs

by Abigail McAlister



As years progress, a woman's nutritional needs change to accommodate life changes. General aging, hormone changes, and menopause can all play a role in nutrition needs. In general, a healthy, balanced diet will meet most of a woman's nutritional needs as she ages, but there are a few adjustments that women can make to ensure optimal health from middle age to later years.

As they age, women typically need less calories, but it's important to have a healthy balance. Too few calories per day can actually lead to a higher risk for poor health and malnutrition, so it's important for women to ensure they are getting an adequate amount of calories. Women who are more physically active may need more calories for energy. For more information on specific

calorie needs, talk to your primary care provider or a Registered Dietitian.

Most women typically don't get enough fiber. Fiber is essential to a healthy diet, as it helps us feel fuller for longer and it lowers our risk for certain diseases such as irritable bowel syndrome, diabetes, heart disease, and colon cancer. Women ages 31 to 50 need about 25 grams of fiber daily, while women 51 years or older should aim for around 22 grams of fiber each day. Good sources of fiber include vegetables, fruits, whole grains, beans and peas, and nuts and seeds.

Women, especially as they age, are at a much greater risk for suffering from osteoporosis than men are. In fact, about 80% of Americans who have osteoporosis are women. Why are women more prone to this condition? The drop in estrogen levels from menopause can lead to bone loss, which can ultimately lead to osteoporosis, especially if the bone loss happens very fast and is substantial. Women can lose up to 20% of their bone density in the years after menopause. To battle this higher risk of osteoporosis, it is important that

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A photograph of an elderly couple standing outdoors in a park-like setting. The woman is on the left, wearing a pink top, and the man is on the right, wearing a light blue shirt. They are both smiling and looking towards the camera.

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women are consuming enough calcium and vitamin D, which help protect the bones and teeth. Women 25-50 years old should consume 1,000 mg of calcium each day. Women who are near, experiencing, or past menopause, and women who are 65 years or older should increase their calcium intake to around 1,500 mg daily. Good sources of calcium include low-fat dairy products, calcium-enriched products, salmon, certain vegetables like broccoli, tofu, peas and beans, and nuts and seeds. Milk alternatives, such as soy milk, can also be rich in calcium, and may be a good option for those who cannot tolerate dairy. It's important to read the nutrition facts label on milk alternatives to make sure they have comparable amounts of calcium and vitamin D to dairy milk. Another way to strengthen the bones and prevent osteoporosis is to engage in weight-bearing exercises, like dancing, jogging, aerobics, hiking, climbing stairs, or yardwork, to name a few, at least twice a week. Always talk to your primary care provider before starting a new exercise regimen.

Menopause can also lead to a slowdown of the metabolism, which can ultimately lead to weight gain. Women tend to lose muscle mass and gain belly fat as a result of menopause. This makes it even more important to exercise regularly and eat right as we age. Most adults should aim for at least 30 minutes of moderate-intensity exercise for five days out of the week, or 150 minutes total per week. Moderate intensity exercise is any exercise that gets your heart pumping, such as walking, dancing, swimming, or aerobics. Pair regular exercise with a balanced diet rich in fruits, vegetables, low-fat dairy, whole grains, and lean proteins to promote a healthy weight.

Eating healthy and aiming for a balanced lifestyle can carry you for years to come. By ensuring you're meeting nutrition needs to accommodate changes in your life, this can help you live a longer, healthier life. Our bodies experience changes as we age, which makes nutrition even more important as we approach our later years.



McAlister

Abigail McAlister is a Registered Dietician and nutrition agent with LSU AgCenter for Caddo and Bossier Parishes. Her focus is adult nutrition education and promotion. Contact her at amcalister@lsu.edu.



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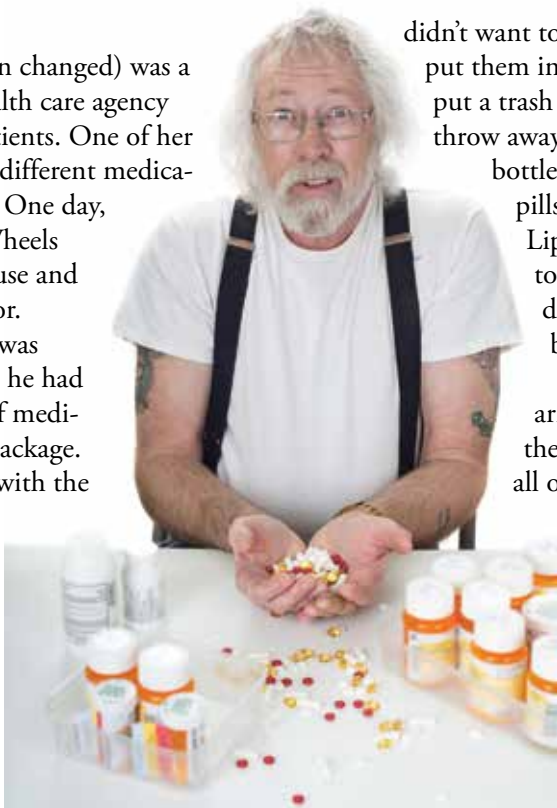
Hot Lips and the Stolen Medicine

by Lee Aronson

Hot Lips (all names have been changed) was a coordinator for a home health care agency that provided sitters for patients. One of her patients, Klinger, was on a bunch of different medications because of a “nerve condition.” One day, Hot Lips got a call from Meals on Wheels saying that they were at Klinger’s house and they had found him lying on the floor.

Hot Lips rushed over and Klinger was fine. But he was very excited because he had just gotten his three month supply of medications in the mail and it was a big package. Klinger asked Hot Lips to help him with the medicines because his organizer was all “messed up.”

Klinger and Hot Lips, as well as one of the sitters, went into Klinger’s bedroom where he kept his medicines. There were a bunch of empty bottles. Other bottles contained expired medication. Klinger seemed very confused; he



didn’t want to get rid of the expired medicines, so he put them in the back of the drawer. Hot Lips then put a trash can in front of Klinger and had him throw away all of the various empty medication bottles. Hot Lips then had Klinger put his new pills into a pill organization box. As per Hot Lips’s company policy, at no point did she touch any of Klinger’s medication, but she did take the trash bag of empty medicine bottles out to the curb-side trash can.

A couple of days later, Hot Lips got arrested. Why? Because Klinger had called the police and claimed that she had stolen all of his medicine.

The case went to trial and Hot Lips told her side of the story to the Judge.

But Klinger had a very different story. Klinger said it was true that he had just gotten his three-month supply of medication in the mail. But when he had shown the package to Hot Lips, Hot Lips said that having so much medication at home was dangerous

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and that Hot Lips needed to take them to the safe at her company's headquarters, which she claimed to have done. Klinger told the police that he kept calling Hot Lips asking for his medications back, but that she wouldn't even answer the phone.

Would that be enough evidence for you to sentence someone to 5 years at hard labor? Hot Lips didn't think so. Especially as after her arrest, the police did a search, but Hot Lips "was not found in possession of any of [Klinger's] medications."

But there were some other facts that I haven't told you about yet. For example, some of Klinger's medications could easily have been sold on the street and Hot Lips "had been arrested more than once for possession of narcotics." In fact, Hot Lips admitted that "she had been an alcoholic and then turned to crack cocaine." But she claimed that she had only been arrested because "she went to the casino to rescue a friend from an abusive relationship and the friend and

another man put methamphetamines in her purse and in her car."

Now what are you thinking? One more fact: Hot Lips hadn't been the only one in Klinger's house that day. There was a sitter who stayed with Klinger after Hot Lips had left. This sitter had been hired under somewhat curious circumstances. A background check should have been run on this worker before the home health care agency hired her, but that was never done. Why not? I don't know. Nobody ever tried to explain that to the Judge. Instead, Hot Lips just tried to pin the whole thing on this sitter even though Klinger insisted that the sitter had nothing to do with the crime.

Hot Lips was found guilty in this real-life Louisiana case.



Aronson

Lee Aronson is an attorney in Shreveport, LA, with Gilsoul & Associates, LLC. His practice areas include estate planning and elder law.

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Sleeping With History

Hotels Can Be Much More Than A Place To Sleep

By Victor Block

How would you like to spend a night at a hotel once frequented by Clark Gable, Marilyn Monroe and other Hollywood luminaries? Or snuggle under the sheets at a former stagecoach stop along the famous Chisolm Trail which played host to George Custer, the cavalry commander in the Civil and American Indian Wars, and Jesse James, who needs no introduction.

If luxury and elegance are your preference, the Hotel Du Pont in Wilmington, Delaware, which opened in 1913, was built to challenge the finest European lodgings in stylishness and beauty.

A hotel can be much more than a place to sleep. Properties throughout the country offer interesting stories of famous guests, accommodations that range from laid back to lavish, and opportunities to snooze with intriguing chapters of history. You might want to check them out, and perhaps check in to one or more, next time you take to the road.

An Italian Renaissance-style building which was the first high-rise hotel in Phoenix, and first in Arizona with elevators (hand-operated), was the go-to place for Hollywood celebrities when it opened in 1928. Guests of the Hotel San Carlos today enter the same limestone-tile lobby with its original carved crown moldings, crystal chandeliers and other architectural features that greeted famous movie stars.



Marilyn Monroe and other movie stars and dignitaries who frequented the Hotel San Carlos over the years are memorialized by copper stars set in the sidewalk. For more information about taking this trip back in time, log onto hotelsancarlos.com.



Stagecoach Inn

The setting was less sumptuous at a rest stop built in 1861 along the Chisolm Trail, to accommodate ranchers herding cattle from Texas to Kansas. The modest but comfortable Stagecoach Inn over time also provided lodgings for 19th-century dignitaries who were passing through Texas, ranging from the famous to the infamous. (stagecoachsalado.com)

Stagecoach passengers holed up for the night at quarters in Colorado that are older than the state itself. Following its debut in 1874, The Cliff House at Pike's Peak was a stop along the gold mining route



The Cliffhouse

from Colorado Springs to Leadville, Colorado. Later it hosted dignitaries as diverse as Theodore Roosevelt, Charles Dickens and P.T. Barnum. (theciffhouse.com)

Some historic properties were designed to be destinations themselves because of their opulent décor and furnishings. From 1913 to the late 1930s, the Grand Hotel in Indianapolis offered guests the height of luxury. Reopened recently as the Omni Severin, it retains touches of its elegant past including a dramatic marble stairway, an immense Austrian crystal chandelier and original mahogany dressers located in each elevator landing. (omnihotels.com/indianapolis)

The Hotel Du Pont in Wilmington, Delaware, which was built during America's "Gilded Age" to rival the finest hotels in Europe, opened in 1913. Rich woodwork, mosaic and terrazzo floors and other adornments were created by artisans from France and Italy to make the building a monument to outstanding craftsmanship. The results of their efforts serve as reminders of a decades-long period of extravagance that began in the 1870s. (hoteldupont.com)



Crescent Hotel & Spa

Some travelers preferred to "take the waters" at health spas built near natural springs, which became popular during the 19th and early 20th centuries, and beyond.

The 1886 Crescent Hotel & Spa in Eureka Springs, Arkansas was one such property.

The massive stone structure perched on a hilltop is reminiscent of castles in Europe. The hotel is surrounded by acres of lovely gardens and forested walking trails, and retains tasteful traces that made it a popular mountain retreat for wealthy clientele. (crescent-hotel.com)



The Rangley Inn

Less luxurious, but equally inviting in its way, is a personal favorite located in a quaint village in the lakes and mountains region of western Maine. The Rangeley Inn, set in a tiny town with the same name, opened in 1909. Several years later, a smaller inn which stood nearby was attached to the larger building, and today is one wing of it.

A visit to the rambling structure provides an introduction to the surrounding area and a walk back in time. A moose head and bear in the lobby represent the abundant wildlife that inhabits the surrounding woodlands. Antique furnishings here and there contrast with the renovated, well-appointed guest rooms.

The walls are covered with vintage photographs depicting aspects of local

History. These include its long-held reputation as a fishing Mecca, and the time when a railroad carried visitors from eastern cities to the destination, and steamboats completed the journey to fine hotels that once lined the shoreline of Rangeley Lake.

The history of the Rangeley Inn, combined with the Norman Rockwell-like town and four-season choice of activities, makes this a perfect place to sleep with history. (therangeleyinn.com)

If you go. Historic Hotels of America represents more than 300 properties throughout the country that have "faithfully maintained their authenticity, sense of place, and architectural integrity." All have historical significance and offer exceptional accommodations and amenities. For more information, log onto historichotels.org.

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Neil Sedaka Still Singing Through the Pandemic

By Nick Thomas

Many performers have recorded videos of encouragement for fans throughout the COVID-19 pandemic months. But few, if any, have been as prolific as Neil Sedaka.

With more than 150 mini-concerts posted since April on his YouTube channel NeilSedakaMusic, the singer, pianist, and composer of 60s hits such as "Calendar Girl" and "Happy Birthday Sweet Sixteen" continues to churn out the casual performances from behind his home piano several times a week and plans to continue into the Christmas season and beyond.

"The response from people all over the world has been unbelievable, even those who were never really Neil Sedaka fans before," said the 81-year-old singer from Los Angeles. "They can't believe my body of work."

Sedaka's repertoire would impress any artist.

"I started writing songs when I was 13 and have composed over 800," said Sedaka who, in late March, was one of the first entertainers to post a video of hope during the early pandemic days in



the US in the form of rewritten lyrics to "Oh! Carol," his hit from the late 50s.

A week later, his first mini-concert – filmed by his wife on a cellphone from their New York home with the family parrot in the background – consisted of a medley of a half-dozen Sedaka hits.

"I just thought the music could be therapeutic for people locked down at home," he recalled. "Then people began requesting songs on my Facebook page, so I decided to continue the mini-concerts."

For Sedaka, too, the performances

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Matthew 22:37-39

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have helped get through the months of isolation after moving to the family's Los Angeles home earlier in the year.

"I've continued to play all the big hits, but I've also done a lot of my lesser-known songs that I like to call my forgotten or neglected children," he said. "Some of them I wrote 60 years ago and haven't played for years, so it can take a while to relearn the lyrics along with the chords and rhythms. But it's been very enjoyable for me as well."

Trained as a classical pianist at New York's Juilliard School, Sedaka discovered pop music as a teen and teamed up with lyricist Howard Greenfield to co-write the songs mentioned above and many more. In later years, other hits were written with Phil Cody ("Laughter in the Rain," "Bad Blood") but Sedaka's love for classical music never waned.

"There are not many singer-songwriters of my era who can play Chopin, Debussy, and Bach!" he said. "I've even performed a few piano pieces during the mini-concerts."

Like other artists, Sedaka's live tours have been postponed until 2021 (see www.neilsedaka.com) and he says the mini-concerts have helped fill the void all entertainers are experiencing this year. He's also been appearing monthly on the Sirius XM channel '50s on 5' with his program "In the key of Neil." While he's looking forward to returning to live concerts next year, don't expect to hear any new Neil Sedaka songs since he stopped composing several months ago.

"I felt if you can't top it, you should stop it," he said. "I think the reason I've been around so long is I've always been able to raise the bar, reinvent Neil Sedaka, and to develop and grow. It's still very gratifying to hear my music played on the radio – the songs will outlive me."

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 newspapers and magazines.

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Steak Au Poivre

Servings: 2

- 2 Filet Mignons (5-6 ounces each), thawed
- 2 teaspoons kosher salt
- 2 tablespoons coarsely ground black pepper
- 1 tablespoon vegetable oil
- 2 tablespoons butter, divided
- 1/3 cup brandy or cognac
- 1 cup cream
- 1 tablespoon Dijon mustard

Season steak with salt and pepper. Press seasoning into meat to create even coating.

In large skillet over medium-high heat, heat vegetable oil and 1 tablespoon butter until just smok-

ing. Add steak and sear 4 minutes on each side for medium-rare. Once cooked to desired doneness, transfer steak to cutting board and tent with foil to rest.

Reduce heat to medium and add brandy to skillet. Allow to cook down about 1 minute while stirring to scrape off any browned bits from bottom of pan. Once brandy reduces by half, add cream, Dijon mustard and remaining butter; continue cooking until mixture begins to reduce and thicken, 5-7 minutes.

Slice steaks against grain and top with sauce.

Simon Family Brisket

Servings: 4

- 1 Beef Brisket Flat (2 pounds), thawed
- 1 package (1.1 ounces) dry onion soup mix
- 1 can (14 ounces) whole cranberries
- 1 cup chili sauce
- 1 cup ginger ale

Preheat oven to 250 F. Place brisket in large oven-proof baking dish.

In bowl, mix onion soup mix, cranberries and chili sauce. Spoon over top of brisket. Pour ginger ale around edges of brisket.

Cover with foil and bake 4 hours.

Remove from oven and

let rest 20 minutes. Remove brisket from baking dish and place on cutting board. Slice brisket against grain and place in serving dish. Top with sauce and serve.





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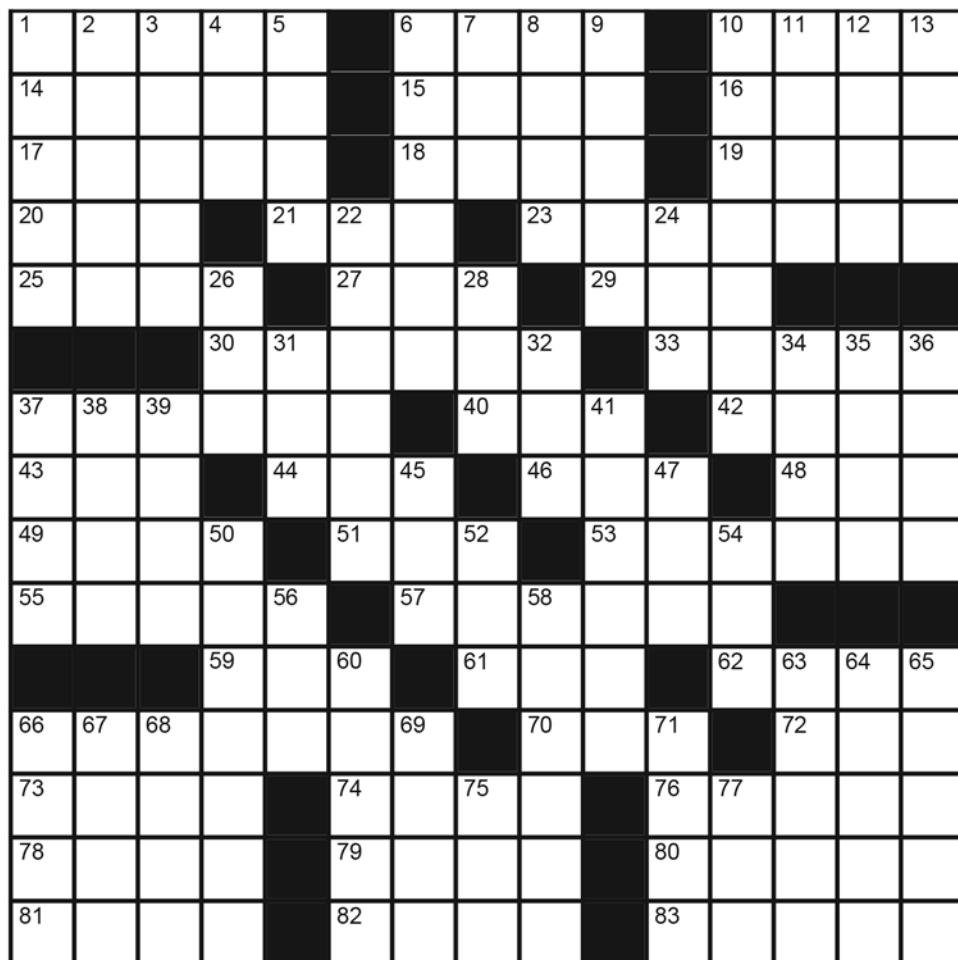
PUZZLE pages

Turn to page 29 for all puzzle solutions.

- Across
- 1 Party handout
6 Pop singer Amos
10 Turn over earth
14 It might be airtight
15 At another time
16 MSN's butterfly, e.g.
17 Organic compound
18 Cozy spot
19 International money
20 Aardvark's tidbit
21 Pan, e.g.
23 Argues
25 Beloved
27 White House souvenir
29 Part of an E-mail address
30 Lack of vigor
33 French cap
37 Bakery buy
40 Sticker
42 Floor model
43 Basis of some divisions
44 Get-up-and-go
46 Scope
48 Archaeological site
49 Musher's transport
51 Decay
53 Capital of Colombia
55 Greek monster with nine heads
57 Children's
- author Snicket
59 Offbeat
61 Publicize
62 Buddy
66 City in Germany
70 Big bang producer
72 One of Alcott's "Little Men"
73 Crowning
74 Like some apples
76 Fragrance
78 Fill to excess
79 Blackthorn fruit
80 Renaissance fiddle
81 Ivan the Terrible, e.g.
82 Sign of boredom
83 Undisguised

Down

- 1 Electrical unit
2 Unaccompanied
3 Peace Corps cousin
4 Samurai's sash
5 One year in a trunk
6 Two-seater
7 "Walking on Thin Ice" singer
8 Cross
9 Signed
10 Folded
11 Oaf
12 Folklore fiend
13 Romances
22 First game of a



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- doubleheader
24 Hair style
26 W.W. II fliers
28 Bird's beak
31 Small bite
32 North Sea diver
34 Make over
35 Give off
36 Forum wear
37 Sitcom set in Korea
38 Hideous
39 Graze
41 Converted, in a way
45 Neighbor of Ger.
47 Prefix with profit
50 After eye or name
52 Kind of party
54 High school class
56 Woodworking tool
58 Winter hand warmer
60 Scatterbrained
63 Hacienda brick
64 Circus performer
65 Make into law
66 Bringing up the rear
67 Terminal info
68 Infinitesimal amount
69 Big bash
71 Hawaiian tuber
75 Commotion
77 Increase, with "up"



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 M D L P A R S N I P C S P I N A C H

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Word Search

VEGGIES, ETAL.

Artichoke	Leek
Arugula	Lettuce
Asparagus	Mushroom
Beet	Okra
Bok Choy	Olive
Broccoli	Onion
Cabbage	Parsnip
Carrot	Potato
Cauliflower	Radish
Celery	Rutabaga
Chives	Snow Peas
Corn	Spinach
Cress	Squash
Kale	Turnip
Kohlrabi	Yam

Sudoku

To solve the Sudoku puzzle, each row, column and box must contain the numbers 1 to 9.

	6		8		1			
					4	3		
				6		7		
	7							
1						8		9
				9		5	4	
		4	5	2			7	
7	3					2		
2			6		9			

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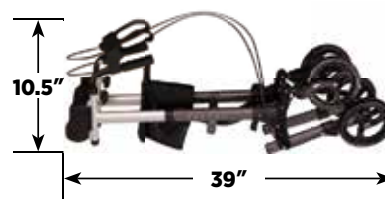
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It's a cruel fact of life, as we age, gravity takes over. Our muscles droop, our bodies sag and the weight of the world seems to be planted squarely on our shoulders. We dread taking a fall, so we find ourselves walking less and less— and that only makes matters worse.

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PUZZLE answers (from pages 26 & 27)

F	A	V	O	R		T	O	R	I		P	L	O	W		
A	L	I	B	I		A	N	O	N		L	O	G	O		
R	O	S	I	N		N	O	O	K		E	U	R	O		
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					O	D	D		A	I	R		M	A	T	E
L	E	I	P	Z	I	G		T	N	T		D	A	N		
A	T	O	P		T	A	R	T		A	R	O	M	A		
S	A	T	E		S	L	O	E		R	E	B	E	C		
T	S	A	R		Y	A	W	N		O	V	E	R	T		

5	6	7	8	3	1	9	2	4
9	8	2	7	5	4	3	6	1
3	4	1	9	6	2	7	8	5
4	7	9	3	8	5	6	1	2
1	5	6	2	4	7	8	3	9
8	2	3	1	9	6	5	4	7
6	9	4	5	2	3	1	7	8
7	3	5	4	1	8	2	9	6
2	1	8	6	7	9	4	5	3

T	S	W	D	M	Y	C	B	A	R	L	H	O	K	S	A	M	R
E	S	U	P	M	O	O	R	H	S	U	M	C	I	Z	T	Z	E
E	T	X	G	F	T	R	H	N	C	A	B	B	A	G	E	P	X
B	O	H	W	A	G	U	S	C	S	E	D	G	E	R	O	V	R
P	R	A	L	F	R	T	A	E	K	U	W	T	L	T	N	H	A
A	R	U	G	U	L	A	E	H	D	O	V	W	A	W	R	L	D
M	A	Y	C	O	I	B	P	T	H	S	B	T	K	O	E	Y	I
V	C	R	P	Q	L	A	W	S	R	R	O	Q	V	E	U	H	S
W	U	J	T	X	O	G	O	F	A	E	S	J	K	C	G	E	H
W	N	V	J	I	C	A	N	E	R	W	L	E	T	T	U	C	B
E	M	Z	J	N	C	P	S	V	A	O	G	E	V	F	X	O	Z
P	P	V	M	O	O	H	X	H	M	L	C	J	O	I	M	G	R
U	I	O	F	I	R	Z	O	H	W	F	E	Y	E	U	H	K	S
G	U	N	C	N	B	J	W	K	W	I	O	V	N	O	C	C	Q
G	M	F	R	O	K	Q	G	E	L	A	U	I	R	P	M	U	
O	K	R	A	U	R	Q	X	Z	W	U	R	B	E	L	A	R	A
X	U	E	E	G	T	N	B	E	M	A	D	S	R	Y	O	G	S
M	D	L	P	A	R	S	N	I	P	C	S	P	I	N	A	C	H



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