A Christmas Carol

The Magical Forest at Opportunity Village

SAVE THE DATE!
See Page 16
The December 7th deadline to change
your current Medicare Advantage plan is coming up fast! Act now to get CareMore's (HMO & HMO SNP) comprehensive, cost-effective care, or risk getting locked into your current plan for another year. Call us today or attend one of our last meetings of the year to get the personalized care that CareMore is known for.

Don’t wait one minute more!
Your Annual Enrollment Period is Ending Soon.

For more information or to make an appointment with a CareMore representative please call:

1-877-827-3938
TTY/TDD 1-800-577-5586
Reference Code: NOV1_CK

8:00 a.m. to 8:00 p.m., seven days a week. Se habla Español.

Find us on the web at:
CareMore.com • Facebook • YouTube

CareMore (HMO and HMO SNP) is a coordinated care plan with a Medicare Advantage contract. Contracts in California, Nevada and Arizona. CareMore offers Medicare Advantage Plans (HMO), including Special Needs Plans (HMO SNP). A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 1-877-827-3938 or TTY/TDD users should call 1-800-577-5586, 8am–8pm, seven days a week. *Free without obligation.
“Are you serious? I was only nine years old!”

I sat all alone in my now empty house/oﬃce. My sons were at work and the two dogs sleeping in the guest bedroom.

I grew angrier and angrier in my apparent one-sided heated conversation with God. I wanted to know “why.” Why would God take away my Amy?

It’s been nearly three months since she died. The shock has slowly worn oﬀ and a new period in my life is beginning to take shape. But I still wanted - no, demanded answers.

“Why her? What did Amy ever do that would cause you to take this horrible action? Yes, I realize she was far from a saint. No question my little sweetheart had her numerous faults – but enough to justify this punishment?”

I then remembered what the Rabbi said to me when I was a child growing up in the Bronx. My friends and I were summoned to his oﬃce when the teacher discovered we were more interested in our baseball games than our religious education.

I’ll never forget the Rabbi telling us that we had to choose what was more important – our faith or the national pastime. And if it was Little League he advised, we should leave immediately.

He asked everyone if they understood. I politely said “yes” and started to walk out.

As you can imagine, my parents were called in for a meeting and there was talk of God making a note of my decision and possible retribution.

“So that’s why you did this?” I screamed. “Because I wanted to play ball?”

“What’s the matter?” I roared. “You didn’t have the guts to take me instead? At the very least, I’m the one with the life insurance.” (Okay, I admit the last line made no sense, but I was on a roll.)

“What kind of compassionately God are you? Do you want to go after me; go ahead, take your best shot. But how do you deprive our four sons of their mother?”

“And if you don’t care about my family” I continued shouting, “What about her dogs? They’re still walking around with a sadness that aches every time they look out the window or race to the front door hoping for Amy to come home.”

I thought about the many Vegas Voice readers who contacted me over the previous months. They were all very sympathetic in conveying their condolences and quite a few assured me that she was now in a “better place.”

While I will never be able to fully express my heart-felt appreciation and gratitude for those taking the time to reach out to me, I could not agree, or accept that “better place” concept.

“A better place?” I sneered, just daring God to answer me back. “Who are you kidding?”

“If Amy was in a ‘better place,’ she’d be in the kitchen making me dinner or at a Vegas Voice meeting telling everyone about her ‘idiot husband’ or we’d be on a cruise with travel editor Stu and her best friend Sharon Cooper.”

“But a ‘better place’ than that? Garbage; pure, complete and absolute stinking garbage” I shouted.

“I’ll tell you what” I yelled so loud that the dogs woke up and were now cowering in the corner of the room. “How about a sign? If you’re so all-powerful, how about one damn signal; something, anything to show me that Amy is okay. Is that asking so much?”

“I thought about the many Vegas Voice read-ers who contacted me over the previous months. They were all very sympathetic in conveying their condolences and quite a few assured me that she was now in a “better place.”

In my rage, I obviously did not expect a miracle or even an answer; but then the satellite radio station that I always have on started to play another recording. It was our wedding song.

I took it however, as the Big Guy informing me that my Amy was all right - and as I fell to the ﬂoor weeping uncontrollably, the dogs came to me, wagged their tails and licked away my tears.
Make Money and have fun! Would you like to work with an award winning staff on two of the oldest radio stations in Las Vegas? Would you like to step into the future with the premier internet radio station in Las Vegas? Hemisphere Media is looking to increase our staff! We want experienced, self-starting sales executives to take the next step with us. Call us at 702-796-1230 or email us sales@hspheremedia.com to find out how you can become a winner with us! Successful sales experience is a huge plus! Bilingual individuals are highly encouraged to apply.

**PRE-PLANNED ARRANGEMENTS**

**Desert Memorial**

**NO HIDDEN CHARGES**

**WE OFFER:**
- Direct Cremation Service.
- Direct Cremation with Chapel Memorial Service.
- Traditional Full Funeral Service in Our Chapel, Church or Grave site.

**Direct Cremation $670.00**

Includes:
- Transfer, Filing Paperwork,
- Cremation and Basic Urn

We invite you to call or write for our Pre-Planning kit.

Please send without obligation your special information on:
- Direct Cremation
- Direct Cremation with Chapel Memorial Service
- Traditional Full Funeral Service

**Name** ___________________________ **Age(s)** __________

**Address** ____________________________________________________________

**City** ___________________________ **State** _______ **Zip** ______

**Phone** ___________________________ 1 / I also plan to use the local Veteran’s Cemetery.

**Desert Memorial**

1111 Las Vegas Blvd. North • Las Vegas, NV 89101

382-1000

---

The Vegas Voice is mailed/delivered to every residence in:

- Anthem Country Club
- Solera @ Anthem
- Sun City Anthem
- Spanish Trails

- Ardiante
- Solera @ Stallion Mtn.
- Sun City Aliante
- Sun City MacDonald Ranch

- Destinations Centers
- Sun City Summerlin
- Tropical Palms
- Whispering Palms Apts.

- Horizon Pines
- Sunset Country Apts.
- Richard Warren
- Beverly Washburn

- Meadows
- Tropical Palms Apts.
- Richard Meier
- Wes Winters

- Quail Estates
- Richard Meier

- Seven Hills

- Siena

- Sun City Aliante

The Vegas Voice is also distributed throughout the Vegas Valley; from North Las Vegas to Boulder City - including select local casinos, bookstores, coffee shops, and all libraries and community centers.

---

**About Our Advertisers**

We always want our readers to know and understand that without our advertisers The Vegas Voice cannot exist. As you go through our paper, keep in mind that these wonderful businesses (both large and small) have made a commitment to you — the age 50+ “grown-up” community.

What better way to reward them than to show that commitment and loyalty is a two-way street?

By all means, don’t forget to comparative shop - even when it comes to The Vegas Voice advertisers. Just know however, that we feel very strongly about them and wouldn’t ask our readers to patronize them if we did not have complete faith in each and every one of them.
The Real Story of Rudolph

In 1967, I went to work for the Montgomery Ward Department Store as Wendy Ward. It was while I was working there that I found out the true story of Rudolph the Red Nosed Reindeer.

I somehow believed Rudolph had always been a part of Christmas folklore, but that just isn’t true.

Rudolph’s story actually began in 1939 when Robert May, one of the advertising copywriters for the Montgomery Ward Department Store in Chicago, Illinois was developing a Christmas promotion for the store. May was a talented writer of children’s stories, so he suggested that he write a poem and his artist friend, Denver Gillen, could illustrate it.

He felt if they produced it in the form of a booklet, families would keep it. Together they created the booklet and 2.4 million copies of the story of Rudolph were given away in Montgomery Ward stores across the country during that holiday season.

In the original version, Rudolph was not one of Santa’s reindeer and did not live at the North Pole nor was his reindeer parents ashamed of him. They were loving parents who brought him up in a loving household.

He had a good self-image and sense of worth. So, when Santa asked Rudolph to join his team and lead them through the fog, Rudolph was open and ready to take advantage of the opportunity.

Are you ready for the opportunities this holiday season presents to you? Is there someone you can help through a foggy night? Is there a family that might need food or toys for their children?

Have you thought about how your own family might need to share more love and kindness rather than material goods? Have you made sure you aren’t stressed out through the holidays and that you too, are enjoying this special time of year with family and friends?

Some things you might do to make the holidays a little easier:

* Hire a senior citizen with a nice handwriting to address your cards.
* Order stamps on-line.
* Hire a teenager in the neighborhood to go to the post office, stand in line and mail your packages.

Judi Moreo is an author, writer and professional coach who is the President of Turning Point International in Las Vegas. To inquire about her services or books, call (702) 990-3922.

Convenient Location! Serving Neighborhoods in: Seven Hills • Sun City Anthem • Country Club • Coventry Homes

At 2505 Anthem Village Drive & Eastern (next to Von’s) (702) 914-0655

The UPS Store

OUR UPS SHIPPING PRICES SAME AS UPS DIRECT

• Mailbox Services including Mail Forwarding
• Packaging Services & Supplies
• Notaries On Staff / No Appointments Necessary

10% OFF UPS GROUND or AIR

15% OFF PACKAGING SERVICE or SHIPPING SUPPLIES

20% OFF DOCUMENT FINISHING SERVICES (binding, laminating, collating)

3 MONTHS FREE WITH A 3-MONTH MAILBOX SERVICES AGREEMENT (New Box Holders Only)

Expires: 12/31/11
Expires: 12/31/11
Expires: 12/31/11
Expires: 12/31/11
It's strange to hear one's own voice. And I've been hearing it a lot lately.

It's because there's a television commercial running nonstop with my voice on it - for Health Care Partners during Medicare open enrollment. The reason I mention it is I credit the 'cork' and my improv training for succeeding in the audition and subsequent studio recording.

**Mental Minute Lists:** "Favorite Things"

Many TV personalities such as Oprah, Dr. Oz and the women of The View, talk about their "Favorite Things." So why not name yours - or name ones you wish were yours. Say them out loud and you'll not only exercise your brain but, if overheard, you might find yourself unwrapping one this holiday season! Give the cork a try (see below) when saying them.

1. In one minute, name as many of your favorite things as possible.
2. Another time, name items you wish you owned.

**Improv Brain Warm-up:** "Yes and ..."

One of the most important rules of improvisation is called the 'Yes and' Rule. That is, the rule that one never denies what is said or happens. Improvers learn early that a denial is argumentative and prevents moving forward.

Here's a game that two or more improv comedy players use to practice this rule and keep their brains agile. You and your family, including your grandchildren, will flex your brains playing it.

The first player starts by saying a sentence. ("That is a beautiful purple shirt.")

Another player responds by building on what was said and begins with the words "Yes and:"

("Yes and I bought it at the hardware store.")

Play continues with each new sentence relating directly to the previous one as well as serving to move the story forward. ("Yes and fortunately the store survived the hurricane.")

The game ends when the story reaches a logical conclusion. ("Yes and that is why I always go home for the holidays.")

**A Brain Exercise Exercise:** "The Cork"

Use a cork to exercise your lips, jaw and tongue to sharpen your enunciation and your mind. A cork from a wine bottle works great. This is a trick voiceover artists and actors use to release tension in their jaw muscles, relax their mouth and throat and ensure a smooth and articulate voice.

First read out loud some words or sentences. Use a magazine, grocery list, or even a tongue twister from my column last month.

Then put a cork between your front teeth and clamp down carefully. Grip the cork tight enough so it will not fall out - but not too hard to hurt your jaw.

Begin speaking the same words or sentences as before, but this time with the cork in your mouth. Try your best to say the words accurately. (Words beginning with “p”, “v” and “w” will especially stretch your jaw muscles.)

Now take the cork out and read it again. Miraculously you'll be reading with better articulation and diction than the first time. I promise this really works!

---

**Jan Fair** is an educational consultant and public speaker who has published over 40 books for kids, teachers and parents. Now that she’s gotten rid of her kids (they grew up!), she has tried her hand at acting and performing. Check out Jan’s blog at www.JanFair.com. She can be reached at jan@janfair.com.

---

**Yvonne Cloutier**

**There’s No Place Like Home for the Holidays**

There’s No Place Like Home for the Holidays was one of his 13 No.1 hits. Some others were: Catch a Falling Star, Dig You Later, (A Hubba-Hubba-Hubba,) They Say it’s a Wonderful Temptation, It’s Impossible and No Other Love. In 2006, five years after his death, his 1946 recording of Jingle Bells topped the billboard charts.

The man is Pierino Ronald Como, better known to us by the American translation of his Italian name: Perry Como.

Born in 1912, Perry Como was the first American born child of an Italian family in Pennsylvania. He was the 7th son of a 7th son, which was considered to be a good luck sign in Italian families. Six siblings were born after that - 13 in all.

At 11, he began his working career as a barber and even went back to it for awhile - but a series of lucky events set his singing career on a ride that lasted over 60 years.

Perry was a gifted and talented man with a beautiful, warm, smooth, easy-listening, velvet-soft, crooning voice that characterized popular music in the 1940’s-60’s. He had such a relaxed style of singing that Dean Martin once remarked that he would go over to Perry's house to borrow a cup of sleep. Bing Crosby said he was the man who invented casual.

Como always opened his TV shows with the song, Dream Along With Me and closed with You Are Never Far Away From Me. He had us in his spell.

He became one of the most successful television personalities in history. A factor in his success was his insistence on his principles of good taste.

The private Como was exactly as he appeared to the public - a quiet, self-effacing man, who considered his performing activities as being third to his family and his Catholic faith. Performances of Ave Maria were a tradition in his holiday TV programs.

Perry Como was also a lover of golf. In his TV shows, he always came out with a golf club for a prop.

Perry made the usual rounds of night club engagements, movies and bands; especially Ted Weems Band. He performed in Las Vegas at the International Hotel, made an album there and returned to Vegas for periodic engagements.

In 1946, his first big hit was Till the End of Time, used in Thirty Seconds Over Tokyo. The song was based on Chopin’s Polonaise in Ab minor.

He had three stars on the Hollywood Walk of Fame for Radio, TV, and Music. He also received a lifetime Grammy Award.

He married his high school sweetheart, Roselle Beline, the only woman he ever dated, and remained married to her until she died in 1998 at 84 years old. They had one biological son, and they adopted a son and a daughter.

Perry Como died in 2001, four years after his beloved wife's death and six days from his 89th birthday.

Fifty years of music and a life well-lived were an example to us all. His singing enabled generations to dream along with him.

Yvonne Cloutier, a former teacher/principal, with a music background, specializes in ragtime piano. She is also an author and has written an easy-to-read book on Scott Joplin. She reports for the Sun City Anthem Channel 99 and on www.suncityanthem99.com. You can also contact her at www.mytimeisragtime.com.
PAY LESS WITH YOUR POINTS
DECEMBER 1 THRU 24

50% OFF
When Using Your Club Card

ALL BARS & RESTAURANTS
SPA & SALON
HOTEL
SHOWROOM
GIFT SHOP
MOVIES
LIQUOR STORE
BOWLING
ALL NEW YEAR’S EVENTS

CHRISTMAS DAY

5X POINTS
ON SLOTS & VIDEO REEL MACHINES
1,000 POINTS EARN $15

2X POINTS
ON VIDEO POKER MACHINES
1,000 POINTS EARN $6

NO POINT LIMITS • $1 COIN-IN = 1 POINT

COMPLETE RULES POSTED AT CLUB BOOTH

BEST VIDEO POKER
BEST SLOT CLUB
BEST PAYING SLOTS
BEST BINGO

WE 💗 YOU MORE
Sagittarius is the sign of The Optimist -- the attitude is positive and the spirit is adventurous. Sagittarians are risk-takers and philosophers, teachers and scholars. They see Life through a big lens. They don’t get bogged down in minutia or details. It’s “the big picture” that interests them.

As the last of the three Fire Signs, Sagittarius is full of enthusiasm, vim and vitality. Their spirit brims with excitement and humor. They love and enjoy life’s many journeys. For them, it’s all about “the experience” and what it taught them…and they adore telling you about their escapades.

The symbol for Sagittarius is The Archer. When the arrow is pulled, it flies straight forward. Just like that arrow, Sagittarians are straight-forward, upfront and direct. Sagg tells it like it is, even if it means being blunt at times. ‘Ya gotta love ‘em for their honesty… and, if you don’t want to hear the truth, don’t ask a Sagg! Although they’re honest, they are susceptible to exaggeration. That comes from their ruling planet, Jupiter, the largest planet signifying expansion. Sagg takes the cue from its ruler to puff up a story. It’s still the same story, but a lot more entertaining!

In general, Saggitarians are open-minded and non-judgmental. Because they focus on the big picture, they understand human nature. They are not easily shocked or duped. They’re generally street-wise and knowledgeable. Their many experiences teach them to be freedom-loving. Sagittarius is the 9th House, which rules: teaching, philosophy, religion, travel and publishing. As perpetual Students of Life, Sagg believes in the Laws of Nature. Sagittarians don’t need to belong to organized religion; they are innately religious about existence and the Higher Order.

The type of travel Sagittarius rules is long distance (overseas). As citizens of the world, Sagittarius also rules foreigners. Sagittarians enjoy the vast array of ethnicities. Experience, diversity and journey wet a Sagg’s appetite. Remember The Celestine Prophecy? That’s a kind of metaphor for the Sagittarian journey: the journey is taken in order to learn lessons or reveal insights.

Laughter is Sagg’s specialty. They love to laugh! The part of the body Sagittarius rules are the hips, thighs and upper legs. Well-developed muscles account for Sagittarius as the ruler of sports. (With Jupiter in Taurus this season, how will the South Florida Bulls finish?) It’s difficult to say because Sagittarius also rules gambling so it’s risky to wager – hope for the best!

Muhammad Ali summed it up best: Life is a gamble -- sweet music to Sagg’s ears. For sure, they’re in it for the long run and having a whale of a time!

A great, big Happy Birthday wish to all our adventurous, enthusiastic, learned Sagittarius Readers! May Jupiter beam abundance and good fortune on your special day! And to my dearest Sagittarian friend, Sir Carter of San Francisco, I’ll be toasting you on the 19th with bubbly!


Tiffany Fairfax is a Professional Astrologer with 30 years experience. She is certified in both Traditional and Magi Astrology. You can contact Tiffany at: QueenOfAstrology@aol.com.

A reverse mortgage could help you live more comfortably

Call me to learn more about this important financial option from MetLife Bank, N.A.

Mary Anne Van Liere
MetLife Bank
Reverse Mortgage Consultant
702-326-0558
mvanliere@metlife.com
www.mlbreversemortgage.com/mvanliere
NMLS #543241

MetLife
MetLife Bank, N.A.

All loans are subject to property approval. Certain conditions and fees apply. Mortgage financing provided by MetLife Home Loans, a division of MetLife Bank, N.A. Equal Housing Lender © 2011 METLIFE, INC. All States[DC]
Louie Anderson

Better Late Than Never

Every month on the 15th, the articles I write for The Vegas Voice are due. Around the 10th I get a friendly reminder and every day I get reminders asking me if I will have the story done.

I always say “yes,” but I rarely get it finished before the night of the 15th or the early morning of the 16th. I wonder why I put things off?

I don’t intend to be late on stuff and I’m always shocked when people get mad when I haven’t delivered something on time. When I was a kid, it was the same thing; working on school papers right up until the time I left for school and sometimes right up until class.

It’s the same with bills. I could mail them early so they got there on time, but I end up driving to the power company or the cable company the day the bill is due.

It’s not genetic; my dad always wanted to pay the bills early. I think I got it from my mom.

Sometimes my clothes would sit on the dryer and rather than put them away, I would just take them off as I needed them. My mom often did this and she didn’t mind, but it sure would set my dad off.

I’ve been known to use every glass, plate and piece of silverware I own before washing dishes. My friend thinks it’s just common sense. “Why spend the time and effort to put things away when it’s already out and ready to use, just to take them out and use them again?” I like his theory, but I think, just maybe I might be lazy.

Not lazy as in I can’t get anything done, but lazy as in I won’t do it until I need it or someone wants it done - or until I can’t walk in the bedroom anymore without the possibility of injuring myself.

Here’s the thing: I get enough of the important stuff done that needs to get done. I’m never late to a show and I’m never late to dinner. I’m always too early to a movie.

I don’t think I even know I’m procrastinating.

Here’s a good example: Today I was very busy and had to change three different times; once to go outside, once to exercise and once to perform at a show. When I got home, I noticed there was a jacket, a pair of socks, shorts, a sweatshirt, a suit jacket and a pair of pants on my bed.

So I started putting this stuff away and realized underneath the clothes was a package I received in the mail earlier in the day, along with the phone and all the remote controls. Next to my bed was a cup with tea from earlier.

I sat down on the bed, grabbed the half full cup of tea (because that’s how I see it) and looked around my room. I stopped at my dresser and realized it looked like the counter of a hotel gift shop. Framed photos, ceramic mugs, scissors, a t-shirt, a harmonica, some candy and even some fresh fruit.

Yeah, I should clean that off... wait a minute I just did that last week.

Happy Holidays Everyone!
The Gazillionaire and Penny Shine in Absinthe at Caesars

At the beginning of Absinthe, the filthy rich impresario Gazillionaire who acts as the MC says, “If you are offended by words like f*** or s**** you just might be at the wrong show.” I’ve warned you.

That having been said, I love Absinthe, an outlandish imaginative combination of an adult circus, vaudeville, and burlesque, an unreal, outrageous world currently playing at the Roman Plaza at Caesars Palace. I marveled at the most talented acrobatic and balancing acts I have ever seen and I laughed my head off at the raunchy sexy, bawdy, hysterical humor.

This is a hip, hedonistic world where the acrobats strip down to very little. The Gazillionaire, a gaudy, bawdy gold toothed almost cartoon-like character, is likely to say anything.

Not almost anything, but anything. There are references to games - like “Jew or no Jew”, referring to circumcision. Some may consider this tasteless. Most understand and laugh uncontrollably at the politically incorrect, but hilarious humor. It’s directed at everyone; blacks, gays, anyone.

His raucous assistant, Penny Pibbets, is either the most mindless creature in Vegas or an incredibly gifted entertainer who plays dumb - ala Judy Holiday - better than anyone I’ve seen before. I believe the later. When she opens her mouth, you know you’re going to love her idiocy - or is it brilliance?

This show is spectacular and decadent. The talent is overwhelming, the humor is hysterical. The subject matter is not for the faint of heart puritans. The Gazillionaire and Penny perform a comedic acrobatic ballet - of sorts. As “Can you Feel the Love Tonight” plays, her foot gets caught in his crotch. Enough said?

Angel Porrino (Holly Madison’s BFF-best female friend) wears very little, and tap dances with part of her scantily clad body inside a huge inflated balloon. Trust me, you will be simultaneously laughing and shaking your head in disbelief.

The extraordinary acrobats include tightrope walkers, gymnasts, and balancing artists - all performing acts of strength and balance with a lot of tongue in cheek; and often very little clothing.

This show is artistry at its finest and humor at its raunchy best. It’s outrageous. It’s amazing. It’s fun. It’s what entertainment is all about.

ABSINTHE performs Tuesday, Thursday, Friday and Saturday at 8 p.m. and 10 p.m. and Wednesday and Sunday at 8 p.m., dark on Mondays.

Tickets start at $79 + tax. For more information check www.Ticketmaster.com or call 800-745-3000. Tickets can be purchased in person at Planet Hollywood, Bally’s, Paris and Rio box offices, or by calling 702-777-7776.

For additional information on Absinthe visit www.AbsintheVegas.com. If you are open-minded, appreciate the best of the best - go see Absinthe.


Theatre Guild of Nevada

I am very thankful that my editor Dan Roberts, even after losing his beloved wife this fall, is pressing forward with our publication. As I celebrate my first anniversary with The Vegas Voice this month, I’m really excited for 2012.

Our locally produced entertainment scene is really gaining momentum. When Dan invited me to be a guest columnist back in 2006, I dedicated my column to the shows on The Strip that were less publicized, or their performers wore more than just bedazzled dental floss. We wanted to support the smaller shows and hopefully spark interest in our readers to venture down to the resort corridor.

So in late 2010, when Dan and Ray Sarbacker, the company’s president, asked me to come back onboard, we decided to focus a portion of my effort on local theatre. Behind the scenes, we began contacting local theatre companies to test the waters to see if the Vegas Valley scene needed an organization (a loaded question in our opinion at the paper).

There was no centralized communication to share ideas, pool resources, or merely have a common ground to stand upon. This past summer Dan, Ray, and I conducted a round table discussion with a few of the players in town, and were surprised to discover that most companies were virtually little islands of existence.

During this meeting we rolled out plans to create a non-profit organization to better assist the entire scene. We are excited to finally present to our dedicated readers, the Theatre Guild of Nevada.

One thing that took me back during our conversation came from our friend at UNLV, Brackley Frayer, who is the Chair and Executive Director in the Department of Theatre and the Nevada Conservatory Theatre. He recalled seeing over the summer that two theatre companies had put on the same production at the same time.

Shockingly, no one at either group knew what the other company was preparing. Having the same production playing in say New York or L.A. would be very common, but in Vegas, we’re way too small of a city to have this happen.

No one wins, the patron has less to choose from and the company loses out on potential attendees. LIGHT BULB!!! (Not really, more like a duhhh!) The first thing we are going to do at the Guild is to create a valley wide event calendar of productions, which will be found in our publication, as well as on our website: www.thevegassvoice.net.

I am a simple man with a simple plan. Let’s get people excited about locally produced musicals, dramas and comedies. Then make sure the scene thrives through collaboration and communication.

Over the coming months keep the Post-it Notes close; we’ll have a wonderful list of 2012 productions, special offers and behind the scenes coverage of our talented performers and production staff. Be well this holiday season, and MERRY CHRISTMAS!
HOLIDAY SPECIALS

Luxury Pre-owned

2009 Subaru Tribeca AWD
29,000 miles 6cyl. Auto-Air
JP2559A
$22,577

2010 Mercedes Benz C300 Sedan
26,185 miles 6cyl. Auto-Air
JP2565
$28,988

2007 Porsche Cayman S CERTIFIED
39,209 miles 6cyl. Auto-Air
JP2558
$36,998

2007 Mercedes Benz S550 Sedan
60,743 miles Loaded Luxury
JP172A
$37,588

2010 Lexus IS350C Luxury Conv.
22,028 miles Warranty, Auto,
JP5875N
$41,777

2007 Porsche 911 Ltd. Coupe
38,548 miles Alloys, Leather
JP2567
$51,998

2010 Jaguar XF-R Supercharged
23,539 miles Premium Ed.
JP2532
$56,777

2009 Jaguar XKR Luxury Coupe
17,987 miles Certified Warranty
JP2545
$60,997

2011 Jaguar XKR Luxury Coupe
2,055 miles Fac. Warranty
JP2563
$84,288

* Financing Available (OAC) * Trades Welcome * Early-Lease Terminations * Certified * Extended Service Contracts Available

Vehicles subject to Prior Sale. All prices are plus smog, drive-away plate, sales tax, license, registration, Dlr. Fees (doc. $395).
The Power of Music

One of the first things I learned in life is that music is very powerful. There’s not one person I’ve met who was totally immune to music.

Being born into a huge, creative and very musical family, you were pretty much immersed in its joys, sorrows, memories, laughter, love and nostalgia the moment you popped out. For me, the holiday season is like putting a large magnifying glass over the whole thing making it more intense.

I can’t hear the song “You Are My Sunshine” without smiling and then getting a little teary eyed because it was my Grandma Wooldridge’s big solo number when the family got together. The smile was because she’d say her “throat was dry and needed a pretzel”, the moist eyes because she was an incredible woman who is missed by anyone who ever met her.

I can’t hear a Loretta Lynn song without immediately becoming 5 year old and listening to my Mom sing to us while she waited for a load of laundry to hang out on the clothesline or the timer to “ding” that dinner was ready. She knew every word of every song by Brenda Lee, Connie Francis, Lynn Anderson, but mostly Loretta Lynn.

When I hear Loretta, I’m sitting Indian style on the floor watching Mom play the little tenor guitar (a gift from Uncle Leo’s time in Korea) and singing. We’re all happy, smiling and singing along with her. That’s one of my favorites.

“The Flying Dutchman” polka album puts me back in Grandma Winters’ living room in Munjor, Kansas. I loved to go through and play her records when we visited.

She had a little different music than what we were used to; a little more ethnic because she was Russian and a little bit German. I have her records now and still play them when I’m thinking of her.

The TV show “Hee-Haw” song, “Where Oh Where Are You Tonight” is me and my siblings as little kids. We would wait the entire show for that song because it had a fun flatulent sound at the end. When it came time to make the sound with your tongue, things pretty much became a spitting contest to make the loudest noise followed by falling on the floor laughing.

Some go uber happy with holiday music and others become melancholy. When not performing, I tend to be one of the latter.

Certain holiday songs completely wrecked me for years after my youngest brother died. I would have to leave stores, parties, shopping malls; anywhere they were played.

I would hurry out trying not to embarrass myself because the music would immediately take me back to that time. Even after 15 years, a few songs still have the power to make that absence palpable.

I don’t know of anything else that holds the power or abilities with the human mind, heart and soul other than music. May it fill and bless your lives throughout this holiday season.

Come see me at The Grandview Lounge inside the South Point Hotel! Every Friday and Saturday evening from 6-9 pm where you can dance, sip a drink and enjoy my award-winning show, or both! NO SHOWS DEC. 2,3,9,10. For more info call 702-792-7111 or visit www.southpointcasino.com.

Vegas’ #1 Musical Brunch, Music and Mimosas with Wes Winters at ENVY The Steakhouse every Sunday from 11:30 am – 2:30 pm! NO SHOWS DEC. 25 & JAN. 1. Call 702-784-5716 for reservations!

Visit www.weswinters.com for more info!

Sweet Treats to the USO

Last month the Commander of the Department of Nevada and Post Commanders of the Jewish War Veterans of the USA presented snack bags to USO Director, Doug Bradford. The presentation took place at the McCarran USO Center.

These snack bags are to be given to active duty personnel going long distances after leaving the center. Not only is this a sweet reminder of their last moments in Las Vegas, but it is helpful in providing a snack on their long journey. The USO and the Jewish War Veterans (JWV) in the Las Vegas area have a great working relationship. The JWV is the first Veteran Service organization to provide a sustaining monthly contribution for food for their free snack bar.

Members of the JWV actively volunteer at the center and on other committees to ensure the USO upholds its motto: “Until they all come home.” Pictured from left to right, Stan Barbanell, Commander JWV Post 711; Ed Kranson, Department of Nevada Commander; Herb Spiegel, Commander JWV Post 64; Doug Bradford, Las Vegas USO Center Director and George Barnett, Commander JWV Post 65. Photo courtesy by Paul Goldstein
For December, I thought I’d write about the time I worked with actor Edmund Gwenn. He is best remembered as Santa Claus in “Miracle on 34th Street.”

When I worked with Mr. Gwenn, he played a snowman that comes to life. It was 1952 and I was cast as the daughter of George Reeves. My mother was played by Anita Louise and my brother by Tommy Rettig, who later became well known as Jeff on the Lassie TV series.

The name of the TV show was Ford Theatre and the episode was called “Heart of Gold.” That’s George Reeves in the photo who is putting the locket around my neck.

Of course, most people won’t recognize him, as he was usually in his Superman or Clark Kent outfit. With the mustache, he does look totally different.

If you recall from an earlier column, I had worked with him previously in Superman and The Moleman. Since I was so young, I actually believed that he was Superman. As that’s the only way I had ever seen him, I didn’t recognize him.

During the shooting, I heard a few crew members teasingly calling him “Superman.” That was quite confusing for me. How could he be Superman and then be playing my father on this show?

When I asked my mother about that, she told me that he really WAS Superman but was just “play-acting” as my father for this production. That was good enough for me and it answered all my questions.

The make-up and wardrobe departments made a snowman suit out of cotton which Gwenn wore with only a portion of his face being seen. For its day, it was actually pretty elaborate and impressive.

In this episode, Tommy and I play in the snow and build a snowman. I then place the necklace on the snowman and he comes to life! When we tell our “parents” that the snowman is alive, they of course, don’t believe it until they see it with their own eyes.

It was a very sweet story and so much different from the television shows that are on now. It was innocent, lighthearted and entertaining. It is one of my favorite memories.

The program aired on December 25, 1952 and was very well received. The other thing I remember about working on that show is that Tommy Rettig was the first person to ever tell me that there was no Santa Claus. I don’t think I ever forgave him for that!

Ironically, Robert Stevenson was the director of that show and little did I know then that a few years later he would be directing me in the Walt Disney movie “Old Yeller.”

As I reflect on working on that film, what saddens me is that the entire cast and director have all passed away. It makes me wonder why I am still here, but rather than wonder, I guess I just need to be grateful that I am.

May you all have a Blessed Holiday Season and be grateful that we are still here.

A Christmas Carol

Directed by Brad Carroll
Dec 2 - 18,
Judy Bayley Theatre

by Charles Dickens

Featuring the famous Ebonizer Scrooge and the three ghosts who lead him through time and show him the error of his ways. A treat for the entire family.

Rated G

Show tickets make great gifts...

Order your tickets now and make holiday memories that will last a lifetime!

702 895-2787

Family Promise

during the third week (Dec 15-18). All donations will go to Family Promise.

Hollywood Memories

Beverly Washburn

Beverly Washburn graced the silver screen as a child actress and is the author of Reel Tears which can be bought online at Amazon.com or ordered through Barnes & Noble bookstores. You can contact Beverly at: bjradell@hotmail.com.
MORMAN SPOKESPERSON: When I saw in the obituary page that attorney Charles Johnson, 80, had passed away recently it brought back an instant personal experience with the man.

THE ROAD TO HADES IS PAVED WITH GOOD INTENTIONS: Back in the late 80s, when my wife and I were doing a call-in talk show on KNEWS-970 Radio, I decided to start a special feature. With all of the intolerance and misunderstanding about the various religions people practice, I thought it would be an interesting idea to feature a different religion each month in order to enlighten and share the different practices and customs.

This was not to be a religious debate, but a desire on my part to have people understand the similarities and differences in order to create better understanding, enlightenment and tolerance. Remember, all religions have one thing in common: they all identify with not only a supreme being, but with various leaders, founders or icons such as Jesus Christ, Martin Luther, Moses, Joseph Smith, Muhammad, Allah, Buddha, and others.

MEN OF FAITH: During the series, in which each religion was afforded one hour, I had various guests representing a different religion. For instance, Father Bosure, from Bishop Gorman represented Catholicism, Rabbi Sanford Axelrod from Temple Ner Tamid representing the Jewish faith, Tropicana Hotel dancer, Bill Garbett, representing the Bahai faith, and others representing faiths such as Zen Buddhism, Lutheran, Protestant, Methodist, Baptist and many more. It really was an enlightening series.

LATTER-DAY SAINTS: When I called the local Mormon center for a representative they recommended Charles Johnson, who at that time was the spokesperson for the Mormon Church in Las Vegas.

STORM CLOUDS GATHER: Johnson turned out to be an articulate and knowledgeable representative for the Mormon faith and did a good job explaining the beliefs and customs of his church and fielded questions from the callers. He did a masterful job.

EQUAL TIME: The interview was going well and Johnson was answering interesting questions from the callers when one particular call came in that stopped the program cold. The caller said he represented a group called Saints Alive, a group I later found out that had an agenda that was committed to challenging the Mormon Church and its beliefs.

After a heated debate between the caller and my guest, the caller requested equal time on the show at a future date so he could present his position and try to justify his animosity toward the Mormon Church. In an attempt at fairness, I actually had the caller on my show soon after.

NO CONTEST: The rebuttal guest came on and spewed a lot of vitriol and hate claiming the Mormon Church was a cult and other complaints but he couldn’t compete with the soft-spoken, rational Charles Johnson. The caller’s appearance was a complete anathema to the express purpose of the series: tolerance and understanding.

One thing it did do was show that religious intolerance still exists today.

BOTTOM LINE: I can’t recall the name the Saints Alive guest, but I have a vivid memory of Charles Johnson.

A FUN GIFT IDEA: If you have children or grandchildren, this holiday season why not give a gift that’s keeps on giving the whole year. There a place in Henderson called Run Plus Fun, located at 875 S. Eastern behind Lee’s Liquor.

Kids can play for hours whatever the outside temperature might be. My grandson, Kobe, loves the place. For more information call 272-2255 or on the web at runplusfun.com.

HAPPY HOLIDAYS...

SEE YOU NEXT MONTH.

Harvey Allen is a former entertainer, radio talk show host, college professor and journalist. He was inducted into the Nevada Broadcaster’s Hall of Fame in 2007 and into the Congressional Record in 2008. He and his wife own the Allen Advertising Agency. You can contact him at harveyinlv@yahoo.com.
Hypnosis - Part I

Ask most people what they know about hypnosis and they will tell you about average people being manipulated into doing ridiculous things that they wouldn’t ordinarily do. Early films depicted hypnosis as an eerie, mind control technique that people should fear.

To this day, there seems to be an aura of caution, hesitation and even fear in discussions with the inexperienced. Yet, whether we are aware of it or not, every living being experiences a hypnotic state on a daily basis.

From the beginning of mankind, in every corner of the world, healing and religious ceremonies have been known to induce hypnotic trances through rhythmic chanting, monotonous drum beats, repetitive movement, dance, twirling and so on. Almost always, hypnotic inducement was accompanied by extreme focus and eye fixation.

This hypnotic phenomenon was also found to have existed in the practices of the Persian Magi, Indian Yogis, Hindus and Fakirs. The Egyptians were thought to have originated Sleep Temples, and it was utilized even among snake charmers, magicians and clergy.

Though known under different names through the centuries, the oldest record of cures by hypnosis, were found in Papyrus - 1552 B.C., as well as controversial Biblical references to hypnosis in, Genesis 2:21, 1 Samuel 26:12, Job 4:13, 33:15, Acts 10:10. Although there are records showing that clergy had dabbed with hypnosis, lack of the church's control of its external use gave too much power to the masses and therefore eventually led to the decline of hypnosis and trance healings.

An interesting anecdote is that prior to its name, hypnosis as we know it today, was known as being “mesmerized.” Dr. Mesmer, who was a bit egotistical, insisted that his charm was so over the top that people would be “mesmerized” by his charisma.

He didn’t give much credence to the fact that perhaps it was his repeated stroking and chanting of commands that triggered the results. Little did he know that the Roman Asclepius often threw his patients into a deep sleep and allayed pain by stroking with his hand.

It was another pioneer by the name of Braid that coined the word hypnosis in 1884 - based on its Greek translation meaning a “sleeplike state” since that is how people appear when they are in a hypnotic state.

Hypnosis has been clinically proven to provide medical and therapeutic results in pain relief, addiction, anxiety and much, much more. When you are “under” you are actually in a heightened state of alertness and are in complete control.

You cannot be forced to do anything that goes against your standards of morals and convictions. If you were to sense danger, your body and psyche would respond accordingly and keep you safe.

There is also no danger of not waking up. The best example of this would be entering into what is known as the “alpha state.”

When you are extremely relaxed, on the verge of nodding off, being in the abyss of that in-between state, aware… just barely aware. However, if you heard a fire alarm go off, you would jump to attention…

To be continued next month.
OVER 50...? YOU SHOULD BE HERE!

We’re talking realllllly big here!

For exhibitor and sponsorship information call Ray 702/463-0966

• Meet Seniors and Baby Boomers!
• Generate new business!
• Make new business contacts!

11 AM - 3 PM

For your Health, Wellness and Good Times!

Live Entertainment!

Incredible Travel Packages

120 Exhibitors/Displays

Numerous Demonstrations

Top 12 Reasons to attend our Senior Spectacular Expo

1. Unbelievable Vacation destinations packages.
2. Fantastic Travel Cruise promotions – Prices so special, you'd swear that you're a stowaway!
3. Free Health Screenings (Come sick, leave healthy!)
4. Numerous Exhibitors and Displays arranged just for us "grown-ups."
5. Wonderful live entertainment all afternoon.
7. Informative Caregiver’s Conference (You’ll even learn something while enjoying yourself.)
8. Convenient location from any part of town.
10. NO Football game that Sunday. It's the "bye" weekend between the NFC/AFC Championship games and the Super Bowl. (Yeah, we checked – twice)
11. You get out of the house!
12. Did we mention it’s FREE!

IN THE BEAUTIFUL GRAND BALLROOM
We're talking really big here!

For exhibitor and sponsorship information call Ray 702/463-0966

- Meet Seniors and Baby Boomers!
- Generate new business!
- Generate new business!
- Make new business contacts!
- Generate new business!
- Make new business contacts!

Top 12 Reasons to attend our Senior Spectacular Expo

1. Unbelievable Vacation destinations packages.
2. Fantastic Travel Cruise promotions — Prices so special, you'd swear that you're a stowaway!
3. Free Health Screenings (Come sick, leave healthy!)
4. Numerous Exhibitors and Displays arranged just for us “grown-ups.”
5. Wonderful live entertainment all afternoon.
7. Informative Caregiver’s Conference (You’ll even learn something while enjoying yourself.)
8. Convenient location from any part of town.
10. NO Football game that Sunday. It’s the “bye” weekend between the NFC/AFC Championship games and the Super Bowl. (Yeah, we checked – twice)
11. You get out of the house!
12. Did we mention it’s FREE!

IN THE BEAUTIFUL GRAND BALLROOM

11 AM - 3 PM

Palace Station Hotel & Casino®
1. There will be an unfulfilled Christmas tradition this year in Washington. They couldn’t find three wise men.
2. My friend Len said: “Marriage is like a deck of cards. In the beginning all you need is two hearts and a diamond. By the end, you wish you had a club and a spade!”
3. If swimming is so good for your figure, how do you explain whales?
4. A guy was throwing darts at his wife’s picture and not a single one hit the target. His wife was in another room and called her husband: “Honey, what are you doing?” The husband replied: “Missing you!”
5. My friend Paul is a real man’s man. He didn’t just walk out on his marriage… he jogged.
6. Women are like cell phones. They like to be held and touched often, but push the wrong button and you’re disconnected.
7. What is a “free” gift? Aren’t all gifts free?
8. Something to think about: “If all is not lost – where is it?”
9. Times are so tough, I have a friend who will sit on the back of your car and bob his head for money.
10. Two married men were talking. “So how’s your sex life?” One asked. The other replied: “Oh, it’s nothing special. I’m having pension sex.”

For over the past decade, Marty Allen has performed with his on and off stage singing partner Karon Kate Blackwell.

The United Way realized that it had never received a donation from the city’s most successful lawyer. So a United Way volunteer paid the lawyer a visit in his lavish office.

The volunteer opened the meeting by saying, “Our research shows that even though your annual income is over two million dollars, you don’t give a penny to charity. Wouldn’t you like to give something back to your community through the United Way?”

The lawyer thinks for a minute and says: “First, did your research show you that my mother is dying after a long, painful illness and she has huge medical bills that are far beyond her ability to pay?”

The lawyer says, “And if I didn’t give any money to them, what makes you think I’d give any to you?”
Take care. Be well. That’s how I seem to always end my telephone conversations.

In this new world of iPhones and Droids - phones you can hold in the palm of your hand, one thing seems to be constant. I end my call to whomever I’m talking to by saying, take care or be well.

I started thinking about this conclusion of my telephone call conversation. I guess I have nothing else to think about and an idle mind is, as they say, the devil’s workshop.

Do I really mean it when I say take care or be well at the end of the call? I could argue that I really mean it and it is very important to me that the person at the other end take care. It should also be important to me that the person be well.

Truth is I have been saying these words at the end of telephone conversations for so long that they have become perfunctory - just a throwaway line to complete the conversation.

That notion bothered me. And what does this have to do with travel and our Vegas Voyagers Travel Club? I will tell you what I figured out.

When Publisher Dan and I started this travel club we really had no idea what we were doing.

What we did know is that Dan wanted to put together and publish a newspaper that would connect to the 50+ community of the Vegas Valley. And I knew a little bit about the travel business.

We decided we wanted to form a travel club that catered to our age group and do it in a way that took their interests into consideration. We would accomplish that by our travel group - The Vegas Voyagers, that would be and remain hands on; that as some members have come to say, when we travel with the Vegas Voyagers we are traveling under its umbrella; under its protection so to speak.

We would never be more than a telephone call away to answer any questions or resolve any issues. We would hold regular meetings where we would bring in knowledgeable travel industry people, offer great affordable trips and never charge a fee to become a member.

With your participation, the Vegas Voyagers has become the most successful travel club in Las Vegas.

So when I thought about all that we have accomplished in the past 8 years I realized that we do care and we always want our Vegas Voyagers to be well. My end of call admonition, while a common part of my lexicon, is really heartfelt. Our deeds at the Vegas Voyagers reflect our words.

Now this article may appear self serving but I challenge anyone to come to our next Vegas Voyagers meeting and ask any of those in attendance if what I believe is not true. I also would like to wish everyone a Merry Christmas, Happy Hanukah, Happy New Year and, most of all take care and be well in 2012.

As always Happy Destinations.
TRANSATLANTIC MADNESS PLUS ALASKA

MARINER OF THE SEAS NOVEMBER 2-18, 2012
ROME to GALVESTON
Ports Include: Corsica, Palma De Mallorca, Tenerife & Nassau
Among Others
Inside Cabin $1,536 pp (sold out) Balcony Cabin $2,066 pp
Price is per person based on double occupancy, subject to availability and includes the cruise, all port
taxes and fees, round trip airfare from Las Vegas to Rome and back from Houston and all
airport transfers to and from the airport in Rome and Houston.

NAVIGATOR OF THE SEAS NOVEMBER 3–17, 2012
BARCELONA to NEW ORLEANS
Ports Include: Cartagena, Malaga, Spain, Tenerife & Nassau
Inside Cabin $1,638 pp Promenade View $1,678 pp
Ocean View $1,818 pp Balcony Cabin $2,088 pp
Price is per person based on double occupancy, subject to availability and includes the cruises, all port
taxes and fees, round trip airfare from Las Vegas to Barcelona and back from New Orleans
and all airport transfers to and from the airport in Barcelona and New Orleans.

GRANDEUR OF THE SEAS NOVEMBER 7–21, 2012
BARCELONA to MIAMI
Ports Include: Province (Toulon), France, Palma De Mallorca,
Spain, Seville & Tenerife
Inside Cabin $1,619 pp Ocean View $1,799 pp
Balcony Cabin $2,199 pp
Price is per person based on double occupancy, subject to availability and includes the cruise, all port
taxes and fees, round trip airfare from Las Vegas to Barcelona and back from Miami and all
airport transfers to and from the airport in Barcelona and Miami.

ALASKA UNBELIEVABLE PRICE! RHAPSODY OF THE SEAS
MAY 18–25, 2012 ROUNDTRIP SEATTLE
Ports Include: Juneau, Skagway, Tracy Arm Fjord Cruising &
Victoria, British Columbia
Inside Cabin $1,249 pp Ocean View $1,409 pp
Price is per person based on double occupancy, subject to availability and includes the cruise, all port
taxes and fees, round trip airfare from Las Vegas to Seattle and all airport transfers in Seattle.

Call (800) 698-1101
for further information.

With year round good weather, interesting topography and much more, being stationed at Pearl
Harbor in December, 1941 was considered one of the best locations a United States Navy seaman could be assigned.
This changed in a flash on the morning of December 7th with the Japanese attack on the naval base.
Dispatches quickly traveled worldwide:
“The news has just been given that Japanese aircraft have raided Pearl Harbor, the American
naval base in Hawaii.”
America was unprepared for what happened that Sunday. What ensued forever after was known as the date that will live in infamy.
December 7, 2011 marks the 70th anniversary of the Japanese attack on Hawaii and the United States’ entry into World War II. Lives, ships and planes were lost that ill-fated day.
The Japanese assault on Pearl Harbor killed more than 2,400 Americans and wounded more than 1,200. America’s armed forces in the Pacific were severely crippled.
The Japanese attack on Pearl Harbor was a National Historic Landmark; a designation shared with the Alamo and the Statue of Liberty. Nowadays, most people associate Pearl Harbor with grainy black and white news reels and photographs showing American war ships giving out thick black clouds of smoke that serve as symbols for widespread destruction.
The USS Arizona Memorial is operated by the National Park Service. Ford Island, where many navy battleships were moored and nearly 672 of them were lost during the attack, is a National Historical Landmark. It was from the red and white striped airplane control tower on Ford Island that the first news of the assault was broadcast.
The Pearl Harbor Visitor Center serves as the gateway to the historical site. It honors both the dead and survivors.
The USS Arizona Memorial is an underwater burial place to more than a thousand sailors and marines. The museum acts as a cache of information about the strike and retains artifacts from survivors of whom there are only a handful living today.

Kathy Manney enjoys visiting interesting places and being an Adventure Diva. Her “Must See” travel journeys continue - always with enthusiasm.
We’re Traveling Nevada.
You Should, Too.

In print and online, we highlight urban and rural travel, dining, people, history, events, shows, and more. Subscribe to Nevada Magazine and order our 75th-Anniversary Edition at nevadamagazine.com, or call 775-687-0603.

When I was a child I could hardly wait for the holidays, but it seemed that magical time would never come. Now time rushes by; but the anticipation I feel is as strong as ever.

So I’m really looking forward to our Holiday Getaway December 6-7 featuring Palm Springs’ “Holiday Follies” and a ticketed tour of the Mission Inn; a historic hotel that’s Riverside’s crown jewel. Our $329 Getaway includes great food and accommodations at Palm Springs Hyatt Regency all suite hotel.

The response to this trip has been terrific, but there might be a cancelation. Call if you want to join us.

Last month I introduced our Getaway schedule through July 2012. February’s event featuring “Funny Girl” at Los Angeles’ Ahmanson Theatre looked great, so imagine how stunned we were at news from the Ahmanson staff that “Funny Girl” had been postponed. We were suddenly without a February Getaway, and didn’t know what to do.

But, at a recent speaking engagement at Sun City MacDonald Ranch, I received recommendations from several members of places they’d like to visit. Universal Studios jumped off their list. A Warner Brothers tour had been on our February Getaway, so why not add Universal Studio’s theme park? That suggestion from MacDonald’s Ranch has grown into our “Hooray for Hollywood!” Getaway, February 28-29.

And on a personal note, my dad was an artist at Universal for years. I was a youngster then, but “on the lot” several times, so I’ve some fun anecdotes to share. $389 per person double occupancy includes transportation, hotel, food, all admission fees and surprises, too!

Our March 21 - 22 Getaway to Temecula offers a change of pace, because we’re headed to beautiful vineyards, where we’ll be sampling wines from four different wineries. And there’s more good news. Tastings are included, plus we’ll be driving, so you can relax and have fun.

Temecula has been giving Napa Valley some serious competition lately as a favorite destination among wine connoisseurs. But you don’t have to be an expert to enjoy this trip.

Even people like me who are impressed by any wine that doesn’t come in a cardboard box will have fun. This Getaway at $279 per person double occupancy should be a party for you and your friends.

Our Getaway to Scottsdale & Sedona, May 1 - 3, already is getting attention among our Vacationers and promises to be terrific, so don’t forget your camera. We’ve even included lunch at the Grand Canyon on our return, so you can be sure the sights will be breathtaking. And it’s three days, two nights at $489 per person double occupancy rate.

We’ll celebrate midsummer’s night with a June 20 - 21 Tuacahn Getaway to see Disney’s “Aladdin.” It includes hotel, a Cracker Barrel dinner and reserved seating at “Aladdin.” It’s $199 per person, double occupancy.

More great getaways are in the works and it’s easy to join our Vegas Vacationers. Your membership is free through March, 2012. In April an annual fee, only $15 per household, will be instituted. So don’t hesitate to make your reservations now. Call 702-419-0550.
Tips for a Pain Free Neck

Neck pain is a common reason people seek chiropractic care. Whether it is a stiffness, ache or sharp, debilitating pain, problems associated with the neck - which can include headache, arm/hand/shoulder symptoms and upper back disorders - present a significant burden to our health care system, to our productivity and to our lives.

The causes of neck pain are numerous. Two factors, however, are by far the most prevalent: posture and spinal alignment. Fortunately, both of these factors can be improved with knowledge, commitment and chiropractic treatment.

The following points may be useful in ensuring your neck remains pain-free:

**POSTURE:** Optimum posture is where, when viewed from the side, the centre of the ear lies directly over the midpoint of the shoulder. Viewed from the front, the head should not be tilted, shifted or rotated in relation to the rib cage.

Optimum posture also involves having normal cervical, thoracic and lumbar curves. Your chiropractor can help to accurately assess your posture and can give you specific exercises and suggestions to improve postural faults.

**ERGONOMICS:** Ergonomics involves such things as how one sits or stands at work, at a desk, computer or while watching TV or reading. It can also include driving or sleeping positions.

To minimize neck, shoulder and upper back fatigue, avoid prolonged positions where the head is tilted or pushed forward. Change positions and tasks regularly, choosing a new task or position that works the body the opposite way.

Strive for correct, balanced posture while working, traveling, playing and sleeping. This means do not prop your head up with pillows when sleeping on your back!

**INJURY:** Trauma to the neck must be treated appropriately - beginning with an accurate diagnosis. Accurate diagnosis of neck trauma; whether it was the result of a car accident, fall, sports or some other injury, should always include an x-ray.

X-ray is used to assess the structural condition of the spine, including the cervical curve. Abnormal curves in the cervical spine are major contributors to chronic neck pain, headache and other neck related problems. Chiropractic treatment has been shown to correct or improve abnormal spinal curves.

**STRESS:** We all must deal with stress in our lives. How we deal with it determines the level of tension we feel, and this can play a significant role in whether or not we experience neck related symptoms.

To help us cope with stress more effectively, several behavior or attitude adjustments may be beneficial. Exercise moderately for about 45 minutes every day.

Make adequate sleep and a healthy diet a priority. Maintain balance in your life between work and play - and in your relationships. Keep life in perspective.

See the lighter side of situations. Seek and express humor.

Dr. Devin Luzod uses NUCCA Chiropractic and Low Level Laser Therapy to help patients with pinched nerves, pain and other symptoms. Spinal Care of Nevada may be reached at 702.566.HOPE (4673) or www.DrDevin.com for a complimentary consultation.

---

Alpha-Stim cranial electrotherapy stimulation (ces) is a FDA-cleared medical device for the treatment of pain, depression, anxiety and insomnia. It sends a low-frequency, adjustable electrical current through the head via ear clip electrodes.

So how does it work?

Electrical activity is essential for normal functioning of every cell in the human body. When a cell is injured, toxins and excess fluids collect in the cell and the electrical charges necessary for proper functioning of the cell are disrupted.

Alpha-Stim's proprietary electrical waveform works by moving electrons through the cells of the body and brain at a variety of frequencies. This process normalizes the electrical activity of the nervous system and brain, and enables injured or inflamed cells to rid toxins and excess fluids - and to start working effectively again.

It is has been widely used and studied throughout the world. There have been over 100 research studies looking at its effectiveness in phantom limb pain in amputees, fibromyalgia, migraines, reflex sympathetic dystrophy, arthritis, depression, anxiety, insomnia, carpal tunnel syndrome, TMJ pain, spinal cord injuries and multiple sclerosis.

In every report, treatment with ces demonstrated reduction in pain, improvement of symptoms and has a proven track record for over 50 years. So if you are suffering, give Alpha Stim a try.

If you want to learn more about this topic visit www.optimalhealthpc.com or call (702) 871-7004.

---

Congratulations to Our Doctor

Vegas Voice columnist Dr. Jeffrey L. Brown of Optimal Health Primary Care has received the 2011 HealthInsight Quality Award for demonstrating excellence in patient care and commitment in health care.

The HealthInsight Quality Award recognizes physician office practices that are successful with the adoption of health information technology; use care management methods regularly, participate in a data reporting quality initiative and exemplary performance on national-recognized quality measures related to diabetes and cancer screening.

“We have made significant improvements in our care practices,” said Dr. Brown. “The steps we have taken to improve quality are resulting in better care for our patients now and in the future. We’re also honored to be the first Primary Care Facility to receive this honor in Southern Nevada.”

HealthInsight partners with local healthcare providers in nursing homes, hospital, and physician office practices working toward improving the value and quality of the healthcare systems in Nevada, New Mexico and Utah.

---

Confused about Medicare Health Plans?

I can help. Call me!

**Rae Rocco**
Independent Agent

702-897-9929
No charge for consultations
Why gamble with your medical care?
Trust a Physician who invests in your health.

Our Doctors

Abbo Josef MD
Alamo Tony MD
Almufdi Victor MD
Ang-Ernocilla Beatrice MD
Anjum Seema MD
Antuna Fulgencio MD
Anwar Javaid MD
Aragon Romualdo MD
Barton Matthew MD
Beajow Mahfoud MD
Bonnick Blanche MD
Braunstein Michael MD
Burgos Jorge MD
Burke Dina MD
Burt Hugh MD
Cano Grace MD
Cansler Kathleen MD
Chamian Francesca MD
Chamian Noel MD
Charniga Teresa MD
Coker Howard MD
Conger Michelle DO
Copeland Ira MD
Cruz Rafael MD
Damji Shaukat MD
Day Mark DO
Debelen Arnold MD

DeBellis Joseph MD
DeLeon Victor MD
DiPalma Joseph MD
Ellyin Francis MD
Estevez Roger MD
Ezeanolue Chinene MD
Ezeanolue D. David MD
Fales Steven MD
Ferdowsian Mehrdad Mark DO
Folkert Steven MD
Graham Wilson MD
Herrick Cynthia MD
Habib Asma MD
Hunt Thomas MD
Illindala Hima MD
Jacobson Scott MD
Jamborcic Petar MD
Jamborcic Vesna MD
Javier Solomon MD
Johnston Charles MD
Khan Nazia MD
Kim David MD
Klausner Victor DO
Kubal Vipul DO
Kwang Tran Janie MD
Ladner Timothy MD
Lazo Eric MD
Lee Brian MD
Leepard Jennifer MD
Luss Rosner MD
Maes Cheryl Ann MD
Martin Kate MD
Mason Howard MD
McAnallen TJ DO
McCombs Ernesto DO
McKleve Carolyn MD
Mei James MD
Metzger Loretta MD
Miller Angela S. MD
Miller Pauline MD
Miller Stephen MD
Mojtabavi Reza MD
Muthiah Ramanathan MD
Myers Alan MD
Nardell Dominic MD
Nasiak Michael MD
Nellutla Ajay MD
Nnadi Evarista MD
Noorda J. Cal MD
Ong Lianne MD
Ong Teng MD
Orenane Alafuro MD
Osei Henery MD
Osuoha China MD
Paiaz Antonio MD
Palmer Elissa MD
Parisi Thomas MD
Park Eun-Mi MD

Perraiz Syed MD
Petruso Michael MD
Prabhud Suresh MD
Prince Patricia MD
Quisumbing Maria MD
Regalado Maria MD
Rogers Aron DO
Salcedo Ana MD
Sheldon Mike MD
Shele Mostafa MD
Shetty Kartika MD
Singh Aditi MD
Sinha Abhinav MD
Stecker Theresa MD
Swaine Kent MD
Tafreshi Mehrdad MD
Tarututa Beta MD
Tran Sang MD
Tran Thang-Tom Thien MD
Truong Tri MD
Vakil Mira MD
Von Tobel William MD
Wahi-Gururaj Sandhya MD
Westling C. Robert MD
Wharton-Ali Omer MD
Wolf Mitchell MD
Yee Beverly MD

Now accepting UnitedHealthcare® MedicareComplete® Medicare Advantage Plan
formerly Secure Horizons

Speak to a live representative today
(702) 430-5191 • www.qcipa.com
Lessons Learned About Retirement from Broadway

A few weeks ago, I returned from a trip to New York. I had some business there, but I also took my 10 year old daughter and wife to see a few shows and enjoy some good food.

While I was sitting in my seat at the New Amsterdam Theater, awaiting “Mary Poppins,” I heard a few people around me saying “Oh, these are great seats.” Seeing that I was still many rows away from the stage, I thought: “Great may be relative to the seats you were expecting.”

Retirement is like getting a ticket to a Broadway show. You save and save and have certain expectations. Whether you are happy in retirement is almost anyone’s guess.

Perhaps you have saved enough to have a “great” retirement, but there is a chance you could be disappointed. It is all about expectations.

For those who want to retire at 55 and have a yacht the size of my house and a house the size of my church, their expectations might be too high. For others, a dingy with a pillow may be a “great retirement.” There are a few factors you should consider while you are aligning your expectations to reality.

1. You might live to 110 years old. Imagine retiring at 55 with the belief that you are only going to live until 85.

With medical advances, there are many reading this article who will reach 110 years without a problem. Does retiring at 55 make a lot of sense if your money runs out in twenty years – just as you are truly too weak to work longer?

2. A second career. I know, you have worked at your job for 25 years and you are tired of the stress and the strain, but you may want to consider developing a special skill that can be used to bridge retirement funding that falls short. Perhaps getting a real estate license or becoming a trader in stamps or coins.

Anything that can be low maintenance and high return will work. I know one man that sells screws to the Air Force. Just screws. He makes a fair amount of money doing it and he is well into his 80’s.

3. Lower your expectations and raise your satisfaction. Don’t choke yourself by buying a mansion in retirement. Instead, plan to live well below your means.

You don’t need two houses for summer and winter. Buy one modest home and rent a vacation home with no long-term commitments. Avoid anything with long-term debt. Buy fancy clothes and great meals with your savings. Feel rich and live poor – or at least below your means.

4. Live healthy now. The quality of your retirement will be immeasurably improved if you get your body into shape. Who cares if you live modestly if you can remain active in the community, eat well, and have great friends.

Rob Graham is the principal partner of Rob Graham & Associates, a law firm practicing primarily in Estate Planning, Probate, Litigation & Bankruptcy for persons of high net worth. He can be reached by: rgraham@lawyerswest.net or at (702) 255-6161.
Snacks – Under 80 Calories!

Are you getting into the “holiday” theme and snacking? Oh boy, with the upcoming holiday goodies, the average person gains 5 to 7 pounds! Shocking, isn’t it?

I found that even with exercising prior to the holidays, I still may gain a few pounds and they are all located in one spot! Where did that come from?

Here are some low caloric snacks that you can indulge without having that “guilt” feeling. These are for “cheese lovers” – of which I admit I am guilty. I love cheese!

1. Parmesan Popcorn: 1 cup air-popped popcorn, tossed with 1/4 teaspoon garlic powder and 1 tablespoon grated Parmesan cheese – 56 calories per serving! This is one of my favorite snacks and very easy to make.
2. Figgy Blue Bites: For each bite, 1 teaspoon blue cheese on (fresh) fig half, drizzled with 1/4 teaspoon honey – 74 calories per serving.
3. Olive-Tomato Skewer: 1 inch Swiss cheese cube skewered with 1 Mezzetta Mediterranean Nicosa style olive and 1 baby spinach leaf - 65 calories per serving.
4. Mimi Cheese Plate: 2 – Rosemary crisp bread crackers, 1/3 ounce Gouda cheese, and 5 red grapes - 64 calories per serving.
5. Easy Hors D’oeuvre: 1 Pillsbury Savoring Frozen Appetizer, Cheese and Spinach - 65 calories per serving.
6. Creamy Salmon Rolls: For each roll, wrap 1/2 ounce smoked salmon around 2 teaspoons 1/3-less-fat cream cheese and 1 watercress sprig - 74 calories per serving.
7. Brie & Roasted Pepper Toast: 1/2 ounce Brie cheese melted on thin baguette slice, topped with 1 small strip roasted red pepper - 64 calories per serving.
8. Cheesy Chips: 9 Archer Farms Smoky Chipotle Cheddar Reduced Fat Potato Chips - 72 calories per serving.

You may have the opportunity to choose or change your Medicare health plan if:

- You are approaching age 65
- You have just moved into the area
- You receive Medicaid assistance
- You’re losing your retiree health coverage
- You have diabetes

You may also qualify under certain other circumstances. Call Humana to find out more!

We offer a variety of Medicare health plans, including prescription drug plans and all-in-one Medicare Advantage plans. And our licensed representatives have the knowledge and experience to help you choose the Humana plan that suits you best.

Call us today:
1-800-328-2928 (TTY: 711)
8 a.m. to 8 p.m., Monday – Friday

A health plan and a stand alone prescription drug plan with a Medicare contract.

Mary Richard was crowned Ms. Senior Nevada 2006 and is now a fitness instructor at Sun City Anthem. She can be reached at: mary-vegasvoice@cox.net.

Palm Mortuaries & Memorial Parks
RAY IZEN
Nationally Certified Pre-Planning Consultant
REPRESENTING ALL PALM PROPERTIES

Veterans Benefits & Tribute Services
Religious Gardens, Private & Semi-Private Gardens, Mausoleum

Call Today for a Free MEDICAL EMERGENCY CARD
219-1744
233-4473
Rarely did Joan ever fail to see her neighbor with a smile on her face, but today it was a secretive, creepy, shiver inducing grin.

Her neighbors were pleasant seniors, who lived quietly. Buck worked at the local country club as a golf instructor and Billy crocheted beautiful sweaters until her arthritis left her hands in ruin. She could barely hold her cards in the weekly bridge tournament.

They were never mysterious but lately Joan heard strange noises at night. Hammering and sawing.

When she asked Billy if anything was wrong, Billy replied, “Oh, Buck loves his home improvement shows. Sorry, but, we have to have the sound on high because of his hearing.”

The hammering continued. The sound of a buzz-saw often echoed through the neighborhood.

When it was Billy’s turn to have the ladies over for bridge and tea, she made one excuse after another. The bridge club never went to Billy’s again.

One afternoon, Joan heard that Buck had lost his job and she baked a batch of chocolate brownies. She knocked on their door, but no one answered. She walked to the front window to peek in. The windows were covered in newspaper.

Walking around to the backyard, she opened the gate. What she saw astonished her. All the sod and the bushes in their beautiful yard were gone. Only, dirt remained. The pool had been drained and the tile missing. The marble outdoor fireplace was gone. The flagstone patio and walkway was gone. Nothing was left.

In the morning, Joan saw a strange car drive into the neighbor’s driveway and went to investigate. A man in uniform was blue-taping a paper on the front door. It was an eviction notice. Then he opened the front door.

Joan followed him in. She gasped in shock.

The Constable told her it wasn’t unusual in foreclosures. Delinquent homeowner’s who attempt to unsuccessfully modify their home loans, take out their fury on the bank and in some sense of warped retribution, vandalize their own home.

More than likely they sold all the carpet. All the interior doors, the toilets and sinks were gone. Every light fixture was missing; the decorative tile in the bathrooms and kitchen were gone.

There was a smell of urine on the concrete floor. Every wall had been either damaged or spray-painted with obscene language.

The kitchen and laundry room appliances were also gone. The cherry kitchen cabinets had vanished as well as all the wooden baseboards and wood trimmed doorways.

The once gorgeous master bedroom with its stained-glass windows, luxury built-out walk-in closet, Italian marble fireplace and silk covered walls had all disappeared. In their place, human waste was smeared on the walls.

Joan followed the Constable out shaking her head. She couldn’t believe Buck and Billy were the vindictive type.

The current housing crisis is continuing through today without so much as a whisper of when it will end or how homeowners can dig themselves out of their debt ridden quagmire - but this is not the answer.

Carole Halford is a writer living in Henderson. You can reach her at chalford@embarqmail.com.
Health care expenditures will increase to $4.6 trillion dollars by the year 2019. Each and every day 10,000 baby boomers are turning age 65.

The over age 65 US population will grow to almost 90 million people by the year 2050.

Healthcare reform will add 32 million more people to the ranks of the insured, creating demand for medical space.

In addition, over the past five years real estate prices have plummeted to record lows. This creates an opportunity to purchase healthcare facilities below replacement cost.

One popular way to take advantage of the rising demand in the healthcare sector and historic lows in real estate prices is through something called a Healthcare Real Estate Investment Trust.

The objective of the Healthcare REIT is to acquire a diversified portfolio of healthcare properties, including medical office buildings, hospitals, assisted living and skilled nursing facilities. Different from traditional REIT’s, healthcare facilities have lower tenant turnover, lower vacancies and long term lease agreements. An investor has the opportunity to collect a consistent monthly income stream, higher than traditional fixed investments otherwise available.

One component often overlooked in generating income is the tax consequences. REIT’s offer tax advantaged income on non-IRA money.

As an example, $10,000 of interest from a bank CD will be fully taxed as ordinary income. On the same $10,000 generated from a REIT, on average only 30% or $3,000 would be taxed as ordinary income.

The 70% or $7,000 of income not taxed is deferred until the underlying health care properties are sold; at that time the tax on this portion is taxed as a long term capital gain. In addition to the predictable tax advantaged income the REIT can generate through rents, there is also an opportunity the underlying real estate will increase in value - thus further enhancing the investment.

When dealing with our firm, you don’t have to worry about conflicts of interest related to selling products. We have a legal obligation and a professional oath to put your interests first, and you can trust that we will strive to go above and beyond that obligation!

Cornerstone Retirement provides sound advice to retirees and pre-retirees concerning conservative money ideas. Our Fiduciary responsibility requires us to put our clients’ needs first and foremost.

If the first thing you do is go turn the computer on to see what the markets are doing and have a bad day because its down, we can help. We conduct financial educational workshops every month in the Henderson and Summerlin areas.

Call our offices or check our website www.cornerstonevegas.com for dates and locations nearest you. 702-878-4742.

Not all investments are suitable. Learn about the risks and potential rewards before selecting any investment.

Investment Advisory Services offered through Global Financial Private Capital, LLC, an SEC Registered Investment Advisor.
In 2010, billionaire and entrepreneur Dan Duncan passed away, leaving approximately 9 billion dollars to his children. If you do not understand the significance of the timing of Mr. Duncan’s death, you are not alone.

In 1916, the United States enacted its first estate tax. About 20 years later, the first billionaire, John D. Rockefeller, died and left 70 percent of his wealth in the hands of the United States Government.

In stark contrast to Mr. Rockefeller’s tax rate, in the year of Mr. Duncan’s death, an anomaly in tax law meant that there would be no estate tax for the year. This meant that Mr. Duncan passed his 9 billion dollars without paying any estate tax. As a result, the government lost billions of dollars.

At the end of 2010, the President and Congress sought to remedy this and created the Tax Relief, Unemployment Insurance Reauthorization, and Job Creation Act of 2010, otherwise known as the Tax Relief Act. This act revived the estate tax, but on a smaller scale than seen in the last ten years.

The new Tax Relief Act lowered the maximum tax rate to 35 percent while it raised the exemption limit to $5,000,000. However, this is not the extent of the estate tax changes. There are other exemptions that can be had for spouses, gifts, etc.

The purpose of estate planning is to transfer assets upon your death. With proper planning, assets can be given to the people of your choosing with minimum tax liability.

The estate tax does not only affect the very wealthy. Because of the current regulations and constant changing laws regarding estate taxes and probate, everyone could benefit from proper estate planning. Estate planning can also help with the ease of transfer of assets, probate avoidance, drafting powers of attorney and health care directives.

Navigating the world of the estate tax is not an easy task and changes yearly. To properly manage an estate does not require the knowledge and skill of a lawyer, but hiring an attorney would certainly help in preparing the required documents and navigating the murky waters of the law of estates.

You’ve worked your entire life for your assets; estate planning will help ensure that they go to your heirs rather than the government.

This article is for informational purposes only and shall not be construed as legal advice or as creating an attorney-client relationship. If you would like to discuss your estate planning options please feel free to contact us at (702) 448-4962 to set up a free consultation today.

Rena McDonald is the founder of McDonald Law Group, LLC and passionately cares about her clients. She can be reached at 448-4962 or www.McDonaldLawGroup.com

Richard Warren

I remember oh so many years ago when every major store had a layaway plan of some kind. Credit cards weren’t as prolific as they are today; if you had one it was for emergencies or major purchases. People actually used cash back then…you do remember cash, right?

With layaway you could have the store hold an item for you and also allowed you to make weekly payments. I purchased my first color television that way. My how times have changed!

So why is layaway suddenly popular again? You may have noticed that the economy has had just a wee bit of trouble in the last few years. Many people have maxed out their credit cards, declared bankruptcy and have no credit, or have actually decided to – gasp – only buy what they can actually afford.

To accommodate those who can no longer buy on credit and to avoid losing business, they have resurrected an old friend - the layaway plan. As usual, there’s a catch.

Back in the dark ages when I used layaway it was relatively simple. You simply signed up for the plan and the store eagerly held your items.

Today just having your business isn’t motivation enough – they want to charge you extra for the convenience.

Now when you sign up there is a fee, typically $5. There is also a minimum purchase amount.

Let’s use Walmart as an example: the fee is $5, minimum purchase amount is $50, and each layaway item must cost at least $15.

So what’s the big deal about a $5 fee? If you purchase the minimum amount of $50, that amounts to a 10% surcharge.

At Walmart the layaway items must be picked up by December 16th. If you have them hold a $50 purchase and pick it up two weeks later that amounts to an annualized rate of over 250%.

Granted its still only $5; and the percentage declines as the purchase amount increases. The real point is that once again the consumer is paying for something that used to be free.

People have become numb to various fees and blindly pay them. Sure, they may grumble, but they still pay.

Convenience fees, booking fees, layaway fees, bag charges, change fees – will it ever end? Unfortunately, it won’t anytime soon. It has become an accepted part of the consumer experience.

However, occasionally the little guy does win one. In my last article I discussed the ATM fees that some banks had imposed or were considering. There was enough of a consumer backlash that they thought better of the idea and scrapped the planned charge.

Most fees don’t result in such a strong reaction from consumers so they won’t go away. The consumer does have one very powerful weapon – their wallet!

If someone selling a product or service does something you don’t agree with, vote with your wallet and shop elsewhere. When enough people do the same it has an effect – just ask the banks.

Richard Warren is a passionate consumer advocate. He can be reached at: writer.lv@gmail.com
During the holiday season, it's hard to walk in a public place without hearing a Christmas carol or two. One of the most popular traditional songs is “The Twelve Days of Christmas.” It's been a holiday favorite since it was published in 1780.

Here's our take on the song: “The Twelve Sites of Social Security.”

For the first site of Social Security, we present to you: our home page, www.socialsecurity.gov. It's the place to go for all things Social Security. Everything you could want — from online services and screening tools to publications and press releases — can be found easily from this starting place.

On the second site of Social Security, we present to you: an easy way to get or replace your Social Security card using our online application at www.socialsecurity.gov/ssnumber.

On the third site of Social Security, we present to you: an online application for retirement benefits that you can complete and submit in as little as 15 minutes at www.socialsecurity.gov/planners/about.htm.

On the fourth site of Social Security, we present to you: a secure, convenient way to apply for disability benefits at www.socialsecurity.gov/applyfordisability.

On the fifth site of Social Security, we present to you: five estimates of your future Social Security benefits! Or one, or as many as you would like using different scenarios. Get instant, personalized estimates of your future benefits at www.socialsecurity.gov/estimator.

On the sixth site of Social Security, we present to you: an online application for Medicare that lets you complete an application for Medicare benefits in as little as 10 minutes, at www.socialsecurity.gov/medicareonly.

On the seventh site of Social Security, we present to you: Extra Help with prescription drug costs. You can learn more and apply online at www.socialsecurity.gov/prescriptionhelp.

On the eighth site of Social Security, we present to you: our convenient publication library with online booklets and pamphlets on numerous subjects, at www.socialsecurity.gov/pubs.

On the ninth site of Social Security, we present to you: popular baby names. Learn about popular baby names and trends based on child Social Security card applications over the years at www.socialsecurity.gov/OACT/babynames.

On the tenth site of Social Security, we present to you: the location of your nearest Social Security office, no matter where you are, at www.socialsecurity.gov/locator.

On the eleventh site of Social Security, we present to you: a way to get your Social Security forms online, at www.socialsecurity.gov/online.

On the twelfth site of Social Security, we present to you: services for people who are currently receiving benefits, like the ability to replace your Medicare card, get or change a password, request a proof of income letter, or check your Social Security information or benefits. You can do these and other things at www.socialsecurity.gov/pgm/getservices-change.htm.

Get all your Social Security services and information at www.socialsecurity.gov.
Commander Winfield Cunningham scanned the sea from a redoubt. Although he had landed a mere fortnight ago, he was already in his fourth day of combat.

His tiny position was part of an atoll so small that it contained only twelve miles of coastline. In addition, it was literally in the middle of nowhere: 2,300 miles west of Hawaii, 1,500 east of Guam.

In 1935, Pan American Airways began using it as a way station for its China Clipper service. By 1941, it was garrisoned by 450 marines and fortified with six five-inch shore batteries, an assortment of anti-aircraft and machine guns and a dozen Wildcats – eight of which having already been destroyed in the initial attack less than a week before.

A Japanese landing force approached: Two troop carriers escorted by three light cruisers and eight destroyers. Cunningham ordered his men to stay low and hold fire.

Thinking that they had already eliminated all resistance, the enemy sped forth. When the enemy was ready to disembark, all six artillery pieces began firing and the four remaining Wildcats took to the skies. By day’s end, two destroyers lay at the bottom and a light cruiser limped off. As the Japanese reversed course, the defenders rejoiced.

It was America’s first victory of the war! During a subsequent wireless communication, Cunningham learned that he could expect no help. The smoke from the surprise attack on Pearl Harbor still stained its skies. So, rather than ask for the impossible, he simply said, “Send us more Japs.”

Unfortunately, Cunningham got his wish. The Japanese added to two aircraft carriers to their landing fleet, as well as a multitude of battleships and troop ships. From afar they pummeled the helpless atoll for twelve days with thousands of shells and bombs.

At 02:35, the enemy commenced a second landing. This time they did so with twice as many troops and ten times as many guns and aircraft. Despite the overwhelming odds and any hope of support, the Americans fought back for the next fourteen hours. While retreating from one position to the next, the Marines set two additional destroyers ablaze and contested every grain of sand.

By late afternoon, the battle was over. After overrunning the battered survivors, the Japanese tore down the Stars and Stripes and raised the Rising Sun.

However, in doing so, they wasted sixteen days, suffered two thousand casualties, had four destroyers sunk, one cruiser crippled and 28 aircraft put out of action.

Date: December 23, 1941. Location: Wake Island. The Alamo of the Pacific.

John Bielun is the author of that French Foreign Legion thriller “The Shard” and co-author of that whimsical feline fantasy “Tabby Tales” both available at www.publishamerica.com. You can contact John at: reggyrifle@yahoo.com.
From extended initial care visits to health seminars, the SMA Lifestyle Centers are the newest way SMA is caring for seniors.

The SMA Lifestyle Centers

LIVE. LAUGH. LEARN.

Now that’s powerful medicine

SOUTHWEST MEDICAL ASSOCIATES®

SMALV.COM 1.866.249.7674
5820 S. Eastern Ave. • 8680 W. Cheyenne Ave.
Karri Stokely (Lakeland, FL) says, “I feel better now than I have felt in my entire adult life thanks to Louella Harris.” Karri spent days in bed due to migraine headaches and a lowered immune system disorder. Then she met Louella.

James Tomasi (Oklahoma City, OK) declares, “I would be dead today if it were not for Louella Harris.” James was ready to commit suicide due to the pain of Trigeminal Neuralgia when his wife heard Louella on the radio.

Barbara Ellington (Boston, MA) tells everyone, “I’m back to work because of a woman in a wheelchair.” Barbara, an artist, had lost the use of her hands and arms due to pain. Her career was over. Then she saw Louella on television.

Louella Harris, a master degree rehabilitation counselor (Lakeland, FL) who contracted polio at age 3, is saving lives by spreading the word about a little-known procedure that is bringing pain relief to thousands.

Three years ago Harris was confined to bed due to fibromyalgia and post-polio syndrome. The pain was so intense that any sort of movement was agony. Her husband Richard had to help Louella with all her needs. She couldn’t even sit up or hold a book. “Like many of my clients,” Harris recalls, “I was told to learn to live with it.”

Then a friend told Louella about a non-surgical procedure practiced by only 200 chiropractors worldwide. Harris says, “I couldn’t get past the word ‘chiropractor’. I was extremely skeptical and had no idea it’s now so advanced. There are many different types that don’t twist or crack. I had never heard of NUCCA (National Upper Cervical Chiropractic Association), a very specific type of chiropractic that meticulously corrects the position of the atlas, the top bone of the spine at the base of the skull. But from the moment my NUCCA doctor corrected my body imbalance, I felt all the pain rush out of me. To this day, it never ceases to amaze me how well it works.”

In 3-months Louella was out of bed, working, pregnant, and forming a national non-profit consumer awareness organization, The National Awareness Campaign for Upper Cervical Care, Inc. to inform the public about this phenomenal answer to pain.

According to Harris, many people with chronic conditions like fibromyalgia, headaches of all kinds, whiplash, neck, shoulder, back, hip, and knee pain, as well as carpal tunnel can be helped significantly without drugs or surgery. “Results may differ, but many will have their lives restored,” Harris said on an interview on CBS. “This technology was available all the time I is less...there was no pain involved (in the treatment) and I had instantaneous relief...I could stand straight for the first time.”

The Discovery Health Channel featured NHRA racecar driver Tony Schumacher, “In October 2000, I was involved in a 300mph crash. My left leg was broken and had a serious concussion... I tried everything... After NUCCA, the color returned to my face and my dizziness and concussion were gone.”

Louella’s staff locates chiropractors who have received the intensive training required to perform this very unusual technique. She says, “Most people are unaware of this type of chiropractic. As a result, people who are suffering may be right next door to their answer... a NUCCA doctor.” “We’ve found an outstanding NUCCA doctor right here in Clark County” says Harris. “Dr. Devin Luzod of Spinal Care of Nevada has patients visiting from all parts of the U.S.”

Luzod suffered a major car accident years prior. Afraid of chiropractic, he sought out NUCCA. Although relief was not instant, results came over time, and he decided to become a NUCCA doctor to help others suffering without hope. Luzod is also certified by the International Chiropractic Pediatric Association and treats mothers during pregnancy, and infants with colic, ADD / ADHD, allergies, asthma, ear infections and other pediatric disorders.

Luzod refuses to take credit for these miracles, and says he does not cure anything. “All I do is reposition the atlas, the vertebrae closest to the brainstem restoring the body’s own ability to self-repair.”

A number of his patients have certain symptoms from serious neurological conditions like Neuropathy, Multiple Sclerosis, Parkinson’s and Trigeminal Neuralgia.

Barbara Ellington (Boston, MA) tells everyone, “Most people are unaware of these miracles, and says he does not cure anything. “All I do is reposition the atlas, the vertebrae closest to the brainstem restoring the body’s own ability to self-repair.”

A number of his patients have certain symptoms from serious neurological conditions like Neuropathy, Multiple Sclerosis, Parkinson’s and Trigeminal Neuralgia.

Harris has responded well. “The list of conditions is very diversified because the procedure restores proper nerve flow to all parts of the body. That makes a huge difference in overcoming a number of issues,” says Luzod. “Many patients end up in NUCCA offices as a last resort when nothing else has worked, but it can be a preventive procedure as well.”

Louella’s body healed when nothing else worked and a national non-profit consumer awareness organization resulted. James Tomasi is out talking to everyone with Trigeminal Neuralgia. Karri has not had one migraine since the first time her atlas was corrected. Barbara is painting her pictures with joy. These are only a few of thousands who are discovering this little-known healthcare technology.

Jim Burleson, PR director for the non-profit says, “Louella’s mission is to raise public awareness of this safe and natural procedure effective for children as well as adults. Thousands of people are getting their lives back as a result of our TV and radio programs. Anyone with any kind of physical problem needs to give this technology serious consideration. Our non-profit has arranged with Dr. Luzod for people to call and benefit from an amazing offer - it shouldn’t cost you an arm and a leg to correct your health. When you bring in this article, you will receive a complete consultation, examination, and an x-ray of the problems area. This entire work-up could cost you $225 elsewhere, however, when you are one of the first 20 people to call and schedule you’ll receive the entire work-up for $37. But, please call right away because I don’t know how long the Dr will make this generous offer, and I don’t want you to miss out. And I know from experience, further care is very affordable.”

“His assistants are Maria, Brandi and Crystal and they are really great people and his offices, Spinal Care of Nevada, are warm and friendly. Because of the great results people achieve and his honesty in telling people if he can’t help them, he’s been able to expand into two locations - Summerlin: 1930 Village Center Circle, Suite 11, Telephone: 566.HOPE (4673) and Southwest: 8910 W. Tropicana, Suite 6, Telephone: 944.HOPE (4673).”

Call Maria, Brandi, or Crystal today for an appointment. I know Dr. Luzod will tell you if he can help you or not. No matter what you’ve been through, don’t give up hope just yet - this could be the missing piece you’ve been looking for.”