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1. Only in Las Vegas can a man wake up his wife and say: “Give me the money I told you not to give me!”
2. My friend Arnold told me he solved his parking problem. He bought a parked car.
3. Did you see this classified in the newspaper: Young Republican man would like to meet lovely Democrat woman. Ob- ject - Third Party.
4. The reason clouds keep circling around the earth - there’s not much else they can do.
5. These days you cannot judge a girl by the clothes she wears - there’s not enough evidence.
6. Guys, do you know what it means to come home at night to a woman who gives you a little love, a little affection and a little tenderness? It means you’re in the wrong house.
7. Statistics show that there are more men in mental institutions than women. Husbands believe it just goes to show who is driving who crazy.
8. Two husbands were talking. The first one asked: “Does your wife miss you much?” The other replied: “No, not with her aim!”
9. I know a guy who thinks marriage is a 50-50 proposition, which convinces me that he does not understand women or percentages.
10. Marriage is not a word. It’s a sentence.

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

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Marty Allen

Marty’s Top Ten

1. Only in Las Vegas can a man wake up his wife and say: “Give me the money I told you not to give me!”
2. My friend Arnold told me he solved his parking problem. He bought a parked car.
3. Did you see this classified in the newspaper: Young Republican man would like to meet lovely Democrat woman. Object - Third Party.
4. The reason clouds keep circling around the earth - there’s not much else they can do.
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For over the past decade, Marty Allen has performed with his on and off stage singing partner Karon Kate Blackwell.
“Tell her it’s like falling off a horse. She has to get back on.”

Those words by my buddy and Vegas Voice travel editor Stu Cooper were probably correct, but it was suggested at the wrong time, and at the wrong moment for a meaningful and thoughtful conversation.

As faithful readers are aware, in late October, while in Italy, my Rana tripped, fell and fractured her shoulder in two places after boarding the Royal Caribbean’s Serenade of the Seas. My previous column detailed how a dream vacation and cruise of a lifetime became a horrible nightmare.

Since then, yours truly has served as my Ladylove’s loyal and faithful caregiver, nurse, chef, housekeeper, chamber maid, cleaning service, chauffeur, masseuse, messenger, pet groomer, “gopher” . . . well you get the idea.

While spending time with her watching TV, (and we are watching a lot of television) one episode from “Dr. Phil” was of particular interest. The good doctor opined that while romance and relationships are indeed wonderful, before a couple commits, one should see their potential mate when they have the flu or is otherwise sick or injured.

As in our past 40 year history and relationship, I did not hesitate to express my strong, loud and uncensored opinion concerning Stu’s idea. And once again, he completely ignored me and started to make plans anyway.

No doubt, we’ll have more vacation and cruise information in future editions. In the meantime, my Rana’s prognosis is remarkable and excellent.

The pain (and medication) has significantly decreased and Rana no longer needs her sling. With a little rehab and a lot of calcium, she should have a complete recovery.

As her orthopedist explained and elaborated on such positive information, I questioned the physician over the most important “concern” that any husband, any partner, any “significant other” can ask.

“Doctor” I inquired, completely unashamed and without any hint of hesitation or embarrassment. “Can she start cooking again?”

And, as only my Rana can get away with, we celebrated the thankful news, by (once again) going out for dinner. But I had the last laugh - I threw away that damn bell.
Frank & Judy Kick Off the LV Showbiz Network

Step back 60 years or so and grab a seat. They haven’t changed a bit.

Two old friends, Frank and Judy take the stage in the first fund raiser sponsored by the new Las Vegas Showbiz Network. With the New Year comes the 100th anniversary of the birth of Frank Sinatra. “This gave us the perfect opportunity to kick off our non-profit Las Vegas Showbiz Network,” said Publisher Dan of The Vegas Voice newspaper.

The preeminent Frank Sinatra tribute artist, Gary Anthony, will star in Happy Birthday Mr. Sinatra on stage at the Italian American Club, Thursday, January 29. He will be joined by the diminutive Denise Rose, who bears a stunning resemblance to Judy Garland.

“Since we began producing shows,” added Ray Sarbacker, president of The Vegas Voice “we’ve made a lot of friends in the local entertainment community. Many of those people have been hit hard by the changing focus of the largest casinos.”

He refers to the demise of the intimate lounges that christened the town “Entertainment Capital of the World.” Corporate giants swallowed up Strip casinos and managed them with a spreadsheet mentality; focusing on a younger date-night crowd willing to pay $400 for a $40 bottle of booze.

Blues, jazz, Broadway, swing, rhythm and blues, rock and roll, Motown, ragtime, doowop, disco, folk and country, boogie woogie, big band . . . they all lost their homes, as did the singers and musicians who kept the culture alive. “What better performers to kick off the Las Vegas Showbiz Network than Gary and Denise,” said Publisher Dan. “We’re fortunate to have the Italian American Club and Ron DeCar’s Event Center where this music still lives.”

Anthony grew up in a musical family, touring the country in a decorated school bus in the days before The Partridge Family. The troupe wound up on the covers of teen magazines and the stage of Dick Clark’s American Bandstand.

Today he is considered the Number One Sinatra tribute artist appearing worldwide and is co-host with Mark O’Toole for The Vegas Voice Afternoon Affair.

Rose at 4’11” is the same height as Garland and hails 200 miles from the icon’s Minnesota birthplace. She has toured nationally with partner Suzanne Goulet in Liza and Judy Together Again and last May, triumphed in her one-woman show in Montreal, Roger Peace’s Songs and Stories of Judy Garland.

The new, non-profit Las Vegas Showbiz Network’s mission is to assist members of the entertainment community weather minor setbacks. “Last summer a friend called,” Publisher Dan said of a Grammy winning performer.

“Her auto insurance was about to lapse, she had been in an accident, the lounge where she was performing closed and her electricity was off. She needed $400. Those are the people that this organization wants to help.”

Heading up the Board of Advisors are the paper’s Entertainment Editor, Evan Davis and Nightlife Editor Sam Wagmeister. “While there are some great folks out there doing the same thing, at The Vegas Voice, we have the publicity power of our radio show hosted by Rich Natole and nearly 100,000 readers,” Sarbacker stressed.

Tickets, $20 for the 8 pm performance on Thursday, January 29 show may be purchased online at www.iac.com or by calling The Vegas Voice entertainment editor, Evan Davis at (702) 630-6111.

The Talented Christina Shaw

As an impressionist, I’m often asked, “What’s the difference between you and an Impersonator?” The answer is really quite simple.

Impressionists are quick sketch artists, able to include several voices in a single performance, using only a prop or two to enhance their show. Impersonators, on the other hand, actually seem to BECOME the Artist they portray, dressing in full costume and actually transforming themselves into a carbon copy of the original Artist.

The performance is so exact - which each show typically focusing on impersonations of just one or two artists. This month I am highlighting the extremely talented impersonator and tribute artist Christina Shaw. When she “becomes” Faith Hill, Christina Aguilera, Lady Gaga or Britney Spears in her show, you would swear those performers are onstage right before your very eyes. The look and the sound are simply amazing!

Originally from Philadelphia, one might say Christina came from a “show biz” family. Growing up, she was surrounded by music.

Her father was a disc jockey, and her mother ran her own entertainment company. A natural beauty, gifted with an incredible singing voice, she has the complete package for this very unique craft.

I recently had the privilege of interviewing Christina on my radio show “Listening To The Vegas Voice.” I featured two of her songs in their entirety so the listening audience could fully appreciate her talent.

After the show aired, I received an overwhelming response from people wanting to know more about this talented performer! In response, I will tell you that her resume is quite impressive.

Over the years, she has performed in several Tribute Shows, including Legends in Concert where she flawlessly portrayed Christina Aguilera. Superstars and Country to the Bone have also featured Christina performing as Faith Hill.

In addition, she has appeared in MTV music videos, and on several national television shows, as well as touring with Zowie Bowie and many other musical acts. Las Vegas is a great home for impersonators and tribute artists and Christina Shaw is one of the best!

Support her talent and I promise you won’t be disappointed. For more information on this wonderful, beautiful lady, visit: www.manyfacesofchristina.com.

Rich Natole is a comic/impressionist headlining entertainer & host of The Vegas Voice Radio Show. For more information visit: www.richnatole.com. You can also contact Rich at: rich@richnatole.com.
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with Denise Rose
as Judy Garland

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Back at Work

Well, first of all, I’d like to wish you a very happy, healthy and prosperous New Year. I hope the holidays were good to you and that 2015 will be a special year for all.

During the past four years that I’ve been writing my column, I’ve always appreciated the many nice comments and letters from readers who have remembered some of the films I did as a child actress. In fact, if you have any requests about someone I have worked with and would like me to write about, please feel free to email me and let me know!

One of the most common questions I am asked is: “So what are you doing now?” Well, yes, I have written a book, (and I thank everyone who purchased it) and I’m now happy to report that I am working on a documentary called “When the World Came to San Francisco.”

A documentary is a genre of a film, that dramatizes re-enactments of actual events. In this film, I portray the role of Reyna Belasco (complete with gray wig).

The movie is about a young woman’s visit to the Panama Pacific International Exposition in San Francisco. The film celebrates the 100th anniversary of the Fair.

Reyna was born in 1895 and died at the age of 81 in 1976. She was a dancer, starting at age two and a half and performed in Vaudeville when just six. She was the niece of David Belasco, who was a New York producer and playwright.

Reyna survived the 1906 San Francisco Earthquake - in which 225,000 (of the 400,000 residents) were left homeless and thousands of people perished. Fires destroyed almost all of the buildings. It was considered the most terrible earthquake of all time and one of the deadliest natural disasters in the history of the United States.

Reyna saw the rebuilding of San Francisco and the World’s Fair in 1915. In fact, she went to the Fair fourteen times.

In this film, I will also be doing the narration portraying Reyna as she reflects on her life. Her real life granddaughter Terri, has donated Reyna’s original scrapbook with never before seen photos which will be seen throughout the film, as well as archive footage of Mabel Normand and Fatty Arbuckle.

The tentative premiere is scheduled for April 2015 in San Francisco. The movie was written and directed by R. Christian Anderson and produced by Grover J. Taylor and Evan Farber. I am honored and thrilled to be a part of it and will keep you updated.

Until next time, remember that happiness is best kept when given away.

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. Check out her awesome, new website: www.beverlywashburn.com.

Wes Winters

Being Professional (and Polite) in 2015

Happy New Year to you and I hope 2015 makes all your wishes and hopes come true! Like most, I begin a new year with optimism and a list of things I work to accomplish.

Along with all the normal resolutions for the new year (like exercising more, eating better, etc.), two things I want to focus more attention on are politeness and professional etiquette amongst my peers in the entertainment community.

Through the years, I’ve watched how entertainers and performers treat one another, on both a professional and a personal level. The nature of this business pretty much pits people against one another and creates an atmosphere of competition, sometimes making it cut-throat and nasty.

Usually this is prevalent among those just starting out because they’re fighting for their place to begin building a career. Normally you grow and learn proper professional behavior as you work and interact with other performers over time.

But it doesn’t always subsside as one matures and spends years as a working artist. I always find it interesting and a little sad when I see a complete lack of professional etiquette exhibited by someone who’s done this a long time and should know better.

I witnessed countless good examples and one very good “bad” example of this etiquette last month when performing in a large stage show benefitting a charity. Everybody donated their time to this very worthy cause and treated one another with respect and professional courtesy.

That’s what makes these functions consisting of a large cast of performers, a joy to do. You see old friends, make new ones and it is a great experience.

Unfortunately that other type sometimes rears its ugly head. Whatever their reason, jealousy, ego, desperation and so on, these folks exhibit bad behavior.

Making unqualified assumptions, taking people and situations for granted, implying authority that is unauthorized, and just regular rudeness are some of the traits these folks encompass in their professional persona. They do nothing but tarnish a great experience for others and in the end, only tarnish themselves.

Show business is such a difficult career path in and of itself. I’ve never understood why some in the industry try to make it more difficult by being impolite and unprofessional toward fellow artists.

I’ve always worked to treat my peers as I would like to be treated myself. It’s said that one person can start a trend, so I’m going to work harder in 2015 in hopes it will be passed on among this amazing community of Las Vegas artists. Maybe then we can become a family of artists.

*Join Wes every TUESDAY in January at Addison’s Lounge inside the Rampart Casino at Summerlin from 6-9 pm! Drinks, Dancing and Great Music! For more info call 702-507-5900 or visit www.theresortatsummerlin.com.**Every FRIDAY and SATURDAY Wes lights up the Grandview Lounge inside the South Point Hotel and Casino from 6-9 pm! For more info call 702-792-7111. Visit www.weswinters.com for more info!
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New Year, New Start, New Home

Declutter, put away personal items, and give the space a universal appeal. I know this isn’t always easy to do but it is a critical component for a quick sale at top dollar.

For me, January is a very busy time of year and I hardly have time to catch my breath. My passion is bringing “new life” into worn homes and helping people realize their housing dreams.

From organizing and staging, to selling and buying residential properties, I’m energized and ready to start the new year.

To all of my loyal readers, may your fresh start be the beginning of a happy and prosperous year.

Call (702) 375-2276 or email francine@movingforseniors.com for a free consultation. Francine is an experienced brokersalesperson and professional organizer and home stager.

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Les Paul

He couldn’t read music, but became an American jazz/country guitarist, song writer and a pioneer electronic music innovator. He invented the solid body electric guitar that made Rock and Roll possible.

This man, Lester William Polsfuss, was later known as the renowned guitarist, Les Paul.

Les Paul hailed from Waukesha, Wisconsin, my home state. His national heritage dates back to Prussia. His mother was related to the founders of Milwaukee’s Blatz Beer Brewing Company and makers of the Stutz Bearcat car.

Electricity and the guitar were Les Paul’s key to success. He saw electricity as a new language in music.

His goal was to change, with electricity, the extended resonance of the acoustic guitar’s vibrating strings; playing longer with different sounds than acoustic guitars, which receive their amplification solely through their hollow body. His goal: Extended string vibration for his guitar through electrical current.

He first tried placing a crudely made tone arm of a record player into the back of an acoustic guitar, using a home-made record turntable with a Cadillac V8 flywheel and a dental drill motor.

His first solid-body electric guitar was built using a section of a 4x4 railroad tie as the base with a bridge, guitar neck, and pickup attached. He jokingly referred to it as the: “log.”

He wanted the guitar to be the sound conveyor, not just the sound producer. One night, after he thought he had accomplished extended string vibration, he struck a string on this guitar, and then went out to dinner. When he returned, the string was still vibrating. This was pay dirt.

Marketing with Gibson Guitar Corporation showed no breakthrough until the 1950s when hearing of other innovations, they stepped up and designed a guitar using his suggestions. He signed on with them with their stipulation that he never was to be seen playing in public, or photographed with anything other than a Gibson guitar.

Les Paul also invented overdubbing, which is known as sound on sound, tape delay, phasing effects, and multi-track recording. His playing included licks, trills, chording sequences, fretting techniques, and timing.

Experimenting with electricity had its drawbacks. In 1940, while doing his experiments, Paul was nearly electrocuted. It took him two years to recover.

In 1948, after being discharged from the Army where he performed with the Armed Forces Network, Paul was in a near-fatal car accident shattering his right arm and elbow. Doctors could not rebuild his elbow to regain movement.

His arm had to remain permanently in whatever position they placed it. Paul had them set his arm just under a 90 degree angle, allowing him to cradle and play the guitar.

In the 1950s Paul and his wife, Mary Ford, sold millions of records. Amongst their hits were I got a Woman, When the Sun Comes Out, I’m Confessin That I Love You, Lover, When You’re Near Me.

Les Paul, a guitar architect and a class act, performed from 1928-2009. His exhibit at the Rock and Roll Hall of Fame stands by itself. His Les Paul Gibson guitars now sell retail over thousands of dollars.

He died at age 94, in 2009, of pneumonia complications. Fortunately, his music innovations will never die.

Yvonne Cloutier, a former teacher/principal, with a music background, specializes in ragtime piano. She is an author and has written an easy-to-read book on Scott Joplin. She reports about music on SCA-TV.com/Anthem Alive! You can contact her at www.mytimeisragtime.com.
Eating out is all too common for us because of work schedules and just plain bad habits. We have learned our way around neighborhood eateries and picking favorites has very little to do with food quality.

You would think choosing a place to dine would be based on the menu. Alas, it’s not. It’s not even about price! Our biggest measurement is about the ambiance - or lack thereof.

At our time of life, walking into the blaring sound of rap or heavy metal is bad for the digestion.

Remember when your Mom said you would ruin your hearing playing rock-n-roll too loudly?

Can you imagine their reactions to the hip-hop, rap and pounding of today’s music? Back then, Elvis and the blues were over the top.

What would they have done with Miley Cyrus? No one wants to eat with that!

Young people are basically going deaf. Fortunately for them, when they reach our age, it won’t matter what anyone plays because they won’t hear it anyway.

Let’s also mention seating and the distance between the table and the back of the booth. The tables are in fixed positions but the menu is loaded with pasta. Kind of defeats the point of serving high calorie meals if you can’t fit into the booth.

As for the tables with chairs, if they’re light weight or flimsy, it’s hard to stay balanced and women have no place to hang a purse. If you’re not carrying around one of those ornamental table hooks, what do you do? I’m against putting it on the floor with all the French fries from the family before us.

Now they have tabletop computer games and self-serve options. So if I can order and pay myself, all I really need is a busboy to bring the food.

I expect one day the food will come around on a conveyer belt and we’ll have to grab it as it goes by. (Images of Lucy at the chocolate factory now pop into my head.)

If I want to play games, they charge me extra. I’m not seeing the advantage for the server who counts on tips if we’re not even using the dining service they provide. Do we cut their tips? That doesn’t seem right.

And, most important, is that I always change the menu anyway. Last year I wrote “Defending My Right to Change the Menu” and received emails from readers just as frustrated as me. How do I get what I want from a tabletop computer?

There still are several places around town that actually consider us senior patrons. We can get $10 specials in a formal restaurant setting with no noise, good old fashioned fried chicken at another (without going to a drive-thru), great breakfast specials in others so hope is not lost.

Sports bars with the sexy girl theme are everywhere and if you can still converse over the 30 TV screens hanging above your head, and get past the music and cheering, the wings are usually great and really bad for you. As for the girls, they’re eye candy for the men.

Next we’ll take up fusion cooking. Once upon a time, they called that a mistake.

Adrea Narine-Barrera's writing focus these days are on observations, celebrations and complaints about life in the 60's to being in your 60's. She welcomes comments, stories and feedback to: sixties2sixty@yahoo.com.

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Our Plans for 2015

“Hell hath no fury and there is nothing more frightening than angry, retired seniors on a mission.”

That sentence was my closing remark when testifying before the Nevada legislature a few years ago. I believed in that statement then and ever since.

Along with my Vegas Voice partner, Ray Sarbacker, we have thought long and hard as to what this publication stands for. And as the New Year begins, we have very ambitious resolutions for 2015.

Perhaps it will work, then again, like most resolutions, maybe not - but it won’t be for lack of trying. Our goal is to expand and back-up our tag line for The Vegas Voice - “The voice for your health, wealth and good times.”

For those who love entertainment, we will be expanding our Afternoon Affair and Spirit of 45 shows and introduce a few others. Quite honestly, it will be a labor of love in supporting those who take to the stage - from the various community performing arts clubs to those audience participants who want to be a part of our game shows, to the terrific professional comedians, singers and performers.

And with our political editor (and my Ladylove) Rana Goodman, The Vegas Voice will be expanding on political issues (and those elected state officials who help, or hinder) that directly affect seniors.

From the disgraceful Guardianship scandal that Rana has previously uncovered and opined (and as an aside, we thank you for your petitions - and if you have not already done so, “why not?”) The Vegas Voice will be “all in.”

Rana and now yours truly will be visiting Carson City when the Nevada legislature begins its new session.

Believe me, this was not an easy decision. As regular readers are aware, in my previous life, I served as Executive Director and lobbyist for the New York medical transportation industry.

I have first-hand experience as to how our dysfunctional political process works and swore to never again get involved. As you can only imagine, my Rana has continuously and forcefully challenged me with the following question: “Do you want to help or not?”

So taking a very big step (we are going to be either one very close couple, or kill each other, but I digress) I will be accompanying my Don(na) Quijote in trying to convince our assemblymen and senators to “do the right thing” for our fellow seniors.

I will be assisting and working with Rana; sometimes even disagreeing with her, and more importantly, serve as a counter balance to her idealistic goals. No doubt, she’ll be tilting at windmills and I will bring my snarky cynicism. It will be quite a political team.

Anyway, with all this in mind, we want to hear from you, our readers. Want to play?

Are you looking to help out (even for a few hours or certain days) or, how about simply sharing your ideas and opinions? From entertainment to politics, to health and finance issues, we would more than welcome your input.

We’re going to start our 2015 plans on Saturday, January 24th at Palace Station (see next page). Our Vegas Voice “Health, Wealth and Good Times Experience” will showcase all that we have planned for this year.

You like entertainment - yes, we have it. You interested in the politics and the upcoming Nevada legislature session - yes, we’ll have that too.

You concerned about the Medicare changes for 2015? - yes, again.

Financial issues? - Once again, yes.

How to spot and avoid the latest senior scams - yes, indeed.

Once again, read over my initial sentence. How many of you would like to “be on a mission” - whatever it may be.

Want to assist your fellow seniors? How about making life just a little bit easier, a little bit more enjoyable?

Whatever your interest and whether you want to assist, learn or simply enjoy the experience - from you, our readers.

We'll see you then and there!
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Gary Anthony

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In last month’s article, I uncovered the top five scams against senior citizens. In this month’s article, I will discuss the first scam - and discuss ways to prevent the bad guys from scamming you.

The first is described as the Health Care/Medicare/Fraud Scam. This scam typically takes place over the telephone.

The scammer poses as a health care representative asking seniors to relinquish personal information. The scammer can also pose as a “makeshift mobile clinic” using the relinquished information to bill Medicare.

To prevent this scam from happening to you, there are some precautions you must take:

1. Never give out your Medicare, Medicaid, or Social Security number out over the telephone.
2. Remember that Medicare does not call or visit to sell items.
3. Always keep a personal health care journal that has all of your doctor records in it, including: visits, tests, procedures, and medications.
4. Review and save all Summary Notices, and Explanation of Benefits
5. Do not sign any blank forms.

If you suspect that you have been scammed, or have questions regarding this Health Care, Medicare, Health Insurance Fraud Scam, please do hesitate to contact me, The Senior Bodyguard.

In next month’s article, I will discuss Counterfeit Prescription Drugs.

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**Buzzing with Barbara**

**Barbara Brighton - Producer**

**Ed Mathews - Producer**

**Barbara:** Ed, you are known as the “King of the Off Strip Shows.” How did you start?

**Ed:** I finished college and was selling shoes at the time. While there I met a young singer named Freddie Montel.

I liked the way he sang and had the courage to walk into a recording studio in Chicago, and say we wanted to make a record. It cost me $450 and we got a recording contract out of it.

I had to go around to the radio stations to promote it and by going around to the radio stations, I met a lot of people there, which led me into getting an offer from Mercury Records. They were starting a new record company called Wing Records.

I became their local promotion manager, then became the mid-west regional manager for Mercury Records and Wing Records. They sent me to New York to do special projects for them.

While there, working for a record company I met June Valli who was working on “Your Hit Parade.” She asked me to become her manager, which I did for a couple of years and while I was managing her, Mercury Records called me and asked me to come back to the record company.

I said I couldn’t because I was managing June Valli and they said I could do both.

**Barbara:** All this from selling shoes? Going back to the beginning, what was so special about the singer Freddie Montel?

**Ed:** He sounded like Tony Martin.

**Barbara:** What you didn’t know was that it would change the direction of your life.

**Ed:** Yes, I always loved music, but I was a terrible musician. Shortly after that, I left the music business, retired and moved out to Las Vegas.

My wife and I were bored, so I decided to put a show in the Suncoast Casino, which led me into producing variety shows there and Sam’s Town. I am able to work with fabulous local talent that should be more recognized.

After that, I expanded and are now doing about 100 shows here in the city. Every Thursday at Suncoast at 2 pm and every Sunday at Sam’s Town at 1 pm – all free to the public.

**Barbara:** Now you have expanded your projects, tell me about that.

**Ed:** I have several other projects but Sam’s Town came to me and asked me to do something else. In addition to the variety shows in the afternoon I have created an evening show to be held on the first Friday of the month, at 7:30 pm. The ticket is $15.

The first show we did was Swing City Dolls, the second show will be Bobby Brooks Wilson, the third show will be Shades of Sinatra and the fourth show will be Bill Payne and Friends doing World’s Greatest Movie Music.

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**Sun City MacDonald Ranch Benefit**

Sun City MacDonald Ranch variety players presented “Holiday at the Ranch” last month. The show was produced and directed by Carol Cravens.

All proceeds collected will benefit Robert Taylor Elementary School and other charities. The SCMR community wishes to thank everyone for their support. (Photo courtesy: Ray Eubanks)
I’m Doing It the “Wheat Belly Weigh”

The newest craze to hit the diet circuit and I am TOTALLY connected to the diet circuit, is the craze of throwing wheat out of your life completely - lock, stock and bagel, right out the window or into the landfill.

They’ve now decided, and by “they” I mean “not me”, that wheat is basically Satan in the form of a cookie. And if you don’t give it up, you’re going to die of belly fat, probably sometime next week.

And so, in the interest of my readers and to become a part of our country’s serious weight loss research, I have decided to join the wheat-free revolution as soon as is feasible, although certainly not today. I’ve been so busy this holiday season that I haven’t had time to buy all the non-wheat substitutes for the things I normally eat, like Golden Grahams, sesame bagels, pecan pie, and Oreos. (I’m sure there is a wheat-free substitute for Oreos, like...uh...Snickers!)

You never want to rush into these new fads full tilt; at least until you have all of the accompanying tools. Like if you’re starting yoga, you wouldn’t want to go in there without the correct yoga pants, a cute little mat and good socks with no holes in them.

Or, say you’re joining a biking group. You’ll want a really cool helmet and a biking outfit in neon colors so bright they’re annoying people in the space lab.

So, until I have the correct food substitutes in my house, I cannot effectively participate in this wheat-free trend with any real passion. I saw Dr. William Davis, who wrote “Wheat Belly”, and after years of studying the wheat phenomenon, he has whittled it all down to one basic principle: SPIT OUT THAT DOUGHNUT, YOU BIG OINK!

I agree with this principle; it’s putting it into practice that I find a tad difficult. But, anything in life worth having is worth working for; in the end, anything that comes easy isn’t worth going after; the harder the work, the higher the satisfaction when you reach your goal...whoa, you’ve all just met my father.

I haven’t actually read Dr. Davis’s book, but I’ve tried to find out the basics of the wheat-free plan online and I’ve been modestly successful. However, I looked at something called the “Wheat Belly Blog”, and saw several letters from wheat-free wannabes to Dr. Davis, and many replies from the good doctor himself!

But, I’m kind of questioning its validity because, for example, in reply to a reader’s question about whether she could eat quinoa (which is supposed to be pronounced “keen-wah”, which is ridiculous and was probably devised by some nerd at Wikipedia who wanted to prank us all, so I simply pronounce it the way it’s spelled - “Kwin-o-ah”, and refuse to discuss it further) the doctor allegedly wrote, “Sure, if you want to kill yourself!”

Now, I’m not a huge Kwin-o-ah fan myself, although in some recipes it can be quite tasty. But, I think, if this truly is the doctor responding, this may be overstating his case just a bit.

I mean, are you telling me that if I became a Kwin-o-ah devotee and began eating it regularly, that I might, while dining on Kwin-o-ah with friends and family, suddenly clutch my throat, fall to the floor and slump into a Kwin-o-ah coma? Because, I find that odd.

In any event, the wheat abolishment begins tomorrow. I’m in the mountains right now, and all wheat containing items will be thrown from the deck.

I’ve put notices on the trees, so the deer, possums and bears are already lined up in folding chairs down there. This is not however a diet.

This is not a New Year’s resolution. This is a lifestyle, and - wait a minute...is there wheat in bourbon?
When Friends Come to Town

What to do when friends come to town? Many of us never get downtown or head to the strip unless we have guests who have come to visit.

Company usually likes to stay on the strip if they are visiting for three or four days. If they are staying longer and want to stay with you, they are not friends.

OK, let’s say they stay on the strip. The first night you take them Downtown to the Freemont Street Experience. The bright lights above dazzles and entertains as a free musical light show comes alive every half hour.

Your guests will enjoy the show, the many casinos and the characters on the street. Entertainment is abundant - from street performers to the clubs just east of the casinos.

Plus, there are lounge acts in the hotels, such as music in the Rush Lounge (Golden Nugget) and a singer and piano player at the bar at Oscar’s steakhouse in the Plaza Hotel.

Or catch Frankie Scinta’s show at The D, Peter Pavone in the lounge at the El Cortez or every tribute artist you can think of strutting their stuff on the street. And if you get hungry, you can have anything from a Cheese Coney to a Prime Cut New York Strip.

That takes care of Saturday night. Now what to do on Sunday?

Meet at their hotel and walk the strip, stopping in hotel after hotel to catch all the theme lobbies. But now you have to show your friends the local night life.

So what can you do on a Sunday night in Vegas?

Happy New Year Jerry Jones

"A true friend reaches for you and touches your heart." - Heather Pryor

If the fire marshal asks, 240 people attended Jerry Jones surprise party last June. To those who attended, well, that’s another story.

2014, started out badly for Jones. Like a boxer who rolls with the punch only to lean into a haymaker coming the other way, things got worse.

Three days before 2013’s Father Time made his exit, a drunk driver crossed the median and smacked Jones car head on. Jones limped away from the accident, but a full recovery was months away.

There’s a good chance that anyone who has seen the dynamic Clint Holmes perform has seen Jerry. Jones has assisted Holmes off stage as a “whatever-needs-to-be-done” guy, but what’s most exciting is when Jones joins Holmes on stage for a musical round of scat.

Scat, Wikipedia says, is “vocal improvisation... that requires singers... to sing... using the voice as an instrument.” The two, Jones and Holmes, through the years of working together, blend their voices as musical instruments, eliciting crescendos of applause from Vegas audiences.

In early April, Jones and his vocal group, “Fifth Avenue” joined Holmes on stage at the Smith Center. Immediately after their performance, Jones was rushed to the hospital where he remained for nearly two months, the victim of a suspected spider bite.

Complicating things was the massive amount of ibuprofen Jones consumed to ease what he calls the “mind numbing pain “of the bite. “I was eating ibuprofen like Skittles.”

The over-the-counter drug threw Jones into “full blown kidney failure,” he said. Two rounds of dialysis resolved the problem but the spider bite persisted, requiring surgery, wound care treatment and physical therapy.

Jones’ friend, Emmy award winning set designer Andy Wamsley collaborated with others, including singer Ben Stone and Las Vegas Sun Entertainment Editor John Katsilometes to plan a surprise Welcome Back fund raiser to defer massive medical bills.

As Katsilometes calls them, “willing conspirators” quickly volunteered. They included the Palms Billy Conn and J.R. Hinson who provided a room for the surprise, Jerry Lopez of Santa Fe and the Fat City Horns and long time friend, singer Anne Martinez.

The Vegas/Hollywood style event required Wamsley to both produce and direct the show. Under the ruse of attending a private party, Katsilometes ushered Jones into the friend-filled room to the theme song from “Rocky.”

But 2014 wasn’t through with Jones, whose resume includes a stint as the head of the Venetians’ gondolier navy. There was emergency gall bladder surgery, and then something termed “a silent heart attack”, a blocked artery and more weeks in hospitals and rehab.

Jon Celentano, the popular saxophonist/vocalist who partners with Jones in Fifth Avenue and on their podcast Three Orange Whips, credits Jones for being “continually supportive of the entertainment community. He’s the type of supporter that artists love to hang around.”

Katsilometes, concluded, “We love this guy.”

So Jerry Jones, from all your friends in the entertainment community, Happy New Year.

Evan Davis is the entertainment editor of The Vegas Voice. You can read his entertainment blog and sign up to receive his free email weekly Calendar of Events at www.EvanDavisJazz.com. You can also email him at: evan@thevegasvoice.net.
GET TICKETS NOW!

Fri., Jan. 23rd, 2015

CO-HOSTED BY

Gary Anthony
Mark OToole

Add some spice to your evenings!

Sun City MacDonald Ranch
Community Center
Visit us online at:
www.thevegasvoice.net
or vegasvoiceafternoonaffair.com

Doors open at 6 pm
Musical variety show begins: 7pm

Tickets: $20. in advance
$25 at the door
Taking a Bow for 2014

The final chords rose to a great crescendo as the curtain slowly fell on 2014. A New Year is here with a fanfare announcing its own ups, downs and sometimes even sideways. (Is that a word?)

I want to take this space to look back at 2014 with its many exciting and lasting memories.

We did the usual Senior Idol and Ms Senior Nevada Showcase and it’s always a treat seeing the dancers from all over the Valley. I love networking with all the creative and hardworking ladies (and gents) who show dedication and purpose that many professionals would aspire to.

The list is impressive and I’m hugely flattered that they’re always willing to participate in my entertainment ventures. They help me maintain a high standard of presentation and their conduct, both on and off stage, is impeccable.

I drop a deep curtsey with a gracefully flowing arm in their direction. Bravo.

The shows at MacDonald Ranch remain a vital part of our entertainment program. The Performing Arts Club at Anthem stepped up to the plate with a sparkling production of “VegaStory” and the show made such an impression that we could be presenting it in some casino showrooms. That would be a huge thrill and the realization of a long-standing dream.

My favorite publication, The Vegas Voice and CareMore were most supportive with shows like “1945,” “The Spirit of ’45” and “Hello, Halloween.” It gave me the opportunity, once again, of working with fabulous dance troupes and singers.

I’m looking forward to as many collaborations in 2015. Susan Girard’s “Celebrations” gave us the chance to sport some pretty impressive make-up. My sincere thanks, once again, goes to everyone who has accepted me with such warmth into their communities.

Finding words of suitable appreciation remains a daunting task.

I ventured into “Facebook” and have re-established contact with so many of the magnificent dancers I danced with through the years. It’s also a great way to answer the question of people who have said “Is John Rothman still alive?”

Yes, dear. Alive and kicking ass in Vegas, thank you very much.

We took a short break in December to recharge batteries, but I hated the hiatus. It was needed, though, and I wish everyone an exhaustingly fabulous 2015 with tons of good health and lots of great singing and dancing.

Slap on the make-up, throw on the wigs, pull on the tights and don the dancing shoes. It’s time to once again crank up the music and step into the spotlight.

We have a passion, we have a purpose - and that purpose is to entertain. May the good Lord grant us the ability to do so for many years to come. I, for one, would be lost without it.

John Rothman

John Rothman is a dancer/choreographer/singer/composer with a passion for keeping seniors involved in the performing arts. You are more than welcome to drop him a line at johnrothman@cox.net.

Charlie Christy - Executive Director

As we begin New Year with all our “good intentions” we are gratified to know our Ms Senior Nevada organization is well and thriving.

Mary Mancini has done it again with shows on January 14th at Montera Meadows and February 14th at Casa del Sol. It’s amazing how she always seems to come up with shows that are so welcomed at assisted living centers.

One of our greatest joys is performing and bringing smiles to those who are not able to go out to shows. Our very talented Pageant Family members delight in sharing these times.

We have an active group of former Pageant contestants and interested participants in the Reno, Carson City area. They are meeting monthly and developing contestants for the State Pageant, which will be in August. They may even have their own regional Pageant this year.

Our applications will be available by the end of this month. The dates for the Meet & Greet need to be confirmed and then we are off and running toward a new State Pageant and the celebration of the 30th year since our founding by Patti Hoganson Ogren.

The numerous shows and events our Pageant Family have produced during these years, and the joys that has been shared are legendary. We invite all talented ladies individuals that have reached the “Age of Elegance” (60 years or better) to check out the web site and if interested in competing in the Pageant or our many events, to contact us:

Italian American Club

RISTORANTE ITALIANO

2333 E SAHARA AVE., LAS VEGAS, NV 89104
OPEN WEDNESDAY THROUGH SUNDAY 5:00PM TO 10:00PM
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Come Visit The All New Italian American Club
Whether you're out for a romantic evening, celebrating with a reception or hosting a corporate dinner, the attentive Italian American Club’s (IAC) staff will cater to your every need.

HTTP://WWW.IACVEGAS.COM
The must see show this month is The Clinton Club starring the fabulous Kelly Clinton!

**Ron Decar’s Event Center**

1201 Las Vegas Boulevard South • Las Vegas, Nevada 89104
Phone: (702) 384-0771 • [RonDecarsEventCenter.com](http://RonDecarsEventCenter.com)

**Big Band Saturdays**
Featuring a Different Big Band Each Week
Saturday - January 3rd, 10th, 17th, 24th & 31st
Doors 12pm / Show 1pm to 4pm
Tickets $15 / VIP $22
(Buffet Available)

**Fayne & Friends**
Starring Bill Payne & His Talented Friends
Saturday - January 3rd & 24th
Doors & Buffet 5:30pm / Show 7pm to 9pm
Tickets $15 / VIP $30
(VIP Ticket includes Buffet)

**Swingin’ Sundays**
Kathryn Arianoff, Ronnie Payne, Steve Poncar, Queen Aires and Cliff Workman
Showcasing incredible singers of Las Vegas
Sunday - January 4th, 11th, 18th & 25th
Doors 4pm / Show 5pm to 8pm
Tickets $10 / VIP $25
(VIP Ticket includes Buffet)

**Michael Grimm**
Soulful Voice & Southern Charm
Saturday - January 10th & Friday - January 23rd
Doors 7pm / Show 8pm to 9:30pm
Tickets $21 / VIP $31
(Buffet Available)

**The Old School Show**
Hosted by Ace Micheals, Starring: Cici Spencer, Billy Wade, Stevie D, Tiffany Larson, Madelyn Feller, Marc Love Chemerys, and Maurice Haynes
Friday - January 30th
Doors 6:30pm / Show 7:30pm to 10:30pm
Tickets $10 / VIP $20
(Buffet Available)

**The Clinton Club**
Starring Kelly Clinton
Music, Comedy & Special Guests
Musical Director Michael Clark
Saturday - January 31st
Doors 7pm / Show 8pm to 10pm
Tickets $15 / VIP $25
(Buffet Available)
IS PLEASED TO INTRODUCE THE

LAS VEGAS Shoobiz Network

Who we are... What we do...

• Advocate for our entertainment and professional members.
• Assist entertainers to perform at all local venues, and in their time of need.
• Assist local charitable organizations.
• Produce benefits and fundraising events/shows.
• Recognize outstanding achievements in the entertainment industry.
• Support our entertainment community via outreach and mentoring programs.

Support the Las Vegas entertainment community by joining...
A non-profit organization

Mark O'Toole
Hosts our kickoff event at
RON DECAR’S EVENT CENTER

1201 Las Vegas Blvd South.
Feb. 19th at 7pm.
Doors: 7pm • Show: 8 - 9:30pm
(Buffet Available)
Tickets: $20.
For tickets, or reservations,
Call The Event Center at:
702/384-0771
Or online at:
RONDECARSEVENTCENTER.COM

For more info call The Vegas Voice
702/251-4441
THEVEGASVOICE.NET
2014 is in the books and 2015 is upon us. I am excited for the upcoming year of local live theatre.

Our community theatre companies are gearing up for another year, and there is a buzz in the air. Please take a moment to give The Smith Center a standing ovation, a curtain call, and or any other desired praise.

The traveling productions coming to The Smith Center are wonderful for Las Vegas, which can get complacent with the mass amount of quality entertainment on The Strip. Having the Broadway smash Wicked in town this past fall hopefully lit a fire under people’s pant legs to get out and experience theatre.

The Las Vegas valley has a pool of unique and amazingly talented performers on The Strip. Those who I have interacted with put years of training and preparation into their craft. They are continually striving to give each new audience their complete effort night after night. The average Las Vegas visitor however, has taken on the appearance of, well...

Flip flops and cargo shorts are common attire in resort performance halls that in decades past hosted audiences who participated in the experience by showing their respect through sophisticated attire. That does not mean rich, blue-blood wardrobes; simply a jacket and slacks with a crease for men and elegance for the ladies.

According to Einstein, “All matter originates and exists only by virtue of energy fields that correspond with our consciousness.” (Nobel Prize Winner in Physics) He also referred to quantum energy fields as the “Unified Field.” It is what allows the practitioner to go beyond the visible body and see the energetic system that is part of each of us.

Thus, the information that’s obtained is not just physical, but also what allows the practitioner to go beyond the visible body and see the energetic system that is part of each of us.

The actors on stage can hear you very clearly. For them to hear you, you must be loud enough. For instance, if you are yelling at the actors to—yes, yell “applause” when the show is over, you will be heard.

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I know women can manage for themselves, but please consider leaving the “whore uniform” for the nightclub. And most importantly, proper etiquette.

With this in mind, my list of etiquette practices:
1. Plan to arrive thirty minutes before the performance begins, stay with your group at all times, and wait for the ushers to help you find your seat.
2. Gum, food, drinks, or candy, are never allowed in the theatre.
3. Please go to the bathroom before seating for the performance or at intermission.
4. Turn off your cell phones, pagers, beepers, alarms, anything that can disturb the production, actors and the audience during the performance. It is very impolite to have it go off during the show.
5. Lights will dim just before a performance and then go dark. Show your knowledge by sitting quietly and calmly.
6. Do not talk or whisper during the performance. The actors on stage can hear you which is why you can hear them so well. Laughter is permissible only at appropriate times.
7. Keep body movements to a minimum. Do not get up and move around during the performance.
8. No taking of pictures or video recording is allowed.
9. Don’t leave your seat until the cast has taken their curtain call at the end. When the performance ends, wait patiently for your group to be called upon to exit.
10. Show your appreciation by clapping. The actors love to hear applause!

So until next month... have a great start to 2015, and get out there and support local live theatre.

“Everything is energy. Everything and everyone has a frequency signature. Those frequencies that are out of balance can be identified and removed.” Dr. Wayne Dyer

According to the new physics, every living thing has a unique frequency. By this equation, energy and matter are interconnected - change the energy, change the matter.

Now, imagine that anything is possible and open to a new concept in healing. This is the new wave of the future of medicine and where science and spirituality meet.

While attending a medical conference and watching a sensor being applied to a woman’s hand, a nuclear bio–physicist explained that sensors are already being replaced by human intention. This seems to verify Max Planck’s, (Nobel Prize Winner in Physics) claim that, “All matter originates and exists only by virtue of a force... We must assume behind this force the existence of a conscious and intelligent Mind. This Mind is the matrix of all matter.”

Apparantly, the body consists of inter-related energy fields that correspond with our thoughts, feelings and interactions with our environment, as well as our relationship with our spirit. Einstein described how energy and matter are inter-related with his famous E=MC2 formula.

The evolving field of Vibrational Medicine views the body as more than just a health and disease form to be manipulated with surgery and drugs. Also, known as “Energetic Medicine”, Vibrational Medicine’s concept of the body sees it as a complex energetic system that is part of a new scientific worldview that is finally being recognized accordingly.

Vibrational Medicine does not diagnose or treat disease. It helps to identify the underlying causes of the frequency imbalance that contribute to the manifestation of the disease symptoms.

Once the origins of the ailment are revealed, the practitioner can then correct the body’s disease at a core level; enabling the patient to return to equilibrium and to vibrant health at all levels.

Living System Analysis and Quantum Frequency Rebalancing are just a couple of the techniques that allow a practitioner to evaluate all levels of the field of physical, mental, emotional, spiritual and ethereic, for the source of the imbalance that is creating the symptoms of disease. Vibrational Medicine employs the use of different forms of subtle energy healing to bring about changes in the body, mind and spirit of the sick - human or animal.

In other words, all information is obtained from the individual’s frequency signature and their unique connection. This is what David Bohm referred to as the “Unified Field” or what spiritualists know as the Universal Mind.

Thus, the information that’s obtained is unique to every individual living being. It is also what allows the practitioner to go beyond the physical symptoms to uncover the sources of the energy imbalance.

Once we understand that frequency represents the sum total of our physical being, thoughts, feelings, beliefs, patterning and genetics, then frequency can be modulated. Therefore, by changing the thought, we can also change the corresponding physical response.

Ali Guggenheim was brought to Las Vegas as the resident Spiritualist/Psychic for the House of Blues Foundation Room when it was a private club to the stars. Feeling lost and confused about decisions, relationships, career, finances, etc. No issues or events are too big or too small.

For info about Ali’s fun and unique readings, groups, workshops, events, classes or spiritual gatherings, call: Ali: 702/202-1888.
MEMBERSHIP HAS ITS PRIVILEGES

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Your chosen day and seat every time.

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No need to worry about lost or stolen tickets. Your seats are on permanent file in the box office.

Discounts
On additional tickets purchased.

Free Ticket Exchange
Subscribers can exchange their tickets at no extra cost to any other date of the same production. Exchanges must be made 24 hours prior to the date of the tickets currently held.

An Opportunity...
To enjoy the work of professional actors, UNLV faculty, and the best of our graduate and undergraduate students.

An adsurdist masterpiece..., that explores theatricality, what is real, and familial relationships.
By: Luigi Pirandello
Adaptation By: David Harrower
Feb. 20, - Feb. 22 & Mar. 1, 2015
Judy Bayley Theatre

WOW! Half Season-Half price!
Six Characters Looking for an Author

The 25th Annual Putnam County Spelling Bee
A musical comedy about spelling bees that offers fun for everyone.
Audience members will be invited onstage to spell.

By Rachel Sheinkin & William Finn
May 1, - 10, 2015
Judy Bayley Theatre

Venus in Fur!
A sexy and mysterious comedy about the battle of the sexes, acting, playwriting, and dominance.

By David Ives
Black Box Theatre
NCT Collaboration with the Cockroach Theatre
Black Box: Mar. 19, - 22
Cockroach: Mar. 26, - 29,

WOW! Half Season-Half price!
Nevada Conservatory Theatre

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Happy New Year. And lots to talk about.

So here we go. Here’s a calendar of upcoming events to put on your schedule or think about joining in.

SATURDAY, JANUARY 24: Our next Vegas Voyager meeting. As always it will be held at Palace Station at 9 am with our usual continental breakfast.

Joining us will be a representative from ROYAL CARIBBEAN CRUISE LINE. We will hear about all the upcoming events and goings on at RCCL. Call me at 800/698-1101 to make your RSVPs.

FEBRUARY 28-MARCH 7: Our next Bus to the Boat cruise on the Carnival Miracle Mexican Riviera. Ports of call include Cabo San Lucas, Puerto Vallarta and Mazatlan.

Prices start at $849 per person for an inside cabin and $1,139 for a balcony cabin. And, as always, the price is based on double occupancy and includes all taxes and round trip bus transportation from Las Vegas to the pier in California. Prices start at $899 per person for an inside cabin and $1,199 for an outside cabin.


Details for pricing.


AUGUST 29 - SEPTEMBER 5: Labor Day week. Join us for our Frank Sinatra 100th Birthday Celebration Tribute Cruise starring Gary Anthony. Join Gary as we sing and sail on the Carnival Miracle to the Mexican Riviera.

There will be two exclusive shows for only group members featuring the music of Frank Sinatra performed by Gary Anthony. Gary will also host an exclusive group cocktail party. Roundtrip bus transportation is included from Las Vegas to the pier in California. Prices start at $899 per person for an inside cabin and $1,199 for an outside cabin.

NOVEMBER 14-21: “Forty years of Friendship (and Family) cruise.” Join publisher Dan and travel editor Stu as we celebrate 40 years of friendship as we cruise the Caribbean on Royal Caribbean’s Oasis of the Seas. We’re traveling east to sail out of Fort Lauderdale to Nassau, St. Thomas and St. Martaan on Royal Caribbean’s magnificent Oasis of the Seas.

This ship has it all - from Broadway shows to aqua and ice dancing shows; all while sailing in the sunny, azure blue waters of the Caribbean. Call your friends, call your family and join us for this special, fun-filled cruise with all sorts of special surprises. Call 1-800-698-1101 for full details.

So there you have it - an up to the minute list of our upcoming events and group cruises. It’s going to be a great 2015!

As always, happy destinations.
MEXICO CRUISES ON CARNIVAL MIRACLE®

It’s Frank Sinatra’s
100th Birthday Celebration Tribute Cruise
Starring Gary Anthony.

7 Day Mexican Riviera

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<td>“Fun Day” at Sea</td>
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<tr>
<td>Sat</td>
<td>Los Angeles, CA</td>
<td>9:00 a.m.</td>
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Your departure date:
August 29, 2015

Interiors are subject to change: port, sequence and scheduled times, and/or day. For the most updated cruise information, please contact your Travel Professional.

For more information come to our Vegas Voyagers Travel Club meeting on Saturday, January 24th. Gary will be there too!
Call 800/698-1101 to rsvp
Almost everyone loves to Cruise, and it’s not surprising. There are great bargains that make cruising affordable. And it’s quite comprehensive, which for most of us means all meals are included and much more.

On a cruise, if you’re an early riser, your day typically begins with coffee and rolls to tide you over until the breakfast buffet and the dining room open. There’s a mid morning juice break on deck, and before you know it lunch is served. If you move fast enough, you can score a triple by quickly hitting the buffet line, grabbing a hot dog and hamburger at the poolside grill, and racing to the dining room where your waiter is ready to take your order. Whew!

A little later it’s my favorite, tea time highlighted by pastries and scones. After a quick bingo game, there’s hardly time to change into “country club casual” clothes for a multi-course dinner or huge buffet.

Your evening ends with a midnight snack buffet to tide you over until morning. Some passengers require special menus and cruise lines do their best to accommodate them. While others spend time in the gym trying to undo any artery damage done by unlimited whipped cream. But it’s difficult to show restraint on board, and it’s almost impossible to say no to “Baked Alaska” served by serenading waiters.

This almost 24 hour long feeding frenzy is one of cruising’s most important draws, and few land tour companies even try to compete with it. Ships catering to younger crowds add complimentary pizza parties and burger bashes, while four and five star cruise ships out do just about everyone, with lavish menus served in very upscale, even spa-like settings. Though there’s so much “free” food available, many cruise lines now hype specialty, reservation only, restaurants offered at extra cost, and some are quite pricey. But with unique dining experiences like Holland America’s Le Cirque presentation, on board restaurants are dazzling diners and gaining acceptance.

Next month we’ll look at the activities and services offered on board. Don’t miss it! And in the meantime if you want help in finding the right cruise, call me at 702-419-0550. I’ll be happy to help!

** Collette is holding seats for Vegas Vacationers until February 8, at which time they will be released and the tour is expected to quickly sell out. Collette scheduled 39 tour dates for this trip in 2015, and by Dec. 21, 2014, 24 had sold out!
HERE, ONE WORD SAYS IT ALL.

WW

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1540000 D • 03/2014
Before I had the opportunity to live there, I knew little about Taiwan. Once I moved there, a grand adventure began. Every day was as if it came from a National Geographic magazine page.

The island once known as Formosa is the Republic of China - better known as Taiwan. It was founded by Dr. Sun Yat-sen, a naturalized American citizen.

Taiwan was Asia’s first democratic nation. Japan claimed Formosa until 1895 when they ceded it to China. China lost control in 1945. In 1949, rebels under the leadership of Mao Tse-dung, defeated the Nationalist Chinese led by General Chiang Kai-shek. When China came under Communist rule, Chiang Kai-shek and his followers fled to Formosa. Since then, Taiwan sustains a war of antagonism with the mainland of China.

Beijing considers Taiwan a renegade province and desires political reunification. Despite improved relations, many Taiwanese worry about being swallowed by China.

It was not uncommon while I lived in Taiwan to hear and feel distant shelling concussions targeted toward China. The shelling was part of life there in the 1970’s. The sound from these explosions wasn’t a frightening experience. Most likely, the explosives never reached China.

It was not uncommon while I lived in Taiwan to hear and feel distant shelling concussions targeted toward China. The shelling was part of life there in the 1970’s.

Disembarking the plane from Seattle, by way of Japan, to Taipei, my family was propelled into an active kaleidoscope. Taipei’s street traffic was in constant state of gridlock. Signage was in Chinese character. The language had a sing-song resonance. Cooking smells rising out into the street were of strange wok food preparation.

Being tall, I towered like a lighthouse in a sea of black-haired Taiwanese. Without doubt, I was far from home.

Our final destination was the major central island city of Taichung. We traveled by bus. Leaving Taipei, we entered the bustling narrow highway traversing the island’s length. Bicycles, taxis and cars all vied for space.

Water buffalo provide roughly 26% of Southeast Asia’s farm power and were spotted in rice fields. Besides miles of rice paddies, I glimpsed fields of sugar cane weaving gently back and forth, glistening in the sun.

Occasional hamlets had small farms with chickens running freely and laundry hung outdoors from bamboo poles. Streets known as alleys were so narrow, cars scraped the walls on both sides. These narrow alleys ran off main thoroughfares. Bamboo grew abundantly and though Asian bamboo is used like wood, it is actually a grass.

I arrived during Chinese New Year which is based on a lunar calendar. Representing luck, prosperity and new beginnings, the annual celebration is rich with tradition. Debts are cleared and houses cleaned to sweep away bad fortune and welcome good.

Located off a narrow rutted single lane, partially paved road was our first house in Taichung. Wei Ta Lu Road jutted from a major through fare. Taiwan was the first locality where I saw non-operable toilets in front yards filled with flowers.

I made friends with a teacher who taught at Morrison Academy, a Baptist missionary school and the only English speaking school in Taichung. She invited me to join her and other teachers in a Chinese cooking class. We gathered Saturday mornings in Morrison’s high school home economics classroom. Our cooking instructor was the school’s Chinese language teacher.

She gave us two versions of each recipe, one recipe for local market shopping and another for shopping when we returned home to the United States. During each class, we wolfed down our creations with bantering and laughter.

Living abroad was a wonderful gift, teaching a valuable lesson: Always appreciate what you have and be open to new experience.

Kathy Manney enjoys visiting interesting places and being an Adventure Diva. Her “Must See” travel journeys continue - always with enthusiasm.

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I have previously written that “one is not in good health without good oral health.” It appears that I now have scientific proof to back up my statement.

Fox News, on its October 31st website wrote how UCLA researchers “have discovered markers in saliva that could predict a host of diseases, including cancer and type 2 diabetes.” Research and discoveries such as this could help doctors discover and identify diseases from just a simple test of saliva.

Previously this sort of information required a blood test, and even then, was not a total solution. To date this is “the most comprehensive analysis ever conducted of RNA (ribonucleic acid) molecules in human saliva.”

The study’s lead author, Dr. David Wong is a professor of dentistry at UCLA. According to Dr. Wong, “if you don’t look in saliva, you may miss important indicators of disease. There seems to be treasure in saliva, which will surprise people.”

RNA is essential to analyzing a patient’s potential for disease. The fact that a saliva test may assist with disease diagnosis is surprising as the enzymes in saliva typically break down the RNA. Of interest is that the researchers “discovered that human saliva contains more than 400 circular RNAs—the first discovery of circular RNA in saliva or any bodily fluid— including 327 forms that were previously unknown.”

This study will be published in January 2015 in the Journal of Clinical Chemistry. As you can imagine, I greatly look forward to reading the full report.

And just in time for the Holidays - the Japanese blog of the Wall Street Journal (10/31) reported that a Japanese retailer, The Village Vanguard Co. has come out with toothpaste that is wasabi flavored. A fine way to wrap up an evening out at a sushi restaurant!

**And just in time for the Holidays (Part II) - In the September Journal of the American Dental Association I read a very unusual article. It was entitled Noxious Family Environments in Relation to Adult and Childhood.

As hard as it is to believe, the conclusion of the study was that: “the extent of women’s and men’s experiences were associated positively with their partner’s levels of overall noxious behavior toward them. The extent of children’s experience were associated positively with the level of their mother’s emotional aggression toward their partners.”

I hate to think that we are funding studies such as this. I cannot help but think that everyone knows that a loving family environment is a win-win for most everything — including dental care.

If I can assist you in any manner with your dental needs, please do not hesitate to contact my office and schedule an appointment — with or without your children.

Until next month, I wish everyone a very happy and healthy Holiday and New Year — and keep smiling.

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White smiles are for everyone!
As Publisher Dan has written, I suffered an unfortunate break before the holidays. Despite being on the “disabled list” I want to thank everyone for their good wishes, and most importantly for taking the time to fill out our Vegas Voice Guardianship petition.

There’s still time to show your support before I head up to Carson City and discuss this very important issue with our Legislators. And believe me, your help is certainly needed.

For those that have not yet done so, please fill out and return the attached petition. Then, spread the word to your friends and neighbors - have them sign the petition.

You can either fill out this petition and fax/mail it to me or go to our website: www.thevegasvoice.net. On the bottom of our home page, click on the picture, Know your rights and complete. It will email directly to me.

With your help, we are well over a thousand petitions to amend this law and asking that NRS 159.059 be revised by striking the Nevada residency requirement as a qualification for guardianship.

While the number of petitions is GREAT, we need more and have little time left. Please keep them coming.

As news on the guardian bill amendment becomes available, I will keep you updated in my column and even on our “Listening to The Vegas Voice” radio show heard on Monday and Tuesday mornings at 10:30 on KLAV 1230AM.

In the meantime, remember that old saying, “what a wicked web we weave when we practice to deceive?” There are some things you might find curious, or of interest regarding recent home owner association news.

A few months ago, a retired chief investigator, Bruce Allitt, of the Nevada Real Estate Division, (NRED) publically berated Commissioner Jona-than Friedrich. Mr. Allitt went on a tirade alleging Friedrich was wrongly appointed to his seat by Governor Sandoval because he lied on his application.

His lie? That he was an owner of a home that was part of a Home Owners Association. This was a requirement for serving as a commissioner representing homeowners.

Since Commissioner Friedrich had been paying HOA assessments for many years at his Rancho Bel Air property and had even filed a complaint against the HOA board while Bruce Allitt was at NRED, Allitt’s outburst took on a decidedly personal flavor.

This matter took on a mystic twist last month when Friedrich filed a lawsuit against Rancho Bel Air. It seems that this development was built in two phases by two builders.

Research has uncovered that only ONE development was built as an association. When the second phase was built and the CC&Rs filed, the second builder/owner decided he could piggy-back on the first phase and tell all homeowners to join the association.

Not knowing any better, duped homeowners for years paid the HOA fees . . . until someone got angry and did some title searching . . . BIG OOPS!

Apparently while NRED’s investigator was attacking Commissioner Friedrich (and because Friedrich was unable to respond to the charges at the time) he just opened a “Pandora’s Box” and may just be due a large thank you at the end of the court proceedings.

As for any Rancho Bel Air Phase One neighbors who paid assessments all those years, I hope you are reading this!

Rana Goodman is The Vegas Voice political editor and a “trouble shooter, advocating for seniors.” She also maintains a community web site, www.anthemtoday.com; a forum for residents in Sun City Anthem. She can be reached at: rana@thevegasvoice.net

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Petition to CORRECT Guardianship Law

I (we) want to express my (our) total opposition to the existing law NRS 159.059 which requires that a relative must be a resident of the state of Nevada in order to qualify as a guardian of their parent or other loved one. It should be my choice; and if I so desire, my family member to serve as Guardian without any government or bureaucratic interference.

Name(s):_________________________________

Address:_________________________________

________________________________________

________________________________________

Registered Voter   Yes  No

Voted in last election  Yes  No

Mail petition to: THE VEGAS VOICE
10624 S. Eastern Ave., # A-250
Henderson, NV 89052

Or fax to: 702/666-0427

Or sign the petition online at:

www.thevegasvoice.net
Simple Improvements = Higher Sale Price

It is never an easy decision to sell your home. Just thinking about packing, shipping, garage sales, etc. is enough to make anyone turn pale and start to tremble.

I recently sold to a military couple who said that they had moved 31 times. She had it down to a science.

She knew what to pack, gift, fix or sell. Most of us, though, are just not that experienced.

The best place to start is at your curb. Pretend you are the buyer walking up to this home.

Does anything particularly catch your eye? If you answer NO, then it is time to do a few simple upgrades that aren't very costly.

These simple upgrades can actually bring you a better price.

1. Curb appeal: Planting some nice flowers, flowering plants, or bushes actually hangs out the welcome sign. Color is always appreciated and the more color your front yard has, the more someone warms up to it.

Plants are fairly inexpensive and paying a gardener to plant them is also fairly inexpensive. If your home is on the market for several months, change out the dead flowers frequently.

2. Exterior painting: If your stucco is all chipped and your house looks old and decrepit, call in a painter to fix the stucco and paint your home. Nothing screams out more to a buyer to BUY than to see a freshly painted home. Choose a painter with good references who is licensed and bonded.

3. Interior painting: Many people live in their homes 5-7 or more years before deciding to sell. While the home is in good condition, it appears very dated with graying white walls.

By painting the interior a nice light, beige color, your home looks updated. Buyers respond to fresh paint favorably.

There is more inventory available now than a year ago. If you were the buyer and you saw homes which would you choose?

Obviously, the freshly painted home with the beautiful flowers in the front. This is a home they can remember!

Plus, these few, small improvements can bring you a much better price from the buyers!

Here’s the way it works with buyers: in their mind, if the house needs $500 in repairs, they offer you $20,000 less than the listed price for your home.

If all the work is done and it is move in ready, you might get list price or slightly higher, or a tad lower. You might also get several offers. So, overall, you will get a HIGHER PRICE with these small improvements than if not done.

If you are ready to sell, please call me for a FREE professional consultation. You might be amazed at your home’s current valuation. I can be reached at 702-858-9311.

Myra Gougér is a licensed REALTOR® with Realty ONE Group in Henderson, NV. She has been a realtor for 10 years in NV. She specializes in helping buyers and sellers get the best prices for homes. She can be reached at 702-858-9311 or by email: myra_gougér@yahoo.com. (Opinions and information expressed herein are those of the writer and not Realty ONE Group.)
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Reckless - A True Marine

What picture comes to mind when you hear the words “little red horse?” Do you think Woman Warrior. Probably not.

Normally I’d picture maybe a rocking horse, or stuffed animal. Would you believe it’s the name of a Leatherneck, another name for a Marine?

Not just a Marine, but a female Marine. And not just a female Marine, but a female horse named Sergeant Reckless. But to the Marines, she wasn’t a horse; she was a Marine.

Following are excerpts from the book “Reckless; Pride of the Marines” by Lieutenant Colonel Andrew Geer and “Sgt. Reckless, America’s War Horse” by Robin Hutton, as well as Wikipedia.

Reckless was sold in 1950 to the United States Marine Corps by a Korean family who had fled to the countryside when the Korean War started. She was trained to be a pack horse and was allowed to roam freely through camp, entering Marines’ tents where she would sleep on cold nights.

Her main caretaker, Sergeant Joseph Latham, said “She was a quick study. Tell her what you want and let her look the situation over and she’ll do it.”

She learned to step over communication lines, lie down on command, kneel during incoming fire and step over barbed wire. Her appetite was legendary - she devoured carrots and apples, but she also loved candy bars, Wheaties, Coca-Cola, scrambled eggs, chocolate pudding and beer. She weighed 900 pounds, standing only 14 hands (56 inches).

Reckless wasn’t a horse. She was a Marine. She didn’t just carry supplies to her Marines, evacuate the wounded and return again. During one battle in March, 1953, she made 51 trips from an ammunition supply depot to the front line, carrying over 9,000 pounds of explosives.

But when the going got tough, Reckless did too. After Marines led her a few times up and down to battle stations, she remembered the way and traveled these dangerous paths and mountain trails without the accompaniment of a fellow Leatherneck.

She would carry supplies to her Marines, evacuate the wounded and return again. During one battle in March, 1953, she made 51 trips from an ammunition supply depot to the front line, carrying over 9,000 pounds of explosives.

Marine Harold Wadley stated, “I will never forget the image of Reckless against the skyline, her silhouette in the flare lights. It was just unbelievable, in all that intense fire, in the middle of this chaos, I thought ‘Dadgum’, that’s that mare.’”

She was awarded two Purple Hearts, a Marine Corps Good Combat Medal, a Presidential Unit Citation with bronze star, National Defense Service Medal, Korean Service Medal, a Navy Unit Commendation, and a Republic of Korea Presidential Unit Citation.

She was retired and brought to the United States after the war and gave birth to four foals. Reckless died in 1968, at age 20.

A plaque and photo were dedicated in her honor at the Camp Pendleton stables and a statue of her was dedicated on July 26, 2013. Reckless wasn’t a horse. She was a MARINE - Always Faithful! SEMPER FI.
Another holiday season is behind us. Every year I think things can’t get any more commercial, yet somehow it does.

The day after Thanksgiving was always the kickoff to the holiday shopping season. To get a jump on the competition, stores opened earlier and earlier until they eventually opened at midnight.

It wasn’t long before the unthinkable happened - they opened on Thanksgiving day. I couldn’t imagine that people would actually shop on the holiday, but they did.

The fight for the consumer dollar is fierce and lately that fight is being won by the online sellers and retail giants. The “Mom & Pop” and small chain merchants were being squeezed out of existence.

To me, the saddest example of this is the loss of the local bookseller. Now a writer and always an avid reader, some of my fondest memories are of browsing in the small bookstore in my hometown.

As a regular customer, I got to know the owner, his wife and staff. They knew what I liked and would tell me about the latest releases whenever I walked in.

I didn’t need the internet to tell me what to read. I miss those days which is why I was so happy to discover a new addition to downtown Las Vegas.

In a small storefront on the rapidly revitalizing East Freemont Street at 10th Street is a new bookstore called The Writers Block. This is not one of the many shops selling used paperbacks, but one that sells new books - which is something you just don’t see any more unless it’s a major chain location.

What really stood out was the welcoming atmosphere and the attitude of the small but knowledgeable staff. The establishment is run by Scott Seeley and Drew Cohen, a couple of transplanted New Yorkers, along with their associates Kris and Chris.

Drew was kind enough to give me a tour of the facility, which in addition to the retail space in front, includes a large area in the rear for holding workshops, readings and other literary events. Scott said “the bookstore supports free writing programs for Las Vegas students, such as exciting workshops and field trips for public school teachers and students.”

In addition, the Creative Writing Program at UNLV will be holding their monthly Neon Lit program at The Writers Block. So rather than being an establishment that focuses on bottom line profits which go to some unseen corporate entity, The Writers Block is getting actively involved in the community.

As consumers, we need to patronize those businesses we want to see stay around. Whether it’s this book store or any establishment you happen to enjoy, they need community support to survive.

We are so conditioned to get the best deal or the best price. Quite often, the amount we save by shopping online or going to the big department store is miniscule to us, but it can be a big difference to that “Mom & Pop” operation trying to make it in a very competitive environment.

Every time we shop we cast a vote with our dollars - so vote for those businesses you enjoy.

Richard Warren is a passionate consumer advocate. He can be reached at: writer.lv@gmail.com

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january 15
A Healthier You

A New Year - New Goals!

WOW! January 1st and another new year already! Where did 2014 go? Is it 2015 for real?

I turned a magic 70 years young last month and WOW – love it! Can’t believe all that has passed in 2014.

I had some very traumatic events in my life in 2014 and made it through – with the help of God, friends, family and the determination that nothing was going to take me down!

I’m on to new goals this year. I don’t make resolutions – just new goals.

One thing that I will do this year is put an empty jar on my kitchen counter, fill it with happy thoughts or events and then in January 2016 – take out all the happiness that has transpired throughout this year and read them.

I’m gradually getting back to my exercise routine with my Zumba classes. With the extensive back surgery that I had in August, I did have to take it a little easy for a few months, but I’m getting back my strength and energy each day.

I’ve returned to my work at the beautiful M Resort and also at the spectacular Smith Center. Loving both jobs! I feel so blessed to have my health back and be able to do what I’m able to do at 70 years old young!

So we all gain a few pounds in 2014?! Don’t stress about it. Just take it easy – better to lose a few pounds at a time slowly than to crash diet.

Try to enjoy the goodies at the holiday time – but in moderation. I try not to deny myself of any of the wonderful sweets, chocolates, etc. – even indulging in a holiday drink or so.

I found one secret to keeping your alcohol in moderation is to have a sip of water every so often when drinking wine. It sure helps!

I also try to nibble on some veggies before venturing out to a party. Then I am not so famished when I get there and eat much more than I intended!

Someone told me that we might just as well take the chocolates that we eat during the holidays and just slap it on the hips! I thought that was pretty funny!

Life is shorter than we think! Make 2015 a year to reflect on what we did last year – set some goals (not resolutions!) to try to attain what you didn’t do in 2014.

Make a conscious effort to exercise more, try to lose those added pounds that suddenly appeared around the middle, eat healthier, enjoy your friends, make new friends. Most of all - enjoy each and every given day.

POSITIVE ATTITUDE AND HAPPY HEALTH TO ALL!

Mary Richard was crowned Ms. Senior Nevada 2006, was first runner-up for Ms. Senior America 2006 and is a life-time dancer. She is one of the original columnists for The Vegas Voice. She is now an aerobics instructor throughout Las Vegas/Henderson. Mary can be reached at mary-vegasvoice@cox.net.

Your New Year’s resolution: No More Pain

This is the third and final part in a series on chronic low back pain. To briefly recap the previous articles, two of the principle reasons for low back pain are compression or inflammation of a nerve.

This damages the nerve and causes it to become more sensitized over time. The possible reason for this sensitization is that the original damage to the nerve decreased the usual amount of information it sent to the brain.

This information, which we call pain, alerts the body when damage is being done to the tissues. This is a crucial survival mechanism because an excessive amount of tissue damage can be lethal to the individual.

The brain compensates for this decreased information from the damaged nerve by “turning up the volume” from the damaged nerve. Where a strong stimulus is usually needed to elicit a pain response, now, only a mild or moderate response - such as moving the wrong way will elicit pain.

Understanding what creates chronic pain may be intellectually satisfying. However, individuals suffering from chronic pain simply want to know if and how the pain can be effectively treated.

As stated previously, the increase in sensitivity of the nerve is due in large part to an increase in channels in its structure which allow the nerve to fire. Pharmaceuticals such as Gabapentin, Neurontin and Lyrica help block certain of these channels and provide relief to many patients.

Similarly, certain chemical constituents found in certain herbs used in traditional Chinese medicine have been shown to alleviate pain by both decreasing inflammation and blocking the channels within the nerve cell. While these herbs and pharmaceuticals help relieve the pain, they do not undue the changes that led to the pain condition in the first place.

An alternative approach to treat pain is one used by acupuncture for thousands of years. Acupuncture points affects both local nerve function, as well as brain function with different acupuncture points affecting different areas and functions in the brain.

Recall that a nerve became sensitized because the brain was not receiving the level of input it needed from the affected distal nerve. By stimulating local nerves and/or relevant areas of the brain with acupuncture needles, the input to the brain now increases and the brain now turns the volume down at the affected nerve.

This process helps to desensitize the nerve and results in decrease in pain. The process takes a series of treatments, but acupuncture is relatively painless and can result in an overall decrease in pain and increase in quality of life for patients with chronic pain.

This is one of the reasons so many people seek out acupuncture when no other form of treatment has helped.

In a recent medical lecture, the presenter stated that the United States makes up about 5% of the world’s population but consumes 80% of all pain pills. Where the pills may be relieving the pain, is this relieving the underlying problem and increasing the individual’s health and quality of life?

Make your resolution to have the healthiest, most pain free New Year possible.

Dr. Kyo Mitchell served as faculty at Bastyr University in Seattle and Wongu University in Las Vegas for over a decade. Dr. Mitchell practices in Summerlin and can be reached at 702-481-6216 or rkyomitchell@gmail.com.
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A No-Brainer Minute

Brain Sex: 50 Shades of Pink Brain & Blue Brain

I read a very interesting book, *Pink Brain, Blue Brain; How Small Differences Grow Into Troublesome Gaps -- And What We Can Do About It*, written by Lise Eliot, Ph.D., Professor of Neuroscience at The Chicago Medical School of Rosalind Franklin University. The latest research shows how small the male/female brain differences really are, but our culture unwittingly reinforces gender stereotypes. Dr. Eliot’s good news is our brain is marvelously plastic and can remodel itself.

What Can Be Done to Even The Playing Field?

**BOYS / MEN**
- Take responsibility for the family pet — to cultivate a caring & sensitive side.
- Build language skills by alternating “listening” to chapters of a book-on-tape — with “reading” the same book
- Keep a journal — to practice voicing emotion. (No one ever needs to see it!)

**GIRLS / WOMEN**
- Participate in home repair jobs — to practice mechanical and spatial skills.
- Play chess — to challenge logical, spacial, mathematical & forward thinking skills.
- Play a sport like golf (miniature or regular), bowling or tennis — to build a competitive side as well as hand-eye coordination.

Jan Fair is a writer, consultant & public speaker who’s published over 40 books. Check out her website at [www.janFair.com](http://www.janFair.com) and contact her at jan@janfair.com.

Mental Minutes

“Names”
1. In one minute, name as many girl’s names as you can. Then do it for boy’s names.
2. Make an alphabetical list.
   - Girls: “April, Binnie, Cat, ...”
   - Boys: “Alex, Bob, Corey, ...”
3. Repeat one of your lists backwards.
   - Girls: “Zarina, Yoko, Xiang, ...”
   - Boys: “Zed, Yakov, Xavier, ...”

New Year’s Resolution For Your Brain

Walk
20 minutes a day!

No-Brainer Piks

Get the App
“MapMyWalk”
[www.iTunes.com](http://www.iTunes.com)

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Y0040_GHHHY6DEN4 Accepted
Dear Friend,

You can feel it coming on. It’s that all too familiar pain that you have come to expect on a consistent basis. Maybe it’s once a month, maybe twice a week; for some, it’s as often as every day.

They take their toll on the job and at home, resulting in lost income, strained relationships and an inferior quality of life. But, if you are a headache, migraine or mystery head-pain sufferer, you already know all of this.

Here’s the thing. In my office, most of the people that come in to see me tell me they’ve “tried everything.”

Many people prefer to escape into the comfort of their beds, with the lights off, the shades down and no noise. When the pain finally breaks, they may feel exhausted, weak, confused or even hung over.

They’ve had “every” test, wound up with huge medical bills, and are still no better off. Often, they’ve been subjected to medications that (at best) temporarily mask symptoms. That’s not what most people are looking for.

That’s what I’m going to tell you about. But, before I tell you more, let me tell you something about myself.

At the time, I’m a student in good ol’ Atlanta, Georgia, and life is good. But then, it happens: I get rammed by a truck and get hurt so badly I can’t sit up without reaching behind my own head and lifting up.

The pain in my head (also my neck and back) gets so intense I can’t sit in class, concentrate and to be very frank, it puts me in a bad mood – and that’s not me! I’m afraid my dreams of being a doctor are slipping away.

I try a few things, and after considering surgery (that’s the only option, according to the doctor) I decide against it. But, there’s more…

A friend convinces me to give his doctor a try. This doctor does an exam, takes some films, and then “adjusts” my upper neck.

The doctor tells me by getting my head straight, even my low-back can get better. The adjustment doesn’t hurt, there was no “cracking,”; it actually feels good.

I get relief, and shortly, I can turn my head without my body going with it. Oh, did I mention that this doctor is a NUCCA chiropractor?

NUCCA Chiropractic works so well for me, and I’m so impressed with the other “miracles” I see in his office, that I eventually get specially trained as a NUCCA chiropractor myself. And that’s how it happened!

Headaches and migraines may be your body’s negative reaction to nerve interference in the upper cervical spine (neck region); specifically in the first vertebra, the atlas. Nerve interference doesn’t always result from head trauma such as an accident, an injury or a fall.

It can result from years of poor posture, stress and even the birth process itself given the extreme pressure on a baby’s neck due to the pushing, pulling and twisting that’s part of any delivery! And it can take years for any type of body damage (illness, condition) to show up!

Nerve interference in the upper cervical spine negatively affects communication between the brain and the body; causing the body to malfunction. NUCCA doctors receive specific training to locate, correct and remove nerve interference so that these malfunctions, including headaches and migraines, are corrected, without drugs!

Meet Some of Your Neighbors We’ve Interviewed on every television news channel in the city (3, 5, 8 and channel 13). They loved NUCCA. A friend helped me put the interviews up on our website: www.DrDevin.com.

My assistants are Brandi and Lynette and they are really great ladies. Our office is both friendly and warm and we try our best to make you feel at home.

We have a wonderful service, at an exceptional fee. Our phone number in Summerlin (Dr. Luzod and Gardner) is 702.566.HOPE (4673), Southwest (Dr. Higo) 702.944.HOPE (4673) and Henderson (Dr. Hecker) 702.565.HOPE (4673). Call Brandi, Lynette or me today for an appointment. We’ll find out if we can help you. Thank you.

Devin Luzod, D.C.

P.S. When with the first, I am also offering the 2nd family member this same work-up for only $17!

P. P. S. “Mystery head pain” often doesn’t have a category and these patients are often told to, “live with it.” It can even feel like a shock or an odd sensation into the head. The cause may be brainstem pressure and we will uncover this in our exam.