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Turning 65? Know Your Medicare Options.

By Rick Beaven, Nevada President for Humana’s Senior Products

Approximately 11,000 adults become eligible for Medicare every day, reflecting a dramatically increasing senior population, and that number is only going to grow. The U.S. Census Bureau predicts there will be about 72.1 million seniors age 65 and up – nearly 20 percent of the population – by 2030.

Here in Nevada, there will be close to 800,000 seniors by 2030.

Nine of 10 older adults are living with at least one chronic condition, according to the National Council on Aging. Making matters worse, these conditions place a significant financial burden on seniors and caregivers. As a result, there’s a clear need for access to affordable healthcare that meets the needs of individuals as they age.

Las Vegas seniors should keep an eye out for materials from the Centers for Medicare & Medicaid Services (CMS) in the months leading up to their 65th birthday. Following are tips to help seniors and their caregivers learn about their Medicare options, including when they can enroll and the types of health plans available, as they begin the Medicare plan selection process:

✓ Know Your Options. Find a plan that provides the healthcare coverage you need and maximizes your healthcare dollars. Your options include Original Medicare (Parts A and B); Medicare Supplement plans; a Medicare Prescription Drug Plan (PDP), or Medicare Part D; and Medicare Advantage (Part C), which typically provides extra benefits, services and prescription drug coverage and may or may not require an additional premium.

✓ Know Your Enrollment Timeframe. This year, during the Annual Election Period (AEP), from Oct. 15 to Dec. 7, seniors who are eligible for Medicare can review Medicare Advantage and Medicare Part D plan options and select healthcare coverage for 2015. However, people turning 65 before October can enroll earlier. They have a seven-month window – the Initial Enrollment Period (IEP) – to enroll, including the three months before their 65th birthday, the month of their birthday and the following three months.

✓ Know Your Medical Cost History. Review your records to see how much you spent on healthcare during the past year, including hospital expenses, pharmacy costs and doctor bills. Then try to calculate your best estimate for healthcare costs in the year ahead.

✓ Know Your Resources. If you are considering a Medicare Advantage plan, research the costs, benefits and network of doctors and hospitals associated with each plan. The government’s Medicare website, www.medicare.gov, is a good resource that lets you find and compare Medicare health and prescription drug plans. CMS makes it easier to navigate the Medicare landscape by rating health plans on a five-star assessment grade.

✓ Compare Benefits. Insurers often offer multiple Medicare Advantage plans from which beneficiaries can choose to fit their specific life, income and health situations. Benefits from these plans may include primary care and specialty office visits, routine physical and preventive care and membership in fitness classes and lifestyle enrichment programs.

If you’re approaching your 65th birthday, it is important to start considering Medicare options to select the plan that best fits all of your needs.

For more information on Humana’s Medicare Advantage plans in Nevada call 702-837-4401.


New Nevada Guardianship Law Update (June 2015)

- The new guardianship law allows you to protect yourself... but you must take action!
- Learn what documents you need to prevent Private Guardianship
- Is your Trust, Will, or Power-of-Attorney valid with the new law changes?
- Have recent law changes made your Power-of-Attorney’s obsolete?

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- Sun City Anthem
- Sun City Aliante
- Sun City MacDonald Ranch
- Sun City Summerlin

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

What Do You Think?

Do you agree with our columnists? Did anyone get you angry, make you think or simply put a smile on your face?

Please tell us by forwarding your comments, thoughts or suggestions to Publisher Dan at: dan@thevegasvoice.net.

And whatever you do, don’t forget our website. Read about the latest information about us grown-ups so you can keep up to date with everything going on.

You can also hear our great radio interviews. Check out all our good stuff at: www.thevegasvoice.net.
Look what we all accomplished this legislative session.
The guardianship mess has been unabated for many years, but when you give a few seniors an issue they are passionate about, they can move mountains! A friend of mine once stood in front of a commission board and said: “Don’t ever get seniors mad. We have nothing but time and we vote.” Well, we signed the petitions and made lots of noise too.

Guardianship bill SB 262: The Nevada residency requirement is no longer a part of our lives and we seniors can all breathe a huge sigh of relief! A huge THANK YOU goes out, not only to all of you who voiced your opinions on the legislative site and the telephone lines, but also to Senator Becky Harris and Assemblyman Lynn Stewart for combining their bills to put SB262 forward.

Senator Harris was able to get just about every senator/assemblyman to sign on as co-sponsors. The bill sailed through the Senate and Assembly Judiciary Committee but as deadline approached for the passage in the full Assembly, it seemed to stall.

I sent the Senator an email asking what was happening (since my bill tracking system kept saying “recommended do pass with amendment”) but it was stalled. She pointedly replied: “We are at the mercy of the Assembly.”

Dozens of our supporters sent emails to the Assembly urging passage and finally word came that it PASSED UNANIMOUSLY. Those of you with children and siblings living in other parts of the country can now rest easy.

What you all need to do now is stand any opposition when you consider that almost every professional you use for the most simple service - like hairdresser, manicurist, even dog groomers as well as accountant, attorney, stock broker, insurance, real estate, etc., must all be licensed.

But as you can imagine, the private for profit guardian industry ardently objected to this. Well, they now have to comply and be bonded, and answer to the state should a family member file a complaint against them. And there’s more! The icing on the guardianship reform cake was our collective efforts - including our Vegas Voice articles, KTNV Channel 13 Darcy Spears’ investigative reports, the Las Vegas Review Journal stories, the Clark County Commission (starting with Chairman Steve Sisolak) and all of our readers in removing the long standing guardianship hearing master.

It was our belief that Family Court Hearing Master Jon Norheim and his supervising Judges Hoskins and Richie were one of the prime causes of this guardianship scandal. They will now be “reassigned.”

Yes, May, 2015 was a very good month indeed!

What Now? Many people have asked: “What’s next. What else can be done?” Since I never learned how to step off my “soap box,” Dan and I have reached an agreement with the National Association to STOP Guardian Abuse.

This is a national non-profit with a mission (starting with Chairman Steve Sisolak) and all of our readers in removing the residency requirement is no longer a part of our lives and we seniors can all breathe a huge sigh of relief. A huge THANK YOU goes out, not only to all of you who voiced your opinions on the legislative site and the telephone lines, but also to Senator Becky Harris and Assemblyman Lynn Stewart for combining their bills to put SB262 forward.

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A Nevada Association to STOP Guardian and Elder Abuse intends to put them back in their home and to get back their lives once again.

We have already collected donations (including my own), and were able to retain an attorney. Our first attempt is to remove the guardianship of Phyllis Moskowitz-Crowe. She is the lady featured in my previous column.

Her court date is June 10th. I hope you will follow that story and pray for her release and success.

Last but not least, a taste of what we will tackle in the future. We will be investigating the places where these guardianship wards are housed.

I think it is a subject worth talking about, because once we do, some of these elder homes/assisted living facilities might make you think about that movie, One Flew Over the Cuckoo Nest. Stay tuned.

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.
The “Other Heroes” of Guardianship Reform

“we thank you and Rana for everything that you have done on guardianship reform. you are true heroes and we will always be grateful.”

I admit it’s most gratifying (and humbling) in receiving a bunch of these messages. Believe me, Rana and I truly appreciate them.

Everyone’s non-stop collective efforts have been successful. The new guardianship law will rescind the ridiculous Nevada residency requirement. More importantly, it allows you to decide who will be your guardian should it become necessary.

That means that if you want your adult child to serve as your guardian, he or she will not be disqualified if they live in California, Arizona or anywhere else. The horror, fear and abuse of a private for-profit guardian taking over your life will no longer exist.

To add to the above good news, private for-profit guardians now have to be licensed and bonded. Plus they can no longer “hide” behind the court hearing judge (who selected them in the first place) should family members have a complaint about them.

Now to be clear, there are many “heroes” responsible for the passage of the new laws.

Any “credit” due to my Rana and The Vegas Voice must first start with former Las Vegas City Council member Steve Miller. He has been hammering away on these guardianship vultures for years and was the individual who first informed Rana of this issue.

Additionally as elaborated in Rana’s initial September edition, Becky Guadalupe Olvera (who was a tragic victim of the guardianship system) has been an invaluable source of guidance, strength and assistance. She wanted to make sure that no other person should ever suffer what her family has been through. Becky is indeed one of the good guys.

A number of our elected officials stepped up to make sure the bills passed. Credit goes to Senator Bucky Harris for being the original sponsor, as well as the numerous Senators and Assemblymen (from both political parties, and in particular, Assemblyman Glenn Towbridge) who joined in and co-sponsored the residency bill.

Also when the license/bond guardianship bill sponsored by Assemblyman Michael Spinkle was in trouble of dying, Assemblywoman Victoria Seaman made it very clear to Rana and myself that she would not let that happen. She was right.

And of course, you, the readers who took the time to submit their petitions (3,622 to be exact and the over 200 who subsequently sent them in after we delivered the petitions to the Nevada Legislature) are likewise heroes. The people spoke about this injustice and were heard loud and clear.

But as for The Vegas Voice, there are two other “heroes” responsible for our publication’s response on guardianship reform. Interestingly they have no idea what they accomplished, and one will forever remain unidentified.

These unlikely heroes: my New York football Giants and the guy who broke Rana’s shoulder. Let me explain.

Rana started getting involved in the guardianship issue over the summer after hearing from Steve Miller and several family victims. Her initial article in the September edition was interesting, but in all honesty, her “Don(na) Quixote” crusade did not appeal to me for one very specific reason - the football season was about to begin.

Truth be told, her subsequent article (that started the petition drive to strike the guardianship Nevada residency requirement) was only placed to get the political editor off the publisher’s back, since I only wanted to count down the days to our Vegas Voyagers European cruise.

Then came the “perfect storm.”

As I tearfully explained in my December column, after only 20 minutes on-board the ship, our vacation of a lifetime ended in a nightmare when some “schmuck” stuck his leg in the aisle, causing Rana to fall and break her right shoulder in two places.

And just when I thought my life could not get any worse, my Giants began to lose (and lose) becoming unwatchable.

So as I played 24/7 caregiver, Rana wanted to “discuss” her guardianship crusade. And without the Giants as my “escape excuse” I was stuck listening to her as she went on and on about this scandal.

My Ladylove eventually wore me down. There we were, home alone with nothing to do (after all, one can only watch TV and Dr. Phil for only so long) as we obsessively and continuously “suggested” that this guardianship issue (and those shameless private guardians - starting with that “poster child” guardian April Parks) was a disgrace and that The Vegas Voice had to do something.

Now of course (and as always) she was correct. But if that schmuck didn’t ruin our cruise and if the freakin’ Giants won just a few more games, I’ll always wonder if The Vegas Voice would have devoted all that time, space and effort in reforming the guardian law.

For those two unsung “heroes”, I congratulate them for their assistance in correcting a terrible injustice. Unfortunately, they will never know their contribution to the guardianship cause.

Despite our dubious reasons for beginning this venture, please be assured that The Vegas Voice will continue to update you on this issue. (See our seminar schedule on next page). There are still several more pieces of this guardianship scandal and we won’t stop until the indictments are handed down - or until kick-off Sunday, September 13th: Giants vs. Cowboys. I’m already counting down the days.

Thank You Vegas Voice

Dear Rana and Dan,

The North and Belshe family are extremely grateful to your coverage of our story in regards to my Parent’s being taken from their home on labor day weekend of 2013 and having everything sold by their legal guardian without the court’s permission. As of May 20th, 2015 April Parks was suspended from being my Parent’s Legal Guardian, this is only temporary until our next hearing on June 11th, 2015.

On June 11th, 2015 there will be a hearing for the objection to sell the valuable coins, precious metals, and other items. This is the last of the any monetary items that can be liquidated.

Our hope and prayer is for me, Julie Belshe to be appointed as permanent guardian and to assist my Parent’s in living out their remaining lives with respect, honor, and dignity. Our family is eternally grateful to The Vegas Voice in my opinion for shedding the truth and light on the legal guardianship abuse problems here in Las Vegas, Nevada.

Bravo to Rana and Dan for being elder advocates and educating the public and leading us in a morally, ethical way. Thank you for everything you do and continue to do to bring families back together.

Best Regards,

Julie and Scott Belshe (Rudy and Rennie North)
GUARDIANSHIP
How to absolutely, positively and unconditionally guarantee that it will never happen to you!

Sun City MacDonald Ranch
Wednesday, June 23rd @ 10 am

Siena
Thursday, July 2nd @ 6:30 pm
(Sponsored by the Siena Conservative Club)

Sun City Aliante
Friday, July 10th @ 10 am

Sun City Summerlin
Saturday, July 11th @ 10 am
(Sponsored by Assemblyman Glenn Towbridge)

The NEW Guardianship laws affect every senior. You are invited to attend this very important and FREE Seminar!

For more information and to RSVP, contact The Vegas Voice at:
702/251-4441 or www.thevegasvoice.net

LIMITED SEATING!
Recently I was drafting a talk on senior internet dating since I met my husband that way over 6 years ago. So I accessed a website to see what might have changed since 2009.

This time I didn’t sign up, but instead I “browsed” the site with initials as ID and an email. There is no profile on me.

I get 24 possible dates every day meeting my criteria that doesn’t exist. They say many have viewed my profile. What profile?

I looked at these hot prospects and wondered if they were serious or just plain distasteful. No shirt over 65 just doesn’t get my attention no matter how much he thinks it does. Even movie stars don’t reveal all after turning 65. Let us fall for you first.

I get lucky.

I caution anyone these days to take time, look at the free trials and pick a site that seems to have members you find appealing and interesting. Be careful with your information and never forget it’s public.

If you’re looking, it’s as good a place as any. For men and women alike, this stuff can become toxic if you’re not selective. It can also have a fairy tale ending.
Once upon a time, there were seven little dwarfs who lived deep inside the busy metropolis of a woman’s healthy, active body.

They were only seen on rare occasions until the woman was around 53 years old, but at that point there would be a giant, volcano-like eruption deep inside this mega-city, which caused the dwarfs to emerge and become very rowdy and out of control, driving most of the orderly and desirable inhabitants of this bustling burg far, far away.

Their names? (I saw them in someone else’s column, and recognized them instantly!) Itchy, Bitchy, Sleepy, Sweaty, Bloated, Forgetful and Griez-A-Lot.

Yes, they were all sisters in the Menopause family (which became the American version of the Italian name Menopausi, in 1344 A.D.) and together, these dwarfs were capable of driving a female - who, up to that point, had been a totally normal, happy, able and with-it woman by the way - to The Nuthouse.

As with so many things, the men in 1344 A.D. were not willing to accept it as a true physical phenomenon. Instead, they blamed their wives’ behavior on...well, their wives! Typical.

In 1344 A.D., the men insisted that the dwarfs could be conquered by a woman if she “just put her mind to it.” And, many a woman tried, but no matter what, her body would not be tamed.

Thus, on the fortieth time her husband said, “You CAN stop sweating, Marge! Just put your mind to it!” many a woman would clock her husband with a nearby zither. (It was also during this historical period that gunpowder was invented.)

When most men were finally walking around with concussions, they decided that they should look into a medical cause - and cure (of course, since men didn’t have to deal with the dwarfs themselves, many of them soon lost interest, and decided to handle their wives’ transformations by coming home really late and spending weekends in whatever Crusade was handy) and soon discovered that women were right all along (please, if they’d Crusade was handy) and soon discovered that they should look into a medical cause - and cure (of course, since men didn’t have to deal with the dwarfs themselves, many of them soon lost interest, and decided to handle their wives’ transformations by coming home really late and spending weekends in whatever Crusade was handy) and soon discovered that women were right all along (please, if they’d accept that to begin with, we could save so much time!).

**Itchy:** This dwarf would appear in the need to scratch. Everywhere. Different times, different places, different combinations, different intensities...different agitation levels.

This caused her family to watch her with a mix of horror and hilarity, often resulting in NO DINNER FOR YOU TONIGHT!

**Bitchy:** OK, this dwarf may have appeared on occasion before the woman reached 50, but these earlier appearances were only fleeting - quite different from the full emergence of Bitchy after the volcanic eruption. Now, the woman literally could not keep herself from expressing her thoughts and feelings as they occurred.

For example, that her husband’s after-shave was making her nauseous; her daughter’s skirt was revealing everything except good taste; her house was the ugliest in town, and how many times had she asked her hubby to paint their house, which wouldn’t matter anyway, because you can’t paint UGLY into PRETTY, and it always was, and always would be UGLY, UGLY, UGLY!

Yes, Bitchy could actually leave tornado-like devastation in its wake.

Sleepy and Bloated were not as dangerous. Sleepy resulted in lots of naps - on the couch, in bed, at her desk...in her car - and unless she was in one of their beds or driving someone somewhere at the time, it wouldn’t affect her family as much; things were always more peaceful when Mom was asleep.

Bloated came only after eating...or not eating...or anywhere near the scale...or when trying to fit into a pair of pants that she JUST WORE LAST WEEK!

The only real danger here was when Mrs. Menopausi asked someone, “Do I look fat in this?” In this case, one could only save oneself by running, as far and as fast as one could, while screaming, “You look GORGEOUS in EVERYTHING, I SWEAR!”

(I know, I know, you want to hear more, but we’ll have to continue next time because church starts in 15 minutes...not that I can go because NOTHING IN MY CLOSET FITS!)

To be continued...
New Month - New Shows

As every week brings a new convention to town, so does a new venue open off the strip. It may be a new restaurant or bar. It might be a change of name or ownership or a place that has recently added or transformed their entertainment.

Here are a few people and places you may not have thought about:

**RJ Fox** a solo guitarist playing in Lake Las Vegas at the Hilton. **Ghalib Ghallab** a smooth jazz pianist performing at the cigar bar in Tivoli Village, or the soulful sound of vocalist **Lou White** at the Sand Dollar Lounge. They are also entertainment up and down Fremont Street at just about every hotel and watering hole you pass.

And of course the street musicians, many of which could be headlining in several of the hotels, but are probably making more money as a street performer. I should mention a new edition of X Burlesque at the Flamingo that I was privy to attend, just another Hot Topless Sexy show.

Their infectious smiles dominate their Facebook photo pages. Kathi and Alan Glist’s smiles spread to all those around them: family, friends, business associates and the many audiences they delight.

The Glists produce the longest running scripted show in Las Vegas, **Menopause the Musical** at Harrah’s, a delightful musical parodying songs of the 60’s, 70’s and 80’s. They recently purchased the show’s international rights.

Currently they are working on producing a 60-city touring company, **The Survivor Tour**, with a cast of breast cancer survivors. A portion of the ticket proceeds are earmarked for the Susan G. Komen non-profit. Tickets for the Las Vegas **Menopause** production purchased online using the code **PINK** receive a $5 discount and $10 is donated to Komen.

The Glists, married 42 years, met their first day in college. Alan went into the garment business. A retailer of men’s wear, he became owner of the Harris & Frank clothing line with a store at the Fashion Show Mall.

Kathi was a stay-at-home mom and part-time teacher who began producing their daughter’s musical theater shows. She branched out, producing lavish parties for their circle of acquaintances and a production of **Fiddler on the Roof** in a 600-seat theater for their Temple.

A Broadway producer in the audience recognized the high standards they brought to community theater and invited them to invest in the stars, **Bruce Ewing**, **Kevan Patriquin** and **Joan Sobel** (who was accompanied by **Rhonda Carlson**) were from Phantom - The Las Vegas Spectacular. They dazzled the audience with their singing and arrangements. Where else can you be?

I can get out 7 nights a week, hit three or four venues and still not cover half of what’s going on in town. I will be attending some June performances that could be of interest to you. How about “Celebrating The Era Of Jazz” with **Clint Holmes** and **Reva Rice** in Reynolds Hall at The Smith Center on June 12th at 7:30 pm?

Maybe you’d like to celebrate **Frank Sinatra’s** 100th Birthday by seeing his son, **Frank Sinatra Jr.**? He will also be performing in Reynolds Hall on June 20th.

A venue that has taken on the responsibility of being a testing ground for shows that are looking for a home, is the Artifice. A bohemian style bar in the Art District on First Street that has a band stand and a dance floor hosting many different genres of music and entertainment.

That’s just a glimmer of what’s going on in town, but you can catch a complete calendar of local entertainment at my web site: www.EvanDavisJazz.com.

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**From Schmatas to Shows**

““We’ve seen a big evolution in the 10 years we’re here,” Kathi added, agreeing that there seems to be no homes on The Strip today for the mega-stars of a decade back: Clint Holmes, Frankie Scinta, Earl Turner and others.

“Entertainment has expanded into the restaurants,” Kathi emphasizes. Celebrity chefs like Gordon Ramsey, Emeril Lagasse and Wolfgang Puck, familiar television faces, have opened Strip restaurants. “Movies like **Hunger** have attracted a younger market,” Alan added.

“It’s very tricky to have a show in Las Vegas,” Kathi says. “You have to go between the cracks,” referring to marketing to timeshare companies and ticket brokers who purchase tickets in bulk for sales incentives and retail sales.

Referring to Alan’s progression from shirt-to-show business, Kathi remarks, “Whoever would have thought this would have come from the schmata business?”

Sam Wagmeister, a local Realtor specializing in Las Vegas senior communities, covers the hidden gems of Las Vegas Entertainment for The Vegas Voice. He would love to bear what you think. Contact Sam at: GreatVegasReal@Gmail.com or (702) 245-6556

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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.
My Generation

SENIOR 50+
WEDNESDAY

• UP TO 10X SLOTS / UP TO 6X VIDEO POKER
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• FREE STARBUCKS TALL COFFEE
• $108,000 FREE SLOT TOURNAMENTs
• 15% OFF LITTLE TONY’S AT PALACE & PIZZA ROCK AT GREEN VALLEY

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JULY: CAFÉS, BUFFETS, MEXICAN* & ITALIAN*

AUG: CAFÉS, BUFFETS & STEAKHOUSES

* Mexican valid at Cabo, Gardunos & Amigos only.
Italian valid at Pasta Cucina only. Must have a Boarding Pass and valid ID. Must be 50 years of age or older. Movie matinees before 6pm. Complete details at Rewards Centers. Sign up for Station Casino’s MyGeneration today!
A Very Busy Time

It’s June already, and for those who have been considering entering the Ms Senior Nevada Pageant, now is the time. Applications must be in by June 6th to be a contestant in our 30th annual pageant.

Our Pageant will feature a special appearance by Dondino, who was instrumental in starting the Pageant with our founder, Patti Ogren Hoganson. Dondino performed with his orchestra and furnished live music for the first Pageant. He is back in Las Vegas and we urge you to see this great entertainer whenever possible.

Also, for you history buffs, the Louden Family and the original Sahara Hotel were major supporters in the founding of our Pageant. Dorothy Guralnik, our first Queen is still active, as a member of our board, as the State Hostess.

And don’t stand still too long if you’ve reached the age of elegance (over 60 years of age) or she’ll sign you up for the next Pageant!!

Our Pageant Family is busy entertaining with our next show on Father’s Day at the Starlight Pavilion at Summerlin. This is an event for the Chicago Club developed and produced by Mary Mancini and Stormi Caprice.

Also, if you attended the Helldorado Parade, you saw our reigning Queen Audrey and our first Queen Dorothy along with our banner carriers, 2013 Queen Kat Ray and former Ms Senior Nye County, Stormi Caprice.

For more information: www.msseniornevada.com.

Denied A Stage, She Sang For a Nation

“Yours is a voice one hears once in a hundred years,” said Arturo Toscanini, after he heard Marian Anderson sing.

Amongst many first events in Marian Anderson’s life, there were two most memorable ones. In 1939, after she had represented her country with honor across the globe, Anderson was denied the right to sing at Constitution Hall owned by the Daughters of the American Revolution (DAR) because she was black.

Through the efforts of first lady Eleanor Roosevelt, (who then resigned from DAR) and Secretary of the Interior, Harold Ickes, this great contralto appeared on Easter Sunday on the steps of the Lincoln Memorial before an appreciative audience of 75,000.

The second memorable event was when she made her debut at the Metropolitan Opera House; becoming the first black American to do so. She was also one of the first five performers to receive the Kennedy Center Honors.

Marian Anderson, a most humble person, had the talent of being able to sing all parts in music. It was recognized at her first public performance at age 6.

Born in 1897 to John and Ann Anderson, Marian had a life of struggle. Her father, having worked constantly at meager paying jobs, died after a work related accident when she was 8. And Ann worked at a department store, earning a subsistence salary.

Marian Anderson, despite unbelievable racial prejudice limitations, was soon to be known as one of the world’s greatest living contraltos. (A contralto is the lowest range of female singers. It has a haunting, unusual color or vocal quality. Its intensity of power is in the chest register).

Her voice had an “earthy darkness at the bottom, clarinet-like purity in the middle, and piercing vibrancy at the top” ranging from a full bodied D in the bass to a brilliant high C.” While in high school she attempted to enroll at a local music school, but was rejected with a curt, “We don’t take colored.” Yale accepted her, but she didn’t have the money.

Marian was taught by a number of vocal teachers, who recognized her talents. From 1935 on, she was managed by the great impresario Sol Hurok; who, after hearing her sing, wrote, “Chills danced up my spine. I was shaken to my very shoes.”

In 1926, with financial assistance, she studied in Europe. Anderson was a box office sensation in Russia, Europe, Africa, and South America.

In 1938, she returned to America, giving her first Carnegie Hall concert and 70 more nationwide concerts. She sang for our presidents at their inaugurations and received many awards from them.

Marian Anderson was married for 43 years to the man, who had asked her to marry him when they were teens. He had a son by a previous marriage. She had no children.

In 1991, a one-hour documentary, Marian Anderson, aired on PBS. By then, she had moved to Portland to live with her nephew, James DePriest, who was also her music conductor for many performances. In 1993, Marian Anderson died at 96.

By setting many examples for overcoming incredible hardships, she has been an inspiration to young singers for achieving their goals - no matter the obstacles.
I decided this month to write about an obscure show that I did back in 1971 called “Getting Together.” It starred then teen heart throb, Bobby Sherman.

I say “obscure” because I doubt if many of you have heard of or watched it. It was on ABC, but was cancelled after only 14 episodes. The main reason - it was on opposite “All in the Family” which was a ratings blockbuster. For those women who grew up in that era, I’m sure you will remember him. He was in just about every teen magazine that existed.

In 2005, TV Guide listed him as number 8 in the list of TV’s greatest Teen Idols. By the way, he’ll be 72 next month!

It’s been said that he had so many screaming fans that he actually experienced some hearing loss! Case in point: The day I was to begin filming, I drove onto the lot in Burbank and there were at least a thousand screaming girls everywhere. I had no idea what was going on. As I however slowly made my way up to the guard gate to get my pass to go to the set, I asked the guard what was going on. He told me that this went on every day. The girls knew that Bobby Sherman and David Cassidy (who was filming The Partridge Family) would be driving on to the lot every day as well as after lunch.

The guard informed me that the only difference was that Bobby would get out of his car and sign everyone’s autograph book even if it made him late, whereas David would just run over them! Bobby was a singer as well as an actor. He has 7 gold singles, 1 platinum single and 5 gold albums. Remember Albums? Wow, how times have changed. He can also best be remembered for a TV show called “Here Come The Brides” as well as “Shindig.”

Bobby was discovered by an agent while he was singing at a Hollywood party and his career soon took off. He became a “Teen Idol” and remained so from the late 1960s to the early 70s. When he guest starred in the show “Emergency” Bobby felt a new calling. He then retired from show business to become an Emergency Medical Technician, then became a reserve police officer with the Los Angeles Police department in the 90s.

In 1999, he became the San Bernardino County Sheriff. Bobby has also received many awards for his humanitarian efforts.

So as they say, he wasn’t just a pretty face! And at the risk of once again, sounding redundant, I must say that he was really one terrific guy - as nice as he could be. I was thrilled to have worked with him.

Until next time, remember: Be with those who bring out the best in you, not the stress in you.
Even though angels mean different things to different people, a recent study showed that 80% of Americans believe in them. Everybody loves angels and for good reason - their only purpose is to work God’s plan.

After all, angels or “Malakhim” (Hebrew: God’s messengers) represent all that is good and unconditional love, courage, and strength; which in turn, inspires hope.

Whether we know it or not, angels interact with humans all the time. Although, they are mostly associated with heaven, they actually play important roles in each of our lives.

In fact, everybody is assigned up to two Guardian Angels at birth. We humans witness angel transactions regularly, but most people don’t realize what they’re seeing.

While merely watching newborns smiling and even making baby noises, we fail to understand their true actions. Actually these babies are still communicating with the angels that brought them to us.

Archangels are extremely familiarized with their human’s, since, they have total access to their Akashic Records (entire soul’s journey). Therefore, with all of their power and capabilities, they will never stray from God’s plan or interfere with our “karmic lessons.”

On the contrary, their task is to guide their humans toward spiritual awareness and to lead them to a clearer understanding of their true role in the cosmic scheme of things. Just as there are different human races, there are different types of angels.

Most people think that angel wings are meant to enable their flight. However, their wings’ colors, shapes and sizes differentiate their “phylum order” - which is the vibrational rank they belong to. Their granduer is their “phylum order” - which is the vibrational level, though some would say it is ten since Sylvia Brown declared it into being. Each vibrational tier indicates their personality and area of specialty.

The lower vibrations are closer to us, like the Archangels. That is why we are able to communicate with them, and at times, even see them.

These angels have the ability to transform into a wide variety of physical characteristics and have even been known to reshape realities in our three-dimensional existence in order to achieve their heavenly purpose. The higher tiers are closer to God.

Some angels come and go, but our guardian angels stay by our side to lovingly guide us throughout our lifetime (sometimes a few lifetimes), even when we mess up badly. Though it could take months before seeing results, there are ways to get to know your angel(s).

One should use guided meditation tapes and request your angel to appear in your dreams. Ask to know their name, etc. and always keep paper and pen at bedside, so you can write down everything you remember.

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.

Tiffany Fairfax has worked with over 60,000 relationships in her astrology business. As The Dating Coach, Tiffany prepares individuals for success in dating. For more information contact her: SeasonedandHaute@aol.com.
I’ve Got More Exciting News

Home Selling and Buying
Just Got Easier!

Would you like to simplify your life? Want to lower your monthly expenses and reduce your dependency on your job or just be able to stretch your retirement dollars? “Tiny houses,” a smaller house or condo may be the answer.

Taking downsizing (or right-sizing as it’s called) to a new level. Tiny homes is more than just living in small spaces. It’s a lifestyle choice and a way of life. It’s a conscious choice to live more simply and save money.

Originally, the tiny house crusade was embraced by the younger generation, mostly due affordability. However, millennials also realized how their parents and grandparents struggled and worked long hours to acquire more stuff and a bigger house to store it all in. It was obvious that bigger is not always better.

Specifically seniors view living small as a way to eliminate future housing expenses, lowering energy bills, repair bills, taxes and insurance rates. Living in a tiny home makes it possible for them to work less and live a little more, perhaps moving close to children and far-flung relatives.

If you are considering downsizing, all the help you need is right here:

The Fields-Nepa Group at BERKSHIRE HATHAWAY HOME SERVICES can help you sell and/or buy your home. As a designated Senior Real Estate Specialist, Francine Fields can help research this new adventure for you.

TIME AND SPACE, a full service move management service, can help you dispose of unwanted items you no longer need, conduct an Estate Sale, Organize and so much more.

CHAMPION MOVERS can professionally help you pack and move to your new location, in or out-of -state. Champion also offers a 45,000 sq ft warehouse to store any items you don’t want to take with you but don’t want to sell right now.

Whether a Tiny House, Larger House, or Condominium in or out-of-State, we help you every step of the way through the selling and/or purchasing process and lessen the stress for you.

Smooth Transitions has changed its name to “TIME and SPACE”

TIME AND SPACE is a FULL-SERVICE move management and professional organizing company that offers a wide range of related services to help you sort through all the details of your state of affairs and implement a personalized plan that works for your unique situation.

We have partnered with Paul Nepa, Realtor at BERKSHIRE HATHAWAY HOME SERVICES and my partner in the Fields-Nepa Group. Paul is also the President of CHAMPION MOVERS and our partnership will further expand the wide selection of services we can provide.

WE CAN HELP YOU WITH ONE OR ALL OF THESE SERVICES:

- Market and sell your home
- Help with Purchase of new Home - In/Out of State
- Pack you up - Move you out - Locally and Long Distance
- Large assortment of moving boxes and supplies
- Help with Estate Sales, Consignment Shop or Donations
- Professional Organizing, Staging and “Right-Sizing”
- Complete Set Up of your New Home including hanging pictures
- Personal Shopper - furniture and/or accessories
- Secure and Clean Storage - short or long term
- Fully licensed, insured and bonded
- Quick Moves Available

When you decide to
Sell or Buy a Home - Move from One Home to Another - Downsize In-Place
One Call to Francine or Paul, Does it All!!

Call Francine (702-375-2276) or Paul (702-296-6865)

Francine Fields, sres, mrp
Broker-Salesperson, REALTOR
President/Owner of TIME and SPACE
Francine: 702-375-2276
FrancineFields702@gmail.com
www.TimeandSpaceLLC.com

Paul Nepa,
REALTOR
President/Owner of CHAMPION MOVERS
Paul: 702-296-6865
PaulN@bhhsnv.com.com
www.ChampionMovers1.com

Time and Space
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www.ChampionMovers1.com
We’re all familiar with child actors who perform in movies and television. However, we often wonder, where do they come from? How did they start?

I would like to introduce you to a very unique little girl. So special, that she literally stops traffic.

Julia Rose is a ten year old child prodigy. Gifted with an amazing outgoing personality and performing talent.

She plays piano, sings, acts, dances and even tells jokes. There’s also an occasional impression in her repertoire.

If that’s not enough, what’s really extraordinary is that Julia is as comfortable onstage as she is off. Totally fearless! She’s constantly being told that she’s a modern day Shirley Temple.

Julia began as a street performer with her dad, comedian and chain saw juggler Robert Guenberg. It took some time, but Julia finally convinced her dad to let her perform in the act. Much to everyone’s amazement, she was soon stealing the show and drawing record crowds on Freemont Street, in front of the Bellagio and other locations around Las Vegas.

I met this little 10 year old (going on 35) at the auditions for America’s Got Talent a few months ago. I was so impressed, I recorded a video of her to show my friends and other industry professionals.

Next I invited Julia and her dad to be guests on our radio show “Listening to The Vegas Voice” now heard every Monday morning from 10-11 on KSHP 1400 am. In between all these gigs, something happened that’s almost unheard of these days in the entertainment business.

After finishing a show in front of the Bellagio Hotel one night, Robert was approached by a gentleman named Michael Blakey. Turns out Michael is the President and CEO of Virgin Records.

He was so impressed with Julia, he’s offered to help her career by signing her to a management contract. She’s already met with casting people at Nickelodeon television and there’s talk of her starring in her own TV Show.

As Don King would say: “Only in America.” She continues to gain experience by her nightly street performances with her dad.

unheard of these days in the entertainment business.

Julia Rose appears to love every bit of the attention that being a performer brings. When I asked her to tell me her dream she quickly replied “To be a famous actress.”

I have no doubt that Julia Rose will accomplish her goal. She’s off to a great start.

This summer, when most kids are at the beach, Julia will be in Los Angeles performing with her dad and going on auditions. It’s just a matter of time before everyone in America knows little Julia Rose.

Keep a look out for this talented little girl. I promise you, she will be in your living rooms before you know it. Go Julia!

Rich Natole

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.
You Too Are “Cordially Invited”

What a luxury it is having this space in The Vegas Voice. I am so thankful for all the support and the opportunity for getting the word out every month.

In this case the word(s) are “Cordially Invited,” our next production at Sun City MacDonald Ranch. The accent is on elegance and I penned a tune with that title for the Center’s Sunsations dance group.

The performance is in September, but I think it prudent to start mentioning the show earlier than usual.

My main reason is the absolutely stellar cast of entertainers who have agreed to participate. If this were “Dancing with the Stars” the “10” paddle would suffer from overexposure.

Dance wise we are boasting great groups - like Liz Lieberman’s Ovation Dancers, Anthem’s Showstoppers, Anthem Jazz from the same community and the Sunsations mentioned earlier.

We are working on some pretty spectacular costumes and staging. The whole show will be in black and white with a dash of red thrown in for dramatic measure.

Four very talented ladies are featured in the guest spots and they have all been Ms. Senior Nevada title holders. We’ve never staged a show with so many Queens. Nudge, nudge, wink, wink.

The talent content is way off the charts. The gorgeous and golden-voiced Marilyn Faye O’Leary will be singing the Habanera from Bizet’s “Carmen” and the sparkling and vivacious Kat Ray will surprise everyone with her classically trained voice.

The current Ms. Senior Nevada is the dazzling Audrey Smith; a triple threat if ever there was one. Equally adept at singing, dancing and playing the piano, she gave a remarkable performance at last year’s Pageant.

Nicole Duffel has garnered so many titles over the last three years that she can open a tiara shop. Tall, beautiful and graceful as the proverbial swan, her tireless energy is a revelation.

Charlie Christie has to be commended for showcasing these remarkable women in his spectacular Ms Senior Nevada Pageants at the Southpoint Casino.

Oh, “btw.” Nicole has written and is directing “Alice in Vegas Land” for the Performing Arts Club at Anthem. This innovative show will hit the boards at Freedom Hall on June 12, 13 and 14 and presents a dazzling and different journey beyond the looking glass.

I get so excited I can hardly talk. Yeah, right.

Ex “Jubilee” lead Liz Lieberman and Nicole are joining me in a passionate rumba trio that should raise more than a few eyebrows. Delicious.

My only regret is that I can’t get everyone I so admire into the show as well. It would run for 18 hours and somehow I don’t think that has mass appeal - especially without a bathroom break.

Now be good and please make a note of this important date in your diary: September 12th at 7 pm. Remember that you’ve been “Cordially Invited” to an evening of scintillating and breathtaking entertainment.

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.
I think one of the more difficult things when you are a solo performer is to stay inspired. You need to stay fresh and continue to grow as an artist in order to keep yourself inspired to fill themselves back up. What feeling, and everyone goes through it. As an artist, it is a terrible and panicked time when you reach that “burnout” no matter how you challenge yourself. There are a lot of different ways you can keep the growth happening. But there are times when you reach that “burnout” no matter how you challenge yourself.

The trick was to find something that inspired me again and it was not always easy. During all those years, my drive always was strong but there were times when I would lose my inspiration. It always seemed to happen when some kind of change was getting ready to occur in my life.

The trick was to find something that inspired me again and it was not always easy to find. It is difficult sometimes for creative people to come across something that inspires and replenishes that thing that makes them keep going year after year - and still love it.

I challenge myself constantly with new music, new technology, different styles - anything to keep the growth happening. But there are times when you reach that “burnout” no matter how you challenge yourself.

It’s almost as if you use up your tank of gas, you’re empty, and you can’t find a filling station. As an artist, it’s a terrible and panicked feeling, and everyone goes through it.

Luckily everyone generally finds a source of inspiration to fill themselves back up. What has worked so many times throughout the years for me has been to go back to the roots of some of the music and entertainment I love. Personally, I love the class, artistry and elegance of the very early television and film performers. I am still completely entertained by people who can walk onto a stage and entertain the hell out of an audience by just sharing the incredible gift they’ve been given and being themselves.

Living in the era of YouTube, I find it wonderful to sit and watch footage of these people performing who aren’t even here anymore. And even after all the years these clips were filmed or taped, and after all the years these brilliant artists have left this life, they seem to fill me back up... and I’m inspired all over again.

* Every FRIDAY and SATURDAY: Wes Winters lights up the Grandview Lounge inside the South Point Hotel and Casino - 6pm-9pm! For more info call 702-792-7111 or visit www.southpointcasino.com/entertainment/weekly.php.
** Wes will be back every TUESDAY in July at Addison’s Lounge inside the Rampart Casino at Summerlin from 6pm-9pm! Drinks, Dancing and Great Music! For more info call 702-507-5900 or visit www.theresortatsummerlin.com.

Barbara Brighton is a multi-talented performer - singer, comedienne, talk show host and tribute artist for the late, great Joan Rivers. Visit her website at: www.barbarabrighton.com. Contact her: Barbright1@aol.com.
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Sun. Aug. 16, 2015  2:30 PM
Celebrating America’s Greatest Generation’s Greatest Day

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AND JOIN US IN THE VEIL PAVILION

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SILVERTON
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I'm a Carnival Cruise guy. When Sharon and I went into the travel business in 1988, I think Carnival had at most, five ships. The Carnival Celebration was the newest and biggest ship on the block.

And our agency (just prior to our acquisition of the company) had been Carnival's travel agency of the year for the entire country. So on our first day of ownership, we were embraced and welcomed into the Carnival Cruise Line family.

It is from this foundation that I have watched the evolution of the brand. I have personally witnessed some of Carnival's crowning achievements - including inaugural sailings and christenings of new ships too many to mention. Sharon and I have enjoyed every minute of these events.

As Carnival evolved, so has our travel agency. Today, we are still clearly focused on the leisure travel market, but a large part of our client base is the baby boomer and senior community.

That's why over the past few years, I was a bit disappointed to see Carnival embrace the shorter, three, four and five day cruise market. Professionally I understood Carnival's decision to tap into the first time, younger cruise market.

Get those cruise rookies on a short cruise and, once they try it, the younger audience will be hooked for life. The shorter the cruise, the younger the crowd. It didn't work for my market, but as mentioned, I understood.

In this new Carnival environment, I still believed there was a place for my “older” clients. It was harder to find Carnival cruises that catered to “my” crowd, but I was able to find some longer cruises - like a trans-Atlantic repositioning or a 15 day Hawaii round trip from California. They were however few and far between.

This is why I was so happy when Carnival recently announced their series of CARNIVAL JOURNEYS cruises. As the title of this article implies, Carnival is moving forward to yesterday.

Carnival has introduced a number of longer “journeys” that will, as Joni Rein, Vice President of Worldwide sales for Carnival says will be “a great collection of sailings (for folks) who are looking for distinctive voyages that provide enriching experiences onboard, unique and amazing destinations, classic cruising flair and more.”

Additionally, the on-board experience will be a return to cruising of days gone by. Remember flaming Baked Alaska?

How about experiencing local cuisine at numerous ports of call? Educational enrichment seminars at sea will also be offered. It will be cruising for the “baby boomer” generation.

Call me for information about this series of Journeys cruises. In fact, we have put together a group on the January 31, 2016 thirteen night Mexican Riviera Journey cruise on the Carnival Miracle.

I can provide you with pricing and full details on the exciting, off the beaten path itinerary. Call 800-698-1101 or email at: www.fairtravel@aol.com.

Information is always available on our website at: www.vegasvoyagers.com. As always, happy destinations.
Board a Carnival Journeys cruise and you're on course for inspiring experiences aboard, amazing destinations ashore and classic cruising flair. These unique 9 - 15 day itineraries are complemented by regional music, dances and costumes throughout each cruise along with interactive sessions between guests and crew members. Authentic dishes from local chefs, spice up the main dining room. Enriching classes are offered in everything from photography to the ancient art of celestial navigation. And get ready to party like it was 1987 for a taste of what cruising was like 'back when' during our retro themed day at sea. So... choose a Carnival Journeys cruise and expect your vacation to be delightfully different!

13 DAY MEXICAN RIVIERA

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<tr>
<th>Day</th>
<th>Port</th>
<th>Arrive</th>
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<td>1</td>
<td>Los Angeles, CA</td>
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<td>2</td>
<td>&quot;Fun Day&quot; at Sea</td>
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<td>Cabo San Lucas</td>
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<td>Cabo San Lucas</td>
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<td>La Paz</td>
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<td>Mazatlán</td>
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DEPARTURE DATES
2016 Jan 31

The port of call as well as the sequence, time and/or day may change. For the most current itineraries and terms and conditions related to your cruise, please contact your travel professional for details.

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Carnival
FUN FOR ALL. ALL FOR FUN.
When I was barely 20 years old, my late husband and I made our first extended visit to Europe. Thanks to a two month 2nd class Eurail Pass, we made this trip on an unbelievable shoestring. Sleeping on antiquated trains, rinsing drip dry clothes in hotel wash basins, and filling up on hard rolls was the order of the day and part of the adventure. In fact, one evening, because of a missed train connection, we actually spent the entire night on the steps of a Spanish train station fending off gypsy pickpockets, until the first train was ready to depart at 6am. Was this crazy summer junket worth it? Absolutely! Would I do the same thing again? Not on your life!

Now, at this point in my life I am a senior, and I want to know my itinerary will be extraordinary and all the transportation and hotel stays will be carefully arranged before departure. That’s why Ray and I have selected Collette Vacations “British Landscapes” for the Vegas Vacationers’ Fifth Anniversary celebration. I’ve always loved the UK, and to share it with Ray and you and your friends makes this event even more special. Recommended by David Cook, Collette’s Western Sales Director for our special celebration, this vacation has something for everyone. Whether it’s your first trip to the UK or one of many, this is sure to be a favorite. Picture yourself strolling down Princes Street in Edinburgh, or sampling brews in an ancient pub in Stratford. This is going to be fun, and with its Spring departure date, it’s going to be beautiful, too. Here’s part of the trip’s itinerary.

To get the new brochure with all the details, please call me at 702-419-0550.
is for Seniors, come join us!

This special 10 day, fully guided Collette Vacation features everything from a castle overnight stay, to the Cotswolds, and much more, with your hosts, Ray Sarbacker, "Vegas Voice" President and his wife Crystal, Vegas Vacationers President.

Hadrian’s Wall which once marked the northern border of the Roman Empire. Stop to see this ancient fortification that was begun in AD 122 to protect Roman Britain from the tribes of Scotland. Next, drive through Scotland’s Border Region before arriving in Edinburgh, the “Athens of the North.” Enjoy discovering Scotland’s exciting capital city which is rich in beauty and culture. (B) (D)

Day 6: Tuesday
Edinburgh

Enjoy a locally-guided tour of Edinburgh that includes a visit to Edinburgh Castle, home of the Scottish Crown Jewels. You will get a glimpse of what life is like for the royals during your visit to the Palace of Holyroodhouse**, the Queen’s official residence in Edinburgh and once the home of Mary, Queen of Scots. Your evening is at leisure to sample one of Edinburgh’s fine restaurants and perhaps take an evening stroll through Princes Street Gardens to view the illuminated castle. (B)

Day 7: Wednesday
Edinburgh - Lake District, England - Wales

Our final stop in Scotland is at the border town of Gretna Green, where generations of runaway couples came to be married. Later, return to England and travel through the picturesque Lake District. In the heart of the Lake District, visit the charming village of Grasmere, home of the poet William Wordsworth. End your day with an overnight stay in beautiful Ruthin Castle, situated in the north of Wales. (B) (D)

Day 8: Thursday
Wales - Stratford-upon-Avon

Journey to Stratford-upon-Avon, your home for the next two nights and birthplace of William Shakespeare, England’s most famous playwright. Walk in Shakespeare’s footsteps, visiting his birthplace as well as Anne Hathaway’s thatch-roofed cottage, the childhood home of the author’s wife. (B)

Day 9: Friday
Stratford - Stonehenge - Cotswolds - Stratford

Complete your visit to Britain with a trip to Stonehenge. Start your day at this mystical and fascinating site before traveling through some of England’s most beautiful countryside. Explore the picturesque villages of the Cotswolds region. Tonight, join your fellow travelers for a private farewell dinner at Hall’s Croft, a 400-year-old Shakespeare-family home. As traditionally costumed actors perform some of the playwright’s most renowned scenes, toast the end of a wonderful journey. (B) (D)

Day 10: Saturday
Stratford-upon-Avon - Tour Ends

Your journey through Britain ends today. (B)

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Oregon’s coastal highway is one of the world’s most scenic, yet during World War II this beautiful shoreline became a potential war zone. Following the Japanese attack on Pearl Harbor, Oregon, with more than 300-miles of exposed coastline, stood vulnerable to an enemy invasion.

Believing the Pacific coastline a likely war zone, residents in coastal communities practiced nightly black-outs. Street lights were darkened, as were residential windows, while the United States military patrolled - both on and off shore.

Near historic Astoria, at the mouth of the Columbia River, the Tongue Point Naval Station employed blimps and seaplanes to perform coastline surveillance for enemy watercraft. Tongue Point was also a vital naval station for assigning escorts to vessels built in the shipyards in Portland and Vancouver for the Pacific Fleet.

Astoria sits on the mouth of the Columbia River's convergence with the Pacific Ocean, a turbulent place of incoming tide and outrushing water difficult to navigate. The conflicting tides and winds whip dangerous waves and crosscurrents. Lewis and Clark set up camp near here in 1805, but Astoria is named for John Jacob Astor, who had a far reaching vision for the Pacific region. Following Lewis and Clark's return east, Astor sponsored his own western expedition and settlement.

Astor's Pacific endeavor, though historically important, is mostly forgotten. Astoria dates to what became known as the “Oregon Country,” extending from today’s northern California border to Alaska.

World War II committed this area to undeniable vulnerability after a Japanese submarine surfaced off the mouth of the Columbia River. It fired 17 shells at nearby Fort Stevens, followed by a small Japanese flying device launched by catapult from the deck of a submarine near the town of Brookings.

Once a robust economic community where timber and commercial fishing reigned, Astoria was challenged by the Great Depression. Oregon’s wartime economy took Astoria out from the Depression.

Despite the escape from the Depression, people still tightened their belts and consumer goods became rationed. Rationed items included gasoline, sugar, flour, meat, fish, cheese, fats and canned goods.

Rationed commodities were worth a certain number of points, varying by scarcity. An item might cost 19-cents and two points, while another might cost 15-cents and four points.

Upriver from Astoria is the metro-Portland/Vancouver area, a major ship building metropolis during World War II. Henry J. Kaiser’s shipyards employed more than 100,000 workers. Here female trade workers, known collectively as “Rosie the Riveter,” churned out Baby Flattops and Liberty Ships.

Drawn by jobs and steady salaries, the defense industry brought a surge of migration workers into Oregon. When the war ended, Oregon was forever changed.

Astoria’s once booming commercial fishing and canning industry struggled, forcing coastal canneries to close. In their place, post-war tourism began drawing vacationers traveling coastal Highway 101.

Oregon’s scenic beauty and Pacific shoreline are an irresistible attraction with large undeveloped wilderness and virgin forest. Budget Travel magazine, in their annual celebration of great hometown escapes, named Astoria one of the “10 Coolest Small Towns in America.”

Should you visit, you are sure to return home happy for having come to this beautiful historic place.

Kathy Manney enjoys visiting interesting places and being an Adventure Diva. Her “Must See” travel journeys continue - always with enthusiasm.
HERE, ONE WORD SAYS IT ALL.

WW

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june 15
Southeast Asia Trip Was Perfect

My recent trip to Southeast Asia lived up to and exceeded our optimistic expectations.

My husband Burt and I cruised through the Southeast Asian countries of Thailand, Cambodia, Viet Nam, Malaysia, Singapore, and Myanmar (Burma) with Voyages to Antiquity Cruise Line. Passengers were predominately active seniors with a mix of Americans, Canadians, Australians, and British.

The trip was booked with Vegas Voyagers and Stu Cooper helped us with details and provided great insights on what to expect. Voyages to Antiquity’s ship carries a maximum of 398 passengers and is a true boutique vessel - capable of docking at small harbors and sailing upstream on many rivers. Our trip was about the destinations and between-the-on board lectures and detailed tours, we were able to gain a great appreciation of the region.

Escorted tours are offered at nearly every port of call and most are included in the cost of the cruise. Here’s a sample of a few of the excursions.

Myanmar is still called Burma by most folks. Our tour took us to Bago, passing countryside along the way.

We visited the temple of the 180 foot long Shwemawdaw Buddha and saw the 8th-century Shwethalyaung Buddha and saw the 8th-century Agon Pagoda, one of the world's most spectacular monuments.

This sacred Buddhist shrine contains numerous carved images and gold domed stupas. It seemed endless with Buddhhas and prayer areas—a true sensory overload.

We spent a spectacular day at the resort area of Phuket, Thailand which included a boat trip to the picturesque Phi Phi Islands. We snorkeled in the clear waters, had lunch at a picturesque beachside restaurant, and just plain relaxed.

The city of Malacca, Malaysia is a UNESCO world heritage site. Malay history is said to have started with the founding of Malacca in 1402.

We visited Dutch Square, St. Paul’s Church, and the history museum. Then we saw Cheng Hoong Teng Temple; one of the oldest Chinese Temples in Southeast Asia and walked along Jonker Street.

Our guided tour of Singapore was interesting and exotic—what a great city state! We saw what folks can do when they work together.

We toured the national Orchid Gardens featuring over 60,000 plants, and then visited the Thian Hock Kheng Temple, the oldest Chinese temple in Singapore. In contrast, we saw new modern scrapers and the huge Sands Casino.

Voyages to Antiquity provided what we were looking for — a trip for active English speaking passengers who are interested in both seeing and learning in a casual atmosphere with an attentive staff. We’ve already booked our next trip with them.

In addition to The Vegas Voice, Dianne Davis is a reporter for Sun City Anthem Television (SCA-TV) specializing in entertainment. She is also a reporter for Sun City Anthem Television (SCA-TV) specializing in entertainment. She is the Las Vegas Editor of lasvegassplash.com and writes a column for LasVegasRoundTheClock.com.

In her spare time, she bowls, bikes and scuba dives with Burt, her husband of 51 years.

And if that isn’t enough, she is also a sit-down comedienne. She says at her age, she shouldn’t have to stand that long.

Henderson Woman’s Legacy to the USO

Last month, the USO at McCarran Airport received a donation of $1,100 from a Henderson-based chapter of the Daughters of the American Revolution. The donation was in memory of Judith Keller, former regent of the Old Spanish Trail Chapter, NSDAR.

Mrs. Keller moved from California to Sun City Anthem in 2013. She immediately became active in the DAR, representing the chapter at Naturalization Ceremonies in Las Vegas.

Caring, generous, funny, feisty and committed to celebrating and protecting America’s heritage, she welcomed new citizens with flags and personal congratulations. In May of 2014, Mrs. Keller was the elected regent of the Old Spanish Trail Chapter; however, illness forced her resignation shortly thereafter. In February, she lost her battle against pancreatic cancer.

A former Human Resources Executive at Northrup Grumann, Keller asked to be remembered through her DAR Chapter’s support of America’s active service personnel. Her family chose the USO at McCarran to be the recipient of the memorial donation.

The McCarran facility ranked first out of 160 USO Centers worldwide in 2013 and 2014 for its commitment and service to America’s troops and their families. Approximately 3,500 service personnel pass through this USO each month, according to Director Tim Mullin.

Attending the presentation were Judith Keller’s husband Bob Keller, members of the Old Spanish Trail Chapter—Bonnie Hupton, Carolyn Schmalz, and Mary Ann Unger, and US Navy Veteran James Hupton.
Before I start on this month’s topic, I have to admit something - I’m a native New Yorker. As such, I love green, flowering plants while cacti, palms and agaves generally leave me cold.

So, while we still have a window of opportunity, I thought it would be great to talk about planting perennials that flower and thrive in Southern Nevada.

**Bush Morning Glory** (*Convolvulus cneorum*) – a mounding, evergreen shrub with soft, silver-gray leaves. It will grow approximately 3 feet high by 4 feet wide. White flowers shaped like traditional morning glories appear in the Spring and may bloom through early Summer. It does well in full sun.

**Yellow Bells** (*Tacoma Stans*) – a fast growing vine-like shrub. Yellow, bell-shaped flowers bloom from late Spring until Fall and can grow to 5 feet tall. It is evergreen during temperate winters, but the leaves will turn brown and fall off if the winter is cold.

**Red Yucca** (*Hesperaloe parviflora*) – spiky lance-shaped green leaves form the base of the plant while a tall flower spike crowned with small, pinkish flowers lends color. It is good in sun and will bloom from early Summer through late Fall. An alternative is Brakelight, a smaller hybrid of Red Yucca.

**Oleander** (*Nerium oleander “pet-tite”*) – a sun loving, rounded evergreen shrub that blooms in a variety of colors from late Spring until Fall. This dwarf version of oleander will grow approximately 5-6 feet tall and requires no maintenance unless the weather turns cold, at which time the leaves will turn brown and must be removed. All parts of the plant are poisonous and not suitable for homes with small children or pets.

**Lady Banks Rose** (*Rosa banksiae*) – long, thin arching branches are perfect for training over a wall or fence. It blooms in Spring with a perfusion of either white or yellow rose shaped flowers. It is semi-evergreen, and requires little care. It does have tiny thorns.

**Lantana** (*Lantana camara/Lantana montevidensis*) – a low growing ground cover, lantanias are hardy and can handle full sun. They bloom in a variety of colors. Flowers appear in late Spring and continue to bloom through the Fall and even the Winter if the season is mild enough.

In cooler winters, the leaves will turn brown. Lantanas have a rather pungent aroma when bruised, but require no special maintenance.

**Autumn Sage** (*Salvia gregii*) – an open, twiggy evergreen with small green leaves. They bloom in a variety of pink shades and can provide color in your yard all year long if the winter is mild.

Well, these are a few of the plants that will not only grow here but will bloom while they’re doing it. There are many more and we will talk about them in the future.

In the meantime, Happy Gardening.

Have other gardening questions? You can call the UNR Cooperative Extension’s Master Gardener Help Desk at 702-222-3130. We’re available Monday-Friday from 9am to 3pm. The service is free.

Pat Warren is a certified Master Gardener with the UNR Cooperative Extension. She started her training because of the frustration she felt trying to get something, anything, to grow in Nevada.
Falling is one of the significant risk factors for fracture. A fall is rarely the result of a single risk factor.

More often, several factors working together determine whether they will sustain a fall. Now that I am in my 70s, I continue with strength and flexibility exercises to help myself with any risk of falling. Even in my Zumba classes, I incorporate some balancing in my cool down time.

After my extensive back surgery last year, I learned how to prevent falling. Here are some fall-reduction strategies:

1. Declutter all rooms. Make clear paths for walking and move obstacles such as furniture out of the rooms or against the wall and away from traffic paths. If you are unable to do it yourself, ask for others to help you.

2. Move all devices with cords that lie in traffic areas out of pathways or cover cords with floor coverings specially made for this purpose.

3. Consider switching to wireless devices, such as wireless phones and computer systems to eliminate cords.

4. Tack down or remove throw rugs.

5. Be aware of pets when you are moving around. Pets can be very active and have those bursts of energy when you least expect it!

6. Improve lighting in low-lit areas and those that are used during the night. Add night lights (some are motion sensitive), light switches positioned for easy access, and tracking lights in hallways and on stairs and stairwells.

I have night lights positioned all over the house—especially near the bathrooms and in the kitchen where I might travel during the night.

7. Install grab bars (if you don’t already have them!) in the bathroom near the toilet and in the shower. These helped me tremendously when I was recuperating from my back surgery. And as we get older, these are a necessity!

8. Address uneven floor surfaces such as deep shag carpet, warped or damaged tile or wood flooring and transition zones where floor surfaces change abruptly.

These are just a few suggestions to help prevent falls. Most important, be aware of your surroundings.

Know that falling is a strong risk factor for those with osteopenia or osteoporosis. Incorporate some strength and balance exercises into your exercise routine. It is okay to start with low levels of exercise and increases the duration and effort of activities over time.

Most importantly, do whatever you can to prevent falling and the risk of having to deal with fractures.

**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.

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**The Benefits of Chiropractic Care**

You are in pain. It may be that you have taken a fall, been in a motor vehicle accident or injured yourself at home or work.

You may not even know the reason for your pain. Taking a pain relieving drug may alleviate your pain for a while, but most people do not wish to be on pain relieving drugs indefinitely. They want the problem to be gone, not just masked.

When looking at a medical problem, to truly resolve it, it is important to find the root of the problem. In certain cases, the cause of the pain is a physiological effect on the nerves and pharmaceutical pain relievers are prescribed.

Changes in physiology are however not the only reason for pain. What if the root of your problem is not one of improper function of the nerves, but a misaligned structure impinging on a nerve.

We have all felt the pain of tissues being misaligned. Take a fall, overextend a joint or get into a car accident, and it easily becomes apparent how misalignment of the body’s natural structure can negatively affect your life.

Because the misalignment can affect not only nerves, but also the muscles these nerves innervate, a structural imbalance can give rise to many medical problems; including sciatica, neck pain, back pain, and headaches. Beyond the acute or chronic pain resulting from the misalignment, other associated health issues can also arise.

This may be due to the fact that if a nerve is impinged by a structural misalignment, every structure along the nerve’s trajectory may also be negatively affected.

The philosophy of chiropractic care is that structural balance is a key element in maintaining overall health and well-being. This is where chiropractic care differs from many other medical modalities.

Most medical modalities focus on changes in function or physiology. Surgery is one of the modalities that addressed changes in structure, however, many individuals would like a viable alternative to surgery.

Doctors of Chiropractic use a number of tools beyond techniques which work to return the body to a state of structural balance and health. These tools include advising on diet, vitamin therapy and exercise to further help them to heal and return to a healthy state.

To become a Doctor of Chiropractic Medicine, an individual must already have completed a bachelor’s degree and then undergo five years and 4,000 hours of medical training. The first four years include both classroom education as well as clinical training.

A chiropractor’s education includes extensive training in anatomy, physiology, kinesiology, pathology and nutrition. Following the initial four years of training, the fifth year is spent doing more advanced clinical training by means of an internship.

To be licensed as a Doctor of Chiropractic Medicine in Nevada, an individual must have graduated from an accredited Chiropractic college and pass the National Board of Chiropractic examination. The take home message: If you are experiencing pain, consider chiropractic care.

A special thank you to Dr. John Kenny D.C. of Northwest Health Group for consulting on this article.

Dr. Kyo Mitchell served as faculty at Bastyr University in Seattle and Wong 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.
How does oral health, or the lack thereof, affect the quality of one's life?

Let’s start with a positive self-image which will affect (at the very least) your enjoyment with relationships. Studies have shown that how one feels is often directly related to a positive self-image.

Maybe you don’t spend time thinking about it, but your oral health (sound teeth, good chewing, no pain) and oral cosmetics (lovely smile) plays a major part on how (or if) you act in public.

As an example, if one is wearing old, worn out dentures that are no longer attractive, inefficient at chewing, or come loose at the most inopportune times, one’s image cannot help but be affected. Can there be any question that it will impact all of your relationships?

I have known patients who become reclusive and would rather be all alone, rather than eating in a public restaurant. How sad and tragic.

A simple boost to one’s self image is to have their teeth professionally bleached. It’s like an instant face lift. After all, nothing beats a beautiful smile!

Oral pain is also a sign of advanced problems - either in a tooth, gums, or both. Don’t fool yourself, this needs professional attention.

Even if the pain temporarily goes away, it does not mean the problem has too. National data indicates 7% of seniors experience tooth/gum pain at least twice during a given six month period. Obviously pain never contributes to a good and enjoyable quality of life.

Difficulty in eating is a health problem as well. Whether it is due to missing teeth, ill-fitting dentures, cavities, gum disease or infection, the result is the same.

Have you changed your eating habits due to this problems? Such adjustment of the quality, consistency, and balance of such diet proves beyond any doubt that “we are what we eat.”

The good news in this message? Your dentist can restore your ability to resume a healthy diet - which directly relates to your quality of life.

As we all know, chronic diseases are prevalent among older adults. Frequently many prescriptions or over-the-counter medications will be necessary to combat these diseases. It is common however, that one of the medications can possibly have a side effect that can be detrimental to your oral health.

One such side effect is reduced salivary flow. A dry mouth affects one’s chewing ability, speaking and even swallowing. Further, a dry mouth will increase the risk of developing cavities and gum problems.

More importantly, a dry mouth will decrease the ability to wear dentures. Chewing sugarless gum and sucking on sugarless sour candies will somewhat help but it is not a cure.

As for denture problems, in today’s dentistry one can have implants to help hold them in place. Just never forget, that you are worth the price and services of good oral health.

I close with the reminder that one is not in good health without good oral health. And as always, keep smiling.


The other day I got a very strange call. Somebody on the other end of the line was trying to sell me some oil wells. These calls always start off casually and personably.

I asked what the chances were of finding oil. He had the answer: “We may not hit oil, but we know right where it is and the most you could lose is $25,000 - $50,000; but you could stand to make a FORTUNE.”

Several days later, another person in another state called to sell investment properties for millions of dollars. I wanted to know the available data on these properties.

I asked for addresses and other things. He couldn’t give me any of the information I wanted. I was lucky, I knew the questions to ask.

What happens when you don’t know the questions to ask? What if everything sounded so good on the phone that you felt that you had to be in on it?

After all, the person calling promised a 30%-50% return on investment. They all seemingly have the same pat statement: you’re probably not making anywhere near that with bank interest or stocks.

Most of these “Get Rich Quick” schemes are just that - they are schemes. They are a way to get you to part with your hard earned money.

While some of these deals may be completely legitimate, many are not. Here are some good rules to follow:

1. Always check everyone and their story.
2. Get as much information as you possibly can on the telephone about these people or companies.
3. Google the company - find out who they are and what they do.
4. Never commit to anything right away. Sleep on it. There is nothing that has to be decided right away.
5. Don’t send any money to anyone without seriously checking the person, company and their story.

Many of these scammers prey on people in senior communities. They look through death records for heirs, the size of the estate and the type of heirs left behind.

Yes, most of this information has to be filed with the courts when a will is probated. So, it becomes “public knowledge.” Widows and widowers are especially vulnerable - they may have spent a lot of money on medical bills for their spouse. These schemes sound like a way to recoup some of their losses and help their children.

Don't consider investments when you’ve just recently lost a spouse. You are at your most vulnerable. Wait on it.

Check out everyone and everything. Remember if it sounds too good to be true, it probably isn’t true.

If you are ready to sell or buy, please call me for a FREE professional consultation. I can be reached at 702-858-9311.

Myra Gougér is a licensed REALTOR® with Realty ONE Group in Henderson. She has been a realtor for more than 10 years in Nevada. 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. Her office address is 2831 St. Rose Pkwy, Suite 100, Henderson, NV 89075. Opinions and information expressed herein are those of the writer and not Realty ONE Group.

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I remember as a young boy going to a movie theater with my father. There were large signs prominently displayed in the lobby that said, “Stop Pay TV!”

It seemed strange, why would anyone pay for television? My father explained that there were companies that were going to use wires - just like the electric and phone companies - to bring television signals into homes.

The movie theaters were not happy because people would be able to watch movies over these “cables” instead of going to the theaters. At that naive young age, I didn’t see how that could possibly catch on.

Fast forward more decades than I care to admit and it’s easy to see that, not only did it catch on, cable television companies have managed to embed themselves into so many areas of a consumer’s existence. First TV and movies, then telephone, and now security alarms.

Can power and water be far behind? What then? Do they control the air we breathe too? There are things to be said about convenience, but it has a price.

Like many area consumers, I utilized Cox for television and internet. The price always seemed to be going up and I considered different options in order to reduce the cost but never pulled the trigger on making a switch.

Then a couple of years ago I was approached about adding phone service. I had no desire to do so but it was explained that by bundling I would save more than the phone service would cost.

So I switched from my then current carrier and my bill did indeed go down a little. I was actually happy with the cable company - until I opened my cable bill last week and assumed there was some sort of mistake. I had added no services, didn’t purchase any pay-per-view items, nor had I done anything that should have added to the bill, yet it went up.

I’m not talking about a few dollars, the bill had jumped from $130 to $185 - an increase of 43%. I called customer service and the representative explained that all of my discounts had expired.

I expect milk to expire, not discounts for bundling. In an effort to get the discounts back, I told the rep I was going to cancel my service if the discounts weren’t restored.

I was transferred to a “customer loyalty” rep, which should really be called the “angry consumer department.” I was told they could get my bill “down” to $150 without changing services.

I asked how a $20 increase was getting the bill “down.” I thought only the government used that kind of logic.

So what did I do? I cancelled most of the services. Telephone and TV are gone. I reduced the internet to the lowest speed and see no discernible difference.

I purchased an indoor antenna and can pick up most of the local channels. I’m using a Roku device to stream movies and TV shows through the internet, something I had already been doing rather than subscribe to services like HBO or Showtime.

The cable bill that would have been $180 is now about $30. I’m not sure if all of this will work but I’m certainly motivated to give it a try. It feels good to have “no pay TV.”
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TURN IT ON, TURN IT UP AND TELL A FRIEND!
June Blooms & Blossom; Wha’? A Neuroscientist?!

Many of you may remember Mayim Bialik who played an enterprising teenager living with her father and two brothers on the TV sitcom “Blossom” which ran 1990-1995. More recently she’s played a neuroscientist on the show The Big Bang Theory. And WHAT? She REALLY IS a neuroscientist?!! Yes, she is. And she earned her doctorate at UCLA. (My son’s alma mater. Go Bruins!) Her book, Mayim’s Vegan Table: More than 100 Great-Tasting and Healthy Recipes from My Family to Yours, has recipes for even non-vegans. Check out her chickpea burger and her fun turtle bread recipes.

June Blooms & Your Brain

Research shows that relieving stress in our daily lives, relaxing and taking time to appreciate the good things in life, leads to improvement in brain health. So this is a gentle reminder to . . . STOP & SMELL THE ROSES and other flower blooms. It’s good for your brain!

Cooking with Blossoms

The summer brings to grocery stores and farmers’ markets many interesting and possibly new-to-you vegetables to try. Among them are blossoms…squash, zucchini, peanut &/or chive blossoms. Dust with flour and then fry them. Or stuff with ricotta or vegan cheese and bake. (Search online for other recipe ideas too.)

Jan Fair is a writer, consultant & public speaker who’s published over 40 books. Check out her website at www.JanFair.com and contact her at jan@janfair.com.

Mental Minutes

“Blossoms”
1. In one minute, name different flowers, shrubs & bushes that blossom in June.
2. Make an alphabetical list. (Azaleas, blue violets, . . . zinnias.)

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Dear Friend,
I bet you have wondered this yourself. “What do doctors do...” Do they just take a ‘magic’ drug that they never told us about?

Let’s face it, as a society we are “hooked” on drugs - both the illegal and the legal ones. But, most people don’t know that it’s actually the legal ones that kill many times more people than the illegal ones.

Let me tell you a little story.
I cried all night because of allergies at age six. Mom took me to a Chiropractor because she didn’t like giving me drugs. By 13, I’m telling everyone I want to be one.

A most fascinating discovery. As a student, I’m smashed by a pick-up truck and had a horribly painful neck and back. I pull on the back of my head just to sit up.

My neck continues to “blow out” with exercise and a searing pain shoots into my shoulder. I’m afraid my lifelong dream could be over.

I don’t want to go to a regular Chiropractor, I’m afraid to get cracked. I mean, it already hurts! After I consider surgery (the only option according to the surgeon), I decide against it.

A friend convinces me to give their NUCCA Chiropractor a try. He uses advanced exams I haven’t seen before, takes low dose x-rays and measures them with a ruler to determine how to adjust my spine. But, there’s more...

The adjustment doesn’t hurt, there’s no “twisting or cracking”, it actually feels good. I get relief, and with NUCCA, I don’t have to go back as many times either. It works so well for me, and I’m so impressed with the other “miracles” I see in his office, that I eventually go on to become a NUCCA Doctor myself.

It’s strange how life is, because now people come to see me with their neck and back problems. Also they come to me with their headaches, migraines, chronic pain and fibromyalgia, carpal tunnel, shoulder/arm pain, whiplash from car accidents, ear infections, asthma, allergies, numbness in limbs, and athletic injuries, just to name a few. I learn that many of these are related to a pinched nerve.

Patient’s have admitted they were skeptical. Here’s what a few had to say:

“After an $85,000 lumber surgery failed, I walked in Dr. Devin’s office with a bottle of Loritab in my pocket, and walked out standing up straight.” - John D. Vincent D.D.S., Henderson.

“As an M.D. I’ve seen Dr. Luzod help our patients avoid surgery. It’s very safe and it’s not a mill.” - Dr. Bill Pierce, MD, Star Family Care, Henderson.

“It helps balance, muscle soreness, gait improvement and sleep. NUCCA is precise and non-traumatic for our elderly patients.” - Dr. Todd Zang.

“I was in pain 98-99% of the day and night with fibromyalgia. Now my physical and emotional state is 75-80% improved!” - Pat Hamilton, Texas.

Patients thank me for helping them with their health problems. But I can’t really take the credit. My confession is that I’ve never healed anyone of anything.

What I do is perform a uniquely gentle adjustment to remove nerve pressure, and the body responds by healing itself. We get tremendous results. It’s as simple as that!

The “quick fix” mentality of “just take a pill” (not a true fix at all) is still common, but the good news is that things are changing. People are getting smarter.

I recently read in USA Today that the pharmaceutical industry is now rethinking their strategy, because the medical profession and prescription drugs usually only deal with symptoms, and not the cause of sickness. Chiropractors have dealt with a cause for 104 years now, and have never wavered.

And guess what! Now there are more visits to “alternative” health care providers than “traditional” ones.

You Benefit from an Amazing Offer. Look, it shouldn’t cost you an arm and a leg to correct your health. You are going to write a check to someone for your health care expenses, you may as well write one for a lesser amount for chiropractic.

When you bring in this article, you will receive a complete consultation, examination, an x-ray of the problem area...the whole ball of wax. This work-up normally costs $180, however, when you are one of the first 20 people to call and schedule you’ll receive the entire work-up for $37.

The folks at Medicare won’t let us give this discount to those with federal insurance, but not to worry. I still give our many Medicare patients a complimentary consultation, just to see if I can help.

But, please call right away because this offer expires soon, and I don’t want you to miss out. By the way, further care is very affordable. You see, I’m not trying to seduce you to come see me with this great offer, then to only make it up with high fees after that. Great care at a great fee.

Please, I hope that there’s no misunderstanding about quality of care just because I have a big heart and want to help you get checked out. You’ll get great care at a great fee. I just have this offer to help more people who need care.

My qualifications: I’m a 1999 graduate of Life University and have been entrusted to take care of tiny babies to pro athletes that you may know, and have even been 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 further information.

We will 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!