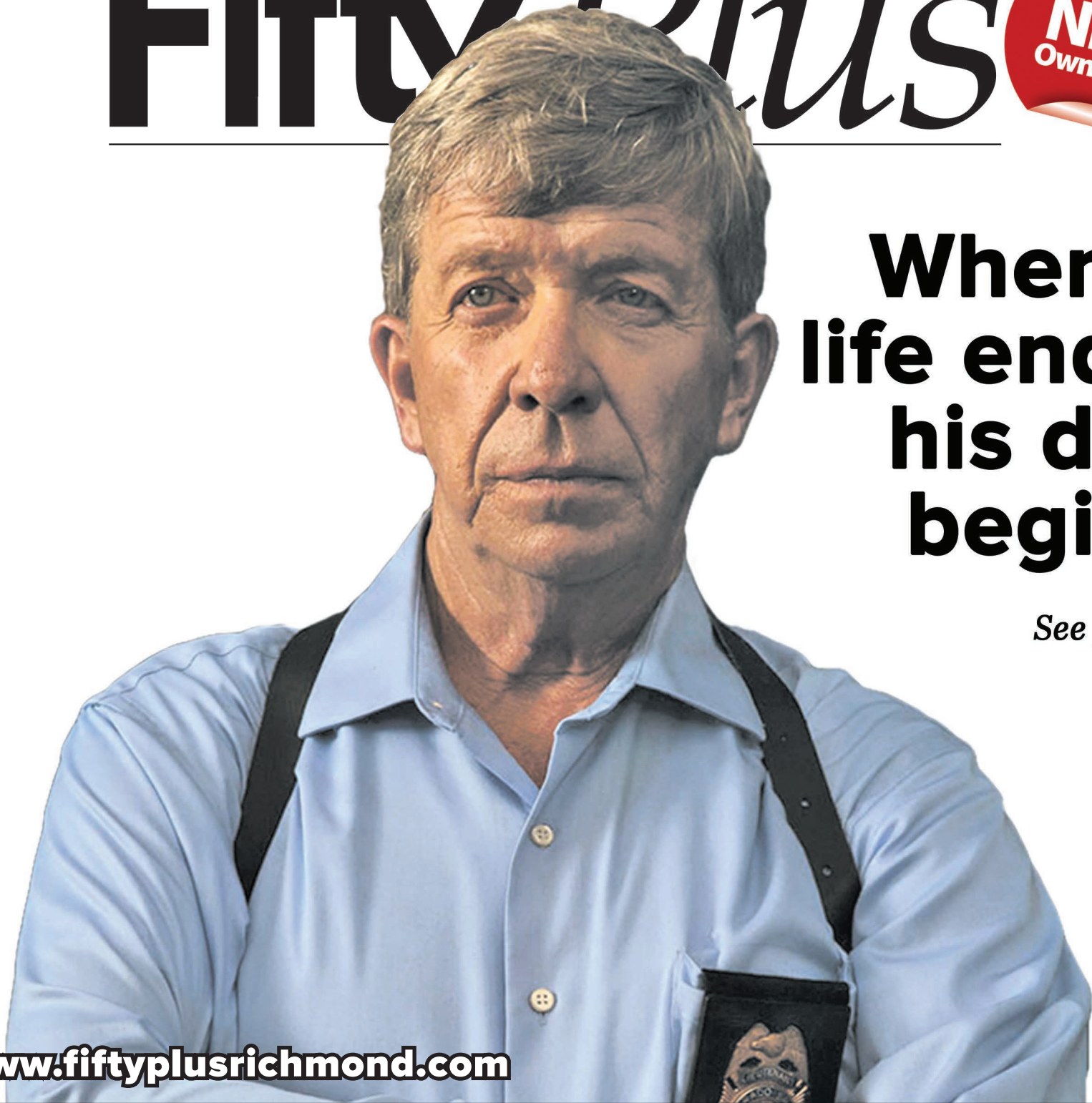


# Fifty Plus



**When a  
life ends,  
his day  
begins**

*See page 4*

[www.fiftyplusrichmond.com](http://www.fiftyplusrichmond.com)

**70 Years of TV**



**Hi-Tech Toys**



**Misty Isle of Skye**





# From the Publisher

## Dear reader/advertiser:

For more than two decades, I have been proud to publish *Fifty Plus* monthly magazine here in Richmond. Our readers are dear to my heart, making all the years of work creating and growing this publication a labor of love.

It means a great deal to me that my staff and I have been able to educate and entertain tens of thousands of families and older adults throughout the region over the years via our magazine. And that makes it all the more difficult for me to write this letter.

For, unfortunately, health issues have made it impossible for me to continue as publisher of *Fifty Plus*. In fact, although I hope it's not true, you may have seen some decline in our publication over the last year or so as a result of my illness.

I am happy to report, however, that I have taken steps to secure the future of *Fifty Plus* through a sale of our assets to a nearby publisher, The Beacon Newspapers, Inc. The Beacon currently publishes three nationally award-winning publications with that name in the mid-Atlantic area, and I could not be more pleased that such a strong, well-run company will be continuing my legacy.

You will be seeing some changes in these pages over the coming months (including this issue), and I am confident you will find them to be positive. The new publishers intend to increase our distribution, cover additional topics, and give this publication a new look. Also you will see improvements to our website.

I know I am leaving you — our readers, our advertisers, our contributing writers and other staff — in good hands. And I thank you for reading and supporting *Fifty Plus* through the years. It's been a grand ride, and I thank you from the bottom of my heart.

Please welcome the new publishers when you can. And if you could complete and return the survey on the facing page, I'm sure they would find it helpful.

Sincerely,



Mark Fetter  
Former Publisher

# Contents

DEC. 2016/JAN. 2017

Feature Story	4
Fitness & Health	6
Calendar	10
Technology & Innovations	12
Money & Law	14
Travel & Leisure	18
Arts & Style	22



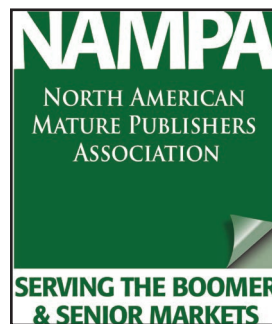
### On the cover:

Main image: Lt. Joe Kenda, a retired homicide detective who solved hundreds of cases during his career, recounts many of his investigations on "Homicide Hunter," the most popular television program on the Investigation Discovery channel. (Photo courtesy of Investigation Discovery Channel.)

Left: Lucille Ball and Vivian Vance played Lucy Ricardo and her neighbor Ethel Mertz in TV's beloved comedy, "I Love Lucy." Read about them and other greats of early television in our Arts story on page 22. (Photo by AP)

Middle: With the Code This Drone app and kit, kids can program and fly their own mini-drone. Read about this and other high-tech toys for kids in our Technology section, on page 12. (Photo courtesy of Tynker)

Right: Scotland's Isle of Skye is one of Scotland's most popular tourist attractions. Find out why in our travel section, starting on page 18. (© Pichaya Pureesrisak)



# Fifty Plus

Volume 19, No. 12, DEC. 2016/JAN. 2017

**Publisher/Editor:** Stuart Rosenthal  
stuart@fiftyplusrichmond.com

**Vice President of Operations:**  
Gordon Hasenei  
gordon@fiftyplusrichmond.com

**Sales Director:** Alan Spiegel  
alan@fiftyplusrichmond.com

**Contributing Editor:**  
Lisa Crutchfield  
Lisa@fiftyplusrichmond.com

**Art Director:** Jennifer Sutton  
jennifer@fiftyplusrichmond.com

**Editorial Mission:** *Fifty Plus* is dedicated to providing readers with accurate information, professional guidance, and useful resources. Our publication is intended to both reflect and enhance fifty-plus lifestyles, and to encourage reader dialogue and input.

*Fifty Plus* is published monthly and distributed free of charge. The advertising deadline is the 10th of each month for the upcoming issue. The entire contents of *Fifty Plus* are © 2016, The Beacon Newspapers, Inc. No portion may be reproduced in whole or in part by any means without the express written consent of the publisher. The views and opinions expressed by writers and columnists do not necessarily represent those of *Fifty Plus* or its staff.

### How to reach us

Fifty Plus of Richmond  
PO Box 17065  
Richmond, VA 23226  
PH: 804-586-2677  
info@fiftyplusrichmond.com

## Help us make *Fifty Plus* even better!

You may win dinner for two at a restaurant of your choice with  
**Lt. Joe Kenda, star of Investigation Discovery's *Homicide Hunter*.**

Richmond *Fifty Plus* is under new ownership, and we need your help to develop into the monthly publication you most want to read!

Please answer the questions below and mail this page to us by Feb. 3. Or complete this survey online at: [bit.ly/FiftyPlusSurvey](http://bit.ly/FiftyPlusSurvey) (One survey reply per person, please.)

### 1. How often do you read *Fifty Plus*?

- ☐ every month ☐ most months  
☐ a few times a year  
☐ this is my first time

### 2. How long have you been a *Fifty Plus* reader?

- ☐ a year or less ☐ 1 to 5 years  
☐ more than 5 years

### 3. Where did you pick up this copy?

Where else do you sometimes pick up copies? \_\_\_\_\_  
What additional pick-up locations would be helpful to you? (Please provide address and name of a contact, if known): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### 4. Thinking about past issues of *Fifty Plus* you have read, please rate the following qualities from 1 (poor) up to 5 (excellent).

Circle the rank that reflects your opinion.

- a) variety of subjects covered  
1 2 3 4 5  
b) quality of writing  
1 2 3 4 5  
c) overall design  
1 2 3 4 5  
d) helpfulness of advertising  
1 2 3 4 5  
e) quality of calendar  
1 2 3 4 5

### 5. What would you like to see changed about *Fifty Plus*?

(check all that apply)

- ☐ Cover wider variety of topics  
☐ Expand health coverage  
☐ Expand financial coverage  
☐ Expand arts coverage  
☐ Expand calendar  
☐ Add info about housing options  
☐ Accept classified ads  
☐ Offer reader contests/drawings

### 6. What other topics or changes would you like to see in future issues?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
(include a separate page if you like)

### 7. Which of these publications do you typically read, and how would you rate them? Circle the rank from 1 (poor) to 5 (excellent).

- ☐ Boomer  
1 2 3 4 5  
☐ Richmond Family (RFM)  
1 2 3 4 5  
☐ Richmond Parents  
1 2 3 4 5  
☐ Style Weekly  
1 2 3 4 5  
☐ Our Health Richmond  
1 2 3 4 5  
☐ Richmond Magazine  
1 2 3 4 5

### 8. Please tell us your approximate age:

- ☐ under 50 ☐ 50-64  
☐ 65-75 ☐ over 75

### 9. Are you:

- ☐ Male ☐ Female

**So we may notify you if you win the random drawing, please provide your name, address, email and/or phone number:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Email address: \_\_\_\_\_

Telephone: \_\_\_\_\_

**Would you be willing to participate in a local focus group of *Fifty Plus* readers to help us improve our publication?**

- ☐ Yes ☐ No

If yes, be sure to provide contact information above.

**Complete this page and mail to:**  
**Fifty Plus Survey**  
**P.O. Box 17065**  
**Richmond, VA 23226, or you may complete this survey online at:**  
**[bit.ly/FiftyPlusSurvey](http://bit.ly/FiftyPlusSurvey)**

Thank you!

# Fifty Plus



# Feature Story

## Cop's third career: TV star

By Barbara Ruben

"In my adult life, everybody either hated me or was afraid of me or both," said Joe Kenda of his 19 years as a Colorado homicide detective. But that reaction has turned on its head.

Kenda is now the star of a true-crime drama series on the Investigation Discovery (ID) network. In the show, which runs in 163 countries and is translated into 100 languages, he narrates re-enactments of some of his most intriguing — and often gory — cases. The show, "Homicide Hunter," is seen by 27 million viewers and is the network's most popular show.

"I don't think anyone on the planet would have guessed where this would go," said Kenda, who recently turned 70 and now lives with his wife in Hampton Roads, Va., near an adult son.

While Kenda knew from a young age he wanted to be a cop, he never dreamed there would be so much interest in his astounding 92 percent success rate in solving cases. (Nationally, about 64 percent of homicides are eventually solved.)

### Meeting the enemy

The turning point for his career decision came when he was 9 and went to the Pittsburgh Zoo.

"I went to the primate house, and there was a huge sign that said, 'Around this corner is the most dangerous animal on Earth.' Wow! I ran around the corner along with everybody else, and it was a mirror from ceiling to floor. Everyone was very disappointed — except for me.

"I stood there transfixed and thought about what the sign said, and all these people [reflected] in the mirror. It was kind of an epiphany for me, and I thought about it for a very long time." Kenda went to college, earning a degree in political science, before moving to Colorado Springs, where his mother had grown up.

He joined the police department there, starting as an officer on the street and working his way up to become a burglary detective. Eventually, he became the head of the police department's major crimes unit.

On the TV show, he's best known for the deadpan, slowly uttered line, "My, my, my," which he says when a suspect is being particularly untruthful.



PHOTO COURTESY OF INVESTIGATION DISCOVERY

On "Homicide Hunter" — the #1 show on the Investigation Discovery channel — Lt. Joe Kenda recounts some of the more than 350 homicide cases he solved as a police detective in Colorado.

Which of the nearly 400 cases he investigated stand out most to Kenda?

All of them.

"They are all absolutely awful. It doesn't matter about what they are, who the victim is, the method in which it is done. I've seen [murder] by every means except a nuclear weapon. I've seen every other way you can kill someone — children, babies and adults. . . . It was disgusting."

### Changing gears

But after 21 years on the police force, Kenda put the brakes on his career — at the insistence of his wife, Kathy. He and Kathy were high school sweethearts; they've been together nearly 55 years.

She was worried about his job as a detective, but busy with her job as a nurse and raising their

two children. Then one night, Kenda was working a particularly dangerous case.

"We had a kid who used an automatic weapon in a homicide, 32 rounds, shot into a car of kids. Killed one, wounded three, hit everything in the neighborhood. It took me five days to figure out who he was," Kenda said. "I called Kathy and said, 'I'm going to go get this jerk with the machine gun, and I'll be late.'"

That was the last Kathy heard from him until Kenda pulled the car into the driveway at 1 a.m. All the lights were on, and she was crying.

"She said, 'Kenda — and she only calls me by my last name when she's really upset — I can't wait for you to come home anymore. You should have called me.'"

"She was right. I'd reached my emotional limit. I loved the adrenaline rush of the job. Her, not

so much. So I left [the job]. And when I did, I lost the venom. But it took a couple years. When I first left, I was not the friendliest person."

But even though Kenda wasn't chasing criminals anymore, they haunted his dreams and even his waking hours.

"I suffer from PTSD. Of course I do. The best way I can describe PTSD: Imagine having a nightmare while you're awake. Picture a face, and you're back in the moment. You've got a gun in your hand, and everything is going south, and it's right back where you were years ago."

Kenda finally regained some equilibrium with a job that was the polar opposite of his police career: driving a school bus for children with special needs, which he did for the next decade. "I became a special needs bus driver because I

See Feature Story, page 5

### Feature Story

From page 4

really was attracted to those kids who needed somebody in their lives who cared about them. For the first time in my life, people were happy to see me. And that felt very nice," he said.

### A new career in TV

But then a letter from a TV producer who had heard of Kenda's reputation for solving murder cases arrived. Kenda ignored it. Kathy pestered him to respond. He finally did, and was flown out to California to do a test shoot for the show.

"A guy hands me 50 pounds of papers. I said, 'What's that?' and they said, 'That's your script.'"

"I said, 'No, I'm a policeman, not an actor, and I'm not going to read a script.' They said, 'You have to do this.' I said, 'No, I have to die, and I have to pay taxes, but I don't have to read a script. And if that's what you want, then perhaps you should get someone else.'"

But they didn't, because Kenda's "just the facts, ma'am" Joe Friday delivery bowled over the producers, and they never mentioned a script again.

On "Homicide Hunter," Kenda serves as a narrator outlining the cases, which he remembers in precise detail. He shoots his segments in Colorado Springs. Reenactments with a younger actor who resembles Kenda, Carl Marino, are shot in Knoxville, Tenn.

"Homicide Hunter," now in its 6th season,

has aired more than 60 episodes since 2011. Kenda distills each case, compacting it greatly to fit into the hour-long TV show.

"A murder case is enormously complicated. If I made a show illustrating everything we did and heard, it would last for 16 weeks and nobody would watch it. It's a rabbit warren of facts and mistakes and misinformation," he said.

### A 21st century hero

Why the public's appetite for Kenda's dark and twisty tales?

"I have no earthly idea," Kenda responded.

But Jim Seeley, a fan and organizer of an annual cruise featuring Kenda, has some thoughts. Seeley, 52, who lives in Falls Church, Va., said, "We live in a world where there are so many travesties of justice out there in the news. And it's such a relief to see justice being done, good winning over evil. In the real world, evil seems to be winning over good these days.

"Joe has an element of Clint Eastwood, kind of the 'go ahead and make my day' thing. People really respond to that, especially because he's not acting. He's telling the real story. People gravitate to these kinds of heroes."

Doing the shows has been therapeutic for Kenda, much more so than the visit he once paid to a PTSD therapist. "I've said more to that camera than I've said to anybody. It makes me feel better. So that's my motivation" for doing

the show, he said.

From his years of service, Kenda has some safety tips for people in addition to the usual "pay attention to your surroundings" —

"Stay out of bars at closing time because nothing good happens after midnight.

"Do not buy or sell narcotics or associate with those who do.

"And try to marry well. Don't marry a psychotic.

"The odds of your being a victim of violent crime are an inch tall. If you do those other things, they are 10 feet tall.

"Most murders are not random. There is a reason. It may be an insane reason, but it's a reason."

The sixth season of "Homicide Hunter" appears at 10 p.m. on Investigation Discovery Channel (Comcast XFINITY: Channel 111/HD 899; Verizon FIOS: Channel 123/HD 623; DIRECTV: Channel 285/HD 285; DISH: Channel 192/HD 192).

## Would you like to dine with Lt. Kenda?

Complete and return our reader survey on page 3 and return it to us by February 3.

One lucky respondent will win dinner for two with Lt. Kenda and his wife, Kathy!



BETH SHOLOM  
A LIFECARE COMMUNITY

### ACCEPTING APPLICATIONS

Beth Sholom Woods is an equal housing opportunity facility designed to provide housing to extremely low, very low and low-income elderly age 62 and over. Ten percent of its 111 apartments have been altered for accessibility. Applicants age 18 or more who have mobility/physical disability and need the features of our barrier-free/handicapped units may apply for one of these eleven accessible units.

Beth Sholom Woods is a Section 202/8-Section 223 (f) U.S. Department of Housing and Urban Development (HUD) project. Qualified applicants pay 30% of his or her monthly income towards rent and utilities. An Outpatient Rehabilitation Clinic with a therapeutic pool is located on site. Beth Sholom Woods is part of the Beth Sholom Lifecare Community in the Far West End of Richmond. For more information or an application, please call (804) 741-4691, Monday-Friday, 9am-4:30pm.

Telephone: (804) 741-4691 • Fax: (804) 741-9813

Email: sberinato@bslcc.org • Website: www.bethsholom-lifecare.org



Beth Sholom Woods  
Beth Sholom Lifecare Community  
2027 Lauderdale Drive  
Richmond, VA 23233



Greenfield  
Residences  
at Monument Avenue

Come and experience all the warmth of home at Greenfield Residences. Cozy up to one of our fireplaces and Greenfield will make sure you feel at home, happy, and well cared for.

Call us today and ask about our year-end specials for new move-ins!

804-257-7949



GREENFIELD  
SENIOR LIVING

CARING FOR THOSE WHO CARED FOR US™

Greenfield Residences at Monument Avenue

An Assisted Living Community

501 North Allen Avenue, Richmond, VA 23220

804-257-7949

www.greenfieldseniorliving.com





# What you don't know about Walk-In Tubs can hurt you.

The Walk-In Tub reinvented... by Jacuzzi Inc.



**Myth #1- Walk-In Tubs are only for safety.** While having a door on your tub can prevent bathroom falls, a great Walk-In Tub does so much more. Only Jacuzzi® Walk-In Tubs feature the patented PointPro® jets that provide the optimum mix of water and air to provide strong yet gentle hydrotherapy.

**Myth #2- Walk-In Tubs make you wait a long time while they fill and drain.** Most do, but the innovative engineers at Jacuzzi Inc. have spent years perfecting the FastFill™ and FastDrain™ Technology that enables you to spend more time bathing and less time waiting.

**Myth #3- You have to pay for extra features.** Most Walk-In Tubs are base models, and as you tack on extra features the price goes up... a lot. Jacuzzi® Walk-In Tubs come standard with Air and Water Jets, Color Light Therapy, Aromatherapy, FastFill™ and FastDrain™ Technology and the only foot massage jets on the market. All for one low price.

**Myth #4- Walk-In Tubs are expensive.** Moving into an Assisted Living Facility is expensive.

So is a broken hip. Jacuzzi® Walk-In Tubs are a great investment and can even increase the value of your home. Quality craftsmanship and innovative design are worth every penny.

**Myth #5- All Walk-In Tubs are the same.** They aren't. And only one of them is made by the company that's known worldwide for its bathtubs- the company that practically invented hydrotherapy.

**Now that you know a little bit more about Walk-In Tubs, why not take the next step.** Call now for more information on the Walk-In tub that's revolutionized the bathing industry. Jacuzzi® Walk-In Tub... there's only one.



For your **FREE** special report  
"Tips on Living to be 100"  
Call Toll-Free Today  
**1-888-960-3147**  
Please mention  
promotional code **102753**.



© 2016 Aging In The Home Remodelers

# Fitness & Health

## Eight ways to lower your blood pressure

When it comes to "natural" ways to improve blood pressure, sodium restriction snags the spotlight. Most experts agree that limiting sodium is a smart strategy for those looking to lower blood pressure.

But why focus on what you can't — or shouldn't — have? Shift your emphasis to positive lifestyle changes you can make to improve blood pressure. Here are eight of them.

### Nosh on plenty of produce.

Fruits and vegetables are low in sodium and rich in potassium, which offsets sodium's effect on blood pressure. Potassium-packed picks include baked potatoes, baked sweet potatoes, spinach, winter squash, bananas, oranges, cantaloupe, beans and tomatoes.

### Enhance meals with healthy fats.

Substituting sources of healthy fats for some of the carbohydrates in your diet helps control blood pressure, according to a recent study.

Remember to swap, and not add, them in. Think: nuts instead of croutons — not both — on your salad.

### Go for whole grains over refined starches.

Some studies suggest that whole grains help the body hang on to potassium. You can't go wrong with whole grains either way — you get more beneficial vitamins and nutrients when you swap white for whole grains, and you'll also feel full longer after eating them, thanks to their fiber content.

### Include low-fat dairy in your diet.

Calcium plays a key role in regulating blood pressure. Low-fat dairy products offer all the nutrients of full-fat varieties, but without the saturated fat and cholesterol that can raise heart-disease risk.

Have low-fat milk with your cereal or oatmeal

in the morning, add a cup of plain low-fat yogurt to your lunch, or have some low-fat cheese as a mid-afternoon snack.

### Learn to love legumes.

Beans, nuts and seeds are rich in magnesium, which contributes to maintaining healthy blood pressure. Aim to get 4 to 5 servings (1/2 cup of beans or 1 ounce of nuts/seeds) a week.

### Savor small amounts of dark chocolate.

Studies attest to the blood-pressure benefits of products made with cocoa, which contains antioxidants that activate a substance called nitric oxide that relaxes blood vessels and makes it easier for blood to flow throughout your body.

### Move more.

Moderate exercise has been shown to improve blood pressure. National guidelines advise 30 minutes of daily moderate activity, such as brisk walking, jogging or cycling. If you don't have 30 minutes to exercise, break your daily exercise sessions up into three 10-minute mini-workouts.

### Cultivate inner calm.

Studies show that meditation brings blood pressure down — probably by modulating physiological stress responses.

You don't have to sit in the lotus position, say "om" or think spiritual thoughts. Simply tuning in to your breathing — for even 10 minutes — may do the trick. Close your eyes (and the door), turn off the cell phone. Now ... breathe.

*EatingWell is a magazine and website devoted to healthy eating as a way of life. Online at [www.eatingwell.com](http://www.eatingwell.com).*

© 2016 Eating Well, Inc. Distributed by Tribune Content Agency, LLC.

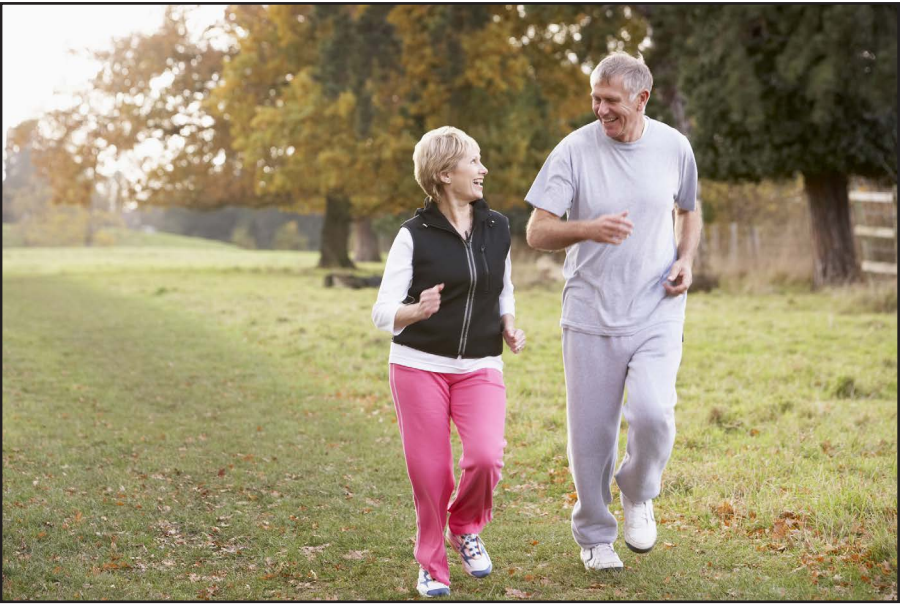


PHOTO CREDIT © MONKEY BUSINESS IMAGES

# Vitamin D plays a big role in winter health

I'm willing to bet you have been sick in the past and experienced a runny nose and congestion, sneezing, fever/chills or body aches. All you can do is treat the symptoms and hope your immune system fights for you.

FYI, taking antibiotics won't help. Your immune system strength (not the germ itself) directly influences how bad you feel and how long you suffer.

Vitamin D levels are lower during the winter months, so it's no coincidence that cold and flu outbreaks happen more frequently during the wintertime. (Shocking, even spending our summer days in a big city where tall buildings block the sun's rays can lead to deficiencies of the vitamin.)

Vitamin D is a media darling. Time Magazine even lists D among its Top Ten Medical Breakthroughs.

In an American study of 198 healthy adults, researchers found that individuals with blood concentrations of 38 ng/ml or more of vitamin D enjoyed a two-fold reduction in the risk of catching cold, and were able to get back to work faster. I recommend even higher levels — closer to 60 ng/ml.

### Two immune systems

Allow me to brief you on what may very well



### Dear Pharmacist

By Suzy Coben

be vitamin D's most exciting role yet. We all have both an adaptive and an innate immune system. The branch of our immune system that 'remembers' specific attackers — so that it can mount a faster defense next time an encounter is made — is called the "adaptive" immune system.

Vitamin D helps our adaptive immune system by boosting our T cells — a type of white blood

cell that patrols around our bodies like soldiers, ready to destroy any infected or cancerous cells they come across.

Researchers in Denmark made a truly incredible connection. For T cells to be able to activate themselves and mount an attack, vitamin D must be present. Without adequate vitamin D, our T cells are like sleeping soldiers, virtually incapable of defending us.

This research suggests that perhaps we can retrain our immune system to prevent it from being so reactive and hyper, translating to a lower risk for cold and flu, and obviously fewer auto-immune assaults.

Adequate Vitamin D helps your immune cells manufacture your own natural antibiotic-like substance called cathelicidin, which destroys all sorts of 'bugs' as they're encountered. This activity supports your innate immune system.

By the way, your innate system is your first line of defense against pathogens of all sorts, so if you get sick a lot, this is the part of your im-

mune system that you should focus on.

Symptoms of vitamin D deficiency include fatigue, weakness, bone or muscle pain, fractures, cracked teeth, arrhythmias, wintertime depression and autoimmune flare ups. Certain cancers are also associated with low D levels.

In my humble opinion, Vitamin D3 is an affordable way to keep your immune system in tip-top shape. It's easy to test your blood levels, and the supplement is sold pretty much everywhere.

*This information is opinion only. It is not intended to treat, cure or diagnose your condition. Consult with your doctor before using any new drug or supplement.*

*Suzy Coben is a registered pharmacist and the author of The 24-Hour Pharmacist and Real Solutions from Head to Toe. To contact her, visit [www.SuzyCoben.com](http://www.SuzyCoben.com).*

Please patronize our advertisers.  
They keep **FiftyPlus** free!

Home is Where the Heart Is

**804-355-3013**  
1620 N. Hamilton Street  
Richmond, VA 23230

RENT INCLUDES ALL UTILITIES  
Except Phone and Cable

No Entry Fee

Studio, 1 Bedroom,  
2 Bed/2 Bath Apartments  
Starting at \$650

Elevator Access/Courtesy  
Van to Shopping

24-hour Monitored Emergency  
Call System

Hair Salon, Library

Full Kitchen/Walk-in  
Shower or Tubs

55 and Over

A Senior Residential Community  
An Affiliate of UMFS managed by Dominion Partners, LLC.  
[www.umfs.org/guardian](http://www.umfs.org/guardian)

Guardian Place is affiliated with United Methodist Family Services. Managed by Dominion Partners, LLC.





Everything  
Christmas  
in one  
extraordinary  
★ place



November 19, 2016 – January 1, 2017

Discover the ultimate Christmas getaway just minutes away in National Harbor.

- Lavish Christmas décor, twinkling holiday lights, and an indoor snowfall
- NEW ICE! theme – 2 million pounds of colorful, hand-carved ice sculptures and slides featuring Christmas Around the World
- Breakfast with Charlie Brown™ & Friends
- The Elf on the Shelf® Scavenger Hunt
- Village of the North Pole
- Build-A-Bear Workshop®
- Sights and Sounds of the Season Laser Show
- Photos with Santa
- Potomac Express Train, Christmas Carousel and Attractions
- Gingerbread Decorating Corner and much more!



NATIONAL HARBOR, MD

PRESENTED BY  
FUJIFILM  
instax

ICE! PRESENTED BY  
pepsi.

Packages from \$199\* including UNLIMITED PRIORITY ENTRY to ICE!

Book early for best availability!

ChristmasOnThePotomac.com | (301) 965-4000

\*Valid for one night stay. Price is per room for traditional accommodations. Tax, resort fee, and parking additional. Based on availability at time of reservation. Atrium upgrade may be available at prevailing rates. Advance reservations required. Not valid in conjunction with groups of 10 or more rooms or conventions. Package pricing, components, show schedules and entertainment subject to change without notice. Other restrictions may apply. PEPSI, PEPSI-COLA and the Pepsi Globe are registered trademarks of PepsiCo, Inc. The Elf on the Shelf and © C.A. and B. LLC. All rights reserved. Peanuts © 2016 Peanuts Worldwide LLC. © & Build-A-Bear Workshop, Inc. Used with permission. All rights reserved. FUJIFILM and INSTAX are trademarks of FUJIFILM Corporation and its affiliates. © 2016 FUJIFILM North America Corporation. All rights reserved.

## Good and bad fats

By Holley Grainger, R.D.

Fat can be confusing. For a long time, fat — any fat — was the enemy; now, researchers say certain types of fat are a necessary part of a balanced diet.

Here's help decoding each type of fat: saturated, unsaturated and trans fat.

**Saturated fat** is typically solid at room temperature.

The old adage that eating too much saturated fat can raise your risk of heart disease has been contested recently — and now saturated fat is believed to be more benign than we originally thought. Still, it's typically calorie-dense, so it's best to enjoy saturated fat in limited doses.

**Food sources:** Tropical oils (e.g., coconut, palm), butter, fatty meats, full-fat dairy products, coconut milk.

**Monounsaturated fat** is typically liquid at room temperature, but solid at cooler temps.

This fat helps to improve cholesterol levels, therefore lowering your risk of heart disease. It also controls blood sugar by improving insulin levels.

**Food sources:** Avocados, nuts and seeds, and peanut, olive and canola oils.

**Polyunsaturated fat** is liquid at any temperature.

There are many types of polyunsaturated fats, but two — omega-3s and omega-6s — are essential, meaning our bodies don't make them, so we need to get them in our diet.

The omega-3s EPA and DHA have a long list of science-backed benefits. They can help lower triglycerides, blood pressure and heart disease risk, as well as quell inflammation and improve mood.

Higher intakes of omega-6s may improve insulin resistance, reduce diabetes risk and lower blood pressure. We get plenty of omega-6s in our diets. Since having an even balance of omega-6s and 3s is recommended, for optimum health, concentrate on increasing foods with

omega-3s in your diet.

**Food sources:** Soybean, corn and sunflower oils, and packaged foods made with these oils.

**Trans fats** are the type to avoid

There are naturally occurring trans fats found in small amounts in butter and meat. The bulk of them, however, are produced by adding hydrogen to the chemical structure of vegetable oils, thus making them more solid.

Eating trans fat raises your “bad” LDL cholesterol, but also lowers your “good” HDL cholesterol — and raises your risk of heart disease. Avoid these completely.

**Food sources:** Listed as “partially hydrogenated” oil in ingredient lists of processed foods, such as cookies, cakes, crackers and margarine. Note: Trans fats can still be found in foods touting “0 grams trans fat.” (Manufacturers can round down if there's 0.49 gram or less per serving.) Always check the ingredient list for partially hydrogenated oil to be sure you're not unintentionally ingesting trans fats.

© 2016 Eating Well, Inc. Distributed by Tribune Content Agency, LLC.

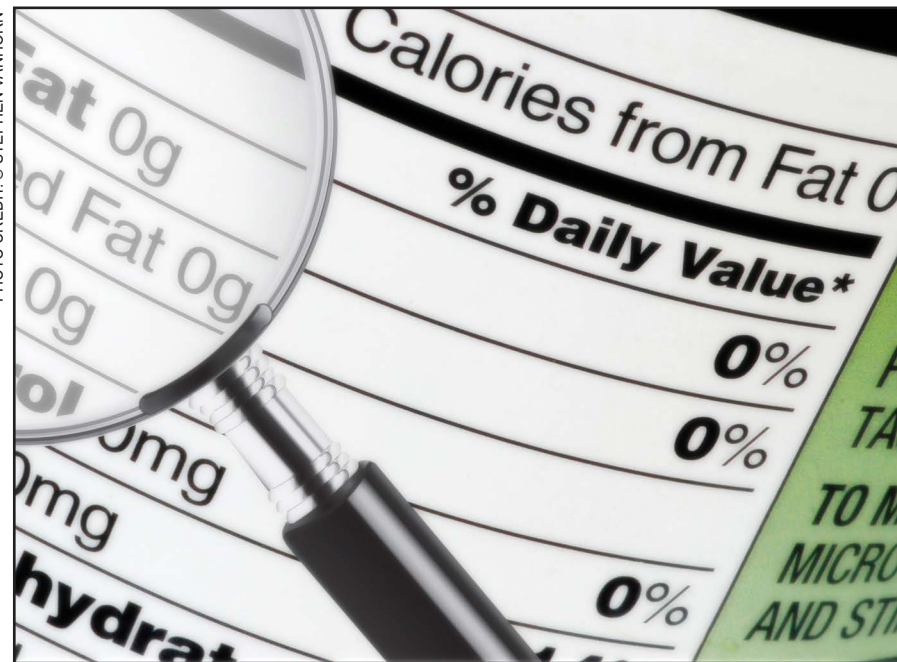
Share your  
opinion!

Send a letter  
to the editor.

Email

info@fiftyplusrichmond.com

PHOTO CREDIT: © STEPHEN VANHORN



## Introducing *The new and revolutionary* Jacuzzi® Hydrotherapy Shower.



### AGING = PAIN

For many, arthritis and spinal disc degeneration are the most common source of pain, along with hips, knees, shoulders and the neck. In designing the Jacuzzi Hydrotherapy Shower, we worked with expert physicians to maximize its pain relieving therapy by utilizing the correct level of water pressure to provide gentle yet effective hydrotherapy.

JACUZZI® SHOWER = RELIEF



Four Jacuzzi® ShowerPro™ Jets focus on the neck, back, hips, knees and

may help ease the pain and discomfort of:

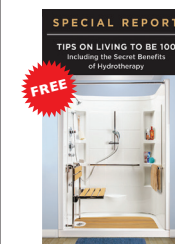
- Arthritis
- Circulation Issues
- Neuropathy
- Sciatica
- Aches and Pains
- Inflammation

The Jacuzzi® Hydrotherapy Shower provides a lifetime of comfort and relief... safely and affordably.

As we age, the occasional aches and pains of everyday life become less and less occasional. Most of us are bothered by sore muscles, creaky joints and general fatigue as we go through the day- and it's made worse by everything from exertion and stress to arthritis and a number of other ailments. Sure, there are pills and creams that claim to provide comfort, but there is only one 100% natural way to feel better... hydrotherapy. Now, the world leader in hydrotherapy has invented the only shower that features Jacuzzi® Jets. It's called the Jacuzzi® Hydrotherapy Shower, and it can truly change your life.

For over 50 years, the Jacuzzi® Design Engineers have worked to bring the powerful benefits of soothing hydrotherapy into millions of homes. Now, they've created a system that can fit in the space of your existing bathtub or shower and give you a lifetime of enjoyment, comfort and pain-relief. They've thought of everything. From the high-gloss acrylic surface, slip-resistant flooring, a hand-held shower wand to a comfortable and adjustable seat, to strategically-placed grab bars and lots of storage, this shower has it all.

Why wait to experience the Jacuzzi® Hydrotherapy Shower? Call now... it's the first step in getting relief from those aches and pains.



Call toll free now to get your **FREE** special report “Tips on Living to be 100”

Mention promotional code 102754.

**1-888-206-7579**



© 2016 Aging In The Home Remodelers





## UPCOMING

### Landscape for Life

CHESTERFIELD COUNTY COOPERATIVE EXTENSION OFFICE

Do you need a special gift for someone who is new to gardening or a gardener new to Chesterfield County and surrounding areas? Have you ever wanted to take the Master Gardener course but are still working or don't want to commit to the volunteer obligation? The Chesterfield County Landscape for Life Program may be just what you need. Landscape for Life is based on sustainable landscape practices. Think of it as a mini-Master Gardener training. Schedule: The six classes will start on February 2, 2017 and will be held on every Thursday through March 9, 2017 from 6:30 to 8:30 p.m. Address: The Chesterfield County Cooperative Extension Office located at 6807 Mimms Loop, Chesterfield, 23832. Contact: The program cost is \$75, which covers class materials. Please call 804-751-4401 or email [vce@chesterfield.gov](mailto:vce@chesterfield.gov) for registration and information. Hurry, Space is limited! The fee is for a family — husband and wife, parent and MATURE child. The family must be discussing the same landscape. This would make a great Christmas gift!

### Hearts Afire Storytelling Festival

RICHMOND'S FIRST BAPTIST CHURCH

FRIDAY, JAN. 27, 2017, 7:00-9:30PM

SATURDAY, JAN. 28, 6:00-8:30PM

SUNDAY, JAN. 29, 3:00-5:30PM

Nationally renowned storytellers Tim Lowry of Charleston, SC; Sheila Arnold Jones of Hampton, VA; and Linda Goodman of Waxhaw, NC will share stories to warm the audience's hearts in the cold of winter. Tickets \$35.00. Address: Richmond's First Baptist Church, 2709 Monument Avenue. Free Parking.

## CONTINUING

### Dominion Gardenfest of Lights: Living Color

LEWIS GINTER BOTANICAL GARDEN

DEC. 2016-JAN. 9, 2017, 5-10PM

Dominion GardenFest of Lights is a holiday tradition featuring more than a half million lights, botanical decorations, trains, holiday activities & more. To learn more details about Lewis Ginter lights, this year's Living Color theme and tips for your visit. Ticket Pricing: \$11 seniors (age 55+),

\$7: Garden members. Tickets are not date-specific and may be purchased at the Garden (9 a.m. — 10 p.m.) or you may purchase tickets online. Please note tickets ordered online have a convenience fee. Address: 1800 Lakeside Avenue, Richmond, VA 23228.

(804) 262-9887

[lewisginter.org](http://lewisginter.org)

### Wee Holiday Village

CITY OF RICHMOND

THROUGH DEC. 30

"Wee Holiday Village," a three-dimensional showing of miniature houses and dioramas with holiday themes opened on December 9 on display and will continue through Friday, December 30. The Spotlight Gallery hours are from 10 a.m. to 7 p.m., Monday through Friday and 10 a.m. to 2 p.m. on Saturdays. This exhibit is free and open to the public. For more information or group scheduling, please contact Ann-Marie Williams, Cultural Community Officer, or Shaunn Casselle, Curator at (804) 646-3677. Time: 6:00-7:00pm. Address: City Of Richmond, 4901 Old Brook Rd, Richmond, VA 23227.

### James River Art League Exhibit

1901 STARLING DRIVE

THROUGH DEC. 30

Works, in a variety of media, will be on display at the Tuckahoe Library, 1901 Starling Drive, 23229, from December 2-December 30. the exhibit is free and open to the public. Mon.-Thurs., 9am-9pm and Fri-Sat, 9am-6pm. Address: 1901 Starling Drive, Henrico, VA 23229.

### Miracle of Christmas—Live!

METRO RICHMOND ZOO

DEC. 21-23

Reenactment of the Christmas story presented with live zoo animals and set against a period-appropriate backdrop with cast members recreating events that took place more than 2,000 years ago. The 20-minute pageant is preceded by musical performances by local community, school and church instrumental and vocal groups. Annual attendance exceeds 10,000 from the greater Richmond area. Donuts and hot cocoa will be sold at a nominal fee to benefit local charities. Starting Wednesday, December 21st repeats every day until Friday, December 23rd at 7:00-9:00pm. Address: Metro Richmond Zoo, 8300 Beaver Bridge Rd., Moseley, VA 23120.

# Dec. 18, 2016-Jan. 31, 2017 Calendar

### Maymont Mansion Holiday Tours

MAYMONT MANSION

Tuesdays, Through December 31, 12-5pm. (Closed Christmas Eve, Christmas Day and New Year's Day) Major and Mrs. Dooley's spectacularly decorated Gilded Age home brings the wonders and festivities of Christmas past to life and is sure to put everyone in the holiday spirit. Beautiful trimmings on the 12-foot Christmas tree, the opulent dining room set for a feast, evergreen decorations and lavish gifts welcome the season in grand Victorian style. In the Belowstairs area, preparations are underway to make the Dooleys' first Christmas in their new home special for their family and friends. Guided tours (upstairs only) available every half-hour; last tour begins at 4:30pm. \$5 suggested admission. For information, call 804-358-7166, ext. 329.

### Fresh Herbal Wreath Class

LAVENDER FIELDS HERB FARM

DECEMBER 17, 1 – 2:30PM

DECEMBER 20, 10:30AM – 12PM

Come out to the farm and make a fresh herbal wreath from our gardens. Learn easy design techniques along with care tips to get the most out of your wreath. Glean useful information as we peruse the gardens to cut additional material to make your wreath pop. Take home your unique creation and enjoy it for weeks to come. \$30 pp. Address: 11300 Winfrey Road. Online registration at [lavenderfieldsfarm.com](http://lavenderfieldsfarm.com). (804) 262-7167

### Latin Ballet presents Legend of the Poinsettia

THE CULTURAL ARTS CENTER AT GLEN ALLEN

THURSDAY, JAN. 5-SUNDAY, JAN. 8, 2017

The Latin Ballet celebrates 17 years of this beautiful and festive production of "Legend of the Poinsettia". Based on the Mexican legend of a young, pure-hearted girl who discovers the true spirit of giving. Times: Thursday at 10:30am, Friday at 10:30am & 7:30pm, Saturday at 3pm & 7:30pm, Sunday at 3pm. Cost: \$20 GA / \$15 Students/Seniors/Military / FREE for Children under 6 years. Address: The Cultural Arts Center at Glen Allen, 2880 Mountain Road, Glen Allen, VA 23060.

### History in Your Hands – WWII Era Marines

1:00-3:00PM

History in Your Hands (HIYH) is a program for visitors of all ages who are blind or have low vision. HIYH is an opportunity to interact with the collections through tactile exploration of selected objects, and through verbal description, tactile graphics, and other materials for artifacts that cannot be touched. Trained Museum volunteers and Visitor Services staff lead these events. There is no fee for this program, but pre-registration is required. Registration for the monthly program closes 1 week prior to the event. To register for the monthly program, contact Michele Flynn at (703)784-4469/(703)296-8446 or email [michele.r.flynn@usmc.mil](mailto:michele.r.flynn@usmc.mil) or Jack Oblein at (703) 432-2622, email [jack.oblein@usmc.mil](mailto:jack.oblein@usmc.mil).

### The Richmond Concert Band

TABERNACLE BAPTIST CHURCH

The Richmond Concert Band recently voted The Best "Local Band" winner for 2016 announces its Christmas holiday concerts will perform Sunday afternoon, December 18th at 4:00pm at Tabernacle Baptist Church, 1925 Grove Ave in the Fan. All concerts are free, open to the public, and handicap accessible.

### The Nutcracker

CARPENTER THEATRE

To the delight of, Clara, Dr. Drosselmeyer, the mysterious toymaker, and his handsome nephew arrive with a special gift — a wooden nutcracker — that captures the girl's imagination. Carpenter Theatre at Dominion Arts Center, 600 E Grace St, Richmond, VA 23219. (804)592-3400

### The Private Jefferson

VIRGINIA HISTORICAL SOCIETY

One hundred fifty years ago, the largest collection of Thomas Jefferson's private papers was given to the Massachusetts Historical Society by his great-grandson. View three copies of the Declaration of Independence, Jefferson's architectural drawings of Virginia landmarks, and much more, Through Jan. 15, 2017. Virginia Historical Society, 428 N. Boulevard, Richmond, VA 23220. Cost: FREE.

# Fifty Plus Calendar

### Natural thyroid, hormone and weight loss seminar

ELLWOOD THOMPSON'S NATURAL MARKET

If you suffer from a thyroid disorder, you should know, you are not irrational! You are not inadequate! And you are not alone! Join us in The Beet for Dr. Wild's Riveting discussion to learn more about the underlying cause of most autoimmune diseases, Cellular Inflammation and the detrimental effects this can have on our organs, brain, endocrine system, and the very cells that make up our body. Learn what you can do daily to reduce inflammation and how to reduce stress on your system by avoiding various toxins and irritants. Dr. Wild offers a "Seminar Special" for those interested in a substantial reduction in cost for initial tests that may change what you thought you understood about your own body! You might just find the answers you are looking for. Time: 6:30-8:30pm. Address: Ellwood Thompson's Natural Mkt, 4 N Thompson St, Richmond, VA 23221.

## THURSDAY, DEC. 22

### Grief and Loss Support Group

FOREST MEDICAL PLAZA

An open discussion on loss and healing for adults grieving the death of a loved one. Time: 4:30-5:30pm. Instructor: Carrie Schaeffer. Address: Forest Medical Plaza, 7611 Forest Ave, Suite 320, Richmond, VA 23229.

## SATURDAY, DEC. 24

### Christmas Eve Worship Services

REVELLE UNITED METHODIST CHURCH

Come celebrate the birth of Christ at one of these special services: 4:00pm: Family-Friendly Service in the Fellowship Hall  
Enjoy worship that is interactive and lively as we prepare our hearts for the birth of baby Jesus. 5:30pm: Lessons and Carols Candlelight Service in the Sanctuary. 7:30pm: Contemporary Candlelight Service with Holy Communion in the Fellowship Hall. 11:00pm: Candlelight Service with Holy Communion in the Sanctuary. Time: 4:30pm-11:00pm. Address: Reveille United Methodist Church, 4200 Cary Street Rd, Richmond, VA 23221. Cost: FREE.

## WEDNESDAY, DEC. 28

### Reveille Ringers at The Jefferson Hotel

THE JEFFERSON HOTEL

On Wednesday, December 28, at noon, experience a Richmond holiday tradition with the Reveille Ringers at The Jefferson Hotel. They will play seasonal carols in the beautifully decorated lobby. Make plans to attend this special holiday event with your family. Time: 12:00-1:00pm. Address: The Jefferson Hotel, 101 W. Franklin St., Richmond, VA 23220.

## SATURDAY, DEC. 31

### New Year's Eve Family Frolic

LEWIS GINTER BOTANICAL GARDENS

Enjoy fun family activities all afternoon with the New Year's Eve Family Frolic. Live music, a parade and more. Activities include: Photo opportunities with the Garden Keeper — bring your cameras! Make your own New Year's party hat, Write your wish for 2017 and add it to our "wishing chain," Be a part of the annual Garden tradition: "Rolling in the New Year" by rolling down the hill to the Cochrane Rose Garden. Those who attend the New Year's Eve Family Frolic and who are already in the Garden can stay to attend Dominion GardenFest of Lights (5 -10 p.m.) Address: 1800 Lakeside Avenue, Richmond, VA 23228. (804) 262-9887 [lewisginter.org](http://lewisginter.org)

## SUNDAY, JAN. 1

### Jazz Brunch at The Beet

ELLWOOD THOMPSON'S NATURAL MARKET

Sunday Brunch at Ellwood's just got a lot jazzier thanks to some help from our Create station, bar in The Beet, and some local musical talent. Live, local Jazz music by Thomas Wakefield & Gypsy Roots. Order your favorite omelet, bowl, Belgian waffle, scramble or sandwich until 2pm! See the options for yourself here! Create Your Own" Mimosas with our organic mixers. Time: 11:00am-2:00pm. Address: Ellwood Thompson's Natural Mkt, 4 N Thompson St, Richmond, VA 23221.

## THURSDAY, JAN. 5

### GardenFest for Fidos

LEWIS GINTER BOTANICAL GARDENS

Dogs can enjoy the holiday lights at GardenFest for Fidos! Leashed pets are allowed on these special Dominion GardenFest of Lights night: Thursday, Jan. 5, 2017. Time: 5:00-10:00pm. Address: 1800 Lakeside Avenue, Richmond, VA 23228. (804) 262-9887 [lewisginter.org](http://lewisginter.org)

## FRIDAY, JAN. 6

### Classic Book Discussion Group

MIDLOTHIAN COUNTY LIBRARY

The First Friday's Classic Book Discussion will hold its 1st meeting on January 6, 2017. Facilitator, Dr. Murray Ellison, will discuss Travels with Charley by John Steinbeck and select books to read in 2017. Time: 10:50am-12:20pm. Address: Midlothian County Library, 521 Coalfield Road, Midlothian, VA 23114-4406.

# Dec. 18-Jan. 31, 2017

## SUNDAY, JAN. 8

### Spinning Wheel Demonstration at GardenFest

LORA ROBINS LIBRARY

See how spinning wheels and handspindles work! Garden volunteers Judith Towers, Becky Blake and Jan Glass will demonstrate handspinning and show fibers dyed with plants, some of them from plants grown at Lewis Ginter Botanical Garden in a family-friendly educational event. Touch natural fibers such as wool, angora, cotton and silk. See the dried flowers, nuts, leaves, bark, and other natural dye sources and examine them up close. Learn the history of handspinning and natural dyeing, how handspindles were used before spinning wheels evolved, and about modern spinning wheels as well as antique wheels. Visitors are encouraged to ask questions. Time: 3:00-5:00pm. Location: Lora Robins Library in the Kelly Education Center. Lewis Ginter Botanical Gardens, 1800 Lakeside Avenue, Richmond, Virginia 23228. (804) 262-9887 [lewisginter.org](http://lewisginter.org)

## SUNDAY, JAN. 15

### LIVING with Fibromyalgia, Chronic Fatigue and Chronic Pain Syndrome Seminar

MEADOWBROOK COUNTRY CLUB

Our day will be packed with information from respected local experts, camaraderie, a yummy brunch and new beginnings. We will send you a detailed itinerary as the day draws near, but don't delay. So, you are now tasked with the following: sign up to attend, tell a friend, take your vitamins (B12 is great), bring a comfy seat cushion if you so desire and a cute shawl! It's really that simple. Early Ticket pricing is only \$49.95 through 12/25/16 (\$64.95 procrastination pricing effective 12/26/16 -1/10/17). Once you register we'll send you a PayPal Invoice. Seminar includes brunch buffet! Reserve your seat today, limited space. Payment in full required to guarantee seating at event. Be sure to provide proof of purchase at time of check-in. Time: 9:00am-5:00pm. Address: Meadowbrook Country Club, 3700 Cogbill Rd, Richmond, VA 23234. Refreshments and Brunch included! Register at: [www.TamSmithEvents.com](http://www.TamSmithEvents.com)

## FRIDAY, JAN. 20

### The Four Seasons | Virginia Symphony Orchestra

FERGUSON CENTER FOR THE ARTS, NEWPORT NEWS  
VSO presents a patchwork of Vivaldi's most beloved works as musicians take the spotlight and illuminate these masterpieces of the Baroque. The music blossoms as the violin bursts with the vitality of Spring, followed by the composer's virtuosic Piccolo Concerto performed by Rachel Ordaz. The heated drama of Summer is followed by Vivaldi's regal Concerto for Two Trumpets, executed by David Vonderheide and Adam Gandolfo. You will be

dazzled as the orchestra harvests excitement for Autumn before we finalize our seasons with the striking beauty of Winter. Time: 8:00-10:00pm. Address: Ferguson Center for the Arts, 1 Avenue of the Arts, Newport News, VA 23606. Tickets: <http://tickets.virginiasympphony.org/single/EventListing.aspx>

## SATURDAY, JAN. 21

### Jeremy Denk in concert

MODLIN CENTER FOR THE ARTS

Jeremy Denk is one of America's foremost pianists — an artist The New York Times hails as someone "you want to hear no matter what he performs." He is the winner of a 2013 MacArthur "Genius Grant," the 2014 Avery Fisher Prize, and Musical America's 2014 Instrumentalist of the Year award. He recently has appeared as soloist with the Cleveland Orchestra, New York Philharmonic, Los Angeles Philharmonic, Philadelphia Orchestra, and the symphony orchestras of Boston, Chicago, San Francisco, and London. Adult Tickets: \$40. Senior Tickets (62+): \$36. Time: 7:30pm. Address: 28 Westhampton Way, University of Richmond, VA 23173. Camp Concert Hall, Booker Hall of Music. (804) 289-8980

## WEDNESDAY, JAN. 25

### Pruning Confidence

CHESTER LIBRARY

Winter pruning is best completed by the middle-end of February. Learn the basics of correct pruning techniques: when to prune, how to make healthy cuts that enhance shape and bloom, choosing the right tools for you and the application, how and when to rejuvenate an overgrown or non-blooming shrub, and how to avoid pruning problems by putting the right plant in the right place. Bring your hand held pruner if you have one. This seminar will have a Spanish interpreter attending. When: Wednesday, Jan. 25, 6 p.m. Address: Chester Library, 11800 Centre Street, Chester. Contact: Space is limited, contact the Extension Office at 751-4401 or <http://vce@chesterfield.gov> to register for this seminar. For more information, <http://bit.ly/ready2grow>.

## CALENDAR ENTRIES

**Entries are subject to change;  
call to confirm dates and  
times. Entries for the February  
calendar are due January  
9; send items to:  
[calendar@fiftyplusrichmond.com](mailto:calendar@fiftyplusrichmond.com).**

**Tell them you saw it in Fifty Plus!**



# Technology & Innovations

## Gift Guide: Cool tech toys for the kid in your life

By Bree Fowler

Play is how kids learn about the world around them, whether it's a toddler throwing a ball or teens playing video games. It's about seeing how things work and what happens when they do something.

Over the years, toys have gotten more high-tech to keep screen-obsessed children engaged with such play. But there's growing worry among parents and educators that toys are moving too far in that direction.

Now, educational toys that have a math and science bent — marketed under the umbrella of STEM — are trying to get back to the basics: less screen time, more hands-on activities.

"When kids use their hands, your outcomes are much higher," said Pramod Sharma, CEO of one such toy company, Osmo. "It's very different than if they're just staring at a screen watching TV."

Thanks to this new approach, there's no shortage of fun and fairly educational items these days. New toys for the holidays include little robot friends full of personality, and magnetic blocks that snap together to teach the basics of computer programming.

Here are some toys designed to keep kids entertained without sacrificing on education:

### Hands-on tech

Tablet screens and apps haven't gone away, but they're just not enough on their own. With these toys, kids can create and build with their hands, not just a tablet.

— **Osmo.** As kids arrange magnetic blocks or puzzle pieces, their creations show up on the iPad thanks to a mirror attached to the tablet's camera. By arranging blocks, for instance, kids put together lines of code to guide an on-screen monster. Another game teaches entrepreneurial and math skills by letting kids run their own pizza shop.

The base set costs \$30. You then buy add-ons, such as coding for \$50, and the pizza business for \$40. It works only with iPads for now.

— **Makey Makey.** You connect one end to a computer's USB port and the other to any material that conducts electricity, such as coins or even a banana. Kids can then turn bananas into keyboards, and pencil drawings into controls for video games. The basic set costs \$25, though for \$50, you get additional clips and

connector wires.

— **Meccano sets.** This robot-building toy is for the tween or young teen who is handy with a wrench and has a lot of time.

Even the trio of smaller Micronoids sets (\$40) require a decent amount of time and significant



motor skills. The larger models, such as the \$140 Meccanoid 2.0, can take the better part of a day to construct.

Once assembled, these robots can be programmed to dance, play games and interact with each other.

— **Illumicraft.** Don't let the girly colors or rainbow stickers turn you off. The \$20 kit combines science and crafting to introduce basic circuitry. Projects include light-up diaries, jewelry organizers, smartphone speakers and picture frames.

— **Code This Drone.** Software

company Tynker and drone maker Parrot have joined forces to create this kit, which includes a drone and a one-year subscription to Tynker's education service. The kit costs \$100 to \$150 depending on the drone selected.

It teaches the basics of coding through games played with an app-controlled mini drone. Kids can program their own flight plan of flips and turns, or build their own game to send an on-app through an obstacle course, as the real drone mirrors the movements.

### Coding for preschoolers?

Parents with dreams of future high-tech careers are eager for their children to learn computer programming. And some toy makers say it's never too early to introduce coding concepts, even if a child is still in diapers.

— **Think & Learn Code-a-Pillar.** Kids as young as 3 can "write" code by snapping together a \$50 toy caterpillar. Each section signifies a command, such as "go straight" or "play sounds." Hit the execute button to send the toy crawling in the chosen order.

Older kids can program Code-a-Pillar to reach targets placed across a

room, or send it through an obstacle course of their own creation. While the kids aren't learning a coding language, the toy does try to teach cause and effect, as well as problem solving.

"I'm not sure that kids are asking for it, or that their parents just want their kids to go to Harvard, but it's definitely one of the top-

selling toys this holiday," said Juli Lennett, a toy industry analyst.

— **Coji.** As its name implies, this \$60 mini robot teaches pre-readers to code with emojis. It also reacts when you tilt or shake it, and you can control it with your phone or tablet.



The Code-a-Pillar introduces young children to computer coding.

— **Code & Go Robot Mouse Activity Set.** With this \$60 toy, kids build a maze with plastic squares and dividers, then program their mouse to make its way through to the cheese at the end.

### Robots with personality

Kids want more than robots they can guide with a remote or smartphone. Kids want personality, a little friend to whom they can relate and who recognizes them.

— **Cozmo.** This \$180, palm-sized robot is expressive, adorable and fun to play with. A team of animators designed more than 500 reactions for the robot to pick from when it sees someone it recognizes, wins or loses a game, or completes a task. The result is a very cute and human-like buddy — think Pixar's Wall-E.



The Cozmo robot stacks blocks.

— **CHIP.** This \$200 robot doggie cuddles, plays fetch and follows you around your house. When he's close to running out of juice, he even heads over to his charging pad and parks himself. This little guy is very loud when he zips around the room, so apartment-dwellers with hardwood floors might want to invest in a rug.

### Additional realities

"Pokemon Go" isn't the only way kids can play with augmented reality, blending the real and virtual worlds. Here are some toys that make virtual reality affordable.

— **Air Hogs Connect: Mission Drone.** With this \$150 system, kids use an app to fly an included drone over a sensor pad that, combined with a phone or tablet's camera, places the drone into the game on the screen. As the physical drone moves, so does the one in the game.

Kids fly the drone through hoops and shoot down alien invaders. Play is limited by the drone's estimated 10-minute flying time.

— **VR Real Feel Virtual Reality Car Racing Gaming System.** This \$30 car racing game includes a wireless steering wheel and a virtual-reality headset you stick your phone into. It's not the fanciest VR technology, but it's a lot of fun for what you pay.

— AP



The Osmo pizza shop game teaches the basics of running a business.

### Companion Pets: a toy for older adults

The 93-year-old Hasbro toy company — the makers of famous toys like Mr. Potato Head and G.I. Joe — is turning its creative designers to a new audience: older adults, particularly those with memory loss.

The company has developed a robotic cat and dog, known as Joy for All Companion Pets, specifically to bring a smile and comfort to older adults who miss the touch of a real pet.

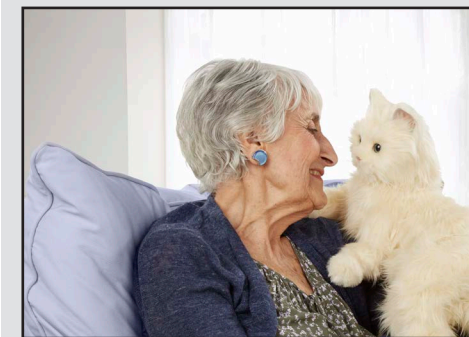
The toys are finding particular success among residents of memory care communities and nursing facilities, for whom the pets bring back fond memories and good feelings.

The pets feature realistic fur and animal sounds, but it's their sophisticated sensors that make them interactive toys. When you pet the cat's fur, it turns its head towards you. When you pet its back, it rolls over and purrs. Talk to the pet dog, and it wags its tail.

When there is no external stimulation for awhile, the pets go to "sleep." But they will "awaken" when someone enters the room.

The toys are designed to be safe for all ages, and come with a care guide and batteries. Cats come in three colors, orange tabby, creamy white and silver, and retail for \$99.99. The dog is \$119.99. Shipping is free. A 15% discount applies if you use the code BEACON15.

To order, visit [www.JoyForAll.com](http://www.JoyForAll.com) or call 1-800-408-0052.



Hasbro's robotic cat and dog are designed especially for older adults with memory loss.

Breakthrough technology converts phone calls to captions.

## New amplified phone lets you hear AND see the conversation.

The Hamilton® CapTel® Captioned Telephone converts phone conversations to easy-to-read captions for individuals with hearing loss.



Do you get discouraged when you hear your telephone ring? Do you avoid using your phone because hearing difficulties make it hard to understand the person on the other end of the line? For many Americans the telephone conversation — once an important part of everyday life — has become a thing of the past. Because they can't understand what is said to them on the phone, they're often cut off from friends, family, doctors and caregivers. Now, thanks to innovative technology there is finally a better way.

**A simple idea... made possible with sophisticated technology.** If you have trouble understanding a call, captioned telephone can change your life. During a phone call the words spoken to you appear on the phone's screen — similar to closed captioning on TV. So when you make or receive a call, the words spoken to you are not only amplified by the phone, but scroll across the phone so you can listen while reading everything that's said to you. Each call is routed through a call center, where computer technology — aided by a live representative — generates voice-to-text translations. The captioning is real-time, accurate and readable. Your conversation is private and the captioning service doesn't cost you a penny. Internet Protocol Captioned Telephone Service (IP CTS)

**See for yourself with our exclusive home trial.** Try a captioned telephone in your own home and if you are not completely amazed, simply return it within 60-days for a refund of the product purchase price. It even comes with a 5-year warranty.

### Captioned Telephone

Call now for our special introductory price!

Call now Toll-Free

**1-888-923-6684**

Please mention promotion code 104940.

The Captioning Telephone is intended for use by people with hearing loss. In purchasing a Captioning Telephone, you acknowledge that it will be used by someone who cannot hear well over a traditional phone. Hamilton is a registered trademark of Nadelco, Inc. d/b/a Hamilton Telecommunications. CapTel is a registered trademark of Ultratec, Inc.



# What you'll pay for Medicare next year

By Jim Miller

Dear Savvy Senior,

I know there won't be much of a cost-of-living increase in Social Security benefits next year, but what about Medicare?

How will the 0.3 percent Social Security raise affect our Part B monthly premiums in 2017?

— Inquiring Beneficiary

Dear Inquiring:

Considering the rising cost of healthcare coverage, the news regarding your Medicare costs for 2017 is not too bad. Here's what you can expect:

## Part B Premiums

Because the Social Security Administration is giving out a measly 0.3 percent cost of living increase starting in January — that equates to about a \$4 to \$5 monthly increase on average — the 2017 Part B monthly premium for about 70 percent of Medicare recipients will increase only about \$4 to \$5.

That's because, thanks to the Social Security Act's "hold harmless" provision, Medicare

cannot pass along premium increases greater than the dollar increase in their Social Security checks.

So, if your Medicare Part B monthly premium is currently \$104.90, you can expect it to be around \$109 (on average) in 2017. Or, if you signed up for Part B for the first time in 2016, your \$121.80 monthly premium will rise to around \$127 (on average) next year.

## Some will pay more

Unfortunately, the hold harmless provision does not protect all Medicare recipients. New Medicare enrollees (those who will enroll in 2017), beneficiaries who are directly billed for their Part B premium, and current beneficiaries who have deferred claiming their Social Security will pay more.

If you fit into any of these categories, your Medicare Part B premium will be \$134 per month in 2017, up from \$121.80.

The hold harmless rule also does not protect high-income Medicare beneficiaries who already pay higher Part B premiums because their annual incomes are above \$85,000 for an

individual or \$170,000 for a couple.

If you fit into this category, here's what you'll pay for your Part B premium next year, based on your 2015 tax returns:

- Individuals with incomes of \$85,000 to \$107,000, or married couples filing joint tax returns with incomes of \$170,000 to \$214,000, will pay \$187.50 per month.
- Individuals earning \$107,000 to \$160,000 (couples \$214,000 to \$320,000) will pay \$267.90 per month.
- Individuals with incomes of \$160,000 to \$214,000 (couples \$320,000 to \$428,000) will pay \$348.30 per month.
- Individuals with incomes over \$214,000 or couples above \$428,000 will pay \$428.60 per month.

Another increase that high-income beneficiaries (those with incomes over \$85,000, or \$170,000 for joint filers) need to be aware of is the surcharge on Part D premiums.

Affluent seniors that have a Medicare Part D prescription drug plan will pay an additional \$13.30 to \$76.20 per month, depending on their income, on top of their regular Part D premiums.

## Deductibles and co-pays

Other changes that will affect all Medicare

# Money

beneficiaries include the Part B deductible, which will increase from \$166 in 2016 to \$183 in 2017.

The Part A (hospital insurance) annual deductible will also go up to \$1,316 in 2017 (it's currently \$1,288) for hospital stays up to 60 days. That increases to \$329 per day for days 61 through 90, and to \$658 a day for days 91 and beyond. And the skilled nursing facility coinsurance for days 21-100 will increase from \$161 per day in 2016 to \$164.50 per day next year.

## GET MORE INFORMATION

For more information on all the Medicare costs for 2017, visit [www.medicare.gov](http://www.medicare.gov) and click on "Find out how much Medicare costs in 2017," or call 1-800-633-4227.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://SavvySenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

## Tell them you saw it in Fifty Plus!

**Walgreens**

GOING ON VACATION? Stop by to get your Travel Vaccinations.

- ✓ Typhoid & Meningitis
- ✓ Polio, Rabies, & Yellow Fever
- ✓ Hepatitis A, Hepatitis B
- ✓ Japanese Encephalitis

## MEDICARE PART D

Rx copays as low as \$0 on select Part D plans.

## MEDICARE PART B

Diabetes testing supplies available at every pharmacy!

AT THE CORNER OF **HAPPY & HEALTHY**



**DOMINION**  
P L A C E

*A Beacon Community*

Housing designed and built to meet the needs of the elderly, handicapped and disabled.\*

- All-Paid Utilities
- Social Activities
- 24-Hour Maintenance
- Convenient Location

*Now Accepting Rental Applications*

1025 W. Grace Street (in the Fan)

For more information call  
**355-9114**

\*Based on Income  
Managed by Beacon  
Residential Management



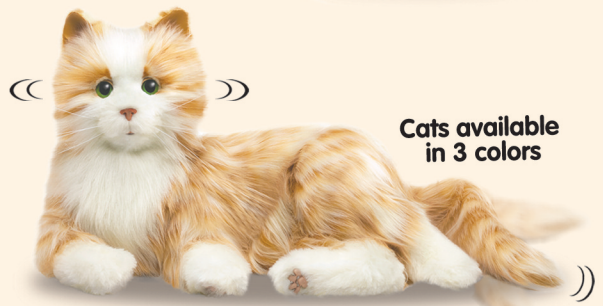
# Give a gift that brings year-round joy, comfort, and companionship to those who need it most

*Do you have a family member or dear friend who lives alone, and misses the pleasures that a treasured pet once brought?*

*Do you know someone living in a senior residential community who would be comforted by a soft, furry companion?*

Joy for All Companion Pets were especially designed by Hasbro to bring smiles, laughter and fond memories to older adults.

Rub my back, and feel my heartbeat. Talk to me, and I'll wag my tail and make puppy-like noises.



Cats available in 3 colors

Pet my cheek, and I'll turn my head. Pet my back, and I'll purr and rollover.

Read a "Letter of Recommendation" for Hasbro's Joy for All Companion Pets in *The New York Times Magazine*, at <http://bit.ly/HasbroReview>.

Visit [www.JoyForAll.com](http://www.JoyForAll.com) to see videos and learn more. Don't forget to use the code BEACON15 for your 15% discount.



HASBRO'S  
**Joy for All**  
COMPANION PETS

To order, visit [www.JoyForAll.com](http://www.JoyForAll.com) or call 1-800-408-0052

Joy For All and all related terms are trademarks of Hasbro. ©2015 Hasbro. All Rights Reserved. We endeavor to provide accurate information, but the products, names, colors and materials are subject to change without notice.  
\*offer expires 02/28/2017



# Questions and answers about Medicare

By Kimberly Lankford  
**Q: Does the Medicare Part D doughnut hole continue to close next year? What is the threshold for 2017?**

**A:** Yes. The gap in coverage that Medicare beneficiaries reach after incurring a specified total cost for prescription drugs in a given year — known as the doughnut hole — will continue to shrink gradually each year until it levels off in 2020.

In 2017, after you pay a deductible of up to \$400, you'll be responsible only for co-payments

until your total drug costs reach \$3,700 (including your share and the insurer's share of the costs).

At that point, the doughnut hole kicks in, and you'll have to pay 40 percent of the cost of brand-name drugs (50 percent is a discount paid for by the drug company and 10 percent is covered by the plan), and 51 percent of the cost of generic drugs.

Once your out-of-pocket costs reach \$4,950 (including the brand-name manufacturer's 50 percent discount), you're out of the doughnut

hole, and you'll pay no more than 5 percent of the cost of each drug.

If you're approaching the doughnut hole for 2016 (\$3,310 in total costs for covered drugs) and you're taking an expensive brand-name drug, ask your doctor whether you can switch to a generic medication or therapeutic alternative that has a similar benefit but costs less.

**Q: My Medicare card still has my Social Security number on it. I know it's a bad idea to keep anything that displays my Social Security number in my wallet.**

**Wasn't the government supposed to stop putting Social Security numbers on Medicare cards?**

**A:** ID thieves can do a lot of damage if they get your Social Security number, which is why we recommend that you don't carry your Social Security card or number in your wallet.

But Medicare beneficiaries are in a tough spot because SSN-based health claim numbers still appear on their Medicare cards. President Obama signed a law in April 2015 requiring the Centers for Medicare and Medicaid Services to remove SSNs from Medicare cards, but the change is being implemented gradually. CMS will start sending the new cards in April 2018, but it will take until April 2019 before SSNs are removed from all cards.

Under the new system, a randomly generated 11-character Medicare Beneficiary Identifier will

replace the SSN-based health claim number on your new Medicare card. You'll get information in 2018 letting you know about the new Medicare card, with an explanation of how to use the new card and what to do with your old one.

You can start using your new Medicare card with the new number as soon as you receive it, and there should be a transition period in 2018 and 2019 when you can use either the old card or the new card. Keep an eye on [www.cms.gov/Medicare/SSNRI](http://www.cms.gov/Medicare/SSNRI) for updates.

Changing the health claim numbers for the more than 55 million Medicare beneficiaries is a big undertaking, and Medicare isn't issuing any new cards without an SSN yet.

But there are ways you can protect yourself until the new cards are issued. Paul Stephens, director of policy and advocacy for the Privacy Rights Clearinghouse, recommends that you carry your Medicare card only when you visit a healthcare provider for the first time, so the provider can make a copy for its file.

Otherwise, he recommends making a copy of your card with the last four digits of your Social Security number blacked out, and keeping that in your wallet in case of an emergency.

© 2016 Kiplinger, all rights reserved. Distributed by Tribune Content Agency, LLC.

# Use price match to always get sale price

By Courtney Jespersen  
Kevin Brasler recalls barraging an obliging salesperson with questions about car seat safety when he was a concerned new parent.

Before they checked out, Brasler and his wife found the seat they were considering for \$50 less on Amazon. But they were so invested in their in-store experience that they bought from the salesperson anyway.

However, they likely could have purchased the car seat at the store and gotten the Amazon price by simply asking the retailer to match it. Price matching typically requires asking the cashier to meet a lower advertised price at the time of purchase, or asking a representative at the customer service desk for a price adjustment within a post-purchase grace period.

To price match online, call the site's customer service line. You'll usually need a digital or physical ad for evidence of the lower offer, and there can be exceptions and exclusions.

Brasler is executive editor at the nonprofit Consumers' Checkbook. The group has found that mystery shoppers saved considerable amounts by price matching, including \$140 on an LG sound bar speaker system at Best Buy.

Even though price matching works, fewer than 10 percent of consumers do it, according to Sucharita Mulpuru, chief retail strategist for Shoptalk.

She said that although price matching has



grown during the last decade, many consumers are still unaware of it, and others don't bother because it seems like a hassle. And some stores keep such a close eye on pricing that matching isn't often necessary.

## How to price match

- Check retailer websites for price matching policies. For example, Amazon honors TV prices from select stores, but won't price match anything else. Best Buy matches Amazon.com, Bphotovideo.com, Crutchfield.com, Dell.com, HP.com, Newegg.com and TigerDirect.com, in

addition to local competitors. But Kumar said price matching policies often exclude businesses offering the lowest prices because they might not sell genuine products.

- Match comparable products. It can be more difficult to price match items such as electronics because retailers might sell different model numbers, Mulpuru said.
- Download a price comparison app such as ShopSavvy or Scan. Then scan the barcode of the item you want and see what it's selling for elsewhere — and whether you should request a price match.

- Some retailers, including Target, will match their own online prices in store, so check both before buying.
- If you find your item for less post-purchase, ask for a price adjustment. Many credit cards offer a price protection perk if an item drops in price after you buy.

*This article was provided to The Associated Press by the personal finance website NerdWallet.*

Perfect Choice HD Ultra™ is simple to use, hard to see and easy to afford...

## Invention of the Year

PERSONAL SOUND AMPLIFICATION PRODUCT (PSAP)

Understand what people are saying... the first time



Now you see it...



Now you don't

## IT'S NOT A HEARING AID

Perfect Choice HD Ultra™ is NOT a hearing aid. It is a Personal Sound Amplification Product (PSAP). Hearing aids can only be sold by an audiologist or a licensed hearing instrument specialist following hearing tests and fitting appointments. Once the audiologist had you tested and fitted, you would have to pay as much as \$5000 for the product.

The designers of the Perfect Choice HD Ultra™ equipped it with a tiny but powerful amplifier for maximum volume and clarity. Its microphone uses advanced digital processing to amplify

the frequency ranges found in human speech, so sounds and conversations are easier to hear and understand.

The unit is small and lightweight enough to hide behind your ear... only you'll know you have it on. It's comfortable and won't make you feel like you have something stuck in your ear.

Try it for yourself with our exclusive home trial. Thanks to the efforts of a doctor who leads a renowned hearing institute, this remarkable product has been designed using the finest micro-

New and Improved for more power and clarity

digital components on the market. It is manufactured efficiently by our company without any "middle-men" so we can make it available at an affordable price. Call now, and you'll find out why so many satisfied seniors are now enjoying their Perfect Choice HD Ultra, hearing their grandchildren and what the world has to say. Call today, and be sure to ask about our special discounts for Seniors and Military personnel.



Call now toll free for our lowest price ever.

Please mention promotional code 104939.

**1-888-623-2049**

1998 Ruffin Mill Road, Colonial Heights, VA 23834

Perfect Choice HD Ultra is not a hearing aid. If you believe you need a hearing aid, please consult a physician.

81161

## BENNETT FUNERAL HOMES

Locally owned, serving all faiths since 1897  
Charles D. Morehead, President



In your time of need you can turn to Bennett Funeral Home with trust and confidence. We offer traditional funerals, cremations and pre-planning services at all four of our convenient locations. Our staff has been dedicated to serving the families of the Richmond area for over 110 years.

**CENTRAL**  
3215 Cutshaw Ave.  
Richmond, VA 23230  
359-4481

**MECHANICSVILLE**  
8014 Lee Davis Road  
Mechanicsville, VA 23111  
746-8665

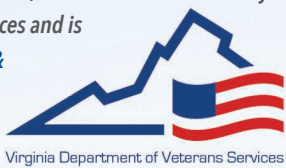
**WEST**  
11020 W. Broad St.  
Glen Allen, VA 23060  
270-6321

**Chesterfield**  
14301 Ashbrook Parkway  
(off Winterpock Road)  
Chesterfield, VA 23832  
639-4975

[www.bennettfuneralhomes.com](http://www.bennettfuneralhomes.com)

## Are You A Veteran?

Sitter & Barfoot Veterans Care Center is a Long Term Care & Short Term Rehab Facility that opened in January 2008. This facility was built specifically for our Virginia Veterans. **Located conveniently on the campus of the McGuire VA Medical Center in Richmond, Virginia**, this state-of-the-art facility is owned and operated by the Virginia Department of Veterans Services and is a recent recipient of a 5 Star Rating from The Center for Medicare & Medicaid Services.



**Sitter & Barfoot**  
VETERANS CARE CENTER



CALL KIM ELLIOTT FOR A TOUR  
OF OUR HOME AT 804.371.8000  
[www.dvs.virginia.gov](http://www.dvs.virginia.gov)

1601 Broad Rock Blvd. | Richmond



Exclusively for Veterans  
Ask About Qualifications



## Dutch heritage colors Caribbean Curacao

By Victor Block

I knew that the Caribbean island of Curacao is unfamiliar to many people from the United States, but the flight attendant's announcement still caught me by surprise.

As the plane prepared to land in Miami, she read a list of connections but stumbled over the name of my final destination. Then she admitted, "I don't know how to say the name of that island."

A similar thought was expressed by a fellow American during my stay. She described Curacao as "one of the best-kept secrets in the Caribbean."

Maybe the challenging pronunciation of its name — cure-a-sow — is a turn-off. Perhaps the fact that it lacks as many long stretches of magnificent beach as some other islands convinces sun-seekers to head elsewhere.

But the relatively small number of vacationers from the United States who join a larger influx from South America and Europe are richly rewarded.

Begin with the island's intriguing history and rich cultural tapestry. Add some of the best diving and snorkeling in the area. Throw in an architectural gem of a mini-city that combines tropical touches with European flair.

My wife Fyllis and I augmented the list with an enticing choice of outdoor activities, a sprinkling of casinos for those who enjoy testing their luck, and extremely friendly people.

Furthermore, we concluded that the beaches deserve a better reputation than they sometimes get. After all, how many stretches of sand does a person need during a stay of a week or two? The three dozen-plus on Curacao include both those expansive enough to satisfy most sun bathers as well as tiny swatches perched in little coves protected on both sides by craggy cliffs. Knip Bay has two beaches, Grote (Big) Knip and Kleine (Little) Knip. Both offer soft white sand, shade provided by large trees, and are lapped

by stunning turquoise waters. The nearby Playa Lagun, tucked in a small inlet, shelters fishing boats whose owners return to clean their catch at a small stand near one end of the beach.

### Dutch history

Grote and Klein Knip are by no means the only places on Curacao to have Dutch names, as the island's history and culture are closely entwined with what today is the Netherlands.

The earliest inhabitants were Arawak Indians who lived there more than 6,000 years ago. They were followed by Spanish explorers who arrived in 1499, seeking gold and other treasure. Finding none, they included Curacao on their country's list of *islas inutilis* ("useless islands").

But the Dutch who showed up were after something else. Attracted by Curacao's deep-water port, they took over the island in the early 17th century, and it became a colony of the Dutch West India Company. That launched Curacao's long tradition as a trading center, including the slave trade, that helped make it one of the most prosperous islands in the Caribbean. Trade also was responsible for attracting immigrants from around the world. That created an ethnic melting pot that today includes people of more than 50 nationalities.

One way in which this diversity manifests itself is language. While Dutch is the official means of communication, Spanish and English also are widely spoken.

Many residents also converse in Papiamentu, which originally was developed by slaves. It's a mixture of Dutch, Spanish, African, Portuguese and Caribbean Indian dialects, with touches of other languages thrown in for good measure. Some Dutch settlers built stately plantation homes and used slave labor to grow sugar cane, corn and indigo. Most of these *land huizen* (land houses), which date back to the mid-17th century, were perched on hills within sight of others in case help was needed during a slave revolt or calamity.

A number of them have been restored, and today serve as restaurants, art galleries and museums, while others remain in private hands. It's well worth a visit to at least one of these great houses to explore that period of Curacao's history.

### Whimsical Willemstad

The island's rich history may be explored in many ways. The obvious starting point is Willemstad, the storybook capital of the island. Given its rich past and architectural treasures, it was named a UNESCO



© FOTOS83

**Boats line a pier in Willemstad, Curacao, forming a "floating market" that delivers fresh produce and other goods from Venezuela to the arid but lovely Caribbean island.**

World Heritage City in 1997.

The architecture is one well-deserved claim to fame. A number of buildings feature a tropical adaptation of 17th-century Dutch design, often adorned with fanciful gables, arcades and columns. Adding to the whimsical scene is a virtual fruit salad of peach, raspberry, mango and other pastel colors with which many structures are painted.

That eye-catching chromatic explosion is attributed to a governor general of the island who suffered migraine headaches that he blamed on the glare of white paint. In 1817, he decreed that only pastel colors could be used. According to some accounts, the fact that he owned a paint factory in Holland may also have played a part in his decision.

The Technicolor setting of Willemstad is best seen on foot. The two main neighborhoods, Punda and Otrabanda ("the other side"), are linked by the Queen Emma Bridge — one of three spans that were named by the Dutch after monarchs.

Because the pontoon Queen Emma Bridge swings open to allow ships to pass, it is affectionately nicknamed "the Swinging Queen." The other two are the Queen Juliana Bridge over the harbor, which at 200 feet is the highest span in the Caribbean, and Queen Wilhelmina Bridge.

Close to the Queen Juliana Bridge is a "floating market" which doesn't really float. Because Curacao has such an arid climate, much of the fresh produce is transported from Venezuela in small wooden boats. Hence the name. The fruit, vegetables, fish, some handicrafts and other items are sold from stands that line the dock next to where the vessels are moored.

### An historic synagogue

Of more historic interest is the Mikve Israel-Emanuel Synagogue, which was built in 1732 and lays claim to the honor of the oldest syna-

## Travel

## Visitors love Scotland's misty Isle of Skye

By Michelle Locke

Bonny Prince Charlie saw Scotland's Isle of Skye on the run. He was fleeing government troops after his Highland rebellion ended disastrously at the 18th century Battle of Culloden. My visit was hurried, too, although due to nothing more exciting than a tight schedule — no redcoats on my tail.

Luckily, even a short stay is long enough to glimpse why the Misty Isle of Skye is one of Scotland's most popular tourist attractions.

Here are a few reasons.

### Dream scenes

Rain or shine, most likely both in the same day, Skye is a stunner — from the stark grandeur of the Black Cuillin, the jagged mountain range looming over the island, to the cheerfully pastel houses of Portree harbor.

You can take in the views by driving Skye's winding roads, get out for a shoreline amble or, if you've got the skills, go mountaineering. Guides can be hired for more challenging itineraries; a good option is [www.skyeguides.co.uk](http://www.skyeguides.co.uk).

Recommended spots include the Trotternish ridge, known for rock formations like the Old Man of Storr and the Quiraing pinnacles. Also a must-see — the Fairy Pools, a series of crystal clear and flowing pools on the River Brittle. [www.walkhighlands.co.uk/skye/fairypools.shtml](http://www.walkhighlands.co.uk/skye/fairypools.shtml).

### Highland history

Are you a fan of the Starz TV series "Outlander"? If so, you should already be familiar with the beauty of the Highlands, the setting for that time-traveling drama.

The series hasn't gotten into Prince Charles' flight yet; Season 2 ended just as the Battle of Culloden started. The show's been renewed for two more seasons, but we don't know a lot of details on what's coming.

In real life, the prince, Charles Edward Stuart — who was the grandson of the deposed James II and was trying to win back the British throne for the Stuarts — escaped government troops aided by several Highlanders, including the brave Flora MacDonald, who got him to Skye dressed as her maid.

If you are headed into the Highlands by way of Inverness, you're close to the Culloden Battlefield and Visitor Center, which does a good job of explaining the rise and fall of the doomed campaign.

You can't go far in Scotland without finding a castle, and Skye's Dunvegan Castle is billed as the oldest continuously inhabited castle in Scotland. It's been home to the chiefs of Clan MacLeod for eight centuries. Admission to castle and gardens is about \$16.

For more island history, visit the Skye Museum of Island Life in Kilmuir, which features



©OCHAMA PURESRSAK

**The 13th century Eilean Donan Castle in the Scottish highlands overlooks the Isle of Skye. The castle was partially destroyed in a Jacobite uprising in 1719, and lay in ruins for almost 200 years until an army officer bought the island in 1911 and restored the castle to its former glory.**

a recreation of a Highland village. Admission is about \$3.25.

### Dining and drams

Think Scottish cuisine begins and ends with broth and haggis? You're in for a surprise (not that there's anything wrong with broth and haggis).

Skye boasts a variety of dining choices, including the Michelin-starred Kinloch Lodge, and

The Three Chimneys, which lost its Michelin star after a change in chefs in 2015 but continues to put out excellent food. If you're there for lunch, look for the Crispy Croft Egg starter, a perfect mix of rich, dense egg and crisp crust.

On the drinks side, Skye has one whisky distillery, Talisker in Carbost. And it's the home of

See **Scotland**, page 20

TECHNOLOGY SIMPLIFIED – BIGGER AND BETTER

## Wow! A Simple to Use Computer Designed Especially for Seniors!

*Easy to read. Easy to see. Easy to use. Just plug it in!*

There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer

is easy-to-use, worry-free and literally puts the world at your fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web,



Email, Calendar to Games— you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time you took part? Call now, and you'll find out

why tens of thousands of satisfied seniors are now enjoying their WOW Computers, emailing their grandchildren, and experiencing everything the Internet has to offer. Call today!

**Call toll free now and find out how you can get your own WOW! Computer.**

*Mention promotional code 104937 for special introductory pricing.*

**1-877-721-9039**

**NEW**  
**Now comes with...**

**Larger 22-inch hi-resolution screen – easier to see**  
**16% more viewing area**

**Simple navigation – so you never get lost**

**Intel® processor – lightning fast**

**Computer is in the monitor – No bulky tower**

**Advanced audio, Better speaker configuration – easier to hear**

**Text to Speech translation – it can even read your emails to you!**

**U.S. Based Customer Service**

**FREE**  
**Automatic Software Updates**

The **WOW!** Computer®

© 2016 first STREET for Boomers and Beyond, Inc.

81059

PHOTO BY VICTOR BLOCK



**Pedestrians cross Willemstad's Queen Emma Bridge, which links the city's two main neighborhoods and can swing open to allow boats to pass. Some call Curacao "the best-kept secret" in the Caribbean.**

See **Curacao**, page 20



Curacao

From page 18

We found especially moving the full-size replica of the hold of a ship in which captured slaves were transported to the New World in appalling overcrowded conditions. It demonstrates dramatically how people were crowded onto wooden platforms where they could hardly sit, much less stand, to be taken from their homeland to their new lives as slaves in a distant and different place.

Collections in the museums also include pre-Columbian gold, 4,500-year-old bronzes and ceramics from the Middle East, and other treasures that would fit comfortably in much larger world-class museums.

An off-road adventure

It doesn't take long after leaving Willemstad to encounter a very different environment. In contrast to the multicolored hues of the city, much of the surrounding landscape is barren and dry, the victim of sparse rainfall.

Undulating hills are blanketed by rock outcrops and cacti that grow as tall as trees. In a few places, the terrain more closely resembles a moonscape than a Caribbean island.

Our ride on all-terrain vehicles allowed Fyllis and me to get off-road to explore hidden nooks and crannies that no car can reach.

We also took to foot in Christoffel Park, which was created by joining together three former plantations and is laced with pleasant hiking trails. We skipped the heart-pounding climb to

the top of 1,230-foot Mount Christoffel and instead enjoyed the tranquil setting of more level terrain, and the company of countless small lizards and an occasional iguana that slithered across our path.

We followed that stroll with a refreshing dip in the sea. The beach from which we swam was pleasant enough and, unlike many on other Caribbean islands, virtually deserted. Maybe, we concluded, there's something good to be said for Curacao's low profile as an inviting Caribbean vacation destination.

If you go

For guests at the Sonesta Kura Hulanda Village & Spa, the setting and accommodations become part of the Curacao experience. The 82 rooms are furnished with antiques and hand-carved mahogany and teak pieces, and the walls are adorned with hand-painted designs by local artisans. Transportation is provided to the resort's beach-front sister property.

The room rate for a three-night winter package on select dates is \$600. For more information, log onto www.kurahulanda.com.

The Santa Barbara Beach & Golf Resort offers a more traditional setting, with golf, tennis and spa facilities, seven restaurants and lounges, three swimming pools and a beach. Reminders of Arawak tribes that lived on the site include the use of Indian words throughout the resort, spa rituals based on Arawak traditions, and artifacts that have been unearthed from the premises.

Rates begin at \$219 during the winter high season and fall to a budget-stretching \$139 during summer. For more information, call (855) 590-2266 or log onto www.santabarbararesort-curacao.com.

To lunch with locals, head for the Plasa Bieu (Old Market), a covered space located at Waagat Punda, where several vendors prepare lunch in open kitchens and some menus are written on chalk boards.

The choices at Ivonne's Place range from beef and chicken to stewed goat meat. Fish filet with rice and peas costs \$12 and is large enough to serve two people. For more information, call (599) 9-524-8529.

In addition to restaurants at the Santa Barbara resort that range from fine dining to beach and pool eateries, Boca 19 (19th hole) is a fun and funky spot where the owner greets first-time guests like old friends. In addition to familiar fare like the Boca Burger and fresh fish, there are local favorites like goat stew with prunes and olives (\$14). For more information, call (599) 9-840-1075 or log onto boca19.com.

The least expensive airfare from Byrd International Airport in mid-January is \$842 on American Airlines.

For more information, call the Curacao Tourist Board at 1-800-328-7222 or log onto www.curacao.com.

Scotland

From page 19

another Scots libation, Drambuie, now made in Glasgow but first developed and served at Skye's Broadford Hotel in the 1870s.

Skye's largest town, Portree, has a supermarket and other shops. It also has a visitor center (Bayfield House, Bayfield Road) with information on walks, attractions and boat trips.

You can even arrange a boat tour to the coastline of Elgol, on the southern end of the island — home to a cave where the prince is said to have hidden. No telling whether you'll feel the presence of Highlanders past. But keep an eye out for men in red coats.

If you go

Get visitor information on the Isle of Skye at www.visitscotland.com/destinations-maps/isle-skye/see-do/.

A bridge connects Skye to the mainland, so the easiest way to get to, and around, Skye is by car — either your own or on a booked tour. Some island roads are single-track, with places where you can pull over to let others pass.

There are B&B's, hotels and self-catering cottages. Rooms fill up quickly at high season (spring and summer), so book ahead.

The Isle of Skye is about 250 miles north of Edinburgh.

The least expensive roundtrip flight from Byrd International Airport to Willemstad in mid-January is \$844 on American Airlines. — AP

"To you, it's the perfect lift chair. To me, it's the best sleep chair I've ever had."

— J. Fitzgerald, VA



Sit up, lie down — and anywhere in between!



This lift chair puts you safely on your feet!

Our Perfect Sleep Chair® is just the chair to do it all. It's a chair, true – the finest of lift chairs – but this chair is so much more! It's designed to provide total comfort and relaxation not found in other chairs. It can't be beat for comfortable, long-term sitting, TV viewing, relaxed reclining and – yes! – peaceful sleep. Our chair's recline technology allows you to pause the chair in an infinite number of positions, including the Trendelenburg position and the zero gravity position where your body experiences a minimum of internal and external stresses. You'll love the other benefits, too: It helps with correct spinal alignment, promotes back pressure relief, and encourages better posture to prevent back and muscle pain.

And there's more! The overstuffed, oversized biscuit style back and unique seat design will cradle you in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. The high and low heat settings along with the dozens of massage settings, can provide a soothing relaxation you might get at a spa – just imagine getting all that in a lift chair! It even has a battery backup in case of a power outage. Shipping charge includes white glove delivery. Professionals will deliver the chair to the exact spot in your home where you want it, unpack it, inspect it, test it, position it, and even carry the packaging away! Includes one year service warranty and your choice of fabrics and colors – Call now!

**Long Lasting DuraLux Leather**

Tan	Chocolate	Burgundy	Black	Blue

**DuraLux II Microfiber**

Burgundy	Cashmere	Fern	Chocolate	Indigo

**The Perfect Sleep Chair®**

Call now toll free for our lowest price.

Please mention code 104938 when ordering.

**1-888-785-0745**

© 2016 *first*STREET for Boomers and Beyond, Inc.

46417



# Sunshine Tours

## 2017 Tour Schedule



Date	Tour	Per Person Price
Jan 22-24	Sands Casino & Resort / Bethlehem, PA.....	275
Feb 5-8	Atlantic City, NJ / Resorts Casino & Hotel.....	350
Feb 12-20	Florida / The Grand Tour / Key West.....	1,550
Feb 13-16	Valentine's Day / Pigeon Forge, TN.....	525
Feb 19-21	Sands Casino & Resort / Bethlehem, PA.....	275
Feb 24-27	** Daytona 300 XFINITY / Daytona 500 Sprint Cup.....	800
Feb 25-Mar 3	Mardi Gras / Mobile, AL.....	895
Mar 3-5	Winter Wildlife Cruise / Virginia Beach.....	295
Mar 5-8	Atlantic City, NJ / Resorts Casino & Hotel.....	350
Mar 11	"Cinderella" / Altria Theater / Richmond, VA.....	135
Mar 11 & 18	Highland Maple Festival.....	55
Mar 11-20	Texas, "A Whole Other Country".....	1,425
Mar 17-19	Philadelphia Flower Show.....	445
Mar 23-29	** Baseball Spring Training / Florida.....	895
Apr 7-9	** Washington, D.C. / Cherry Blossom Festival.....	495
Apr 8	"Motown" / Chrysler Theater / Norfolk, VA.....	165
Apr 9-11	Sands Casino & Resort / Bethlehem, PA.....	275
Apr 10-14	Charleston & Savannah / Southern Springtime.....	1,025
Apr 21-22	"Jonah" / Lancaster, PA.....	325
Apr 22-30	Louisiana Cajun Country.....	1,170
Apr 22-May 10	The Great Southwest & California / Motorcoach.....	2,795
Apr 29	"Beautiful" / Carole King Story / Altria Theater.....	160
May 1-4	The Golden Isles of Georgia.....	795
May 8-29	San Francisco, CA & The Pacific Northwest.....	2,870
May 9-12	** Hudson River Valley/West Point/Culinary Institute.....	650
May 9-12	Tulip Festival / Holland, MI.....	665
May 13	Tangier Island.....	95
May 19-21	New York City / Springtime.....	995
May 20-28	Branson, MO / America's Music Show Capital.....	1,325
May 22-24	Sands Casino & Resort / Bethlehem, PA.....	275
May 26-30	Nashville, TN / "Music City USA".....	675
Jun 2-13	Seattle Northwest – Fly / Land.....	2,695
Jun 3-10	Niagara Falls / Montreal & Quebec.....	1,250
Jun 4-10	** Florida's Northeastern Shore / Amelia Island.....	875
Jun 6-11	Kentucky Bluegrass.....	975
Jun 10-13	Baseball / Yankee Stadium / Fourth of July.....	750
Jun 14-18	Hall of Fame / Sports & Music.....	750
Jun 14-23	Nova Scotia & The Atlantic Provinces.....	1,525
Jun 16-18	Mystery Tour – SSSHH! It's a Secret.....	425
Jun 16-Jul 1	Alaska & Canada – Fly / Land – Northbound.....	4,625
Jun 17-24	Michigan & The Grand Hotel.....	1,550
Jun 18-21	Atlantic City, NJ / Resorts Casino & Hotel.....	350
Jun 21-24	Creation Museum / Ark Encounter / Kentucky.....	575
Jun 22-24	"Jonah" / Lancaster, PA.....	495
Jun 24-Jul 2	Branson, MO / America's Music Show Capital.....	1,325
Jun 28-30	*** Biltmore Estate / Flatrock Playhouse.....	425
Jun 30-Jul 9	Hawaii / Honolulu / Waikiki.....	3,295
Jul 3-6	Baseball / Yankee Stadium / Fourth of July.....	750
Jul 3-18	Alaska & Canada – Fly/Land – Southbound.....	4,625
Jul 8-24	Canyonlands / Our Most Scenic Tour.....	2,995
Jul 8-Aug 6	Alaska & Canada's Yukon by Motorcoach.....	5,175
Jul 15-22	New England Summertime / Martha's Vineyard ...	1,450
Jul 22-Aug 7	Newfoundland / Labrador / Nova Scotia.....	2,650
Jul 23-26	Sands Casino & Resort / New York City.....	465
Jul 23-Aug 2	North & South Dakota – Fly/Land.....	2,595
Jul 27-31	Nashville, TN / "Music City USA".....	675
Aug 1-5	Amish Acres Festival / Napanee, IN.....	595

Date	Tour	Per Person Price
Aug 2-5	Creation Museum / Ark Encounter / Kentucky.....	575
Aug 4-7	"The Crooked Road"/Virginia's Music Trail.....	595
Aug 6-27	San Francisco, CA & The Pacific Northwest.....	2,870
Aug 12	Tangier Island.....	95
Aug 12	"The King & I" / Kennedy Center / Washington.....	175
Aug 12-18	Elvis / Tupelo & Memphis.....	895
Aug 14-25	The Great Lakes.....	1,950
Aug 15-19	Wisconsin / Racine & Milwaukee.....	775
Aug 19-26	Niagara Falls / Montreal & Quebec.....	1,250
Aug 21-26	Two Stadiums / St. Louis & Kansas City.....	925
Aug 24-26	Patriot Tour / Annapolis & Washington.....	325
Aug 26	D-Day Memorial / Smith Mountain Lake / Lunch....	100
Sep 1-4	Wohlfahrt Haus Dinner Theatre / Pigeon Forge.....	750
Sep 2-8	New England / Vermont & New Hampshire.....	1,345
Sep 3-5	Sands Casino & Resort / Bethlehem, PA.....	275
Sep 5-8	Mystery Tour – "We Are Still Not Telling!".....	625
Sep 8-10	Ohio Amish Country.....	475
Sep 9-17	Branson, MO / America's Music Show Capital.....	1,325
Sep 15-16	Tygart Flyer / American Mountain Theater.....	325
Sep 15-16	** Baseball / Atlanta Braves / 2 Games.....	260
Sep 16-23	Niagara Falls / Montreal & Quebec.....	1,250
Sep 17-23	Agawa Canyon Canadian Train / Sault Ste Marie.....	1,150
Sep 22-25	New York's Long Island & The Hamptons.....	675
Sep 22-23	"Jonah" / Lancaster, PA.....	325
Sep 25-Oct 1	New England in the Fall.....	1,125
Sep 29-Oct 1	Neptune Festival / Virginia Beach, VA.....	495
Sep 30-Oct 11	Nova Scotia & New England.....	1,850
Oct 1-4	Atlantic City, NJ / Resorts Casino & Hotel.....	350
Oct 3-18	Hawaiian Islands / Four Island Tour.....	4,595
Oct 5	Cass Railroad / National Observatory / Cass, WV.....	90
Oct 5-11	New England in the Fall.....	1,125
Oct 6-24	The Great Southwest & California / Motorcoach ..	2,795
Oct 7	*** Graves Mountain Harvest Festival.....	75
Oct 12-14	"Jonah" / Lancaster, PA.....	495
Oct 14-18	* Niagara Falls / Toronto.....	775
Oct 19-23	Nashville, TN / "Music City USA".....	675
Oct 21-29	Branson, MO / America's Music Show Capital.....	1,325
Oct 21-22	New River Amtrak Fall Excursion.....	425
Oct 23-26	Dover Downs - DE / Foxwood Casino - CT.....	495
Nov 3-5	Sunshine Tours Family Reunion.....	525
Nov 13-20	Olde English Christmas / Omaha, NE.....	950
Nov 15-20	Chicago's "Magnificent Mile of Lights" / Kentucky.....	875
Nov 16-19	Biltmore House / Smoky Mountain Christmas.....	725
Nov 22-25	New York / Macy's Thanksgiving Day Parade.....	1,295
Nov 26-29	Sands Casino & Resort / New York City.....	465
Nov 29-Dec 3	Charleston & Savannah / Christmastime.....	925
Nov 30-Dec 4	Nashville, TN / Country Christmas / Opryland Hotel ..	1,195
Dec 1-3	New York / Radio City Christmas Spectacular.....	1,095
Dec 1-4	Christmas / Jamestown & Williamsburg.....	695
Dec 2-10	Branson, MO / Ozark Christmas.....	1,325
Dec 6-10	Christmas at the Galt House / Louisville, KY.....	725
Dec 7-8	"Miracle of Christmas" / Lancaster, PA.....	325
Dec 7-11	Nashville, TN / Country Christmas / Opryland Hotel ..	1,195
Dec 8-10	Myrtle Beach / Christmas.....	475
Dec 8-10	New York / Radio City Christmas Spectacular.....	1,095
Dec 26-31	Florida / Christmas at Disneyworld.....	1,175

Prices shown are for Double (2 to a Room) Occupancy. Quad (4 to a Room) and Triple (3 to a Room) Occupancy is Available at a Slightly Lower Per Person Price. Single (1 to a Room) is also available at a Slightly Higher Per Person Price.

All Tours Include Roundtrip Transportation by Modern, Air-Conditioned, DVD and Restroom Equipped Deluxe Motorcoach, Hotel Accommodations and Admission to the Listed Attractions. Baggage Handling is provided at each night's lodging as indicated in the catalog.

Cancellation Insurance is **NOT REQUIRED** on any Sunshine tour, as we will **REFUND ALL PAYMENTS (FLY TRIPS 45-DAYS PRIOR TO DEPARTURE) FOR ANY REASON WHATSOEVER** if you find it necessary to cancel your reservation **AT ANY TIME** before the tour leaves.



## SUNSHINE TOURS

4430 Cleburne Boulevard \* P. O. Box 2149, Dublin, VA 24084  
VA DMV Permit No. 180



**PICK-UP POINTS FOR TOURS:**

**Richmond, Charlottesville & Staunton**

NOTE: \* Richmond ONLY | \*\* Staunton ONLY | \*\*\* Richmond & Charlottesville ONLY

FOR A **FREE** CATALOG OF TOURS, PLEASE CALL TOLL FREE:

**1-800-552-0022**

**[www.GoSunshineTours.com](http://www.GoSunshineTours.com)**

20 ♦ FIFTYPLUS ♦ DEC. 2016/JAN. 2017

WWW.FIFTYPLUSRICHMOND.COM

WWW.FIFTYPLUSRICHMOND.COM

FIFTYPLUS ♦ DEC. 2016/JAN. 2017 ♦ 21



# A look back at 70 years of TV

By Frazier Moore

TV's arrival, depending on how you see it, can be marked at any of a number of moments in the last century.

Maybe 1927 — when 21-year-old Philo Farnsworth transmitted the image of a horizontal line to a receiver in the next room of his San Francisco lab.

Or maybe 1939 — when the RCA Television Pavilion opened at the New York World's Fair with the exciting news that RCA's National Broadcasting Co. would expand from radio into TV, and — to spread the word — telecast the ceremony to the scattering of 2,000 TV sets throughout all of New York City.

But the handiest year for TV's genesis is 1946 — when technology, optimism and renewed consumer buying power joined forces at the conclusion of World War II and gave broadcast television a belated kick-start.

By chance (or is it?), the same year that ushered in the TV age is also seen as the kickoff for the baby-boom generation — the population boom of kids born between 1946 and 1964.

**Overlapping with boomers**

TV was key to the world baby boomers were born into: a newly modernized world where every problem (with the possible exception of the Cold War) seemed to point to a solution that was just around the corner.

Polio would be cured! Man would go into space! Electricity, thanks to atomic energy, would soon be "too cheap to meter." Even African-Americans, oppressed for so long, had new reason for hope.

The UNIVAC computer, introduced in 1951, would count the U.S. population and forecast Dwight D. Eisenhower's 1952 presidential win. It could even help volunteers find love and marriage, as TV host Art Linkletter demonstrated on his 1950s game show, "People Are Funny."

TV chronicled this bracing wave of wonder and potential, and built upon it as an essential part of what set boomers apart: They were pampered and privileged and groomed for a sure-to-be-glorious tomorrow.

No wonder kids claimed TV as their own. No wonder TV eagerly returned the favor, singing them out as an irresistible demographic.

Granted, there wasn't much prime-time network programming in the fall of 1946. And what there was seemed targeted to adults: Gillette-sponsored sports every Friday on NBC and, on the DuMont network every Wednesday, TV's first soap opera.

**Targeting the kids**

But kids were squarely in the sights of TV programmers by December 1947, when "Howdy Doody" premiered on NBC as a weekday children's show.

Set in fictional Doodyville, where stringed puppets cavorted with its flesh-and-blood host, "Buffalo Bob" Smith, "Howdy Doody" during its 13-year run would prove to be a huge hit, and much more: a formative influence on nearly every baby boomer's childhood.

For a glimpse of early boomers, check YouTube for archived clips of "Howdy Doody," which welcomed kids to the Peanut Gallery, the name it coined for its studio audience. Captured on vintage '50s kinescopes, those youngsters represent a TV face (albeit made up, regrettably, of only white faces) of the surging boomer generation.

Then, on Jan. 19, 1953, Lucy and Ricky Ricardo celebrated the birth of a son on "I Love Lucy" — the same day the sitcom's star, Lucille Ball, gave birth to a son with her real-life husband and leading man, Desi Arnaz.

This couple's fact-and-fiction child took his place as "the crown prince of the television generation and baby boomers," said Robert Thompson, director of Syracuse University's Bleier Center for Television and Popular Culture. Infant Desi, Jr., was soon "anointed on the cover of the first TV Guide."

## A hint of rebellion to come

Thus did TV and the boomers grow up together. And as the nation overall embraced television's early offerings — such as Milton Berle's comedy revue, Ed Sullivan's variety hour and "Lucy" — youngsters realized they had a special bond with TV.

That is, they could use it as an embryonic form of rebellion against their elders, years before the campus unrest with which their generation would become identified.

Those children innately understood that television, despite being welcomed into every living room, wasn't "good" for them. This made watching TV all the more appealing, as they fought their parents' constant pleas to "go outside and play."

Today, more than a half-century later, the TV experience isn't nearly so much about viewing as immersion. It doesn't just bring the world to the audience, it IS the world. As TV merges with the natural world, it also continues to merge with other screened devices, further increasing its presence.

So where does this leave aging boomers? They may still recall a TV universe of only three



**I Love Lucy.** Vivian Vance, playing Ethel Mertz, and Lucille Ball, as the irrepressible Lucy Ricardo, in a scene from "I Love Lucy" — one of the iconic comedies of the early days of television. TV's first days of popularity coincided with the early years of the baby boom generation (1946 to 1964), and its stars — from Art Linkletter to Howdy Doody — became cultural touch points for that generation.

or four channels on a TV screen, when the viewer had to walk to the set to change channels. It's been a long time since TV consecrated boomer teens with a daily rock 'n' roll dance show, "American Bandstand." With that, its host, Dick Clark, is said to have "created youth culture."

Boomers, the pioneering swath of youth culture, this year observe birthdays ranging from 52 to 70.

TV is getting older, too. But unlike boomers, it enjoys constant renewal. It never looks its age, whatever that may be.

# Bette Midler revisits her star-making songs

By Mark Kennedy

Bette Midler is going back to the beginning of her career — the divine beginning.

The Grammy- and Emmy Award-winner is re-releasing a deluxe version of "The Divine Miss M," her 1972 debut album that included the hits "Do You Want To Dance," "Chapel Of Love," "Friends" and "Boogie Woogie Bugle Boy."

"They were the songs that launched me, really. They were the foundation on which I built my career," Midler said. "I'm always happy to sing them because they're friends. They're old friends."

## Singing with Barry Manilow

Midler made a name for herself in the early 1970s singing high-energy concerts downtown with Barry Manilow as her pianist. In vintage clothing and with her bawdy personality, she breathed new life into old songs and made torch songs scalding.

"She was, and is, the most brilliant performer we have in my lifetime," Manilow said. "When it came to the music, her taste in songs and her choices were so odd — what was on the radio those days was nothing like what she wanted to do. Her taste was very much my taste."

Midler and Manilow put together a solid hour of music and one night lured Atlantic Records founder Ahmet Ertegun to a swanky midtown nightclub to hear it.

"The audience was so crazy that at the end of

the show they carried her out on their shoulders," Manilow recalled.

Midler soon signed with Atlantic and released "The Divine Miss M" based on her act. She won a best new artist Grammy in 1973 and went on to get two more, plus four Golden Globes and three Emmys. This spring she returns to Broadway in a revival of the musical "Hello, Dolly!"

She admitted to being a little shocked revisiting the platinum-selling album that made it all possible 44 years later: "It's just unbelievable the way that time passes. And yet I still look fabulous. What can I say?"

Midler was hands-on with the re-release by Rhino Records, including selecting the bonus disc of singles, outtakes and demos. There are five unreleased recordings, including "Mr. Freedom and I," and an alternate version of "Superstar."

## Making the album divine

She recalled that recording the album was stressful because co-producers Joel Dorn and Manilow didn't get along: "In those days, I was

really caught between a rock and a hard place. I couldn't really stand up for myself."

Dorn, who had produced Roberta Flack, was the first to take a crack at it. He threw out

Manilow's tried-and-true arrangements and started from scratch. When it was finished, Midler stopped by to play it for Manilow.

"She sounded beautiful and professional and boring," said Manilow. "She was never boring. That's the last word you would ever describe Bette Midler, especially in those days."

Manilow vowed to not let that album out — "I was this young, punk musician but I believed so much in her," he said — and lobbied Ertegun to let him produce a handful of the songs his way. It was a bluff: He'd never produced an album.

Manilow tried to re-create a live vibe in the studio, inviting an audience and stringing some lights. "I wanted to get that wonderful personality on this record," he said. His tracks were melded with Dorn's for the final album.

"Over the years she has sounded much better



**Bette Midler is re-releasing her 1972 debut album, "The Divine Miss M" with a bonus disc of five previously unreleased songs and outtakes.**

© Helga Esteb

**Where would you like to pick up your copy of *FiftyPlus* each month?**

**Please send us ideas for free distribution locations by emailing [gordon@fiftyplusrichmond.com](mailto:gordon@fiftyplusrichmond.com).**

**We're growing and need another sales consultant!**



**This full-time, outside sales position pays a base salary, plus commissions and benefits.**

We're looking for a hard-working, positive, assertive, detail-oriented people person. Must be outgoing, love selling and be comfortable with computers.

If you would be excited to call and meet with potential advertisers throughout the Richmond area, send your resume and cover letter to Alan Spiegel, Director of Sales, at: [Alan@FiftyPlus.com](mailto:Alan@FiftyPlus.com).

**FiftyPlus**

**Thinking of ways to increase your sales?**

**Think *FiftyPlus***

**Read by more than 50,000 Richmond area boomers & seniors**



**For a media kit or to discuss your ad campaign, call Alan at (443) 285-9336.**

**Like this issue of *FiftyPlus*? Please tell your friends!**

They can pick up *FiftyPlus* at over 400 free distribution sites throughout the metro area.

Look for us in your nearby **Kroger's, McDonalds, public libraries, senior centers, doctors' offices, retirement communities, places of worship, and other locations where older adults live, work and shop.**



**Want to become a free distribution site?**

**Email [alan@fiftyplusrichmond.com](mailto:alan@fiftyplusrichmond.com) or call (443) 285-9336.**



CITY OF RICHMOND DEPARTMENT OF PUBLIC UTILITIES

Ewwwwwwwww....  
**STINKY!**



Utility Buddy is Richmond's  
friendly life-sized natural gas meter.

**Natural Gas  
Smells  
like rotten eggs.**

**"Bad Smell. Good Reason. Your Safety."**

Making you aware. Keeping you safe.  
**Richmond's Natural Gas Safety Awareness Program**

