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WINTER 2020



Virginia's Master GUITAR MAKERS

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Car Collector
Childhood & Candy
Family Pool Table

TRAVEL

Kentucky Bourbon Country
Joseph Rosendo's Travel Musings
Travel Insurance
Museum of the U.S. Army
Fredericksburg, Texas

Plus

Nostalgia • Food & Booze
Books • Giving Back
Fun & Games

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This custom guitar was made by the craftsmen at Rockbridge Guitar Co. in Charlottesville, Virginia.

Photograph by JJ Huckin



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Heritage Instruments

By Eric J. Wallace

Virginia luthiers, heirloom guitars, centuries-old traditions



“But for the grace of God, I would be a tree in the forest.” So reads the inscription on the back of a 16th century violin, belonging to late fiddle guru Vassar Clements. Luthiers in Virginia’s mountain region craft heirloom instruments that embody centuries-old cultural traditions. From 1700s settlers and African American slaves to the legendary Wayne Henderson, Virginia guitar makers create acoustic masterpieces.



Virginia guitar makers, Rockbridge Guitar, Randall Ray. Photo: JJ Huckin

finish “subtly conforms to the wood in a way that, to me, looks much more elegant than the perfect, flat, plastic-looking sheets produced by most modern finishes.”

Handcrafted impeccability

The immaculacy of the instrument’s craftsmanship is apparent. The top is carved from hand-selected Appalachian red spruce, which is widely regarded as the planet’s finest tone wood for acoustic guitars. It features a tobacco-colored sunburst finish that fades from a spotlight of bright graininess at the sound hole to an inky auburn darkness around the edges. The top is attached to the body by a blonde, figured maple wrap inlaid with abalone. The sides and back are made of rich, thick-grained mahogany. The neck boasts a fingerboard carved from sustainably harvested rosewood and beautiful custom inlays – Father Time blowing a tsunami of musical-note-filled sand toward the headstock.

The instrument exudes the eye-grabbing presence of a work of fine art. When Calhoun scoops it up for an aural test drive, I almost cringe. Is this beauty really meant to be fondled by human hands?

The art of music

Then he picks through the opening lines of Tony Rice’s “Shenandoah.” The tone is booming, with rich and robust lows, muscular mids and chiming bell-like highs. Calhoun’s musical prowess is startling. It’s obvious why top-tier musicians like Larry Keel, Dave Matthews, Tim Reynolds, Warren Haynes and countless others own and play Rockbridge guitars. Incredibly balanced, they sound like a sonic miracle made manifest.



Custom inlay by Brian Calhoun, Rockbridge Guitar. Photo: JJ Huckin

“We pay meticulous attention to every last detail and do it all by hand,” says Calhoun. To ensure quality, the four-man team caps production at 60 instruments a year. Time-tested techniques are augmented by technological advancements like the above-described finish. Guitars start around \$5,500, and demand is high. Turnaround from order to delivery averages a year to 18 months.

“Our goal is to build world-class heirloom instruments,” says Calhoun. “Randall and I want these guitars to be getting passed down through the generations long after we’re gone.”

Roots & branches

The focus on legacy stems from the men’s relationship. Ray is 57 and helped Calhoun perfect his craft as a teenager. For his part, Ray has lived in Lexington for nearly 40 years and says he learned the art from books and kindly old-timers in the Shenandoah Valley and southwest Virginia. He and Calhoun recently trained another luthier, who’s in his mid-20s. They envision Rockbridge as a boutique C.F. Martin & Company, which was founded in 1833 and is still going strong.

For Calhoun and Ray, making guitars isn’t just a business: They view themselves as torchbearers for the centuries-old musical traditions of Virginia’s mountain region.

“We’re a byproduct of the rich and lengthy DIY culture of Appalachian musicianship,” says Ray. He and Calhoun’s path to becoming renowned luthiers started with playing bluegrass and old-time music. Picking on front porches and at festivals like the annual Galax Old Fiddler’s Convention introduced them to a culture defined by informal apprenticeships and skills that were passed down from generation to generation.



Virginia guitar makers, Rockbridge Guitar. Photo: JJ Huckin

Calhoun and Ray seek to make guitars that embody those traditions.

“I don’t mean to wax mystical, but I think of instrument-making, like, you’re trying to give birth to this living thing,” says Calhoun. Achieving that takes more than skill. You’re seeking to craft a vessel that can be filled “with the history, love and joy of generations. Otherwise, it won’t sing, it’s just a box of dead, fancy-engineered wood.”

The regional ecosystem of Virginia guitar makers

As it turns out, Rockbridge is one of a handful of similarly minded heritage guitar-makers in the central and southwestern mountains of Virginia.

“Instrument making has been a part of communities in these areas since the 1700s,” says emeritus director of Ferrum College’s Blue Ridge Institute & Museum, Roddy Moore. Settlers brought violins and dulcimer-like stringed instruments with them from Europe. Precursors of the banjo were introduced by enslaved African Americans. Further, early versions of six-string guitars began to appear around the mid-19th century.

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Dunnevant family band, Carroll County, Virginia; Vintage photos of same musicians from files of Clarence Myer, Carroll County, Virginia. Photo: Library of Congress

African-influenced sounds to the musical melting pot. The establishment of regional radio stations and live shows in the early-1930s brought paid work for local talent – and gave rise to stars like Kentucky’s Bill Monroe, who is credited with inventing bluegrass in the 1940s.

From the early days, adventurous woodworkers tried their hand at making homemade instruments. Most did so part-time, at the behest of musically inclined friends and family members. But a few mastered the craft and became regional legends. They began to attract apprentices and, like the music, skills were passed down through time.

“If you look at Virginia’s most reputable [acoustic] guitar-makers, the ones that have national and international followings?” says Moore. “Every one of them has ties to that lineage.”

Rockbridge is a go-to example. Similarly, another is Staunton’s **Huss & Dalton Guitar Company**. Founded in 1995 by Jeff Huss and Mark Dalton, the 13-person operation offers eight standard models for sale and four signatures, including a trio of collaborations with country music legend Albert Lee. Their shortlist of star customers includes Mary Chapin Carpenter and Paul Simon.

The towering spruce

When asked about influences, Huss, Dalton, Ray and Calhoun defer to one man: Wayne Henderson.



“He’s the guru,” says Ray. “If you’re building acoustic guitars for a living, you know that name.”

Henderson is 73 and lives near Whitetop Mountain along the North Carolina border. He learned woodworking as a kid, from his mother and grandfather, who made toys and coffins, respectively. Likewise, music ran in the family, and Henderson took up guitar at age five. So, as a teenager, unable to afford a Martin, he tried to build one from an old hardwood dresser.

Though the project failed, Henderson was hooked. Searching for a luthier to apprentice with led him to Albert Hash and his daughter/apprentice, Audrey Hash Ham.

“The two had a legendary reputation among regional musicians,” says Moore. “And if somebody was serious about learning, they’d go out of their way to teach them.”

Subsequently, Henderson became a fixture in Hash’s shop. He eventually parlayed the skills into a job in Nashville repairing guitars for stars like Elvis Presley, Neil Young and Doc Watson. International acclaim came in 1994 after Eric Clapton played one of Henderson’s guitars, tracked him down and ordered a custom instrument. Henderson famously added the superstar to his 10-year-long waiting list; Clapton’s guitar was delivered in 2004 and has since been featured on numerous albums.



Luthiers Jayne Henderson and Wayne Henderson in Wayne’s workshop. Photo: Kate Thompson of Betty Clicker Photography

Modern-day craftsmanship

So, today, Henderson works in a converted two-car garage beside his home in Rugby. He makes about 20 guitars a year and has built fewer than 800, total. His reputation as the Stradivarius of the acoustic has led resale prices to skyrocket to upward of \$50,000.



Legendary luthier Wayne Henderson and his daughter, luthier Jayne Henderson. Photo: Kate Thompson of Betty Clicker Photography

The success has attracted numerous acolytes, including his daughter, **Jayne Henderson**. Now in her mid-30s, she left her job as an environmental lawyer to work as a full-time luthier with her father around 2016. As a result, Henderson says it’s a source of great joy to know she intends to carry his, the Hashes’ and their forebears’ legacy into the future.

“These instruments are more than simple wood and glue and metal,” says Jayne, echoing Calhoun. Preeminent luthiers are more than technicians. “You’re trying to create a living, breathing thing that a player can pour his or her soul into and make come even more alive. Simultaneously, it has to be built to last for hundreds of years or more.”

She says the approach is difficult but honest and profoundly special. Imposters beware: Making guitars in this manner can’t be achieved without a deep connection to and love for the music and culture of Appalachia.

Eric J. Wallace is a freelance journalist whose work has appeared in more than 50 local, regional and national media outlets. Additionally, he is a contributing editor for Gastro Obscura.

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Insights & Stories from Art Conservation Experts

By Mark Davy
Lorraine Brevig and Beth Fulton of Richmond Conservation Studio



Chatting with Lorraine Brevig and Beth Fulton, owners and chief curators of Richmond Conservation Studio, is always interesting.

“And then she did what?!” I gasped.

Lorraine grinned and just shook her head: “She took a family heirloom painting, an 18th-century portrait, and put it into her washing machine to clean off the grime!”

‘Did she add bleach?’ I wondered.

“Sooo ... how did that work for her?”

“Not so well. In the spin cycle the stretchers fell apart, the canvas crumbled, and most of the paint washed off – not a lot we could do.”

Oh my.

“Then there was the 19th-century Albert Bierstadt landscape. The owner used paint stripper to remove yellowing varnish, which removed the center of the painting as well. The American College of Fine Arts took that one and hung it upside down as an abstract!”

Progress in the Field



Photographic documentation of an 18th -century French painting “Outing” in a half-cleaned state

Thankfully we have come a long way in art conservation. The focus of conservation since the 1970s has been to bring science to restoration: such as the use of fiberglass, polyesters, and other inert materials to line oil paintings rather than cotton fabrics, which can shrink and pull in opposite directions. Paintings are now mounted on nap board with safe synthetic adhesives, and vacuum hot tables are used to attach linings to paintings.

“Not at all like the ’50s and ’60s”, adds Beth, “when restorers used pieces of potatoes or bread – even onions cut in half – and rubbed them across paintings to clean them. These left pigment-destroying residues which attracted bugs. Mold also could be introduced

by such methods. And flecks of paint were knocked off rather than conserved.

Even worse – tears were repaired by cutting them out, replacing them with a “sacrificial patch” taken from another painting – then “painted to match.” Bubbles sections were X’d through with an exacto knife and re-affixed with super glue!

As Lorraine puts it, “Today each painting is treated as an ‘individual patient,’ and repaired accordingly. You can work from behind with flaking paint on canvas, but not on Masonite. Paintings on wood can expand and contract with changes in temperature and humidity, so this must be taken into account.”

Beth continues, “And artistic experimentation can be bad. It is amazing how little many artists know about their paints.” (For example, Leonardo da Vinci’s “Last Supper,” painted on layers of gesso, pitch, and white lead began to deteriorate soon after it was completed.) “Some artists glue pottery into their creations, which rips and tears the canvas. Some have included pieces of hair or hay in their paintings – which shed.” (Imagine that Lhasa Apso suspended by wires in your front parlor!)

Different materials arriving in the 20th century brought their own sets of problems. Artists added bitumen to give that “Old Masters” glow, not realizing that bitumen never dries – ever! Newer paints that absorb oxygen can expand by 12 percent of their volume. When they shrink back, the paint can “gator.”

Art Conservation Expert Insights

Covid-19 has brought challenges as well, but these two talented women have adapted. They offer social distance evaluations, as well as mask and glove friendly curbside service. Customers contact them from as far away as Alaska and London, England. Half of their work comes from museums and half from private collectors. An average restoration may take two to three months, and they conserve up to 300 paintings a year, working on perhaps 25 at any given time.



Lorraine Brevig and Beth Fulton with an early American landscape in the process of being conserved

Richmond Conservation Studio partners with the Virginia Association of Museums in providing conservation work “gratis” for small museums. They host a museum studies course for Washington and Lee and Mary Washington Universities, with tours and training when this is once again possible.

“We have taken VCU interns for a semester,” Lorraine adds, “and also high school juniors for as long as one week – to observe conservation techniques and experience carefully supervised hands-on training.”

Keep It Original

So, the overall goal of the studio?

“To bring a painting back to the artist’s interpretation as closely as possible – using materials easily reversible – and to share current knowledge with a new and growing group of ‘scientific conservators.”

Still – there is nothing quite like the story of the washing machine. So kindly remember, gentle readers: no bread, potatoes or onions – and paintings are definitely not “dishwasher safe” either.

Restoration is not a DIY endeavor. “Just say ‘No!’” And then take your heirloom to a professional!

Dr. Mark Davy practiced family medicine in Richmond for 35 years and enjoyed every minute. But writing has always been his first love. It is a bit like painting – only painting with words.

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Confessions of a Car Guy

By Phil Perkins

What I may have learned over the years in collecting classic cars



Many years ago, in a land far away (well, Ohio), I started what one might call a lifelong binge. No, it wasn’t ice cream or hamburgers or Pepsi. It was buying cars. I think it all started when I saw those West Coast kids driving up and down the Pacific Coast Highway in their little English sports cars. Lots of them drove Triumph TR3s or Austin Healeys, but my ride of choice was the MGA. I ended up buying two of them, one right after the other, and both needed significant work.

I remember how proud I was driving over to my then-girlfriend and now-wife’s house to pick her up for a date. I had ensured that the car got painted before introducing “her” to my other her, but much of the restoration work remained undone. I expected some praise for my investment savvy in buying a classic. Instead, my human lady called my rolling lady “cardboard and rust.” Maybe she was right. After all, the leather-covered door panels did almost fall off during our first drive.

Becoming Seasoned

As time went on, I moved from little English cars to American “muscle cars.” My first was a Mustang fastback with a four-speed on the floor. If you don’t know what that means, you’re obviously a “youngster.”

I then moved into my Pontiac Firebird phase. My pride and joy ended up being a bronze-colored Trans-Am with a gold bird painted on the hood. It was fast as greased lightening, to be sure. However, after seeing the gleam in my eye, the salesman convinced me that the fact that it had no air conditioning was somehow a good thing. You see, he told me that the cooling function cut into the raw horsepower of the beast and no self-respecting muscle car owner would abide that. He also pointed out that I was saving a good bit of money. That was the hottest and most uncomfortable couple of summers in my life.

As I got older, my attention turned back to Europe and the great machines out of Germany. Much as with my encounter with the Pontiac salesman, my first buying experience of more upscale product line was ultimately not very pleasant. You see, when I asked about leather interior, which I thought to be standard on that type of car, he managed to convince me that the car would outlast the upholstery and therefore make resale more difficult. Anyway, the salesman continued, who would want to add the exorbitant cost to upgrade to leather to an already hefty bottom line?

Lessons Learned

I’m guessing you see where I’m going here. I bought my first couple of MGAs for a few hundred dollars, but both needed so much work I broke the bank to bring them up to any reasonable state of repair. My decisions to listen to the two salesmen and save a few bucks backfired and I lost my shirt on the resale of those two cars. Bottom line, of course, is the old “you get what you pay for.” There is, as they say, the cost of a product or service and then there is the value.

I was so smitten with those darned cars that I listened to the cost argument and didn’t think through the value proposition. The good news is that I’ve changed now and really try to focus on value. I’m proud to say that my wife will even let me visit the German car dealership by myself now (I think).

*Phil Perkins is a writer, business owner and musician who lives in Richmond and Hilton Head Island, South Carolina, with his wife, Sandi, and **two pups named Skippy and Jeter**. He is the author of several business books and two novellas about a legendary surfer in the 1960s.*

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The Sweet Shop

By Michele Minott

Memories of candy and childhood



Not every day was sunny and bright, even in Rockaway, by the sea. Grey clouds could rain steamy tears, rolling in like ocean waves in the sky, descending on my vacation.

On days like that, to distract myself, I'd accompany my mother to the center of town on her weekly shopping excursions. It wasn't really much of a town, even at its center. A Rexall Drug Store was flanked by a bank, an A&P, and a theater whose art deco front had seen better days. A combination beauty salon/barber shop rounded out the cluster of stores.

None of these stores were anything special. The only one that captivated me and every other kid in the neighborhood stood halfway between the beach and town, perched majestically in the center of its own little tree-lined slice of paradise. Part candy store, part ice cream parlor, this relic of a bygone era was my reward for helping my mom carry grocery bags to our shopping cart and not fussing as she ruminated among the fruits and vegetables.

And what a reward it was! What wonders greeted my hungry eyes, in colored array before me. There were big glass jars with little metal shovels, lined up like soldiers on the marble-topped counter just out of my reach. Each jar filled to the brim with its own special treat to tantalize and seduce me: red licorice laces and black licorice pipes, assorted saltwater toffees, multicolored peppermint sticks, foil-wrapped chocolate kisses, strawberry rolls, and spearmint leaves, and so many different kinds of nuts, some topped with chocolate and caramel – each treat more tempting than the one before, all beckoning me from their perches.

What an excruciating, delicious dilemma for an 8-year-old with a sweet tooth!

As if that wasn't painful enough, there was the ice cream display. How many flavors and colors there were, a virtual rainbow before me. But this time I only zoomed in on one.

Childhood decisions



Remembering how delicious those green nuts in the bright red shells tasted when my dad brought them home in a white paper bag, I could hardly contain my excitement. “Mom! They’ve got ice cream made with pistachio nuts – and the nuts are still inside!”

My mother looked up from her shopping list. “I thought we were sharing an ice cream soda. Isn’t chocolate your favorite flavor?”

“But Mom, we can get chocolate any time. Pistachio is special,” I said, emphasizing the word.

“All right,” she relented, staring up at the choices posted on the wall behind Mr. Cummins, the owner. “She’ll have a one-scoop pistachio ice cream cone, and I’ll have a raspberry-lime rickey.”

I was so engrossed in my sweet treat, I didn’t realize at the time that my mom had given up her ice cream soda to have the extra money it took to buy my cone. Any drink made with ice cream cost twice as much as plain seltzer water with flavoring.

As my mom sat sipping her sweet flavored drink and I munched happily on my cone beside her, a stack of gold-topped tins caught my eye, and I slid off my stool, drawn to it.

“Don’t wander too far,” my mother called as she handed Mr. Cummins some money.

Love, treats, and smiles

“I’m right over here,” I answered, entranced as I stared at the gold tins before me. Each one was wrapped up in snow-white paper with a black seal and fancy gold writing. I struggled, trying to pronounce their strange name, and Mr. Cummins heard me.

“Hopjes!” he called out with a smile, and pointed with pride to his treasure. “Genuine coffee candies,” he crowed, “imported all the way from Switzerland.”

My mom looked up from her shopping list, taking her place beside me, and said, “I don’t know. We still have a few other things to buy.”

Mr. Cummins didn’t miss a beat, and opening the tin that was on his desk, offered each of us a free sample.

“Me too?” I asked, with a rush of delight. For that magical potion served hot in a cup was strictly for grownups at my house.

“If it’s okay with your mom,” he said, and she nodded, after reading the ingredients.

Then he plopped a cube in our outstretched hands, each wrapped up in the same white paper and gold letters as the tins that stood on the counter. Unwrapping the little cubes, we soon discovered a shiny foil inner wrap as well, revealing the sweet scent of coffee.

“That’s the flavor seal,” Mr. Cummins smiled. “Those Swiss are very meticulous, and it makes their products special.”

When I popped the little brown cube in my mouth, I smiled in silent agreement. The candies were small, but the flavor was big. I savored that rich, sweet coffee taste that grownups took for granted.

“How much for a tin?” my mother asked, her pencil pointed in mid-air.

“Three dollars and fifty centers,” came Mr. Cummins’ reply, as my mother looked up, her jaw dropping.

“Three dollars and fifty centers for candy?” she asked.

“There’s 30 hand-wrapped in every tin, and imported sweets run a bit higher. My customers tell me they’re worth every penny,” he added, seeing my mom’s hesitation.

“I won’t have a fudgesicle tonight,” I offered, trying my best to appease her.

“No, you won’t,” she agreed, counting out the right change and handing it to Mr. Cummins. “I’ve spent half of our treat money for the week and it isn’t even Thursday. And you, young lady, spent all of your change, so I think we’d best be going.”

“We could always give up something else,” I offered, “like liver.”

“Very funny,” she said, steering me toward the door, as Mr. Cummins chuckled.

At the entrance stood the gumball machine, reminding me of my last penny. Down the slot I watched it drop, and out of the chute came a gumball – blue as the Rockaway sky at night, followed close at hand by a little pink ballerina. Contented, I popped the gumball into my mouth and smiled as I opened the white goody bag, assessing all of my riches: two strawberry rolls, a black licorice pipe, and three foil-covered chocolate kisses.

Then into the misty twilight we went, the sweet taste of chocolate on my breath, my tongue a ripe shade of purple. The pink ballerina, alone in my red vinyl change purse, merrily bounced up and down with each step we took.

“As a Brooklyn born baby boomer, growing up in the '50s and '60s (a time many considered the golden age of television, movies, and shows), I was lucky enough to have parents that cultivated in me a love of the arts,” says Michele Minott. “I had a good ear and spent many happy hours belting out popular songs using our bathroom as a soundstage. An introvert by nature, singing and writing gave me the comfort, clarity, and sense of empowerment I didn’t always find in life. I even got to have the last word!”

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Sinking the ball

By Randy Fitzgerald

The pool game’s not over until Minnesota Fats says it’s over. Is it over, Fats?



Columnist Randy Fitzgerald on a memorable heirloom pool table and family memories it helped to create.

When Barb and I had our second wedding on Aug. 6, 1986 – exactly to the day that would have been our original 25th anniversary – she gave me a big, beautiful, red oak antique pool table that she found abandoned in the basement of a home she had been renting in Stratford Hills and bought from her landlady. It was intricately carved around its base and legs, and came with what seemed to be the original balls and cue sticks. Bill Selden at C. P. Dean, where the table was refurbished for us, recognized it as one of the first pool tables that venerable establishment had ever made. There is a tiny plaque on the end, worn and barely readable today, acknowledging its C. P. Dean origins (estab. 1886), then at its original address on Governor Street. At the C. P. Dean website you will find that company’s most interesting story and its place in Richmond history, as well as pictures of some of the early billiard tables they made. I feel pretty sure my table is The Chesterfield, dating to 1917. Wow!

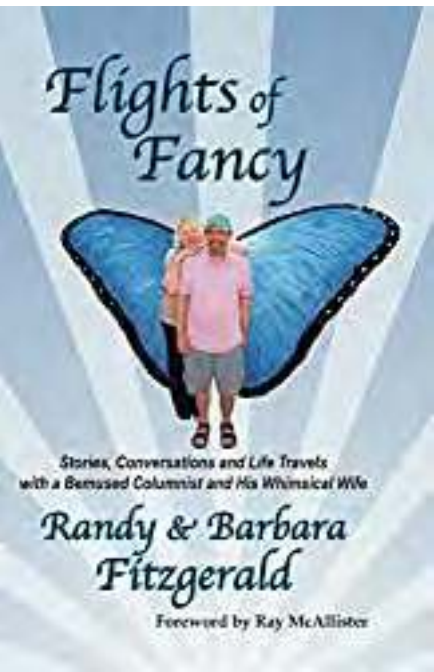
If it’s not a sin to “love” an object, I love that pool table. I look at it and see son Kyle, outfitted in a tux on his way out the door to the senior prom, pausing with a cue stick in hand to run a few balls as he passes. He was 4 years old when the table came into the house, and over the years he got good enough at the game that he was usually the champion in the hard-fought games with his father. Daughter Sarah shoots some mean pool as well, and that table was a drawing card for teenage friends and cousins and just about anybody who came in the door and spied it. I once played a quick game with our plumber! That was its path to becoming a symbol to me – it encapsulated all the years of the kids growing up, their friends and ours who filled our lives and our home, the to-the-death competitive spirit that infects every member of this family to this day, the link between the noisy, complex video world of today’s kids and the easy pool hall days of their fathers, the family at home, together.

It has been so much more than a pool table, as much of its life covered by a big protective quilt as not. Each Thanksgiving and Christmas, a big piece of plywood (the “groaning board,” we termed it) appeared upon it, topped with a festive tablecloth and spread with the biggest feast an extended family of 25 to 30 people could assemble. Every present that has ever been wrapped in this family has been wrapped on that table, and at Christmastime, there would be someone standing at every corner of it, all wrapping at once, while Nat King Cole sang a carol in the background. The children played beneath it and on it – it was a fort, a hiding place, a spot to curl up with a cat. Barb spread out sewing, tax records and coupons on it. And I fought to reclaim it.

When the pandemic came this year, the table became the temporary waiting area for any groceries that came into the house as we allowed for a sufficient quarantine of purchases to let any possible virus germs settle. Right now, as I write this, there are cans and loaves taking up about half of the table – no houseguests shooting an eight ball into the side pocket these days and no kids to shout in triumph when the shot is made!

So now the pool table needs to go where it can be a pool table again, with a new family and brighter lights, perhaps, to cheer others through the dark days of pandemic. When it’s sold, the pool room will become once more a dining room, both it and the pool table returning to their true purpose. I think we’re all waiting to do that these days.

Here’s to your next 100 years, old table. Rack ’em!



Randy Fitzgerald was a longtime public relations director at the University of Richmond and columnist for The Richmond News Leader and later the Richmond Times-Dispatch. He taught modern American literature at Virginia Union University until he retired in 2012. His book, **Flights of Fancy: Stories, Conversations and Life Travels with a Bemused Columnist and His Whimsical Wife**, was published in 2017. Click [here](#) to read more of his Boomer columns.

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Jacqueline Bisset's Sizzling Career

By Nick Thomas

The star remembers classic roles and talks about a current film that speaks to her soul



Now in her seventh decade as a film actress, British beauty Jacqueline Bisset first hit the big screen in the mid-1960s and was soon on her way to becoming a household name after dramatic roles later in the decade in films such as *Bullitt* with Steve McQueen.

Although her role was small as McQueen’s sizzling love interest and she didn’t appear in the film’s action sequences, Bisset was on set to witness some of the legendary driving scenes often performed by McQueen, a keen race car enthusiast.

“Watching those cars jumping in the air on the streets of San Francisco was amazing,” Bisset recalled from Los Angeles. “There were also some scenes where I had to drive Steve around in a yellow convertible and remember thinking, God Almighty, I don’t want to mess this up with a race car driver next to me!”

She says McQueen, a major star at the time, was “very patient with me and we would go out for meals with the director and producer when we’d break for lunch. He didn’t like getting caught in crowds and would often just jump on his bike and get the hell out of there.”

Bisset was in deep!



Nick Nolte, Robert Shaw and Jacqueline Bisset in ‘The Deep’ – Columbia Pictures

meant I attempted more stunts that I would have liked. When you’re 90 feet underwater, you have to solve any problem right there – you can’t just shoot to the surface.”

In one scene, her character attempts precisely that after encountering a moray eel (her stunt double did the eel sequence).

“It was complicated to film and very frightening – I actually thought I was going to drown. The others didn’t know if I was acting or in real trouble, which I was. I got through it, but even as I speak of it now, my throat tightens!”

Nostalgia and success for Jacqueline Bisset

With several films in post-production for 2021, Bisset has remained a busy actress throughout her career and in recent years has tackled personal roles such as 2018’s *Head Full of Honey* with its Alzheimer’s theme.

“My mother got dementia in her early 50s and lived with it for 35 years, so it’s something I knew a lot about,” she says. “The film approaches the subject with a little humor because that can sometimes help families dealing with it. It’s painful humor, but can make it more bearable.”



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

Seniors *guide*
Care Assessment



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Tinker Bell Model Margaret Kerry Ties the Knot at 90

By Nick Thomas

This Peter Pan fairy is magically in love



What could convince 90-year-old actress Margaret Kerry – once a model for Disney animators creating the Tinker Bell character of 1953’s *Peter Pan* – to abandon her West Coast home of nine decades and fly off to a new life in Florida some 2,500 miles away?

Perhaps a sprinkle of Disney magical fairy dust was involved when World War II veteran Robert Boeke, now 94, was visiting Amsterdam last summer with friends and stumbled on a store sign for “Tinker Bell Toys.”

“He told the people in the group he had actually dated Tinker Bell – me! – 70 years ago,” explained former model Margaret Kerry by phone from her new home in Sarasota. “One of the people with him decided to find me.”

An internet search led to Kerry’s website, Tinker Bell Talks. Emails were sent and Kerry remembered dating him. The two eventually reconnected last September in North Carolina, followed by marriage in February and the move to Florida soon after.



Margaret Kerry and her new husband, Robert Boeke, at a farewell party at the Los Angeles Walt Disney Barn in February. Photo credit: In Regions Beyond (YouTube channel) and PetiteGhostess (Instagram)

“We just celebrated our four-month anniversary,” said Kerry when we spoke in mid-June. “And we haven’t yelled at or kicked each other.”

“Well, it’s early in the marriage,” I told her wryly.

“Thank you very much, I’m hanging up right now!” she said, laughing.

Kerry’s Early Start

Kerry’s film career began at the age of four in an uncredited role in Warners’ “A Midsummer Night’s Dream” (1935) playing – as if to foretell her future – one of the fairies.

“I remember it clearly because one of the big studio lights caught fire and Mickey Rooney, who played Puck, dragged me into this little 2-inch deep stream on the set so I’d be safe from any flames.”

More roles came her way, including a half-dozen *Our Gang* (aka *The Little Rascals*) shorts, although as a member of the Meglin Kiddies troupe of child performers, she received no individual screen credit on some.

The Beginning of Tinker Bell

Her claim to fairy fame came in her early 20s as the model for Disney’s Tinker Bell. She also modeled for the red-headed mermaid in *Peter Pan* and did her voice.

“June Foray was the brunette mermaid,” recalled Kerry. “One day after a recording session we stepped out on the Disney lot. ‘Why are we trying to get in front of the camera to be actors?’ we asked each other. We realized voiceover work was heavenly; you know, we didn’t have to put on make-up, fix our hair, or get dressed up. And we could read from scripts – no lines to memorize. We both decided right there to go into voiceover acting. June became one of the most famous (e.g., Rocky of ‘Rocky and Bullwinkle’) and I went on to do about 600 cartoon voiceovers.”

Although it’s been nearly 70 years since Kerry’s famous fairy job, her tiny winged alter ego has never been far away; especially during the numerous fan conventions she’s attended for decades. She plans to continue giving talks and lectures.

“Tinker Bell and I share some characteristics – we’re perky and adventurous,” says Kerry, who turned 91 in May. “I think getting married and moving to Florida after living 90 years in California counts as an adventure!”

Nick Thomas teaches at Auburn University at Montgomery and has written features, columns, and interviews for over 800 newspapers and magazines, including BOOMER’s “Where Are They Now?” column.

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'Kentucky Bourbon Country: The Essential Travel Guide' Book Review

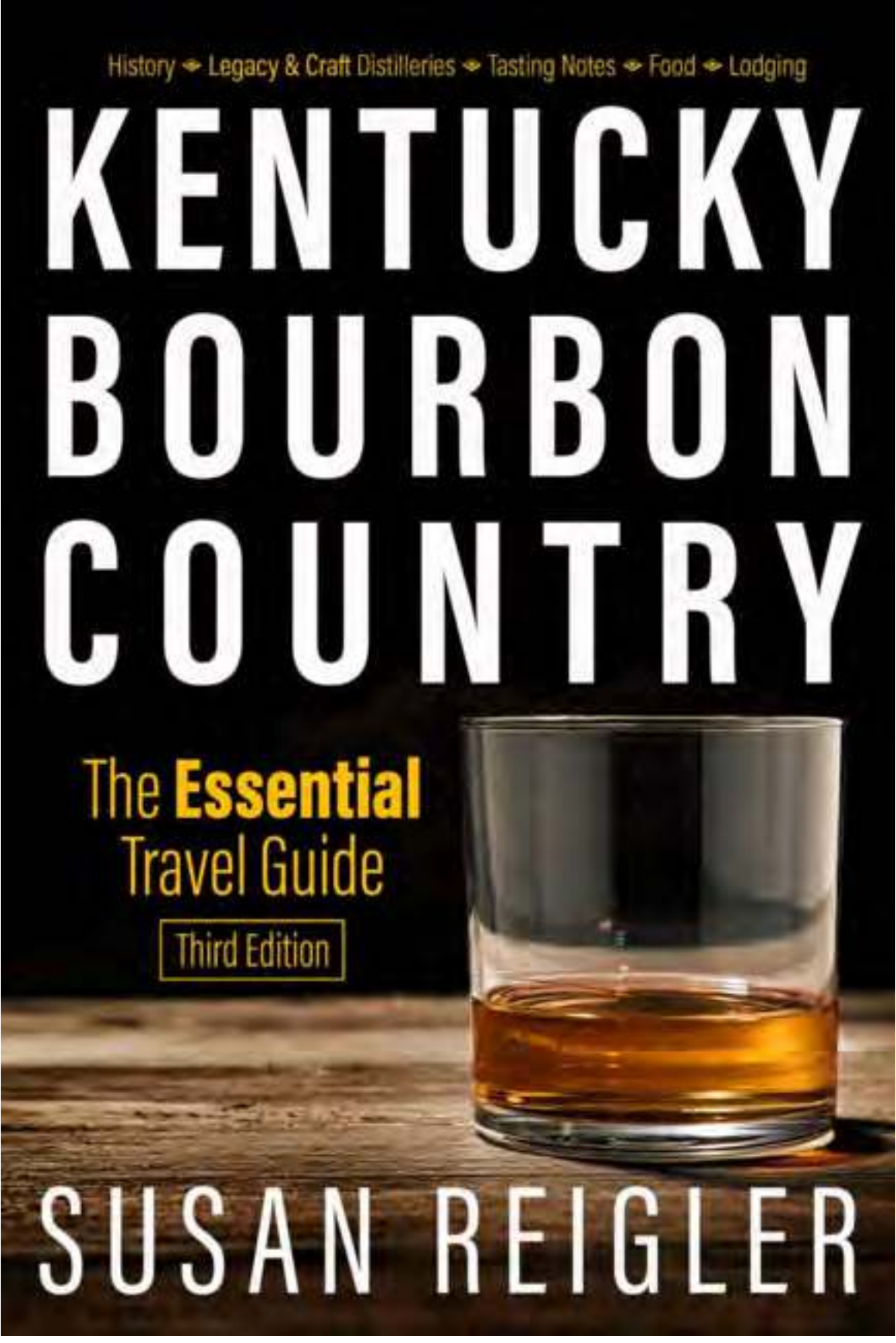
By Annie Tobey

Travelogue and ABC store shopping list

By Susan Reigler
Reviewed by Annie Tobey

As I write this, health officials discourage travel. Of the 55 states and territories, 49 are currently at the highest COVID-19 risk level. This includes Kentucky, which also means that some distilleries do not currently offer tours or tastings. But we can still enjoy fine liquor, and we can still plan trips. *Kentucky Bourbon Country: The Essential Travel Guide*, by Susan Reigler, provides a wealth of knowledge that can make imbibing more enjoyable while helping you plan a heavenly itinerary.

Kentucky Bourbon Country essential travel guide



Kentucky Bourbon Country is organized as a travel guide, with a focus on bourbon and bourbon distilleries.

The book begins with an introduction that is an imperative – not the type of intro that you can skip without missing important information. The introduction contains useful travel tips such as getting to Bourbon Country, when to visit, and the Kentucky Bourbon Trail, the passport program of the Kentucky Distillers’ Association.

Chapter One offers basic background information on bourbon whiskey: ingredients, distillation, history, and how to taste and evaluate

Next, five chapters each cover a different region of the state: Louisville; Shelbyville, Frankfort, and Midway; Lexington and Horse Country; Lawrenceburg; and Bardstown.

The final chapter highlights Kentucky’s craft distilleries and the Kentucky Bourbon Trail Craft Tour, which guides visitors to these smaller, often more experimental distilleries.

The options

As you ponder the possibility of a trip to Kentucky and its many distilleries, you can use *Kentucky Bourbon Country* to “research” the bourbon and the state.

The bourbon

Although many whiskey drinkers have a favorite, go-to whiskey, if you’re interested in making a tour of Kentucky Bourbon Country, you’re probably a drinker who is willing to expand your palate. As a seasoned whiskey expert, Susan Reigler can be your guide.

Besides the helpful bourbon background information Reigler provides in Chapter One, Reigler includes information and tasting notes for many of the whiskies that you would sample on a tour.

On the Wild Turkey tour, for example, she describes four bourbons – Wild Turkey 101, Russell’s Reserve 10-Year-Old, Rare Breed, and Kentucky Spirit single-barrel bourbon. Of Kentucky Spirit, she says, “The honey here intensifies to honeycomb, and the spice is less peppery and more like nutmeg and cinnamon, with an underlying nuttiness.”

By reading descriptions of the bourbons throughout the state, you can decide which ones may be worthwhile to try in preparation for your travels!

Each distillery section also provides solid information on the distillery history; basic stats (such as address, parent company, master distiller, products, etc.); tour descriptions; mash bill, production, and distilling; and so on. By imbibing these details before your visit, you can better absorb other details during your on-site experience.

The Commonwealth of Kentucky

As a travel guide, the book is as rich as a bourbon aged in number 4 charred barrels is in caramel, vanilla, and smoky notes. Reigler includes a variety of other tourist-worthy information for each region of the state, especially those that are bourbon related. And Kentucky is full of bourbon-related side notes, from history to food (bourbon balls, anyone?) to ancillary industries (ever been to a cooperage?). Just as a tasting:

- Vendome Copper & Brassworks in Louisville, a long-standing manufacturer or distillery equipment.
- Museum Row and Whiskey Row in Louisville. Here you’ll find the Frazier Kentucky History Museum, the official starting point of the Kentucky Bourbon Trail. Other sites here, such as the Muhammad Ali Center and Louisville Slugger Museum, aren’t spirit related but certainly worth notice.
- Louisville’s Urban Bourbon Trail showcases restaurants and bars that serve at least 50 different bourbons. Most also feature bourbon as an ingredient in a signature dish.
- Churchill Downs in Louisville, the legendary race track where Woodford Reserve is the official bourbon of the Kentucky Derby and its historic mint juleps.
- Shaker Village of Pleasant Hill near Lawrenceburg, home of a 19th-century communal society and home to The Trustees’ Table restaurant, serving delicious dishes made with fresh seasonal ingredients.
- The annual Kentucky Bourbon Festival in Bardstown.
- The Kentucky Horse Park near Lexington.
- Toyota Motor Manufacturing Kentucky in Georgetown, offering a visitors center and factory tours.

Regional chapters also include suggestions for entertainment venues and tour companies, driving notes, restaurants, bars, and lodging.

In short, *Kentucky Bourbon Country* provides enough detail to ensure a memorable trip through the state, exploring the historic bourbon industry and much more along the way.

Paperback, 264 pages
University Press of Kentucky, third edition (Sept. 9, 2020)



Susan Reigler, author of *Kentucky Bourbon Country*, holds an impressive whiskey resumé of writing, teaching, and judging. She was restaurant critic and beverage columnist for the Louisville *Courier-Journal* from 1992-2007, is a contributing writer to several liquor and food magazines, and has written seven books on bourbon. She has also judged a variety of spirits-related competitions.



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Cultivating Memories from Travel Experiences

By Joseph Rosendo

An excerpt from ‘Musings’ that reminds us to ‘live life’



Joseph Rosendo has been acquiring an abundance of travel wisdom and anecdotes in the 40 years since he became a travel writer. He offers many of these in his new book, *Musings: The Short Happy Pursuit of Pleasure and Other Journeys*, practically a guidebook for cultivating memories from travel experiences. The essays are taken from the “Musings” column that he wrote beginning in the 1980s. Each essay in the book begins with a contemporary introduction that adds both perspective and entertainment value. In addition to our Boomer review of this baby boomer-written book, we present this excerpt, intro and all.

In 1969, as a 23-year-old graduate student in Theater at UCLA, I was cast in the then hit musical “How to Succeed in Business Without Really Trying.” We were going to Europe to entertain American troops in West Germany for the USO. It was my first time out of the country and as a young man from a young country I was overwhelmed by Europe’s history, thrilled by its cultures, touched by its traditions and overjoyed by its celebrations. I was hooked. I was hooked on a dream of traveling the world discovering, learning and growing. That trip changed my life and started me on the path to be a travel journalist. In the fifty years since then I’ve collected a lifetime of travel memories. And although I have a reporter’s recall, I sometimes wonder if I’m remembering them the way they were or the way I want them to be ... or if it matters.

Memories Are Made of This

Do travel experiences mellow with age like a fine wine? Does time soften the edges or sharpen them? Perhaps, like wine, it depends on the quality we put into the bottle. And, of course, it depends on the bottle.



“One always begins to forgive a place as soon as it’s left behind,” said English author Charles Dickens. Incidents that were frightening can become amusing with the passage of time. Earth-shattering events lose their emotional punch.

How about traveling? Does time make a trip more exciting and enlightening once we’re home? Do time and distance allow us to look back and realize how rich, unique and unusual our experiences were? And, what’s really important, what happened or our memory of what happened? Is there a difference?

If the bad experiences fade and the good times come into clearer focus, some say we’re lucky. Others say we’re just fooling ourselves. Yet, if a trip is an adventure, then even the unpleasant happenings are part of it. The worst thing must be to look back on a journey and realize it was truly “once-in-a-lifetime” (as they all are) – and that we never noticed.

Of course, it’s easy not to notice. There are many things to think about on a trip. “Where do we eat? How many whatsitz are there to a dollar? Where are we going to go and what are we going to do next?”

While we spend our time fretting over what is about to happen, our trip passes us by. It would be tragic to think, “I remember Rome, that’s where the bus broke down.”

And while we glanced away, what passed us by? Perhaps an experience we would cherish for life. A precious moment to add to our bag of moments as children hoard perfectly clear marbles to admire in secret when they need to know something special is theirs. Travel memories can be as precious. They can stay with us for a lifetime, and keep us forever rich.

Cruise through Retirement Living options and build a life you love.



Seniors guide

Start Here

If we could slow down, and really look outside ourselves when we travel, we would not return home with an empty sadness – only the urge to travel again.

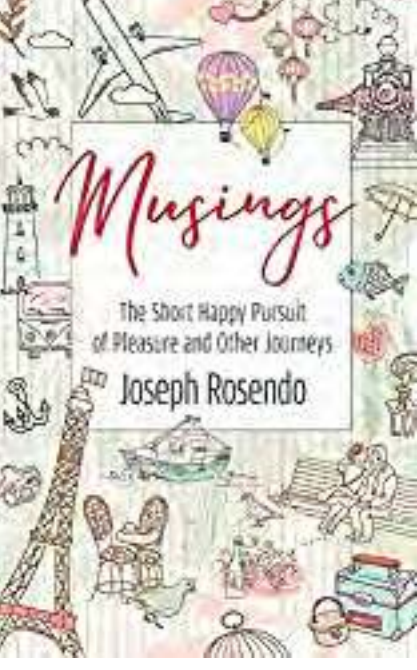
How do we manage to do it? We could train. A good traveler needs to be as fit and well-conditioned as an athlete. But we don’t have to master the New York Marathon right off. We could start with small trips. A walk around the block, perhaps. We could try to see it all – really see, not just look.

“Do human beings ever realize life while they live it – every, every minute?” asks Emily in Thornton Wilder’s play, Our Town.

“No,” replies the godlike stage manager, “Saints and poets maybe – they do some.

I hope Mr. Wilder won’t mind if I add us “traveling fools” to his short list.

Excerpt presented by permission.



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Fredericksburg: A Tantalizing Twist on Texas

By Rachel Marsh

A German-influenced town mixed with fine wine and topped off with a hearty dose of “howdy y’all”



When you think of Texas, I bet you don't think of exquisite grape vineyards, authentic German culture, and boot-scootin' country music (okay, maybe the last one you do).

The town of Fredericksburg, located in the center of the state just 80 miles west of Austin, delights in defying all of the Texas stereotypes. As an area that boasts lush vineyards and German roots, Fredericksburg offers visitors a kind of Texas experience not found anywhere else in the state.

But fear not: the city still has enough Texas in its blood to ensure that no visitor leaves without a hearty dose of southern hospitality.

WILLKOMMEN, Y'ALL!

When it was founded in 1846, Fredericksburg enticed many German immigrants with its promise of 10 acres of farmland and one lot in the center of town.

The area, as a result, began to thrive with German influence, culture, and people. And, much to the benefit of visitors and residents alike, that Germanic culture still remains strong to this day.

Pioneer Museum Complex

To see exactly what those mid-19th-century days of this German colony looked like, take a hyperbolic time jump to the Pioneer Museum Complex.

This is not just a plaque-after-plaque, exhibit-after-exhibit kind of establishment; this historic site offers a view of the world of the freshly immigrated German pioneers – their daily lives, habits, and stories.

The complex sits on three and a half acres; it features thousands of authentic artifacts, plus 10 buildings – four of which are, in fact, in their original spot from the mid-19th century! Buildings include the barber shop, schoolhouse, blacksmith, and even the Sunday house.

The Pioneer Museum Complex works to preserve the stories and history of those heroic German settlers – no DeLorean required.

Opa's Smoked Meats

Aside from a new cultural experience, the best thing that the Germans brought with them to Texas is, obviously, an appreciation for hearty meats. After you've experienced their history firsthand, experience their culinary contributions firsthand ... and Opa's Smoked Meats has just the thing.

Proudly slinging the finest, most authentic German meats in Fredericksburg since 1947, Opa's promises to make even the most vegetarian of mouths water. Find a huge selection of smoked sausages, jerky, bacon, and much more.

But it's not just the variety that keeps customers coming; Opa's honors Old World heritage with their authentic German recipes and meticulously chosen ingredients.



Opa's Smoked Meats in Fredericksburg, Texas

It may come as no surprise that such a juicy secret is out – they, in fact, sell 2.5 million pounds of meat a year!

Otto's German Bistro

To really (literally) sink your teeth into the local German culture, grab a seat at Otto's German Bistro.

This local eatery features authentic German bites, with swirls of other European influences like French and Austrian. Enjoy fresh selections of bratwurst, German Kassler, duck schnitzel, to name a few; but don't get too attached to anything you may see on the dining list ahead of time: the menu changes regularly!

Not only does Otto's offer authentic tastes hard to find anywhere else (outside of Germany, anyway), chefs also prioritize both fresh and local. In fact, most of the kitchen's ingredients are from organic, local, or sustainable farms and fisheries!

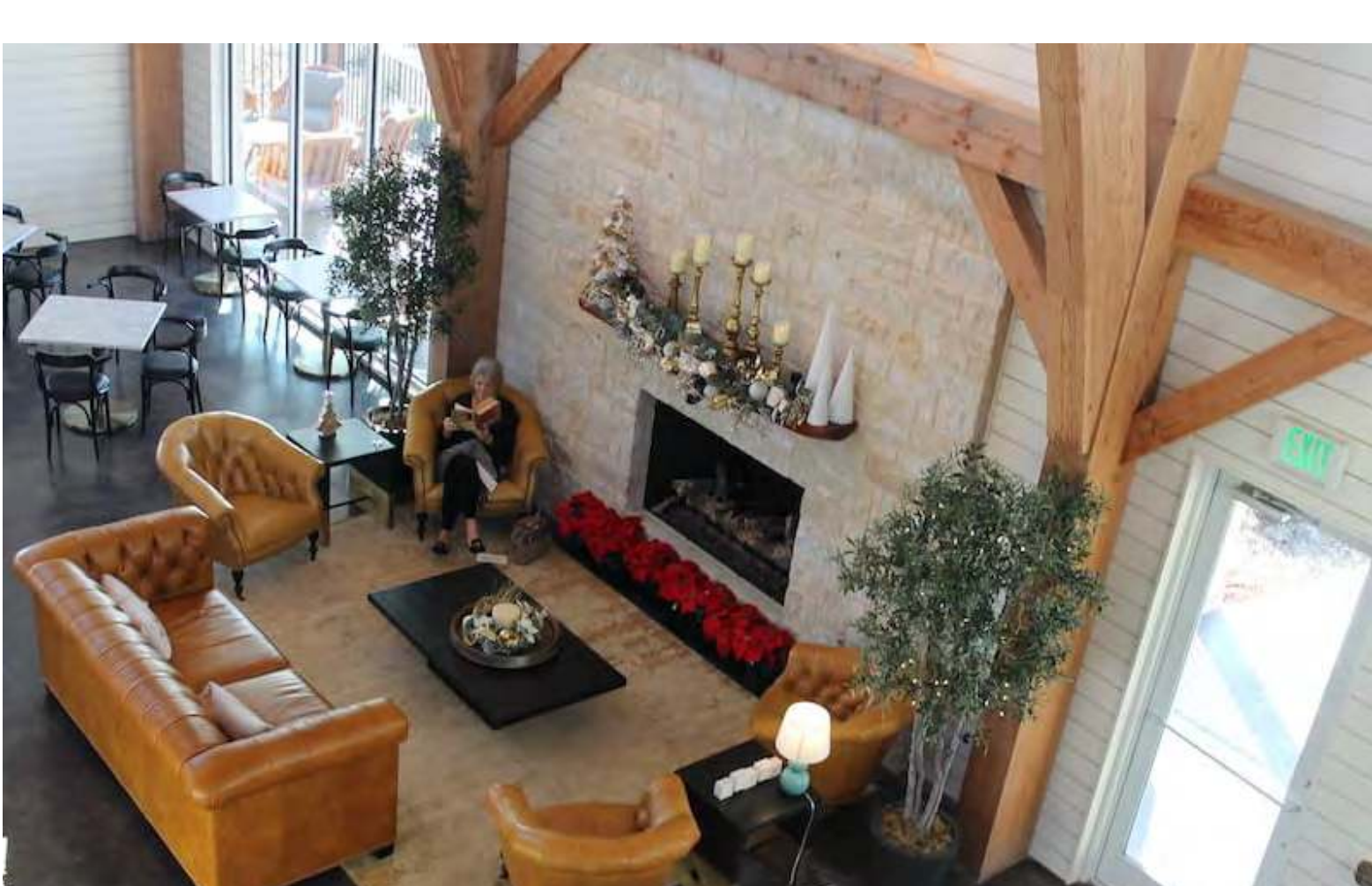
NAPA VALLEY, BORDEAUX ... TEXAS?

Calling all wine snobs: please turn your attention over here to – Texas!

The state, boasting fertile soil and idyllic terroir, has been making a name for itself in the wine industry for decades. And in response to this lush, grape-growing climate, vineyards are popping up all around the area to keep its residents and patrons indulged, satiated, and ... maybe a little tipsy.

Augusta Vin Winery

Located on 60 sprawling acres just southwest of Fredericksburg, it's hard to believe that Augusta Vin is only six miles from the city's Main Street.



Augusta Vin Winery in Fredericksburg, Texas

But that's no accident. The owners at Augusta Vin want guests to feel like they're relaxing in a secluded sanctum upon entering the estate winery's broad entrance. It's easy to get lost in the vast rows of vines, located conveniently next to the Pedernales River and even more conveniently under the vast Texas sky.

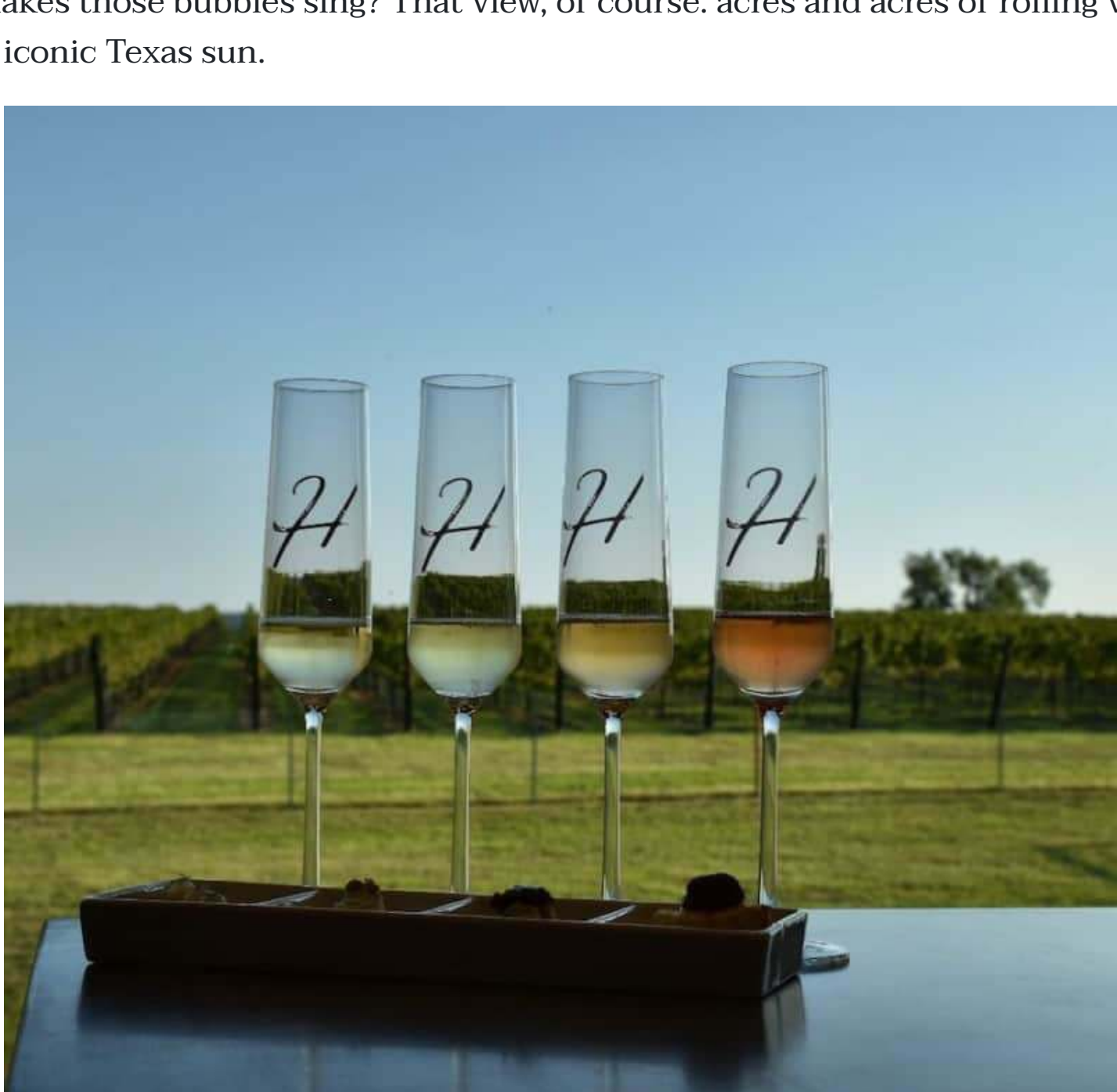
The view, as it turns out, pairs perfectly with Augusta Vin's selection of wines. Crafted by their own award-winning winemaker are a variety of unique but equally satisfying sips. And although most of them are French varietals, every wine is 100 percent grown and produced right here in Texas.

Heath Sparkling Wines

For anyone who likes a little pizzazz added to their glass – sip and you shall find. Heath Sparkling Wines is the first winery in Texas dedicated specifically to the art of bubbles.

They have four different types of bubbly, each one crisply different from its counterparts. For an even more unique experience, saddle up for one of Heath's iconic multisensory fusion tastings; these feature four different sips paired strategically with bites designed to bring out the flavors of the wines.

But what really makes those bubbles sing? That view, of course: acres and acres of rolling vineyards, only amplified by that iconic Texas sun.



Photograph courtesy of Heath Sparkling Wines

Stout's Trattoria at Grape Creek Vineyards

Everyone knows you shouldn't drink too much wine on an empty stomach; so at some point during your tasting trail, be sure to mosey on over to Stout's Trattoria.

And, oh – how convenient! It's located in a vineyard!

This tasteful *trattoria* (an Italian-style eatery) is set on 100 acres of romantic Tuscan views; and its menu features upscale and carefully crafted Americana bites like sandwiches, pizzas, burgers, and pastas.

And each dish, of course, pairs perfectly with Grape Creek Vineyards' own tasty varietals.

BUT AT THE END OF THE DAY ... IT'S STILL TEXAS

German history and fine wines aside, Fredericksburg is still a good ol' Texas town. And it has plenty of opportunities to help you get a few authentic Texas experiences under your belt (buckle).

Luckenbach

Located just 10 miles outside of Fredericksburg, Luckenbach promises the most Texas of experiences.

Luckenbach was established in 1849 as a trading post and settlement; in 1886, it gained a post office, general store, and beer joint. Since then, it's served as a welcoming small town where “everybody's somebody.”

More than a century later, the area remains as a small, welcoming town that's hosted legendary musicians for decades in its acclaimed concert venue. Post up at their bar for a round of cold beers; browse the general store for an array of unique gifts; or pop into their music hall or outdoor stage (almost any day of the week!) for the kind of fun that'll make your boots want to scoot. Even if you're not wearing any.

Settle into a place where – just like the acclaimed Waylon Jennings and Willie Nelson song promises – “there ain't nobody feelin' no pain.”

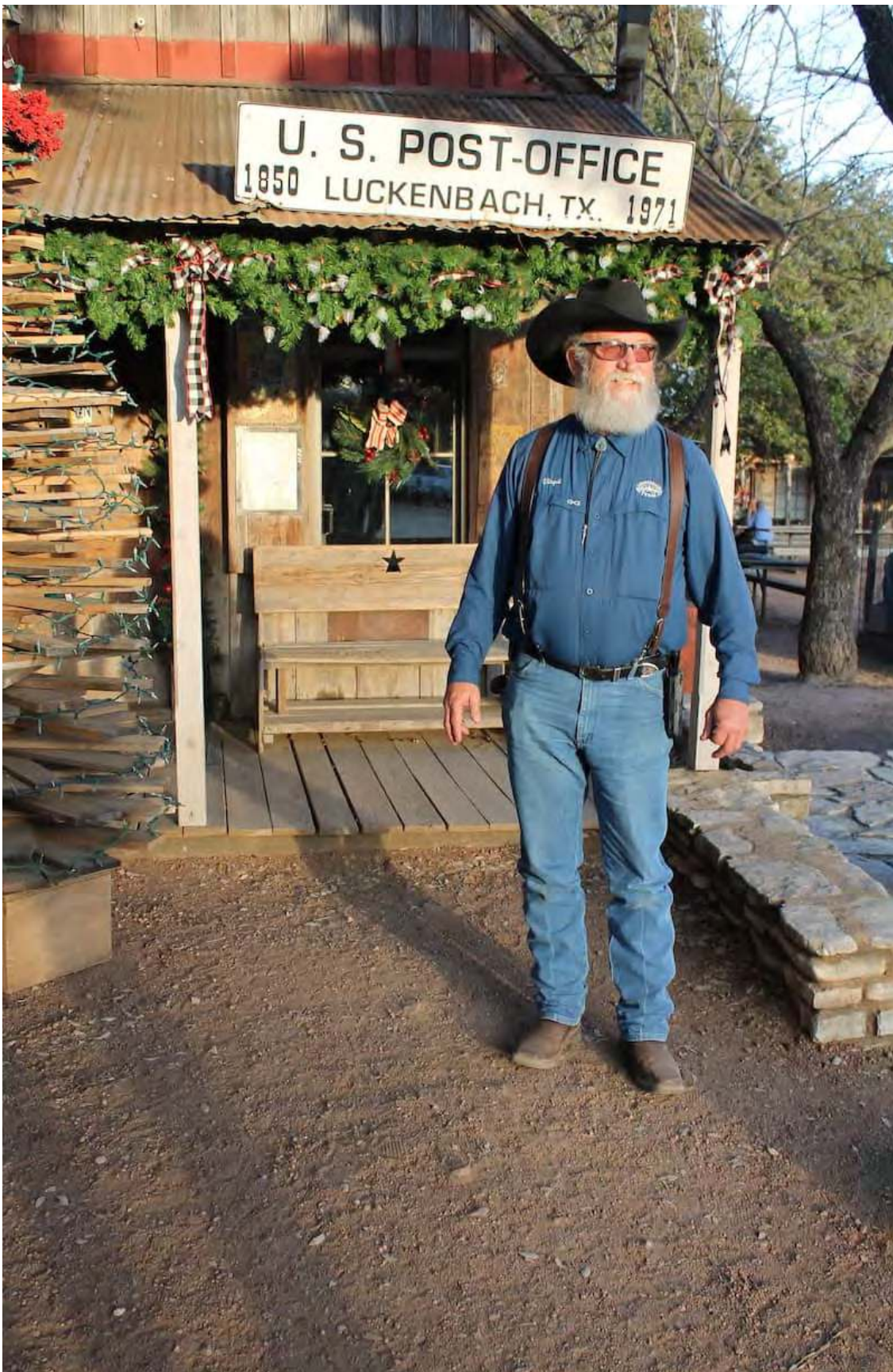
Main Street

Fill your schedule with the eclectic mix that Fredericksburg has to offer; but don't forget to take some time to meander through the town's Main Street!

Sift through its hefty selection of 150 local stores, including antiques, clothing, unique collectibles, and more. Duck into one of its featured cafés or restaurants for a home-fried plate of southern comfort. And simply enjoy the old-fashioned feel of a cozy small-town street.

Just be sure to return all of the smiles and “howdy's” you'll inevitably receive from the locals. They're Texans, after all.

[VisitFredericksburgTX.com](#)



Luckenbach, Texas

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Travel Insurance in a New Era of Travel

By Martha Steger

Tips for your next trip



Our travel talk over Christmas dinner will be different this year – not just because of fewer people at our tables. If we follow trends predicted by editors of leading print and online travel publications (*Travel + Leisure*, *American Way*, *Travel Weekly*, and other participants in a recent webinar), we’ll be chatting about shorter trips closer to home and about outdoor destinations rather than big cities.

Whether it’s a rafting trip or a motorcoach tour to a smaller city, we can expect to hear travel agents and providers either include insurance in their ticket cost or urge us to purchase travel insurance. A spokesperson for AIG Travel told me, “You would just want to make sure you insure the total prepaid, non-refundable trip costs paid for the trip starting from departure from home until you are scheduled to return.”

Bear in mind, too, that while Medicare might cover most health-related expenses in domestic travel, it does not cover those for international travel.

“Insurance has always been available,” said Richmond’s Josée Covington, owner of Covington Travel, who’s been in business for the past 53 years, “but it hasn’t always been viewed as important.”

She said in a recent interview that clients are still engaging in long-haul travel to destinations such as Japan; but the pandemic has underscored the importance of purchasing insurance for any trip for which travelers put out a significant amount of money that they don’t want to lose.

“There was a time,” Covington said in a recent interview, “when we asked clients to sign a waiver because otherwise, if they had declined insurance and were involved in an unfortunate incident, they might claim we never told them about insurance. Now we give clients two, three, or more options for travel insurance when they purchase a trip.”

The expense, benefits, and concerns

Various travel agencies confirmed that travel insurance is not inexpensive, with \$300 given as the lowest amount a traveler can expect to pay. The amount paid depends heavily on the health and age of the traveler and the scope of coverage, Covington said, with the upper limit in the thousands of dollars for a very expensive luxury trip. Most travel-insurance companies require a policy be purchased within 14 days of the first payment for a trip.

Linda and Ron Card from Charlotte Court House, Virginia, had purchased travel insurance along with virtually everyone else on their trip to Greece several years ago. When a woman on their trip fell and broke her hip, her medical bill of about \$60,000 was paid by the insurance company – TravelGuard – with which she had taken out a policy.



I had a more difficult personal experience, with Allianz Travel, when my husband became too ill to take our booked Panama Canal cruise last fall. The very knowledgeable travel agent who had booked our trip had offered only one insurance plan – Allianz – with one more expensive and one less costly option. The agent turned out to be also an Allianz insurance agent. Partnerships between travel agencies and travel-insurance companies have existed for many years, but it’s advisable to deal with travel agents who offer at least two insurance options and might not have as strong a conflict of interest in selling the insurance product.

Ours was **a specialty cruise for disabled persons and caregivers**. The agent had said Allianz was the only company offering the specialty insurance; we accepted that because we wanted the cruise with services for my husband.

Fine print: travel insurance benefits and warnings

When you’re buying, carefully read coverage details of the different plans available. Remember that insurance agents generally make 25 percent commission on the plans they sell – in addition to the commissions made on the trips – which are paid by trip providers, not by the agent’s customer. Ben Franklin, owner of Dream Tours to Go, based in Charlotte, North Carolina, said insurance commissions drop to 15 percent on trips for 10 or more people.



Save all receipts for potential claims. After submitting a claim, follow up with the claims department once the period has elapsed that the department gives for communicating about reimbursement. If you don’t get a response after a couple of tries, write the CEO, copying the Better Business Bureau and relevant trade associations such as Cruise Lines International or the National Tour Association. In our situation, a total disconnect occurred with Allianz: I was unable to get a response to my question regarding insufficient reimbursement as the purchaser of one of its plans. This took a full year to resolve but ultimately worked out so that we received reimbursement of all monies except, of course, the cost of premiums, which are never refunded.

When booking your own trip

Independent travelers with no travel agent or insurance agent involved in their itineraries should check for insurance provided by airlines as part of a ticket purchase. A woman from the Eastern Shore of Virginia visiting Cuba with her family in 2018 broke a foot at the Airbnb where they were staying; fluent in Spanish, she had no problems communicating with the doctor/surgeon, and the \$25 insurance fee added to her airline ticket covered all costs (estimated at \$4,000-\$5,000 USD by the doctor). She praised Cuba’s superb, accessible medical care with very friendly providers and welcoming surroundings; her doctor at home in the U. S. corroborated that her surgery had been done quite well and needed no correction.

Covington Travel prefers not to recommend specific travel-insurance companies but reported that at least one company does offer pandemic coverage. “We are fully booked for 2021,” Covington said. “If the ships sail, if the airlines fly, if the land-operators operate – we’ll be booking it.”

Before shopping for a policy

Know what your medical insurance and credit cards will cover when you travel.

Take time to compare/contrast different policies regarding lost/damaged baggage (as well as baggage and trip delays), trip interruption/cancellation, rental cars, medical evacuation, and travel accidents.

Look for coverage of epidemics/pandemics, natural disasters, and pre-existing medical conditions.

Check out the website [ConsumerAdvocate.org/travel-insurance](https://www.ConsumerAdvocate.org/travel-insurance) for access to many insurance companies.

Midlothian-based freelance writer Martha Steger is a Society of American Travel Writers’ Marco Polo member. For 25 years, she was public relations director for the Virginia Tourism Corporation. She has received national awards for her journalism, essays, short fiction, and poetry.



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The National Museum of the United States Army

By Annie Tobey

The first and only museum to tell the entire history of the U.S. Army



“The U.S. Army and the American Soldier forged the birth of our nation,” said Secretary of the Army Ryan D. McCarthy. So it’s only fitting that a museum near our nation’s capital should showcase the Army’s history. To that end, the National Museum of the United States Army opened to the public on Veterans Day, Nov. 11, 2020, in Fairfax County, Virginia.

The National Museum of the U.S. Army, located on a publicly accessible area of Fort Belvoir, Virginia, will be the first and only museum to tell the entire history of the U.S. Army.* The museum is a joint effort between the U.S. Army and the nonprofit Army Historical Foundation.

The museum is designed to tell the story of this branch of the United States Armed Forces through the eyes of the soldiers. It’s intended to engage with civilians as well as other military visitors.

Exhibits Spanning U.S. History



The Museum’s Higgins Boat is one of six remaining that are confirmed to have landed at Normandy on D-Day. The Higgins assault boat, known officially as a Landing Craft, Vehicle, Personnel (LCVP), landed more Allied troops on beaches in Europe and the Pacific than all other types of landing craft combined. Designed by Louisiana boat builder Andrew Higgins, these small boats could carry 36 combat-loaded troops, or a jeep and 12 men. The boats were constructed with plywood hulls and could slide on to a landing beach, lower the front ramp, discharge cargo and troops, and quickly turn around in the surf to pick up another load. (Courtesy/Credit: National Museum of the United States Army)

covering 1898-1918, goes into operations in China, the Spanish-American War, and the Mexican-American border as well as World War I. An immersive exhibit portrays the Army’s advance during the Meuse-Argonne Offensive and the FT-17 Renault “Five of Hearts” Tank.

The Global War Gallery portrays the Army’s role in the Allied victory during World War II. Artifacts include the M4 Sherman “Cobra King” Tank and a LCVP (Landing Craft, Vehicle, Personnel) that took part in the Normandy beach landings.

Other exhibits cover the Cold War (Out of the Ashes Gallery, 1945-1991), modern warfare (The Changing World Gallery, 1990-present), and the relationship between the Army and the American people (The Army and Society Gallery).

The Faces of the Army

The museum also profiles many of the most honorable soldiers and civilians serving the Army over the years, including:

- Stanley C. Goff, who served in Vietnam, intentionally exposed himself to enemy fire and charged the enemy position to allow the rest of his company to advance. He survived and received a Distinguished Service Cross.
- 1st Lt. Sharon A. Lane, a nurse in the Vietnamese Ward of a U.S. Army hospital in Vietnam. The work was demanding, but she declined transfers. She was called when a rocket hit the ward.
- Jason B. Cartwright, an Army canine handler, partnered with a black Labrador retriever, Isaac. The pair has served two tours of duty in Afghanistan locating explosive devices planted by terrorists near roads, hospitals, schools, and military facilities.
- Enid Mack Pooley, one of the “Hello Girls” recruited to manage telephone switching stations during World War I. The women finally received veteran status in 1978.
- Maj. Christian Fleetwood of the 4th U.S. Colored Infantry received the Medal of Honor for his actions at the Battle of Chaffin’s Farm and New Market Heights on Sept. 18, 1964. Sgt. Maj. Fleetwood picked up and carried the American flag during combat after two of the regiment’s color bearers went down.

Informative & Engaging, at the National Museum of the United States Army

To enhance the experience and improve learning, many features engage more directly with visitors.

The World War I immersive experience puts visitors into a trench-like environment with cast figures, lighting effects, imagery, and sounds of distant battle. The scene is based on a photograph of the Meuse-Argonne Offensive.

The Army Theater presents a 300-degree screen and external sensory elements to envelop the viewer in sight, sound, and movement. The current film, “Of Noble Deeds,” includes footage of soldiers and current Army operations along with re-creations of some of the Army’s most significant battles. The film is shown multiple times per hour, including one showing per hour with limited sensory elements and closed captioning.



Three young visitors work collaboratively in the Learning Lab on Operation Safe Passage. In this scenario, facilitated by a Science, Technology, Engineering and Math (G-STEM) to work as a team to respond to a humanitarian crisis. (National Museum of the United States Army, Anne Trenolone)

and heroic stories of our people and take visitors on an exciting journey through the history of the U.S. Army as told through the American Soldiers’ point of view.”

The National Museum of the United States Army

1775 Liberty Drive, Fort Belvoir, Virginia

Permanent exhibits include hundreds of large and small artifacts, life-size scenes re-creating historic operations, and stories of individual soldiers.

The Founding of the Nation Gallery spans the colonial period through the War of 1812, including the Continental Army, the Revolutionary War, and the development of a professional army.

The Preserving the Nation Gallery examines the Army’s part in the Civil War and westward expansion, such as the Lewis and Clark Expedition, the Indian Wars, and the Mexican War.

The Nation Overseas Gallery, covering 1898-1918, goes into operations in China, the Spanish-American War, and the Mexican-American border as well as World War I. An immersive exhibit portrays the Army’s advance during the Meuse-Argonne Offensive and the FT-17 Renault “Five of Hearts” Tank.

The Global War Gallery portrays the Army’s role in the Allied victory during World War II. Artifacts include the M4 Sherman “Cobra King” Tank and a LCVP (Landing Craft, Vehicle, Personnel) that took part in the Normandy beach landings.

Other exhibits cover the Cold War (Out of the Ashes Gallery, 1945-1991), modern warfare (The Changing World Gallery, 1990-present), and the relationship between the Army and the American people (The Army and Society Gallery).



Profile of PFC Milton Olive III, one of the freestanding pylons with personal accounts of ordinary men and women who did extraordinary things. (National Museum of the United States Army, Duane Lempke)

The Experiential Learning Center offers hands-on educational and team-building activities in geography, science, technology, engineering, and math for visitors of all ages.

The Army Historical Foundation has also produced three digital registries, offering everyone who served honorably in or for the U.S. Army a way to have their names and service histories placed on record at the National Museum of the United States Army. The registry can be accessed at ArmyHistory.org, and registration is free.

“The Army is people. They are our greatest strength and our most important weapon system,” said the Chief of Staff of the Army, Gen. James C. McConville. “The National Museum of the United States Army is designed to tell the compelling

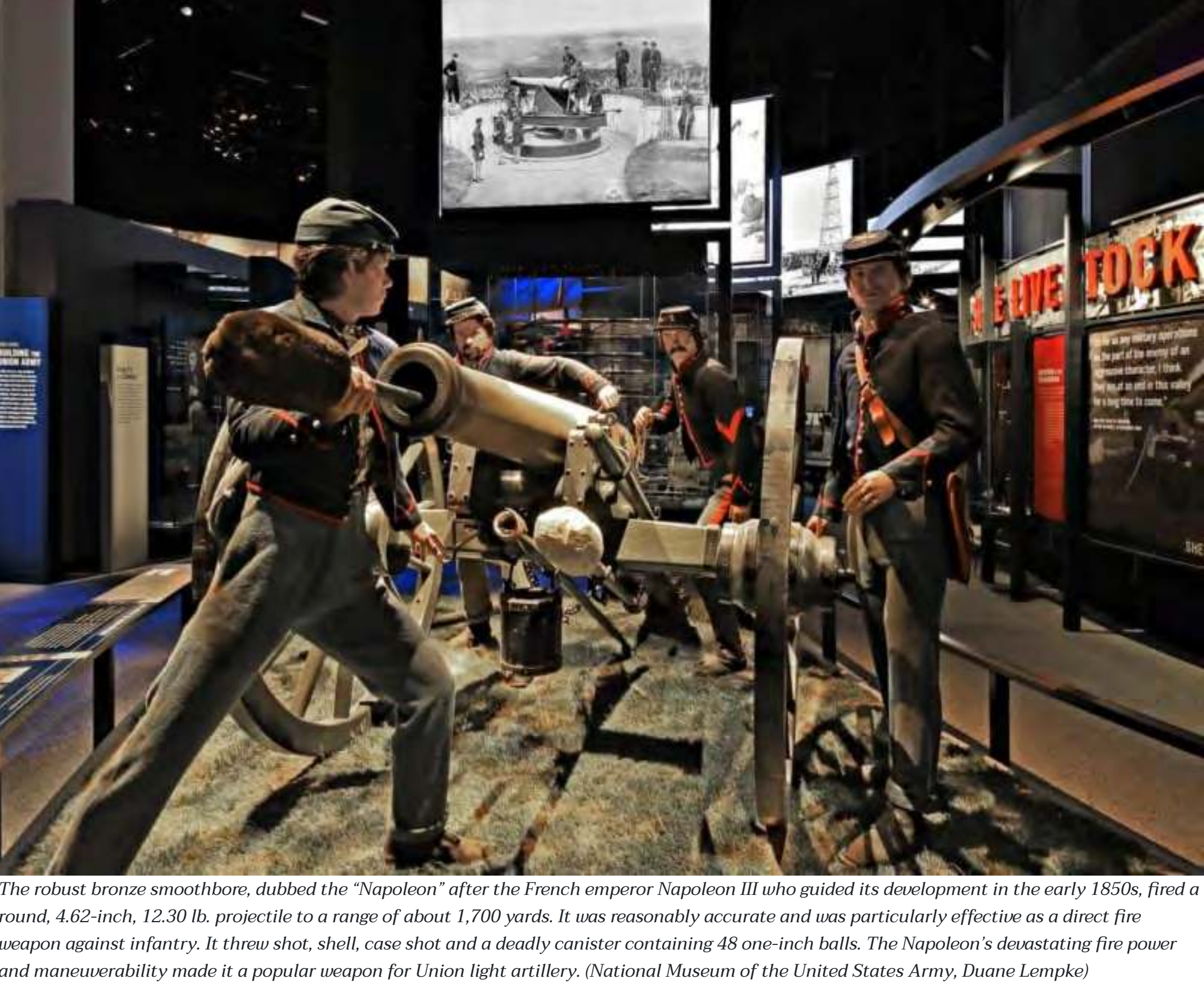
MORE IMAGES ON NEXT PAGE

The National Museum of the United States Army

By Annie Tobey

The first and only museum to tell the entire history of the U.S. Army

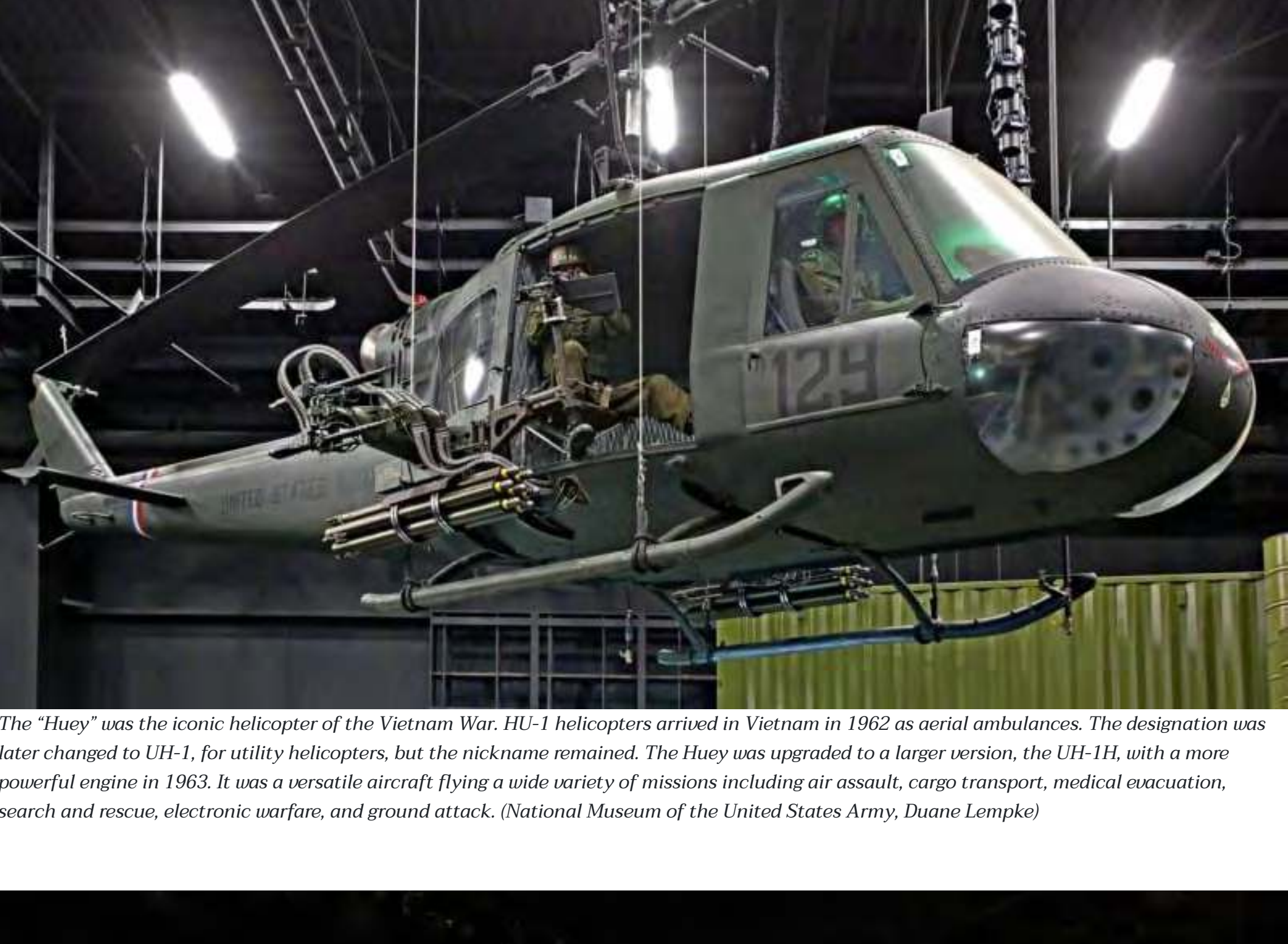
Images of the National Museum of the United States Army



The robust bronze smoothbore, dubbed the “Napoleon” after the French emperor Napoleon III who guided its development in the early 1850s, fired a round, 4.62-inch, 12.30 lb. projectile to a range of about 1,700 yards. It was reasonably accurate and was particularly effective as a direct fire weapon against infantry. It threw shot, shell, case shot and a deadly canister containing 48 one-inch balls. The Napoleon’s devastating fire power and maneuverability made it a popular weapon for Union light artillery. (National Museum of the United States Army, Duane Lempke)



As visitors emerge from the trench-like entrance of the Nation Overseas Gallery, cast figures, lighting effects, imagery, and sounds of distant battle recreate a setting—based on a famous photograph of the Meuse-Argonne Offensive. Viewed atop a glass and steel bridge, splintered trees and advancing American Soldiers maneuver amidst the battle wreckage. The film shown here plunges visitors into scenes of trench warfare and relays the U.S. Army’s contributions to the war effort. Nearby a 1917 FT-17 tank, against a backdrop of recruiting posters, augments the experience. (National Museum of the United States Army Photo, Spc. Ian Miller)



The “Huey” was the iconic helicopter of the Vietnam War. HU-1 helicopters arrived in Vietnam in 1962 as aerial ambulances. The designation was later changed to UH-1, for utility helicopters, but the nickname remained. The Huey was upgraded to a larger version, the UH-1H, with a more powerful engine in 1963. It was a versatile aircraft flying a wide variety of missions including air assault, cargo transport, medical evacuation, search and rescue, electronic warfare, and ground attack. (National Museum of the United States Army, Duane Lempke)



Assigned to A Troop, 3rd Squadron, 7th Cavalry, the M3 Bradley Fighting Vehicle, now featured in the Changing World Gallery, was in the 2003 charge from Kuwait to Baghdad. The vehicle and its team were essential to gaining control of several key positions including Baghdad International Airport before the advance into the city. During 48 hours of constant and bitter fighting, the squadron stopped several Iraqi infantry and armor advances and pushed just beyond their objective to strike at an Iraqi Republican Guard tank battalion. By the end of their fight, the Soldiers had destroyed 20 tanks and thoroughly blunted all enemy counterattacks, thereby allowing the U.S. to secure the airport and open the door to Iraq’s capital city.(National Museum of the United States Army, Duane Lempke)



Fort Discover is a space specifically designed for young visitors to use imaginative play to climb an Army tower, radio friends, drop cargo supplies, launch a space rocket, drive a Jeep, serve up chow on the mess line, and check out different Army uniforms with camo camera. The animated Army mules—Buckshot, Blackjack, Ranger, Trooper, Spartacus, and Traveler—will use age-appropriate interactive games to teach children about Army Innovations across history such as interstate roads, the Panama Canal, and satellite communications systems. (National Museum of the United States Army, Anne Trenolone)

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Exterior of the National Museum of the United States Army (Courtesy/Credit National Museum of the United States Army)

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Tips for Cold Weather Camping and Hiking

By Jason Sims

Stay warm while enjoying nature



There’s no greater escape than a journey into the outdoors. For many, this sense of excitement and travel is linked to their identity. Being aware of the outdoors, which changes its scenery during the wintry months, can seem especially peaceful and relaxing.

From scenic evening views, to the gulps of fresh morning air, and dewy afternoons immersed in countryside landscapes, camping can be a great stress relief and seems, at the best of times, to feel restorative. Yet, with the approaching wintry months, rather than stay indoors, here’s how to embrace camping in the colder seasons.

Preparation is key

The key to a happy journey and a camping experience in the colder months starts with planning and preparation in strong measure. Take inventory of the essentials, including packing emergency supplies and planning to bring along extra clothes and blankets. Plan for warmth and safety, by including the likes of a fleece jacket and other cozy layers such as socks and gloves.

Plan for all sorts of weather without relying on forecasts too heavily. This means packing waterproof or dry layers, as much as underlayers for warmth and top layers for protection and wind-resistance. Think of what you bring along as a portable wardrobe and treat it like insulation for cold scenarios when the temperatures dip into an unsettling, and potentially hazardous, frost.

Layering helps keep you safe



As a camping formality, layering yourself in jackets, blankets and sleeping bags for warmth can seem like a critical defense against the cold for winter camping trips. Yet, camping wisdom suggests that layering everything on top in a pile is less effective. Balance out your resources by wrapping up in under-layers, too. These guidelines work whether you’re snuggling in your tent or exploring the trails.

Outer layers should prioritize waterproofing and wind-proofing materials, as this can keep you dry if the weather turns, unpredictably. Colder

weather is unreliable and damper conditions can exacerbate the biting chill of winter winds.

Mid layers are key for insulating, and regulating, your body temperature. You could consider opting for a fleece or a lighter-weight jacket.

Base layers are often referred to as a “second skin.” Base layers are key for trapping in warmth and keeping you cozy beneath the outer layers. Importantly, the material should wick away moisture, so sweat doesn’t linger and chill you. Polyester, silk, and special wicking materials such as Gore-Tex or Sympatex work better than cotton, which retains moisture.

When layering, choose garments that fit loosely, allowing air to act as a buffer between you and the cold.

Get Your Shelter Right

When it comes to camping in the colder months, insulation is a high priority for deciding which resources to pack. Size matters when selecting tent gear, where the smaller, cozier sizes tend to work harder at trapping heat. Contrastingly, larger tents and sleeping bags offer less effective insulation.



When the temperature drops overnight, you will want to transform your tent into a warm, snug cocoon of sorts. The morning after, when you rise to a dewy, bright and sunlight morning, you can warm up again with your extra layers.

It’s important to keep your camper van well-regulated against the dropping temperatures, too. Overnight frost could harm your vehicle and unexpectedly delay your travels. To avoid costly damage, instead keep your camper van warm by covering it up overnight and investing in thermal window screens. This will create a warming layer that traps in heat and excludes the late-night chills.

Cover your extremities

Keeping yourself layered seems obvious, especially as body heat is constantly escaping. Experiments have reasoned that cooling rates are less important than the body’s core temperature. This can be regulated by layering up from top to bottom, including wearing gloves, socks, and headwear. Wool and other wicking materials work well here, too.

A shivering chill, according to research, is your body’s way to raise its temperature through rapid muscular contractions. It’s also a sign that you need to promptly react by doing your part to warm up. Frostbite, amongst a laundry list of harmful side effects of cold weather exposure, can be avoided when you insulate and regulate your body’s core temperature. Wrapping up in layers and wearing warm gloves and socks can help protect against the cold too. Those with an adventuring spirit may be in touch with their internal thermostat already, but for those just starting out, this is a moment to learn from.

Keep Active (and Explore)

One of the unsung benefits of camping is the underlying health benefits of keeping active. Long, winding country walks and explorative jaunts through the countryside carry all sorts of added health benefits. Surrounded by nature, camping experiences are often cathartic, which can boost mental wellbeing, too.

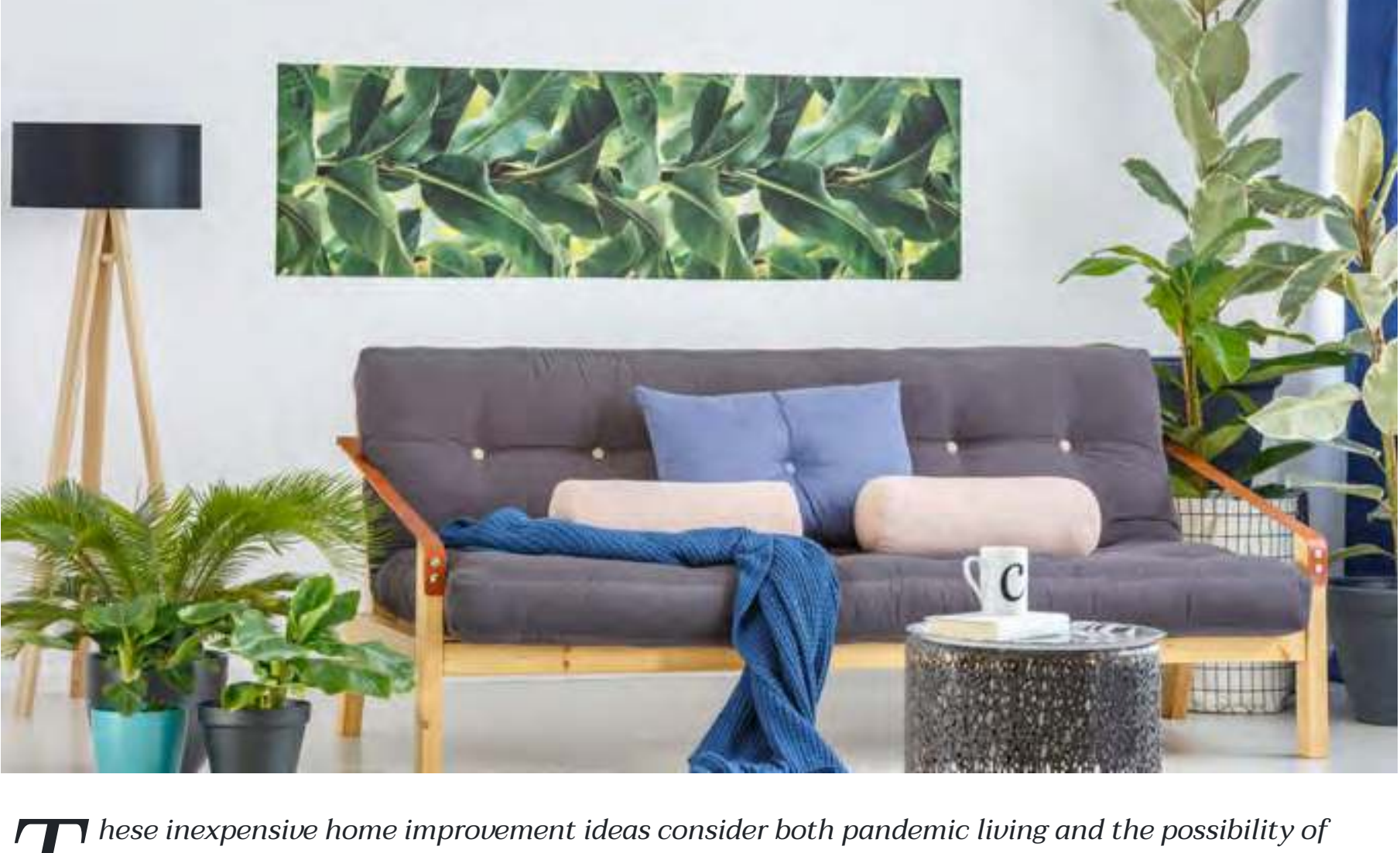
The article was written by Jason Sims, Marketing Executive at Just Kampers and Just Kampers Insurance. Jason is a fully fledged VW enthusiast, with over 20 years’ experience in keeping Volkswagens old and new on the road. Currently owns a ’69 Cal Look Beetle and enjoys attending VW shows and camping with friends and family.

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Simple, inexpensive home improvement ideas for living and selling

By Michaelle Bond, The Philadelphia Inquirer

Easy ways to perk up home your home for riding out the pandemic while thinking long-term



These inexpensive home improvement ideas consider both pandemic living and the possibility of selling your home when all this is behind us.

PHILADELPHIA (TNS) – Jocelyn and Pete Lockard are planning major renovations after they close on their home in Phoenixville in January. They’ll redo the kitchen and renovate the main bathroom while they sell their Kensington home.

Overall, Jocelyn said, they’re looking to make their new living space “really open and welcoming and cozy and conducive to our lifestyle” for the couple and their toddler, while making sure the home appeals to potential buyers if the family decides to sell in a decade or so. But one of the elements that excites her the most is relatively simple: the soaking tub she envisions as her retreat.

Major renovations aren’t the only way homeowners can make a space their own and create an escape while stuck at home because of the pandemic. Smaller changes can make a big difference.

Paint and strategically use wallpaper



Repainting cabinets can update a kitchen without remodeling it. (Dreamstime/TNS)

“You want to make sure your space is very relaxing,” said Glynis Tart, owner of Verden Interior Design Studio, based in Philadelphia and Camden.

Paint can go a long way in achieving that. She suggests cool colors, including certain blues, greens, and neutrals. She suggests neutral colors if a homeowner plans to sell in a few years and colors that most reflect the occupants if a sale is further off.

Repainting cabinets can update a kitchen without remodeling it. Painting railings and wall

trim can also freshen a space.

Wallpaper “is really having a moment now,” said Amy Cuker, owner and design director at Down2earth Interior Design in Montgomery County. Convenient peel-and-stick options make it easier to install and switch out. “That’s a really high-impact way to get some punch and pattern in a space,” she said.

In redesigning a client’s basement, Cuker installed wallpaper that was a mural but looked like a bookshelf.

Maximize space

“We see people taking every little bit of space and maximizing it right now,” said Philadelphia Realtor Maria Quattrone.

Homeowners are making spaces multifunctional. If no extra rooms are available, some are carving out space for home gyms and offices in corners and using furniture, paint, and artwork to create separation. Some are using garages as temporary gyms. Others with yards are buying sheds to use as multipurpose spaces.



Cuker said many clients are asking for areas dedicated to their children for online schooling and play, including redesigned breakfast nooks and repurposed basements.

“A lot of people are trying to reclaim their basement space and make it more livable and useful,” she said.

Liz Walton, owner and principal designer of Liz Walton Homes based in Phoenixville and a member of the National Kitchen and Bath Association, said kitchen islands are getting larger as homeowners seek a place that can accommodate eating, entertaining, schoolwork, parents’ work, dog bowls, and appliances.

Accessorize

Adding a new area rug can be an easy, inexpensive way to tie a room together or add less permanent color. A simple wine rack can elevate a kitchen.

Homeowners can add electric or gas fireplaces or fireplace inserts into wood-burning fireplaces they don’t use. Many households have more time to sit by the fire, and they can make spaces cozier. Homeowners can install a wood beam or finished mantel to an electric fireplace to make it look like a permanent part of the home, said Monica Miraglilo, a designer and cofounder of Philadelphia-based Miraglilo Properties.

Appliances are a great way to update without having to remodel an entire kitchen, Walton said. Replacing back splashes “goes a long way in changing the overall aesthetic of your space,” she said. Miraglilo said she uses subway tiles for back splashes, which look nice but can be inexpensive.

Homeowners are upgrading kitchen and bathroom fixtures and cabinet hardware. They’re installing soft-close drawers to prevent the constant slamming that can grate on the nerves of family members who are constantly at home. Homeowners can paint, replace, or install doors to update a space.

Homeowners with a few thousand dollars to spend can replace countertops that have busy patterns with calmer versions that are lighter and brighter.

Clients “don’t want to look at busy things because there’s too much going on in our heads,” Walton said. “I just did this for a client and it totally transformed their space.”

Homeowners also are looking to technology to add convenience, Quattrone said. For example, to accommodate smart devices and family members working from home, homeowners can install outlets with USB ports. Smart thermostats can allow residents to control a home’s temperature remotely.

Create a retreat

“Life is really complicated for a lot of people right now, and the home really needs to be a peaceful retreat,” Walton said.



Bathrooms are becoming more spa-like, she said. Showers are getting bigger and more luxurious.

Homeowners are adding heated flooring, which can get expensive, but small heaters and heating mats also can warm a cold bathroom.

Designers advised replacing any furniture once considered “good enough” with better-quality chairs and couches for comfort and aesthetics.

People are filling their living spaces with plants as a form of stress relief and to freshen up their homes. To nourish those hordes of new houseplants and to improve their moods, homeowners are looking to add as much natural light as possible. “People are even sacrificing wall cabinets to add windows,” Walton said.

Cuker has been updating her sunroom during the pandemic. She reupholstered bench cushions, laid down a new rug, repainted furniture she got from family or that had been destined for the landfill, and installed art she bought from Etsy. She used pinks, teals, and yellows — bright colors to lift the mood of the room. She created a vacation-like space by basing her designs off of family trips to Cancun, “a place that made everyone happy” as a way to cheer up her family.

“I figured since we can’t vacation anywhere, let’s bring a little vacation to our house,” Cuker said.

Embrace what matters

To make spaces look warmer, homeowners can try covering their walls with the people, pets, and places they love. Grouping photos together as a gallery can create a focal point.

“It’s just a matter of taking a look at your space – most people are doing that now that they’re home all the time – and saying, ‘What’s important in my life now?’” Tart said. “What we have in our space reflects the type of psychology that’s happening within us.”

When Tart designs homes, she often suggests homeowners include sentimental touches, such as favorite paintings and decorative items inherited from relatives, as well as family photos. And she encourages clients to be optimistic: If there’s a place they want to visit, for example, she tells them to put up photos of it.

“It gives you some hope and a future incentive once things become back to normal,” she said.

10 Steps to Selling Your Home

By Cathy Hobbs, Tribune News Service

Here's how to make it stand out



These 10 steps to selling your home can help ensure that the sale is as quick and as lucrative as possible, to help your house stand out.

TNS – Perhaps not surprisingly, home sales remain robust. Thousands of Americans are choosing to upsize, downsize or simply relocate, placing properties on the market and selling at a brisk pace in many parts of the country. How can you ensure your property stands out from the crowd?

1. **Hire a professional real estate agent.** While the lure of selling your property as a FSBO (for sale by owner) may have appeal, the advantage of having your property represented by a professional will likely outweigh any cost savings.
2. **Properly price your home for the market.** While it may be enticing to price a property as high as possible, a property that undergoes price reductions or sits on the market will quickly become a stale listing.
3. **Select an agent who will invest in the right marketing.** Marketing can be a critical component when it comes to presenting your property to potential buyers. These days properties must be marketed in different ways, from virtually, to in-person and in print.
4. **Be open to different financing options.** While cash is king, many potential buyers may still need bank financing. Others may need to be creative with down payments and overall financing.
5. **Invest in staging.** How your property is presented will play an important role in helping your property stand out from the crowd. You only get one first impression to wow a potential buyer.
6. **Complete all repairs.** Many potential buyers view even minor repairs as worry and work. Properties that are move-in ready typically have increased appeal.
7. **Be prepared to act.** Many deals fall through because a seller was not ready to meet a buyer’s timeline.
8. **Pre-screen potential buyers.** This is especially important in the luxury market to make sure those who view your property will have the means to move forward with a purchase.
9. **Shop your competition.** Potential buyers won’t just come to view your home, but properties of similar size and price. Understanding comparable properties can help give you an edge.
10. **Be open to negotiation.** Being flexible may be the key to closing a deal.



Cathy Hobbs, based in New York City, is an Emmy Award-winning television host and a nationally known interior design and home staging expert with offices in New York City, Boston and Washington, D.C. Contact her at info@cathyhobbs.com or visit her website at cathyhobbs.com.

A Cozy Winter Home

By Cathy Hobbs, Tribune News Service

Try these touches to transform your home for the season



Wintertime is officially here, and for many of us that means frosty mornings and colder days. While you may not want to bring winter indoors (frosty mornings are much better left outside!), you can re-create the beauty of the season indoors and deck your home out in subtle details that pay homage to winter in a number of ways.

Draw inspiration from the season and reimagine your home with these beautiful and elegant wintertime touches.

Cozy décor for your wintertime home

Candles

Cozy fires and flickering candles are the essence of winter. Few things can add a sense of warmth to a home like candles. Best of all they’re fun, versatile, and affordable. Stock up on candles in a range of varying heights, and consider investing in some beautiful candlesticks – a wonderful way to warm your home this winter.

Soft lights

Bright, harsh lights tend to result in a severe and unwelcoming atmosphere. Table and floor lamps are a welcome change for winter and will produce a soft, inviting light.

Bulbs matter, too. Make sure you steer clear of bulbs marked “daylight.” Opt for “soft white” during the winter months. For even softer, subtler lighting, replace standard white shades with earthy colors, or look for bamboo or wicker shades.

Sumptuous rugs

Winter is the time to break out the shag rugs. Comfortable and luxurious, high pile rugs help make a room look welcoming and inviting (and will keep your feet cozy as well). Modern shag rugs in classic colors like ivory and beige are always an excellent choice.

Creature comforts

’Tis the season for comfort and warmth. Add coordinated throw pillows and throws to add warmth to a room during the winter. Pillows are also a great way to introduce a pop of color without going overboard. Keep things coordinated by using pillows from the same collection.



A lambswool toss pillow and shag pelt rug add coziness to a bedroom. (Cathy Hobbs/TNS)

Woodland scenes

What better way to re-create a woodland feel than with simple tributes to the outdoors? A pair of rustic skis placed in the foyer or a mantel decked out in snow-crested trees, white pinecones, and boughs are excellent ways to add a sense of the season to your home. Add a few wintertime visitors like deer or snowy owls to create your own winter wonderland.

Cathy Hobbs, based in New York City, is an Emmy Award-winning television host and a nationally known interior design and home staging expert with offices in New York City, Boston and Washington, D.C. Contact her at info@cathyhobbs.com or visit her website at cathyhobbs.com.

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Soothing elements such as greenery, succulents and candles help make a space feel cozier. (Cathy Hobbs/TNS)

How do some well-known Richmonders make the most of Virginia winters?



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The Wide World of Mushrooms

By Kaley Todd, M.S., R.D.N., Environmental Nutrition

A closer look at this powerful source of nutrients for everyday health and to combat aging



Mushrooms have been consumed and used for medicinal purposes for thousands of years. The ancient Greeks believed mushrooms provided strength for warriors in battle, and the Romans perceived them as “food of the Gods.” For centuries, the Chinese culture has treasured mushrooms as a health food, labeling them as an “elixir of life.” Traditional Chinese medicine continues to highly value mushrooms, believing they offer numerous health benefits and play a role in preventing and treating various ailments.

Mushrooms are often placed in the vegetable category for dietary recommendations. However, they are actually neither a plant nor animal, but belong to the fungal kingdom. One key difference that distinguishes fungi from plants and animals is that fungi lack chlorophyll and exist on decaying material.

More than 2,000 varieties of mushrooms are edible, but the most common variety grown in the U.S. is white button, followed by crimini, portabellas, enoki, oyster, maitake, and shiitake. Mushrooms grow in nearly every state, but Pennsylvania accounts for approximately 60 percent of the total mushroom yield.

Nutritional profile

Mushrooms have a unique nutritional profile. Key nutrients found in mushrooms include: B vitamins, selenium, copper, potassium, betaglucans and the powerful antioxidants glutathione and ergothioneine. Plant- Powered Dietitian Sharon Palmer, M.S.F.S., R.D.N., notes that “the selenium found in mushrooms is unique in produce – the main intake of this antioxidant nutrient is most often from meats, dairies, and whole grains.”



In addition, the ability to produce vitamin D when exposed to the sun is also a distinctive attribute of mushrooms. “They can create vitamin D in a similar way humans can with sun exposure,” says Palmer. Consumers can increase the vitamin D in mushrooms by exposing them to sunlight prior to eating. A preliminary trial demonstrated that vitamin D in mushrooms can be increased by at least 25 percent of the Daily Reference Intake by exposure to sunlight for as little as 15 minutes on a clear or partly cloudy day.

Mushrooms also provide fiber and protein, and can be particularly useful for vegetarian diets, considering they provide all the essential amino acids and have higher protein content than most vegetables. Mushrooms are naturally low in fat, calories, and sodium, and do not contain cholesterol, sugars, or gluten.

Health properties

Although researchers are uncovering the benefits of mushrooms, additional studies are needed to understand their health properties and how they apply to different species. Mushrooms are reported to have antimicrobial, anti-inflammatory, cardiovascular- protective, antidiabetic, and other properties. According to Palmer, “Mushrooms contain special nutrients, as well as bacteria, yeasts, and molds that appear to have health potential. Studies show that mushrooms are linked to anticancer activity, antioxidant action, and immune-enhancing benefits. They have also been shown to have benefits for blood lipids and glucose.”

Mushrooms and aging

Robert Beelman, director of the Penn State Center for Plant and Mushroom Products for Health, has been investigating possible anti-aging benefits of mushrooms. He and his team found mushrooms have high amounts of ergothioneine and glutathione. This may protect against oxidative stress (associated with diseases of aging, cancer, coronary heart disease, and Alzheimer’s). Beelman points out that “countries that have more ergothioneine in their diets, like France and Italy, have lower incidences of neurodegenerative diseases, while people in countries like the United States, which has low amounts of ergothioneine in the diet, have a higher probability of diseases like Parkinson’s and Alzheimer’s.” Whether this is a correlation or causation is unclear.

The health benefits of mushrooms vary by species. Beelman and team found the highest amounts of ergothioneine and glutathione to be in porcini mushrooms. The more common mushroom types, like white button, had less of the antioxidants. Animal studies have reported that shitake mushrooms have anti-tumor, cholesterol lowering, and antiviral properties, while enoki mushrooms appear to have significant anti-cancer and immune-enhancing effects. Maitake may have anti-cancer, antiviral and immune-enhancing properties, and may also reduce blood pressure and blood sugar levels.

Versatility of mushrooms as a health food



boosting nutrition.

For those who do not like the taste or texture of mushrooms, their nutritional and health benefits may still be obtained with mushroom powders found in the marketplace. These can be incorporated into smoothies, soups, and sauces. Palmer emphasizes it is important the powder or supplement comes from whole mushrooms, and from a good source with third-party verification to insure it is a quality product without contamination.

Risks

Note: There are approximately 70 to 80 species of poisonous mushrooms. It is recommended to get mushrooms from a trusted source. If foraged, be sure to have an expert verify they are safe.

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Discover more healthy-eating tips for combatting aging.

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The Best Healthcare Bargain for Longevity

By Alan Rudlin

Taking matters into your own hands – or feet



Many years ago, one of my favorite pearls of law school wisdom was this axiom: “The best remedy is sometimes self-help.” Forget courts, judges and lawyers – take care of it yourself. Well, that’s what the most current medical knowledge is now clearly telling us when it comes to the epidemic of chronic illnesses that the boomer generation is facing: cardiovascular, cancer, diabetes, orthopedic and even Alzheimer’s and depression. And the remedy is – get moving.

Let’s review the facts. Despite spending more on health care than any other country, our health outcomes rank much below many other countries. Our current medical delivery system is a complicated mess, with most of the focus being on acute-care fixes, and little on prevention. Primary-care doctors can’t spend much time with you, unless you’ve paid extra to upgrade to the concierge level. Insurers and the government reimburse for “procedures,” fixing what’s wrong, not preventing it in the first place.

So we ought to pay close attention to the knowledge now being reported that some simple, inexpensive and not very challenging forms of exercise can both extend our lives and improve the quality of our years.

THE SELF-HELP PRESCRIPTION

Here’s what we need to heed. For 15 years, the nationally regarded Cooper Institute in Dallas compiled data from over 55,000 men and women on whether running – slow or speedy – showed health differences. The study demonstrated a remarkable difference between runners and nonrunners, regardless of how fast they moved or how far: the overall risk of dying for movers went down 30 percent, and heart-related deaths declined 45 percent.

This year the news got even better. In a follow-up to the 2014 study, a new published study re-examined the Cooper data, added results from other recent related studies and reported even more striking benefits. If you move some, regardless of pace or distance, you can add three years to your life. The study found as little as five minutes of daily running led to better life spans. While running added the most benefit – an increase in life span of seven hours for each hour running – other exercises such as walking and biking provided a similar return on investment. That ROI, in the jargon of our business friends and financial advisers, is impressive.

But wait, as the late-night infomercials say, there’s more. The health benefits weren’t just for better cardiovascular health, which showed a risk reduction of 45 to 70 percent when compared with nonrunners. In addition, the report noted a 30 to 50 percent cancer death risk reduction, as well as an unquantified [at this time] protection from death due to neurological conditions, such as Alzheimer’s and Parkinson’s. It has long been known that the “runner’s high” endorphin effect provides a positive mental state in many joggers, and recent studies are, unsurprisingly, beginning to report that jogging and walking at even a moderate pace will reduce depression and work as effectively for some as conventional antidepressants. Moreover, just regular walking at a moderate pace lowered memory loss risk by up to 50 percent, slowed age-related declines in brain function and improved cognitive task performance.

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Notably, the overall longevity benefits of 25 to 40 percent were found even after the scientists, in their syntax, controlled for such “confounding factors” as smoking, drinking, hypertension or obesity. Now, this isn’t a free pass for ignoring important lifestyle factors. Rather, it is compelling good evidence for the strength of the independent benefit that moving gives us if we just get up and move. It also says if you have issues with weight, blood pressure, blood sugar and so on and you get moving, you will live longer, despite those risk factors.

NO BONES ABOUT IT

How about the orthopedic nay-sayers who criticize any kind of jogging as problematic? Earlier this year, a small short-term study reported that jogging actually can strengthen the knee cartilage that cushions bones and protect against inflammation-related arthritis. As its lead author concluded, “Moderate amounts of running are not likely to harm healthy knees and probably offer protection.” The study adds to past studies showing runners are less likely to develop knee osteoarthritis than nonrunning people of the same age. If you want to hedge your bets while waiting for more data, don’t sit around: walk – it has no adverse impacts on the knees.

This year a study was published reporting people who either run or walk at a fairly fast pace have healthier spines than sedentary people. Those who moved had bigger spinal discs and more fluid – good things – than people who didn’t get up and exercise. The additional good news here was that the distance covered didn’t really affect the benefits found. And another study just out reported that regular walking and biking significantly reduce the risk of sciatica, one of the more prevalent low back pain issues as we age, and one for which there is rarely helpful surgery.

There’s also an increased understanding that the kind of stresses you apply to your bones when jogging actually strengthen your bones and make them more resilient to injury. A recent article citing sports medicine experts said this result was especially important for post-menopausal women, who typically experience greater diminished bone mass than men as they age. A bonus effect from jogging for many women is they also have fewer adverse effects from menopause.

Whatever you do, however slow or short, fast or long, has to be done with consistency. The next issue of BOOMER will look at achieving the optimal outcome. In the meantime, get moving!

Alan Rudlin, recently retired, is a Richmond resident who’s evolved from a jogger to a slogger over his 45+ years of “running.” He attributes many of his best arguments as a former trial lawyer to ideas that came while jogging.

Always seek the advice of a qualified health care professional before undertaking a new fitness regimen.

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Ask Amy: DNA Disclosure Disrupts Entire Family

By Amy Dickinson

What do you do when you know a secret that you think you should share?



Dear Amy: A couple of years ago there was a divorce in my extended family. After the split, my ex-uncle (my aunt’s former husband) discovered that my aunt was fathered not by my grandfather, but by another man (this was unearthed through a DNA genealogy site).

He told my aunt. My understanding is that she reacted with extreme anger and told him never to repeat the information. My ex-uncle has not told any of their children.

Unable to carry the burden, he let it slip and now I am in (arguably, wrongly) possession of this information. I’m looking for ethical guidance.

My mother now knows that her sister is in fact her half-sister, but she has not told her sister that she knows this. My mother has other siblings as well, and we have reason to believe that one of them is also likely fathered by this other man.

I have cousins who are unaware that they are not genetically related to our grandfather.

I feel I am not rightfully in possession of this information. I believe that my aunt should inform her children, as well as the other sibling.

It seems that people have a right to know who they are related to, especially considering potential health issues, etc.

Is it appropriate for me to just sit on this family secret?

— In a Tough Spot

Dear Tough Spot: *Of all of the people you mention, you are the least connected (or directly affected) by this news. Because of that, I don’t think you have the right to share it.*

All of your information is indirect. Since this information is from your aunt’s ex-husband, and because his motives are suspect, I don’t think you should even assume that it is true, until someone with direct knowledge confirms it.

You and your mother seem to have developed a complex set of theories about other family members based on your mutual and indirect knowledge of this DNA test. However, because you both believe this to be true, your mother (not you) should talk to her sister about it.



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Assisted Living
nearby?

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Seniors
guide

She should lay the responsibility for this knowledge with her sister’s ex: “I wish Stan had not violated your privacy and disclosed this, but he did.”

Your mother could also take a DNA test, which would reveal the extent of their chromosomal sibling connection. Then it WOULD be her business (and, to a much lesser extent – yours).

Given how family secrets sometimes circulate like a game of “telephone,” I think there is some likelihood that your former uncle did tell his children (and probably others), but they are all sitting on this because they don’t realize that anyone else knows.

Want to get even more life tips from Amy? Read more of her advice columns here!

In the tradition of the great personal advice columnists, Chicago Tribune’s Amy Dickinson is a plainspoken straight shooter who relates to readers of all ages. She answers personal questions by addressing issues from both her head and her heart. A solid reporter, Dickinson researches her topics to provide readers with informed opinions and answers. Ask Amy, P.O. Box 194, Freeville, NY 13068

The Best Virginia Recipes from Home Cooks

By Annabelle Short

Delicious and iconic Virginia dishes, with links to recipes for re-creating these classics



By the 19th century in Virginia, colonists had evolved cooking methods unique to the region with influences from its combination of local Indians and Africans. In fact, even the English traditions of the colonists themselves play a prominent role in the culinary landscape.

Oysters and blue crabs from the coastal regions, as well as wild game and cured meats, were high on the list of culinary cuisine, along with corn, beans, and squash. Pickles and preserves were pantry staples, and root cellars were loaded in the fall with fresh local apples.

Many foods became iconic Virginia traditions such as world-renowned Baked Virginia Ham, and Brunswick Stew. These delicious dishes are still on tables today from some of Virginia’s best home cooks.

Let’s get started!

Home-Baked Virginia Ham

Country ham baked at home is a long-held Virginia tradition taking pride of place on family tables on Sunday afternoons. One of the **best home-baked ham recipes** begins with a fresh-cured country ham simmered for hours and then studded with whole cloves.

Orange juice and brown sugar poured over the ham before baking became a delicious glaze. It’s often served with a delicious wine sauce made with port wine and apple jelly and spiced with ginger.

This traditional Virginia Ham looks as delicious as it tastes and makes a memorable holiday meal.

Brunswick Stew

When the weather cools in Virginia’s Blue Ridge Mountains, it’s time for greeting loved ones home with the savory simmering scent of homemade Brunswick Stew.

Originally made with wild fall game such as squirrel, rabbit, or even possum, today’s Brunswick Stew is more commonly made with smoked chicken or pork.

Brunswick stew resembles an extra-thick, tomato-based vegetable soup with butter beans, okra, tomatoes, and corn. Some of today’s **easy recipes for Brunswick stew** begin with a store rotisserie chicken.

Served hot out of the pot with a square of cornbread, this stew has been a family-pleaser in Virginia homes for generations.

Virginia Grilled Spareribs

For the best backyard barbecues, a Virginia home chef **who likes to cook for their family and friends** will often begin with Virginia Grilled Spareribs.

This **rib recipe** starts with a savory rub after which the ribs are slow-cooked to perfection on a closed grill at a low temperature before being topped with a Virginia-style sauce. The rub blends brown sugar with chili powder, cayenne pepper, garlic, and black pepper, while the sauce is vinegary, spicy, and has a touch of sweetness from brown sugar.

Just make sure your grill is cleaned and heated before placing the ribs.

Apple Butter

Nothing says fall in Virginia more than the scent of simmering apples and spices as home cooks turn some of the fall’s apple harvest into **delicious brown apple butter**.

This is a mix of chopped apples, sugar, cinnamon, and cloves are slow-simmered for hours, which is then pureed into a smooth, delicious topping for toast, biscuits, and muffins. Apple butter is also a staple ingredient in many of Virginia’s best fall recipes. #Win

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Steamed Blue Crabs

Blue Crab feasts have been a Virginia tradition since Colonial times when Virginia’s native tribes taught settlers how to catch and eat this delicious seafood fare. This **blue crab recipe** stars whole Virginia blue crabs steamed over a savory blend of beer, vinegar, and Old Bay Seasoning.

Trust us, mouths will water at the delicious aroma as these beauties are steaming.

Pimento Cheese BLTs

In Virginia, pimento cheese isn’t just for ladies bingo-hall brunches. Instead, it’s a Virginia tradition appearing on lunch menus and served as a popular treat at tailgating parties. But what makes the creamy combination of sharp cheddar cheese and sweet, vinegary pimento peppers even better? Adding it to a traditional BLT to make a BLPCT!

Yes, that definitely is a mouthful, but so is a bite of this delicious sandwich with all of the greatness of **homemade pimento cheese** served on top of crisp bacon and cool lettuce and tomato. Sandwich greatness if you ask us!

Annabelle Short, a Richmond-based food writer, blogger, and photographer, loves cooking, sewing, creating recipes, and making healthy food that tastes delicious.

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Explore Craft Beer from Home

By Annie Tobey

Make the most of a winter pandemic season by expanding your palate



This season presents multiple reasons to explore craft beer from home. The lingering pandemic makes hanging out in brewery taprooms less advisable, while cold temperatures make visiting beer gardens less pleasant. Fortunately, there are reasons – and ways – to expand your knowledge safely and warmly. After all, more time spent at home, relaxed alcohol distribution regulations, and the increasing diversity of beer styles make this a perfect time to explore.

Throughout the U.S., regulators have responded to the pandemic by allowing greater distribution leeway to breweries. In Virginia, for example, breweries may offer curbside pickup, direct-to-consumer delivery, and in-state shipment. This makes supporting local breweries even easier.

However, beer delivery services can help you explore and support craft breweries farther afield. Delivery service Tavour suggests five ways to accelerate your craft beer experience in 2021.

1. Try far-away breweries through a craft beer delivery service.

Delivery services grew a lot in 2020, including **Tavour**, an app-based service that works with more than 600 independent breweries all over the country. Download the app and get access to limited craft beers you can’t find in stores near you.

2. Go for a new beer style.

The new year is a great time to shake off old habits and try new beer styles.

Normally prefer beers as dark as night? Try a light-hued golden stout. Think you don’t like sour ales? A silky, succulently tangy fruited sour like The Brewing Projekt’s Puff Tart series could change your tune. If you’re really daring, tease your palate with something totally outside of the box, like Martin House Brewing’s Best Maid Sour Pickle Beer.

These are merely examples. Beers sell out quickly on Tavour, but their selection ensures you’ll find something to please your palate and your itch to experience something new.

Some other possibilities:

- If you hate the bitterness of IPAs, try a New England-style IPA. Those that are dry hopped – and double and triple dry hopped – offer a wave of hop flavor without the bitterness.
- If you have a sweet tooth, check out a milkshake beer or a pastry or dessert stout.
- If you’ve long been a lager lover, check out back-to-basics lagers that many craft breweries are embracing. After decades of pushing the envelope, some breweries have returned to crisp, clean lagers. Look for a Kölsch, Helles, Pilsner, dark lager and schwarzbier (with dark malts in the mash), and Mai Bock.

3. Do a blind tasting.

Can you taste the differences between two beers of the same style? Try refining your palate by doing a side-by-side tasting – extra points if you do so without peeking at which is which! You can compare the same style from different breweries or variations within a style, such as a West Coast vs. New England-style comparison. To go even further and actually make sure the beers are from opposite coasts, check out renditions like Culmination Brewing’s West Coast Story and Adroit Theory’s EBK New England-style IPA (from Oregon and Virginia, respectively).

4. Age a beer.

Not all beers are meant to be aged before sipping, but the ones that are can yield some seriously tasty results after sitting for months or even years. The best beers to age are lambics, wild ales, strong ales, stouts (especially barrel-aged), and other big, bold brews with higher ABVs (think double digits).

Allowing these beers to sit for prolonged periods of time in a cool, dry, dark place will mellow out the boozy heat and reveal deeper nuances of flavor. Many sour ales can be aged as well but stay away from heavily fruited varieties. Hop-forward beers such as IPAs should not be aged either – although hops act as a natural preservative, hop flavors drop quickly, negatively affecting the balance that the brewer intended.

5. Stock up on proper glassware.

The pint glass may be a go-to for many, but each style of beer is meant to be sipped from a certain kind of glass. For example, a Pilsner is best enjoyed in a tall, thin glass with a wide mouth and tapered angles. This helps enhance the beer’s aromas and even keeps the beer’s head intact for as long as possible. Meanwhile, a slow-sipping strong ale does better in a snifter or stemmed goblet, letting you swirl it gently to release deeper complexity.



A Helles beer bottle and stemmed beer glass with a lager in the background

Explore craft beer from home while planning for the future

While implementing these suggestions to experience beers from new-to-you breweries, you just might get the urge to visit some of them. Check out the breweries’ web and social media sites and start planning your post-pandemic brewery-hopping itinerary.

Here’s to a long winter made easier as you explore craft beer from home.



Besides being editor at Boomer magazine, Annie Tobey is a freelance writer covering craft beverages and active travel. Outside of the pandemic, she strives to live her slogan: **A breeze on my face and a draft on my lips.**

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Treat Yourself to a Non-Alcoholic Buzz

By Annie Tobey

Products that provide unadulterated pleasure



Photograph courtesy of Curious Elixirs

Some have ingredients that tout other health benefits, too.

The best offer nuance, complexity and mouthfeel that help satisfy the discriminating palate. The complex “edge” encourages you to sip, not slurp – advantageous whether you’re celebrating your own happy hour or drinking with friends.

And with no-sugar and few-to-no-calorie options, you’ll be pleasing other on-your-shoulder angels besides just the teetotaling one.

Europe seems to be ahead of the U.S. in producing quality non-alcoholic options, but the products listed here are available in the states, mostly online.

CURIOUS ELIXIRS: FRIENDS WITH BENEFITS

No need to mix these “shaken, not slurred,” bottled, single-serving drinks that mirror traditional cocktails. Each one is made with organic juices, herbs and spices. Each also boasts added herbal perks. A Negroni-inspired drink adds rhodiola, for a potential “boost.” The pineapple-Margarita-slash-Dark-and-Stormy adds damiana, a touted aphrodisiac. Another adds ashwagandha, while the fourth has green mandarin, turmeric, ginseng and holy basil. No added sugar. [CuriousElixirs.com](#)

PROTEAU LUDLOW RED

Designed by John deBary, who served as bar director for Momofuku, Proteau is promoted as a botanical aperitif, somewhat like a before-dinner wine or vermouth. It boasts notes of blackberry, violet, dandelion, fig vinegar, black pepper and rose. [DrinkProteau.com](#)

Contemporary products targeted for adult palates offer quality alternatives for those seeking a natural “buzz.”

SEEDLIP

A craft pioneer in this fledgling industry, this UK-based company was inspired by early alchemists distilling herbal remedies – and by the founder’s three-centuries-old family farm. The three options offer earthy allspice-cardamom with a citrus finish, floral garden herbs, and citrus-focused. All work best with tonic water of choice and a garnish or with other mixers. Zero calories; free of sugar and other sweeteners. [SeedlipDrinks.com](#)

KIN EUPHORICS

Both Euphoric options use adaptogens, nootropics and botanical supplements to target beneficial effects such as clarity, calmness and relaxation. If your drinking is social, try the High Rhode: herbaceous, earthy, floral and tart. For a nightcap, choose Dream Light: earthy, smoky and spiced. With these added ingredients, however, the drinks are not meant to be combined with alcohol or with certain medications or physical conditions. Fewer than 10 calories per two-ounce serving. [KinEuphorics.com](#)

RITUAL

This company makes alcohol-free alternatives to gin and whiskey for those times we choose to avoid alcohol: “whether you’re downshifting, making a baby, on call, training for a marathon, or just want to crush tomorrow, you can always enjoy the Ritual.” Both tippie replacements are made with all-natural botanical blends that add flavor as well as the viscosity and “heat” of alcohol. Enjoy the faux spirits neat or as a 1-to-1 substitute for gin or whiskey. Zero calories. [RitualZeroProof.com](#)

ARKAY BEVERAGES

Around since 2011, Arkay produces about two dozen faux-alcohol flavors that mimic whiskies from around the world, liqueurs, variations on rum, brandy, gin, tequila and several mocktails. Oh, and vodka. Production includes an extract of capsaicin in order to create the burn and kick associated with alcohol. [ArkayBeverages.com](#)

GROOVY NEW BEERS & PROSECCO

The Grüvi brewing process uses malted grain, hops and an arrested fermentation process to produce non-alcoholic beers and a “prosecco.” Trace amounts of alcohol can be found, typically between 0.1% and 0.3% ABV (NA beer is legally defined as measuring less than 0.5% ABV).

Better yet: Grüvi products are low calorie, too. The Weisse wheat beer, presenting the essence of banana and clove like a traditional weizen, is only 26 calories. The hoppy IPA, with Citra, Galaxy, Ekuanot and Mosaic hops, has 60 calories. The dry, smoky, toasty Stout adds 45 calories to your day. And the prosecco, made with Chardonnay grapes (no added sulfates or sugar), comes with 50 calories. Available for purchase online at [GetGruvi.com](#).

MINDFUL MIMOSA

From Grüvi and Twospoons.ca

- 3 cups Grüvi prosecco (about 3 bottles), chilled
- 1 cup orange juice, freshly squeezed and chilled
- 1 orange, sliced (optional for garnish)

Pour orange juice into glasses, about 1/3 full. Top the rest with Grüvi Prosecco. (Hold glasses at a slight angle while pouring to stop the sparkling wine from bubbling over.) Garnish with orange wedges. Serve.

Makes 8 small glasses.

NOT-SO-BERRY SMASHED

- ½ lime
- 4-5 raspberries
- Mint leaves
- Grüvi Prosecco

Muddle the mint, lime juice and raspberries at the bottom of an Old Fashioned cup and top with Grüvi Prosecco. Garnish with mint and lime wedge. Sip and enjoy!

It’s not just the buzz that makes alcoholic beverages so popular. It’s the experience: celebrating special occasions, sharing memorable moments with friends, pairing with a fine meal, topping off a productive project and enjoying a variety of pleasurable tastes.

Forgoing the alcohol needn’t mean forgoing the experiences or settling for soda, juice or just a lime and tonic. Contemporary products targeted for adult palates offer quality alternatives for those seeking a natural “buzz” without sacrificing taste, enjoyment or presentation.

LIKE LIQUOR, FOR THOSE WHO LIKE LIQUOR

Some of these liquor alternatives mimic the flavors of specific spirits, so they can be used in cocktails as direct substitutes. Others follow their own star.



Photograph courtesy of Proteau

No-to-Low Alcohol Craft Brews

By Annie Tobey

Near beers and barely beers come closer to beer than ever



Increased cultural awareness of healthy living paired with an appreciation for craft beverages has ushered in new non-alcohol beers that can just about pass for the real thing as well as flavorful low-alcohol beers. These beers do have significant differences, though: you can hop behind a steering wheel afterward, and you’re less likely to do something you’ll regret. Some even boast fewer calories.

“There’s a whole group of adults looking for high-quality options with interesting recipe profiles and high-quality ingredients that are consistent with modern standards,” said Bill Shufelt, founder of Athletic Brewing, which brews only near beers.

“It has been great to see more options available in the NA and near-beer sector of the market,” said Joey Johnson at Corks & Kegs in Richmond, Virginia. “No matter how niche the target demographic is, more options breed more competition, resulting in higher-quality choices for customers.”

A few of these crushable brews come from craft breweries known for full-alcohol beers, and others from near-beer-focused brands. Most are available online and/or at select local specialty retailers and restaurants.

GOOD-BYE-GUILT NEAR BEERS

Near beers aren’t entirely non-alcoholic, since the brewing process naturally produces alcohol. But at 0.5 percent alcohol by volume, or less – a measure that even satisfied the Feds during Prohibition – the effects are practically nil. Even for craft beer aficionados, they’re ideal for day drinking, dry days or starting a session off slow, to keep it easy.

Today’s craft breweries use modern techniques to create these beers. They also brew diverse styles using flavorful ingredients that add optimal taste: think dark and caramel malts, aromatic hops and delicious adjuncts like fruits and spices.

BrewDog, Scotland

Recognized internationally for its full-alcohol beers, BrewDog also puts out several NA beers. Most recently released, Lost AF starts with the brewery’s iconic Lost Lager, using a light Pilsner malt base nicely balanced with hops, offering citrus and herbal notes along with the biscuity malts. Also look for Punk AF (juicy tropical fruit as well as grass and pine notes), Elvis AF, Wake Up Call coffee stout, Lamb of God-inspired Ghost Walker, and Nanny State hoppy ale. [BrewDog.com](#)



Lagunitas, California

You might know Lagunitas for its “real” beers, like Little Sumpin’ Sumpin’ or Hop Stoopid. The craft brewery used its more than 25 years of expertise to create two hop-forward beers. Hop Hoppy Refresher, a sparkling zero-alcohol, zero-carbohydrate and zero-calorie refresher, is made with Citra, Equinox and Centennial hops, brewer’s yeast and other natural flavors. The newest, IPNA, mimics the classic Lagunitas IPA – using Yakima Valley hops Citra, Mosaic, and CTZ hops – but only 80 calories! [Lagunitas.com](#)



Hoptail Mocktail

- 1 bottle Lagunitas Hoppy Refresher
- 1 oz. [Seedlip](#) Garden
- 1 oz. honey syrup (equal parts water and syrup, warmed just till well blended, then cooled)
- ½ oz. fresh lemon juice
- Lemon slice

Add Seedlip, honey syrup and lemon juice to a cocktail shaker and shake with vigor. Strain over ice in a highball glass, top with Hoppy Refresher, and garnish with lemon wheel.

Bravus Brewing Co., California

Of the NA beers I tried from near-beer-only breweries, two of my favorites came from Bravus: Raspberry Gose and White Ale with orange peel (even though neither style is my go-to). Both were delightfully refreshing, perfect for a midafternoon treat. Imagine, guilt-free day drinking! Other Bravus brews are Amber Ale, India Pale Ale, Oatmeal Stout and Cerveza. All Bravus beers come in around 100 calories, similar to a light beer. [Bravus.com](#)



WellBeing Brewing Co., Missouri

WellBeing brews a range of near beers, from Heavenly Body Golden Wheat (68 calories), Hellraiser Dark Amber and Intentional IPA to Coffee Cream Stout, brewed with coffee, flaked oats, cinnamon, nutmeg, clove and lactose. Oh, and to answer the age-old question “What’s the best beer to drink after exercise?” WellBeing presents the refreshing Victory Wheat Sports Brew, with a hint of orange zest and ... wait for it ... electrolytes, polyphenols and vitamins!

[WellBeingBrewing.com](#)

Surreal, California

Surreal takes the health-conscious craze to another level.

Besides using all-natural and non-GMO ingredients, their brews come in at only 17 to 65 calories and boast of electrolytes, antioxidants and anti-inflammatory benefits. Juicy Mavs Hazy IPA, 25 calories and it provides a surprisingly pleasant alternative to high-ABV and high-calorie “real” hazy IPAs. Other Surreal beers include Natural Bridges Kölsch Style, 17 Mile Porter, Pastry Porter (with vanilla, cacao nibs, lactose and monk fruit), Creatives West Coast-style IPA (using Norwegian Kveik yeast) and two gluten-reduced brews, Chandelier Red IPA and Kölsch. The newest, Milkshake IPA, is 65 calories, adding a bit of sweet to the citrusy hops. [SurrealBrewing.com](#)

Athletic Brewing Co., Connecticut

Inspired by a healthy active lifestyle while noting the unhealthy results of alcohol-soaked nights and fog-drenched hangovers, founder Bill Shufelt launched Athletic Brewing. The brewery offers two year-round beers. Using Northwest hops, Run Wild IPA mimics an American IPA – malt/hops balance and approachable bitterness. It’s available on tap in Richmond at Final Gravity Brewing. Other beers include gluten-reduced Upside Dawn Golden Ale, Cerveza Atletica, Stump Jump Brown Ale and All Out Stout. [AthleticBrewing.com](#)

BARELY BEERS

Lower-ABV craft beers have an increased presence in the market, too. Look for sessionable (under 5% ABV) beers, especially in styles such as IPA, gose and Berliner weisse.

“We’ve seen a jump in interest,” confirmed Isaac Bernstein-Miller of Reverie Distribution. Accordingly, the Richmond-based distributor brings in low-alcohol beers from top breweries, including **Fonta Flora Brewery, in North Carolina** ([FontaFlora.com](#)).

Additionally, you would never guess Fonta Flora’s Holla’gram, a delicious iced mocha-style stout aged on toasted oats, cocoa nibs and Counter Culture coffee, is only 2.8% ABV.

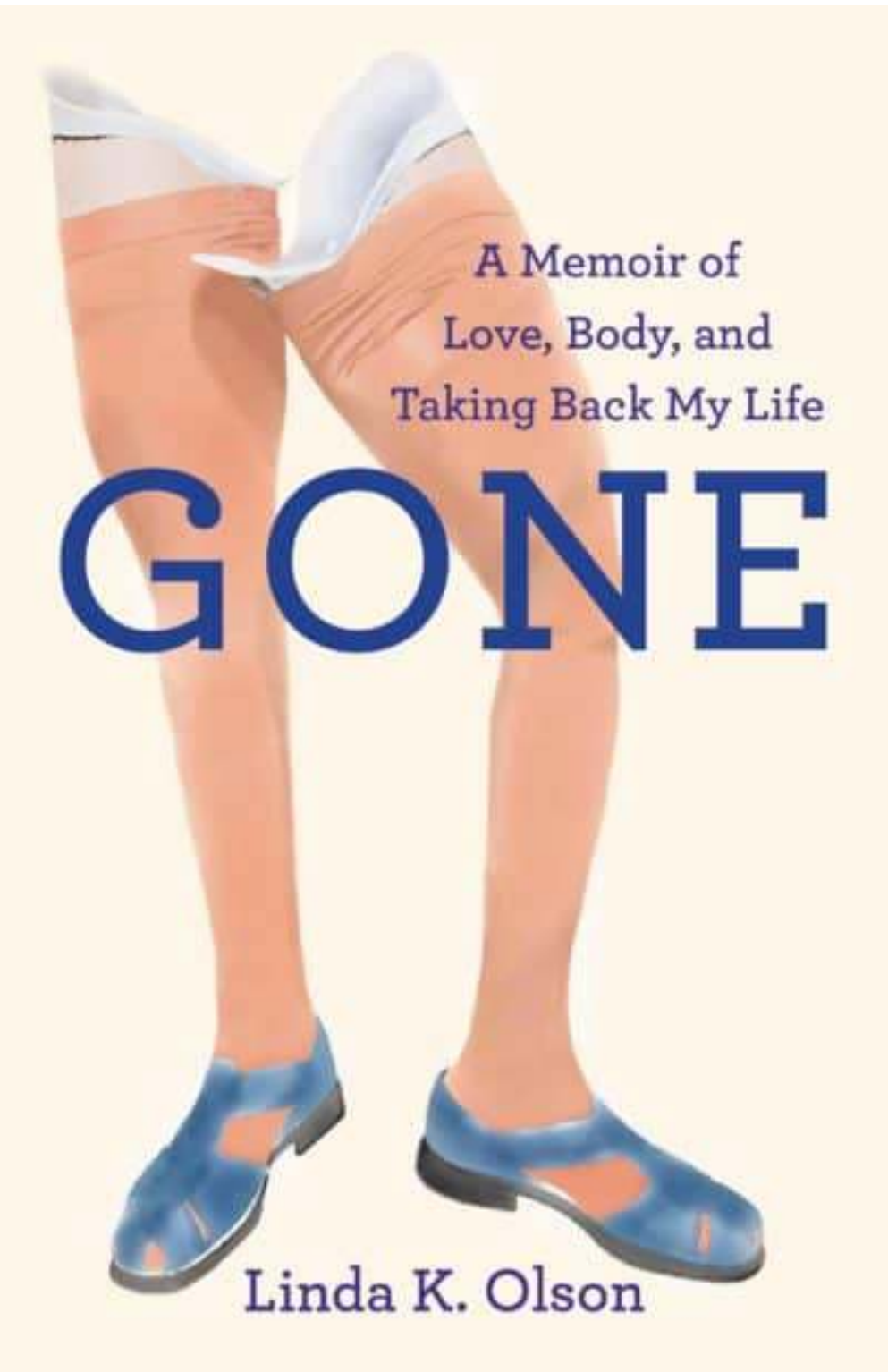
Some wild and acidic yeast strains naturally produce lower alcohol, as with Fonta Flora’s Bread Tie Knots; enjoy a mixed-culture, bottle-conditioned kvass beer, with rye, strawberries, foraged sumac and multigrain bread (also 2.8% ABV).

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‘Gone’ Book Review

By Rachel Marsh

A memoir of love, body, and taking back my life, by Linda Olson



As we trudge through a strange year of uncertainty and discouragement, a memoir touting “hope against all odds” might just be the kick you need to finish out your year.

Gone, written by Linda Olson, tells the true tale of a woman who, after a tragic accident, lived her adult life with only one arm and no legs. Though no one would blame her for drowning in a world of sorrow, she goes on to thrive as a successful doctor and mother of two.

Her optimism is almost infectious – something we frankly can’t get enough of in 2020.

Growing From Tragedy

The story draws in its readers quickly, as Olson starts off with an intense and vivid recounting of the accident that started it all. From there, as you may have guessed, her life was forever changed.

She doesn’t spend more time than necessary outlining the accident, but instead stories us through a timeline of her post-legs life. And as an ambitious 30-year-old radiology resident, Olson refuses to let anything – even a missing arm and set

of legs – stand in the way of the life plans she’d set.

Upon returning to the United States, in fact, she successfully finishes her residency – all while living *alone* (she and her husband were studying in different cities!). Oh, and did I mention she was pregnant during this time, too?

Through this and many other stories (like traveling, or learning how to drive!), it’s clear from the start that Olson viewed her accident as more of an inconvenient hurdle than a dead-end brick wall.

So, if you’re seeking a “why me” kind of story ... you won’t find it here.

That being said, she certainly doesn’t gloss over the challenges that she and her husband faced, especially in the beginning.

Her honesty, in fact, is refreshing. She’s open about the obstacles you may not have even considered. For example, she writes about the extreme costs of trying to build a handicap accessible home; of trying to raise a family; and, of course, of the immense difficulty of a fiercely independent woman losing her independence in an instant.

A Love Story Tucked Within

The book is primarily about a woman’s sudden handicap and her efforts to regain normalcy; but interwoven is a powerful narrative about unconditional love.

Only having been married a few years when the accident happened, Olson expresses fears throughout the book that her young, attractive, and successful husband will leave her for someone with less baggage (and two legs).

The memoir also features snippets by Dave himself; reflections and memories from his perspective throughout the journey. It’s interesting to hear his side of the story; and we discover how he managed to stay optimistic even when it seemed impossible.



An Unbelievable Tale

If *Gone* were fiction, you might find yourself rolling your eyes at the protagonist’s unrealistic accomplishments and boundless optimism.

But, as a nonfiction book, your eyerolls will likely be replaced with goosebumps considering these “unrealistic accomplishments” were not concocted by a writer’s imagination, but are, in fact, part of a very true – and wildly inspiring – story.


Gone: A Memoir of Love, Body, and Taking Back My Life, by Linda K. Olson

She Writes Press (Oct. 27, 2020)



Gone: A Memoir of Love, Body,...

\$9.95

 Shop now

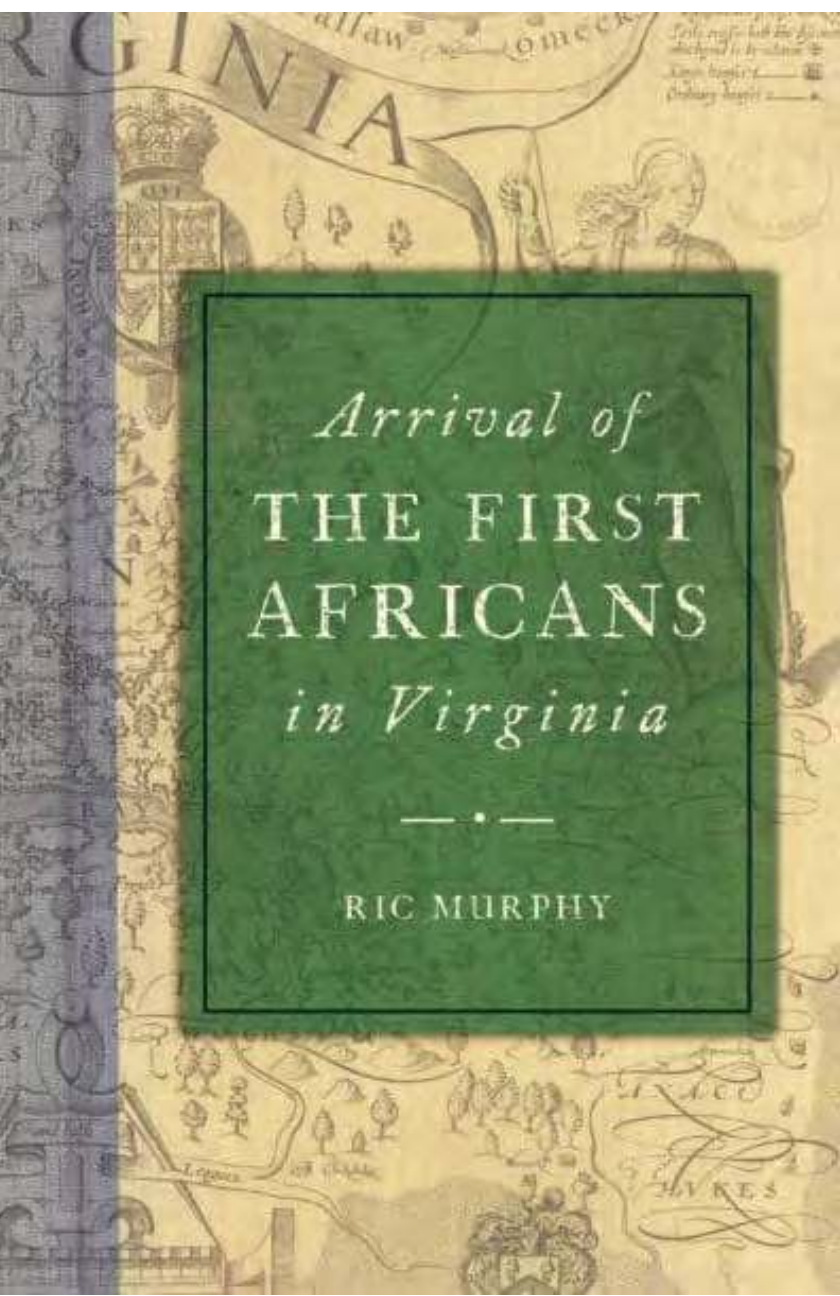
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‘Arrival of the First Africans in Virginia’ book review

By Annie Tobey

Book by Ric Murphy adds new context and clarifies understanding



The longer I live and learn – delving into new books and museum exhibits and exploring research that digs deeper into the realities of the past – the more my worldview shifts. *Arrival of the First Africans in Virginia*, by Ric Murphy, provides such eye-opening facts to add context to Virginia history and to current issues.

Historians realize that although history is set in stone, the way it is understood and interpreted can be fluid. By examining and interpreting primary sources with the benefit of distance, researchers have turned over stones to reveal new perspectives.

In his new book, Murphy looks at the first Africans to arrive in Virginia, including where they came from, how they got here, and their status (free or slave) upon arrival. He provides needed historical context in examining the whites who are part of the story, from captors to colonists to Europeans conflicting with colonists. He provides a new understanding into many aspects of what readers may consider a history they already knew.

New understanding from new information

Sometimes, fresh perspective comes simply from getting a deeper view of a time in history.

Murphy takes his reader to Africa for a dose of fresh perspective. He examines the history of the kingdom of Kongo and the Ndongo people. Portuguese explorer Diogo Cão, who came upon the area in 1483, said that Kongo was one of the greatest kingdoms in Central Africa, founded by conquest and consolidation of power – as the royal kingdoms of Europe were. Of the Bantu people in the region, Cão noted that they were “an advanced, permanently settled farming and herding people who forged iron tools and weapons, and who lived in the same towns year-round.” In 1491, Kongo’s King Nzinga converted to Catholicism.

Murphy points to the diplomatic and religious exchange programs between Portugal and Kongo, which resulted in a rich education for many Kongolese children. These native Africans were educated and intelligent, and many spoke multiple languages.

And he points out how the amicable relations between the two governments soured when the Portuguese discovered valuable silver deposits – “a major incentive” for the Europeans to turn on the Africans, to overpower and conquer them.

I don’t recall learning much about African history in my school days. Advanced Western civilization classes seemed to my young American perspective to cover most of the important history of the world. By definition, Western civilization focuses on western Europe and North America. That history includes interactions with the rest of the world, but primarily as they relate to colonization and wars. Yes, told from the Western point of view.

Of course, we tend to teach our young generations about history that’s directly relevant to them. Yet that results in an ethnocentric view of the world.

And, as Murphy notes, American mass media has painted a very unflattering picture of Africa and its people. He reminds the reader how the popular tale of Tarzan, as an example, depicted indigenous Africans as having very limited verbal skills and no developed language. In fact, the gorillas were portrayed as more articulate than the indigenous people.

A new perspective on the white man

Murphy’s look at the significant context of the period also offers an examination of the ongoing wars between European nations in the 17th century. This includes the privateering that was encouraged by warring leaders, piracy sanctioned when engaged against enemy countries. The reader comes away seeing how these events influenced the trade in human bodies.

Murphy also shows that some leaders of the early Virginia colony were not quite as gentlemanly as we have been taught. As ship captains, they were tough men who had sailed for adventure and riches, experienced in piracy (i.e., cruelty and theft).

And Murphy’s description of the conditions that slave traders forced upon their captives was so much more graphic and grisly than most of us would have learned in school.

Certainly, we do want to protect young children from the most heinous details, but problems arise when adults fail to update their lessons. Whether from resistance to challenging cherished beliefs or simply from lack of opportunity, unchallenged beliefs have significant ramifications on response to current issues.

A new understanding from a broader view

Arrival of the First Africans in Virginia is a reminder that history is written by the victors. Certainly, most of the American history we learn in school is based on fact, and it sometimes admits to flaws in our nation and our leaders. However, the history we’re taught is also often interpreted through the lens of those who have held the power.

In this book, for example:

We are reminded that the early Virginia colonists were noblemen, ill-equipped to tackle frontier agricultural enterprises in the New World.

We learn that the white laborers that the Virginia Company brought to the colony were similarly ill-equipped. Instead, they were shipped from London’s overcrowded slums, and most were illiterate, with limited or no education or agricultural skills.

We are reminded that the young enterprise was on the verge of collapse in 1619.

And we learn that the Africans who arrived in Virginia in 1619 were skilled in agriculture and animal husbandry. We learn that those plantations that employed these Africans turned their fortunes immediately from financial failure to profit.

Thus, we learn that the young colony owed its success in large part to the presence of the Africans.

Challenging our idols

For anyone who lives in a democracy, which depends upon the knowledge of each person who votes, learning history is imperative. And it’s a never-ending task, to ensure that our knowledge is up to date. A book such as *Arrival of the First Africans in Virginia* can aid in that responsibility.

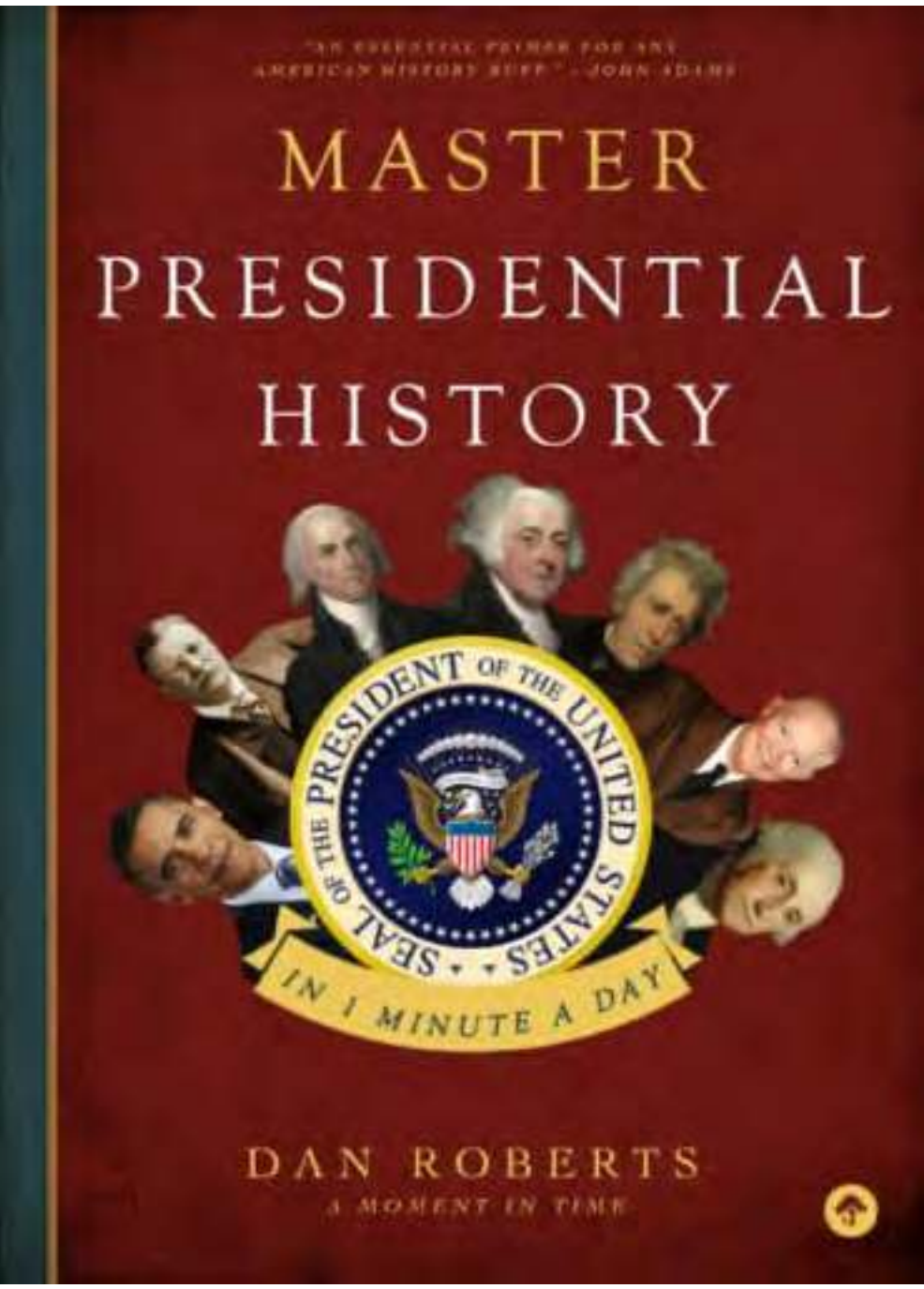
***Arrival of the First Africans in Virginia*, by Ric Murphy**
The History Press, Aug. 31, 2020

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Master Presidential History in 1 Minute a Day

By Annie Tobey

From the creator of 'A Moment in Time'



Since 1993, professor and historian Dan Roberts has been educating listeners with “A Moment in Time.” These two-minute audio history lessons have covered interesting and insightful gems, with an audience that now reaches worldwide. The program is carried by 150 domestic public radio stations and the worldwide Armed Services Radio Network, with three to five million listeners per day.

In 2019, Roberts published *Master American History in 1 Minute a Day*, 300 mini-lessons offering insights, amusement, and cocktail party fodder. Or, as a creative idea from my sister, each entry can become a daily ritual; she and her husband read a page each day at lunchtime.

A little more than a year later, Roberts has published *Master Presidential History in 1 Minute a Day*.

In the book, for example, each president, from George Washington to Donald Trump, gets a one-page synopsis of personal and professional highlights; then followed by snapshots highlighting

each president’s time in office (with occasional excursions into life before the presidency). Each president’s section ends with his legacy.

The chronological entries include history both shameful and worth celebrating. As with *Master American History*, the mini-lessons provide insights, cocktail party fodder, and daily “meditations” on America’s past.

Sample takeaways from Master Presidential History

Unless you’re a historical scholar, you’ll probably uncover gems of insight and tidbits of trivia – including many that shed light on contemporary issues. Just a few that I found include:

James Garfield: Campaign Against Corruption

Garfield believed that the government hiring was corrupt and needed serious reform ... Garfield was also concerned that African Americans in the South were seeing civil rights abridged by a racist white majority determined to reclaim the social arrangements of the pre-Civil War era. He continued to appoint African American and white Southern Republicans to prominent government positions.

James A Garfield: Assassination

On July 2, 1881, the president was chatting with Secretary of State James G. Blaine as he awaited his train on the concourse of the Baltimore and Potomac Railway Station. Suddenly, he was approached by a disillusioned federal office-seeker, Charles J. Guiteau, who then shot the president twice ...

As Secretary of War Robert Todd Lincoln watched in horror, the nation began to relieve the tragedy of his father’s assassination sixteen years earlier ...

Woodrow Wilson: Racial Inclination – I

Born in the South, Wilson absorbed the social strictures of the antebellum southland early in life. As he matured, he carried those memories and racist tendencies into the personal and professional arena. ...

Almost immediately after Wilson entered the White House, he considered the suggestion of Postmaster General Albert Burleson that Wilson segregate the entire federal government. Stung by Black criticism and that of liberal northern newspapers, he relented at first; but he then permitted individual Department heads to proceed to Institute apartheid in their bureaus. Soon the heavy hand of racial separation was felt all over the government dash including the Navy, which theretofore had not been segregated. ...

Outbreaks of race rioting and lynchings directed against African Americans by angry whites broke out all over the North. Wilson forcefully denounced the lynchings, but he refused to send troops to break up white rioters and protect the Blacks.

Calvin Coolidge: Legacy

When he received word of President Warren Harding’s untimely death in July 1923, Calvin Coolidge took the presidential oath from his justice-of-the-peace father at 2:47 a.m. and then went back to bed. Such apathetic behavior at an event of that import reveals something of the character of the man America came to admire and appreciate. The conclusion of his political career was equally as phlegmatic. While on vacation in 1927, he summoned reporters, lined them up, in handed each in attendance a slip of paper. The message: I choose not to run for president in 1928.

Within seven months of his departure from the White House, the nation suffered a gigantic stock market crash, the worst economic contraction in U.S. history, and began the long painful decline into the Great Depression. As a result, Silent Cal’s reputation and popularity received a well-deserved shock. Most observers have counted Coolidge among the worst presidents.

Jimmy Carter: Southern Moderate

When a state Senate seat opened up in 1962, [Jimmy Carter] parlayed his experience as a local school board chairman to enter the contest. Carter’s problem was that he was inclined to be supportive of Black civil rights, integration, and liberal social issues, but this meant downplaying his true preferences.

He ran twice. Carter won in 1970 using near-racist language in a bitter primary campaign against former governor Carl Sanders. After winning, in a head-snapping inaugural address, Carter reversed course and set the tone for his four years as governor, “no poor, rural, weak, or Black person should ever have to bear the additional burden of being deprived of the opportunity for an education, a job, or simple justice.” Suddenly, Carter became the symbol of the progressive New South – complete with a cover story in Time magazine.

Take away ... and use

Such information is more important than just adding to a reader’s storehouse of knowledge, however. As George Santayana said, “Those who cannot remember the past are condemned to repeat it.” Being informed is requisite to being a responsible citizen. Understanding what happened in years – decades, centuries – past is essential to understanding the current state of affairs.

Be informed. Our democracy depends on it.

Master Presidential History in 1 Minute a Day


By Dan Roberts


304 pages

Familius (July 21, 2020)



Master Presidential...

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Why I Volunteer

By Malcolm R. Kallman



sincere effort, within my limitations, to keep myself as busy as possible. I have exercised my body as well as my mind. God, in His ultimate wisdom, has seen fit to give me the necessary tools with which to write, so that I could express my thoughts and feelings. He granted me the energy so that I would not succumb to being a couch potato.

Getting back to the second big decision in my life, there was one single thing that rose above everything else: it was my ability to go out into the world and do good for others. In my case it was *volunteering*.

As a young enlistee in the Army in WWII, I learned the hard way, never *volunteer* for anything. But, that was then, and this is now.

I view volunteering as a noble profession, and a very rewarding experience. It is done without pay or coercion, but it is done willingly.


A few months shy of becoming an octogenarian, the big “R” (a.k.a. retirement) loomed on the horizon. I wasn’t ready for it – physically or mentally. I felt like 60, and thought and acted like 50. I had no game plan.

So, what is one to do?

Starting the second day of my retirement (the first was spent feeling sorry for myself) my wife, Eleanor, suggested I do some volunteering – something I had not thought about doing. I was totally agreeable to the idea, and I ended up a very welcomed volunteer at a hospital.

I now volunteer two days a week, for a total of ten hours. In my over sixteen years of service to it, I have amassed over 5,650 hours. I thoroughly enjoy what I do, as well as my association with some of the most extraordinary men and women I have ever had the pleasure of knowing.

No one can fully understand or appreciate the feeling you can get by helping others, unless you have had that experience. Being caring and showing compassion for your fellow human beings is contagious.



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I do believe that the visitors who have crossed my path have taught me to be more understanding, patient, compassionate, and considerate. People who approach the desk are often worried, stressed, confused, etc. Some just need a sympathetic ear or a helping hand, or maybe just a smiling face. I’ve learned to treat everyone equally, and ignore occasional rudeness. I am there to do just one thing, and one thing only – to help them in anyway I can.

There numerous examples of the good a dedicated volunteer can do. Here’s one I witnessed:

I remember one morning, a little girl walking into the hospital holding a little suitcase. Her cheeks were flushed and her eyes were red. I said, “Yes Miss, what can I help you with today?” With a quiver in her voice she said, “I am going to have an operation and then my throat won’t hurt.” I asked, “Are you getting your tonsils out?” She nodded her eyes swelling up with tears. I told her that she wouldn’t be allowed to leave the hospital until she’d had at least three scoops of ice cream. She looked up at her father searching his face for an answer. He nodded and said, “It’s true. Eating ice cream after you get your tonsils out is part of the treatment.” Her eyes went wide and she smiled revealing a toothless grin. And off they went. The next day, the little girl’s father stopped by the desk and thanked us for taking the time to talk.

Volunteering has added years to my life, that otherwise might have become somewhat stagnant. It is one of the most gratifying things I have done in my life. To know that I may have helped just one person gives me a sense of pleasure and great satisfaction, and is an experience you will remember for a long time.

Volunteers come in multiple forms and wear many hats. They come from all walks of life. They don’t seek glory or accolades. Their deeds are from the heart.

My advice to you is:

Volunteer! Make a difference! You’ll be glad you did!

“The greatest gift you can give someone is your time, because when you give your time you are giving a portion of your life that you will never get back.” – Unknown

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AmeriCorps Seniors Volunteers

By Annie Tobey

Connecting volunteers with young and old who need seniors’ skills and wisdom



For more than 50 years, Senior Corps has served communities nationwide. The program has benefited both the volunteers, age 55 and over, and those who are recipients of the volunteers’ services. It has connected seniors who want to serve with those people who can benefit from their wisdom, experience, and willingness. In the fall of 2020, the National Service program had a name change. Now, AmeriCorps Seniors volunteers assist in their communities providing a diversity of services, including tutoring and mentoring students, assisting and caring for the elderly, and supporting relief teams when disasters strike.

AmeriCorps Seniors volunteers programs

Although specific services vary widely, tailored to meet local community needs, AmeriCorps Senior offers three umbrella programs: Foster Grandparents, Senior Companions, and RSVP.



AmeriCorps Seniors volunteer with the Senior Companions program.

Foster Grandparents serve as role models, mentors, and friends to children and youth with exceptional needs.

Senior Companions provide assistance and friendship to older adults who have difficulty with the tasks of daily living, such as shopping, preparing meals, reading, or accompanying a client to medical appointments. Volunteers help these adults remain independent in their homes instead of having to move to institutional care. Senior Companions also offset the responsibilities that typically fall on family members or professional caregivers.

RVSP (Retired Seniors Volunteer Program) is one of the largest volunteer networks in the nation for people 55 and over. Through a variety of activities, volunteers can use the skills and talents they’ve learned over the years or develop new ones.

Making connections

Rather than working to reinvent the wheel, AmeriCorps Seniors typically connects volunteers with local agencies that are already meeting community needs through volunteer opportunities.

In Central Virginia, for example, volunteers can work with Senior Connections, The Capital Area Agency on Aging, to serve through the RSVP and Foster Grandparents programs.

Maryland volunteer opportunities include working with the Maryland Department of Juvenile Justice as Foster Grandparents; with the Washington County Commission on Aging Incorporated for RSVP; and with Southern Maryland Tri-County Community Action Committee as Senior Companions.

A sprinkling of specific examples

In New York City, volunteers fill a variety of needs. For example, they may serve as veteran mentors; work with individuals with developmental disabilities; act as foster grandparents in disadvantaged schools, helping the children emotionally and improving scholastic skills; and teach adults studying for their GED exams.

“The most rewarding part ... is to connect with new people,” said volunteer Myrna Allen.

Read Boomer reader Malcolm Kallman’s reasons for volunteering, on the previous page.

“You’re helping to pass something on to [someone] that they can navigate to help make their lives more enriched,” said volunteer Robert Ishmael.

Or as David McKay put it, “I like being a senior companion more than I like ice cream.”

AmeriCorps Senior volunteers also respond to disasters. On April 17, 2013, a fertilizer facility exploded in West, Texas, killing 15 people, injuring 160 people, and damaging or destroying more than 150 buildings. RSVP volunteers went to work at the community center to help with tasks such as preparing and delivering meals, supporting local children, and repairing homes. Volunteer Lana Donaghe recalls that immediately after the disaster, “We had no electricity, so we looked for candles and anything we could use, and we started delivering meals two days after the blast.”

To assist children who had been traumatized by the explosion and its aftermath, tutors and other volunteers stepped in. “We decided that not only did we want to do a program for the summer where they’ll be able to stay up with their studies,” said volunteer Kate Rabold, “we’re also working on getting them ahead.”

In response to the coronavirus pandemic, Ava Reinfeld and Steve Delman traveled twice a week through New Jersey’s Essex and Hudson counties to deliver meals to homebound and isolated elderly residents, including Holocaust survivors. The pair delivered an average of 20 meals per week – hundreds in the first eight months of the pandemic. They also delivered care packages with toilet paper, cleaning supplies, and other necessities. The program, which was set up specifically in response to the pandemic, is run through Jewish Family Service’s RSVP [Retired Seniors Volunteer Program] Center.



AmeriCorps Seniors RSVP volunteers Steve Delman and Ava Reinfeld



AmeriCorps Seniors RSVP volunteer Ava Reinfeld (photo by Steve Delman)

When Reinfeld takes the food to the door, she typically wears a mask that has plastic rather than fabric over her mouth. That way, the meal recipients can see her smile. “I think it’s very important that they see most of my face because of the human and emotional touch there,” Reinfeld said. “I feel it’s very important that we have a connection with the people we deliver to.”

Reinfeld notes the feeling of accomplishment she has after the deliveries. “It allows me to complete the mission my parents kind of gave me in life about giving back,” she said. “It makes me feel better.”

“Same thing,” echoed Delman. “I just get that warm and fuzzy feeling. It’s going to be years before we can hug somebody. This is as close as we can get.”

The Senior Corps Pledge

Those who become volunteers with AmeriCorps Seniors programs take a pledge to serve American communities:

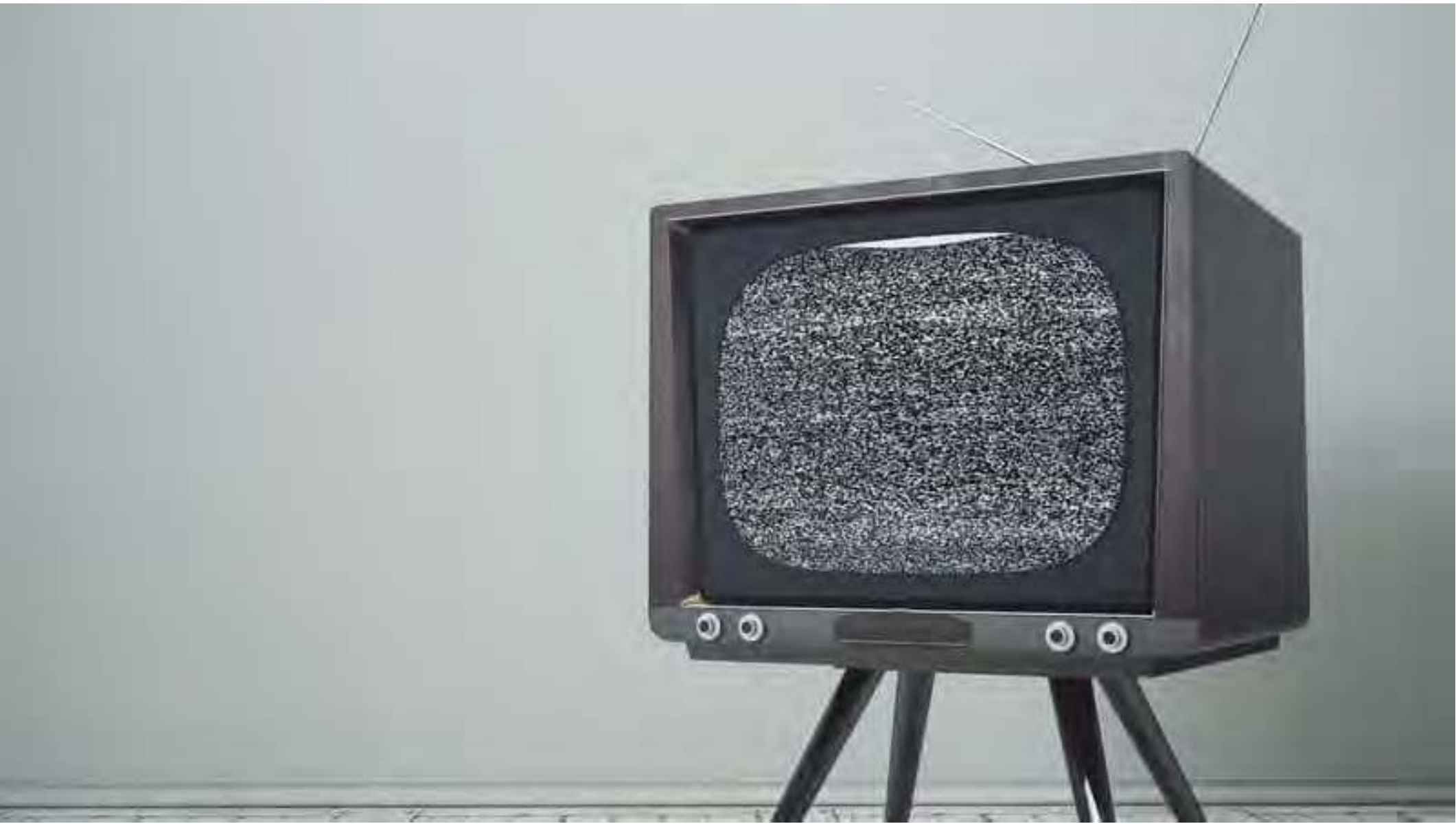
- I will get things done for America – to make our people safer, smarter, and healthier.
- When faced with a pressing challenge, I will bring Americans of all generations together to strengthen our communities.
- When faced with children at risk, I will help them stay in school and on track for a brighter future.
- When faced with older adults in need, I will provide support and compassion so they may age with grace and dignity.
- Working for the greatest good, I will use my lifetime of experiences to improve my country, my community, and myself through service.
- I am a Senior Corps [RSVP, Foster Grandparent, Senior Companion] volunteer, and I will get things done.

For more information, visit [the AmeriCorps Seniors website](#).

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Classic TV Ads Trivia Quiz

How well do you recall these classic TV advertisements?



Jingles and slogans and commercials, oh my! The best TV advertisements stick with us – especially when making buying decisions. Can your memory pull up these ads (including a couple custom-made for the Boomer Richmond audience)?

- What “leaves you breathless?”
 - Alka-Seltzer
 - Smirnoff
 - Disneyland Resort
 - Diane von Furstenberg
- True or false. Virginia-based Miller & Rhoads was known as “the fashion center of the South.”
- What business’s slogan was “Put a tiger in your tank”?
- What’s “ugly but gets you there?”
 - Old Spice
 - Volkswagen
 - Colt 45
 - Playtex 18-hour bra
- Match the product with its slogan.

a) Rice-A-Roni	i. Once you pop, you can’t stop
b) Almond Joy	ii. Goes home with more people
c) Coke	iii. Mmm ... boy! Indescribably delicious!
d) Pringles	iv. It’s the real thing
e) Nolde’s	v. The San Francisco treat
- Rearrange the letters to spell the name of the company that used the slogan “1,001 household miracles in every roll.”
S Y D N E R L O P R W A
- Which company products boasted “the loneliest repairman”?
 - Ford Pinto
 - Maytag appliances
 - Greyhound buses
 - Sears Craftsman tools
- True or false. Wonder Bread claimed it would help “build strong bodies 10 ways.”
- All of these are Old Spice advertising slogans EXCEPT for:
 - Navigate the high seas of manhood.
 - Add spice to your life.
 - Improve your mansmells.
 - Brings out the best in a man.
- For a genuine, live _____, you can fly to Boston or drive to Byram’s in Richmond, Virginia.

ANSWERS ON THE NEXT PAGE

Classic TV Ads Answers

December 14th, 2020

How well do you recall these classic TV advertisements?

How do you think you did?

1. b.
2. False. Berry-Burk & Co. made that claim.
3. Esso.
4. b.
5. a) v. b) iii. c) iv. d) i. e) ii.
6. Reynolds Wrap
7. b.
8. False. In 1949 and into the 50s, the slogan was “Wonder Bread builds strong bodies 8 ways”; in 1960s, it claimed to “Help build strong bodies 12 ways.”
9. d. (The slogan was for Fore, a United Kingdom aftershave.)
10. Maine lobster

SCORING:

8 AND ABOVE: Nice job, couch potato!

5 TO 7: Head back to the family room – you need a little more TV time!

LESS THAN 5: Did you even watch *Leave It to Beaver*?

Head [here for more trivia fun](#).

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BOOMER Cartoon Caption Contest

Always a chance to exercise your sense of humor ... or judge someone else's!

Every month, Boomer provides a new cartoon for readers to caption. We capture the top ten reader-submitted captions so readers can vote for their favorite. And we announce the winner from the cartoon before that. Presenting the current and previous two Boomer caption contests.

January Boomer Caption Contest:



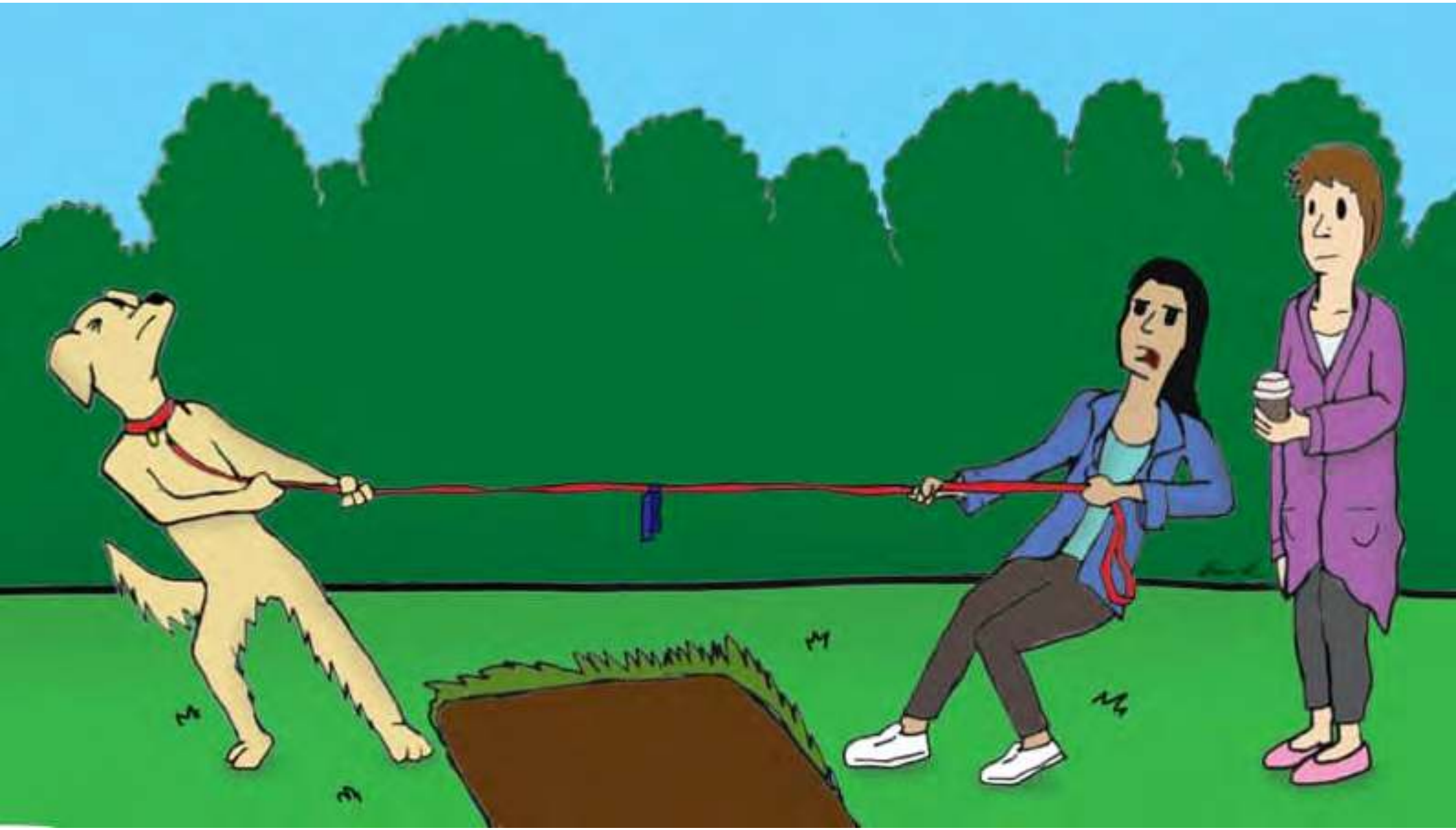
Make us laugh with your caption!

Vote for the winner of the December contest:



Vote on your favorite caption!

And check out the winner of the November contest ...



See who won!

Laugh at the previous month's winners ...



Congratulations, winners!

And at the sluggish contest before that ...



View our collection of [past entries](#).

Get some tips on writing humorous captions [from comedian Joe Toplyn](#).

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