

Brazos Valley

October 2010

INSITE

EATS & TREATS: A GUIDE TO FOOD & FUN

FLASHBACK TO THE FABULOUS FIFTIES

CONNIE WORTHAM REMINISCES
ABOUT HER DAYS AS GLAMOUR GIRL
PHOTOGRAPHER TO THE STARS

plus

LESSONS ON LIFE & LOVE

Hospice Brazos Valley

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INSITE'S OCTOBER issue is always geared to the 50+ & Fabulous crowd – those of us old enough to have gotten our AARP card in the mail but (mostly) not old enough to make the rocker on the front porch our primary daytime destination. Having turned 50 last year, I was happy to share my own and some other newly 50 friends' angst in a story that resonated with readers (www.insitegroup.com/archive2009.php). This year, well, I just turned 51, no angst required. I'm fairly certain the meaning of life is somehow mixed in that observation: birthdays that end in zero are milestones; the year after you're just another year older.

Regardless of where you fall on the 50+ & Fabulous continuum (Not me! Looking down the barrel ... Memories ...) this issue has something you need, from where to catch up with the newest dining sensation to hit the streets of Bryan/College Station and why okra ought to figure prominently on your dinner table to how to survive being part of the 'Sandwich Generation' caring for kids and aging parents. It may not be the meaning of life, but it's info that will be meaningful to making your life better. Which sounds like something that could have come from a fortune cookie but didn't. This gem did, though, and whether it's 50, 51 or whatever birthday you're celebrating this year, remember this: Old age is always 20 years older than you are. – **Angelique Gammon**

LIVE MUSIC ADDITIONS

The following were omitted from last month's LIVE MUSIC HOTSPOTS:

The Full House Blues band will play October 9 from 8 p.m. to 11 p.m. at Downtown Uncorked and October 29 from 9 p.m. to 11 p.m. at Village Café in Downtown Bryan.

Digger Davis & the Tombstones, a family band playing a mix of bluegrass and country, performs from 6 p.m. to 8 p.m. on Tuesday nights at Chicken Oil Co. in Bryan.

INSITE

Get in Touch

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October 1-31, **Hospice Auxiliary Brazos Valley** presents its **annual wreath and door charm sale**. Wreaths are \$30 and door charms are \$25, and purchases can be mailed to anywhere in the continental U.S. for an additional \$15. All proceeds benefit Hospice Brazos Valley. Orders can be mailed to Hospice Auxiliary Brazos Valley, P.O. Box 9756, College Station, Texas, 77842. For more information, call Maxine Rooney at (979) 589-2096 or Felicita Longnecker at (979) 690-0553 or email maxiner Rooney@agristar.net.

with **Boonville Days**, hosts its second annual **Buffalo Stampede 5K and 10 Mile Race**. For more information, call (979) 776-2195 or visit www.brazosvalleymuseum.org.

October 3 at 5 p.m., the **Brazos Valley Symphony Orchestra** presents **New World Order**. Tickets are available at www.bvso.org or at the MSC box office.

October 5, the **Ruth Independence Community Events** hosts **National Night Out** featuring food and live music at the Independence General Store. For more information, call Audrey Steinbach at (979) 830-3461 or email audreys@texasbb.com.

October 7 at 7 p.m., the **George Bush Presidential Library**

includes everything but food and ceramics. For more information, call (979) 836-9652 or visit www.monasteryminiaturehorses.com.

October 16 from 9 a.m. to 2 p.m., the **Washington County Historical Commission and Arts Council of Washington County** present **Living History Festival** at Fireman's Park. There will be an archeologist, free antique carousel rides, dance groups, story tellers, art and more. To reserve a free booth, call (979) 836-3120 or email wilfred.bobbie@sbcglobal.net.


October 21, come to the **George Bush Presidential Library and Museum for Christopher Columbus and Early Global Explorers** storytelling. Two free one-hour programs are offered at 10:30

presents **Increasing Access to Justice: Advocating for LGBT Victims of Domestic Violence**. Registration is \$10. For more information, call Katy Stewart at (979) 820-1048 or email katystewart@equalitytexas.org.

October 23 from 7:30 p.m. to 10:30 p.m., the **Texas A&M Rodeo Club** presents **All Aggie Rodeo at Brazos County Expo**. Tickets are available at Cavender's or at the gate. Visit BrazosCountyExpo.com for more information.

October 27 at 10 a.m. at **Barnes & Noble**, the **SCBWI** will hold their **monthly Schmooze**. This month's topic is Setting Priorities. For more information, call (979) 696-8158 or visit www.scbwi-brazosvalley.org.

October 27-28 at 7:30 p.m., **MSC**



October 9, race your way to Wolf Pen Creek in College Station for the **Brazos Animal Shelter's 4th Annual Wiener Fest**. The big day starts at 8 a.m. with the dog-friendly 5K Walk and Run, then continues with the Costume Contest at 9:30 a.m. Races start at 11:30 a.m. and continue through the afternoon with the "Wanna be a Wiener" race at 2 p.m. Only purebred Dachshunds are allowed in the wiener races, but the "Wanna be a Wiener" race is for any dog less than 35 pounds that can fit into the Dachshund-sized start boxes. For those furry friends that aren't planning to race, they can still come and enjoy the day. The animal shelter asks only that they be on a leash all day and have proof of a rabies vaccination. Entry fees for the races, Costume Contest and 5K Walk and Run go toward the Brazos Animal Shelter's new building through their Capital Expansion Fund. All races have a \$25 entry fee, and the 5K Walk and Run is \$25 for adults and \$10 for kids younger than 12 years old. All registration forms are available at www.brazosanimalshelter.org. There will also be live music, kids' activities and vendors for all to enjoy. Admission is free and open to the public. For more information, call Judy LeUnes at (979) 492-3438 or email her at jleunes@suddenlink.net. It'll be a tail-wagging good time you won't want to miss.

and Museum presents **His Girl Friday**. Free admission, beverages and popcorn. Call (979) 691-4000 for more information.

October 7 and **November 4** at 7 p.m., the **Cross Reference Writers**, a Christian writers critique group, holds its monthly meeting at Aldersgate UMC, room 115, 2201 Earl Rudder Freeway South in College Station. For more information email CrossRefWriters@yahoo.com.

October 9 from 10 a.m. to 4 p.m., come to **AutumnFest** for food, games, prizes, shopping and more. The event will be held at the Monastery Miniature Horse Farm, 9300 Highway 105 East between Brenham and Navasota. Admission is \$5 for adults and \$3 for children and

a.m. and at 12 noon. For more information, call (979) 691-4006.

October 22-23 from 8 a.m. to 5 p.m., **Equality Texas Foundation** in partnership with **Texas Advocacy Project** and **ALLGO**,

OPAS presents **Burn the Floor**. Feel all the passion, the drama and the sizzling excitement of 20 champion dancers. Tickets are available at the MSC Box Office or by calling (979) 845-1234. *i*



November 4 from 4 p.m. to 6 p.m., the **Friends Association of the Symphony Orchestra** hosts **Dressed to a Tea**, an afternoon tea and fashion show at the Women's Club in Bryan. Cost is \$50 a person and will benefit Brazos Valley Symphony Goes to School Programs. To make reservations, call (979) 846-8172. Reservation deadline is October 28.

September 25 from 9 a.m. to 1 p.m., the **Brazos County Master Gardener Association** presents **Fall Plant Sale** at the Brazos County Extension Office. Bring a wagon to fill with "must have" plants and come early for a special presentation from 8 a.m. to 9 a.m. For additional information, call (979) 823-0129, visit brazosmg.com or email brazosmg@ag.tamu.edu.

September 26 from 11 a.m. to 4 p.m., experience **Aquinasfest**, an old-fashioned, family fun festival with games, kids' rides and food at **St. Thomas Aquinas Catholic Church**, 2541 Earl Rudder Freeway South in College Station. Tickets for food and games are \$0.50 each. For more information, visit www.aquinasfest.org.

September 28 from 6:30 p.m. to 8 p.m., the **Save Our Streets Ministries Center** holds its **9th Annual S.O.S Banquet**. For reservations, call (979) 775-5357.

September 28 to **October 2**, come out to the **Marburger Farm Antique Show** in Round Top. There will be various events from shopping to food and drinks. For more information, visit marburgerfarmevents.com or call Rick McConnell at (713) 703-6371 or Deborah Bradley at (979) 702-1933.

September 29 to **October 2**, come out to the **43rd Annual Round Top Fall Antiques Fair**. Antiques of all shapes and sizes, and for all budgets, will be available at Big Red Barn and Carmine Dance Hall, Tent at the Big Red Barn and the Continental Tent. Admission is \$10 for the whole fair and is good at all locations. For more information, visit www.roundtoptexasantiques.com or email info@

roundtoptexasantiques.com.

October 1 from 5:30 p.m. to 9:30 p.m., **Frame Gallery** hosts **Art Step**, a local art adventure. A jazz band performs at 6:30 p.m. For more information, call Greta Watkins at (979) 822-0496 or visit www.downtownbryan.com.

October 1 from 6 p.m. to 9 p.m., the **Children's Museum**, in conjunction with **First Friday and Art Step** presents **A Night at the Children's Museum**. Children ages 4 to 12 can enjoy activities and a nutritional meal while parents enjoy First Friday. Reservations are required and space is limited. Cost is \$12 for members and \$15 for non-members. For more information, call (979) 779-KIDS (5437) or visit www.mymuseum.com.

October 1-3, 8-10, and 15-17, the **Theatre Company** presents **The Wizard of Oz** at 7 p.m. on Friday and Saturday nights and at 2 p.m. on Saturday and Sunday afternoons. Tickets are available online at www.theatrecompany.com, at the Arts Council, 2275 Dartmouth St., College Station, or at the Box Office. For more information, call the Arts Council at (979) 696-2787.

October 1-3, 7-10, and 14-17, the **Unity Theatre of Brenham** presents **Greater Tuna**. For ticket information call (979) 830-8358 or visit www.unitybrenham.org.

October 1-3, 7-10, and 14-17, the **Navasota Theatre Alliance** presents a parody of English mystery plays, **The Butler Did It**. For tickets call (936) 825-3195 or visit www.navasotatheatre.com.

October 2 at 7:30 p.m., the **Brazos Valley Museum of Natural History**, in conjunction

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Lessons on Life & Love

Hospice Brazos Valley's Annual Symposium

Hospice Brazos Valley's Annual Symposium:

"A Successful Path to a Fulfilling Life"

Who: The entire Brazos Valley community is invited to attend

When: November 4 from 5:30 p.m. to 8:30 p.m.

Where: Annenberg Presidential Conference Center, 1000 George Bush Drive West, College Station

Price: Free

Contact: Christine McDonald
(979) 821-2266

www.hospicebrazosvalley.org

Who wouldn't want to attend a performance featuring stories about an adorable and compassionate cat named Oscar and an intense dramatic presentation interwoven with scenes of ballroom dance? It sounds like a night full of laughter and life, but the topic for these performances might surprise some: hospice care.

Did you wince when you read the word "hospice?" Many people are surprised to learn that hospice is actually the opposite of what they think it is – full of life and love. That's why Hospice Brazos Valley is bringing an evening of poignant entertainment to our community to illustrate what hospice truly is all about.

Though hospice is based on end-of-life care, "the care at Hospice Brazos Valley centers on living life to the fullest and is based on treating the individual and not the disease," says Community Liaison Christine McDonald. HBV focuses on relieving pain and discomfort, as well as the emotional and spiritual needs of the patient and the family.

For HBV's Annual Symposium, McDonald says HBV hopes "the audience leaves the event feeling more comfortable with and has gained knowledge of hospice care." The stars of the symposium are Dr. David Dosa, gerontologist and author of *Making Rounds with Oscar*, and professional actress Mary Mann.

Dosa says he believes the biggest misconception about hospice is that it is just "hanging the morphine and walking away."

Dosa's book is the story of a cat named Oscar with the unique ability to predict patients' deaths; Oscar stays with patients during their last hours. The goal of the book is to dispel misconceptions about what hospice means in patients' lives.

Hospice care, says Dosa, keeps the family involved, provides benefits regular healthcare doesn't, alleviates pain and allows patients to experience a comfortable, dignified death. "The number of things that hospice provides is above and beyond just medical care," says Dosa.

At HBV's previous Annual Symposium, Mann performed her first show, "A Life

Dr. David Dosa's heartwarming book is the story of a cat named Oscar that became known for staying with patients during their final hours.

Well Lived," which portrays four concepts that stood out to Mann in her research and personal experience with hospice: love, laughter, compassion and collaboration. "So many people withdraw from hospice because they think it's sad and it's ending," says Mann, "when it's really full of life and vibrancy, so I wanted the show to be filled with vibrancy and life."

This year, however, Mann has a new show to perform thanks to learning life lessons while taking ballroom dance lessons. "Through those life lessons, I got this idea that life itself is a dance," she says, which gave birth

to her new show, "The Dance of Life." The show will feature several concepts brought forth through drama, interwoven with those same concepts interpreted through the art of dance. "The dance is an opportunity for the audience to sort of come back and process what they just saw, interpreted through music and movement, because sometimes words just can't say it," says Mann.

Mann says she is particularly excited to be working with HBV again. "They have a mission statement; they have words of meaning," she says, "but they actually practice it and live it."

McDonald highlights the caring aspect of

Hospice Brazos Valley: "HBV focuses on the patients, caregiver and family to emphasize that the most important thing is the quality of life, not the duration." She encourages community members to join HBV, Dr. Dosa and Mary Mann for an enjoyable and educational evening to "demonstrate our commitment to giving back to the community that gives so much to us."

Don't let misconceptions about hospice keep you or your loved ones from experiencing the devoted care of Hospice Brazos Valley, while enjoying a night of positive "edutainment." *i*

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Everybody Needs a Buddy

As the saying goes, you have to walk a mile in someone else's shoes before you can fully understand their life. That's exactly what Buddy Walk is all about.

"Our organization is trying to increase awareness, inclusion and acceptance of people with Down syndrome in this community," says the Secretary of the Down Syndrome Association of Brazos Valley Sondra White. Down syndrome is a condition where an individual has three copies of the 21st chromosome instead of only two copies; it affects one in every 733 babies.

The Brazos Valley Buddy Walk allows the Down Syndrome Association of Brazos Valley to educate the public about the lives of those living with Down syndrome while dispelling some of the big misconceptions about the condition.

"People assume that because they have a mental disability that they can't do very much," says White, "when in reality they can do almost anything anyone else can do, it just takes them a lot longer and they learn differently." White's 12-year-old son, Quentin, attends public school and receives special instruction in math and reading, but he is in regular classes for subjects like science, social studies, music and physical education, despite his having Down syndrome.

Buddy Walk is also a fundraiser for the Down Syndrome Association of Brazos Valley, with proceeds helping support

activities for families of those with Down syndrome including stipends to send the kids to specialized camps, educational workshops, academic workshops, a fitness program, a lending library of Down syndrome resources, social activities including dances and field trips, and sending some families to the National Down Syndrome Convention every year.

The organization also puts together vital New Parent Packets. "They're starting from scratch because they didn't think it was going to happen to them," says White, of parents whose child is confirmed for Down syndrome. "So it introduces them to our group and gives them pretty much every resource they might need to help them out."

Many Down syndrome advocacy groups are fighting for prenatal education for parents. According to Public Law 110-374, The Prenatally and Postnatally Diagnosed Conditions Awareness Act, parents whose child is confirmed for Down syndrome must be given accurate, "up-to-date information on the range of outcomes for individuals living with the diagnosed condition, including physical, developmental, educational, and psychosocial outcomes."

White says the economic downturn has prevented the law from receiving funding to truly put it in action. "They're trying to get different groups like ours to write their



Down Syndrome Association of Brazos Valley

What: 7th Annual Buddy Walk

When: October 10 at 12 noon

Where: Wolf Pen Creek Amphitheater
1015 Colgate Street, College Station

Register: www.downsyndromeofbcs.com
Click 7th Annual Buddy Walk on the left

Price: \$15 for individuals, or \$10 before September 24; \$35 for a family of four before September 24.

Registration fee includes the walk, T-shirt, lunch and children's activities. See the Down Syndrome Association of Brazos Valley's website for more pricing information.

MORE INFORMATION: Christy Knight,
(979) 778-7010, dsabv@yahoo.com,
www.buddywalk.org



Congressmen and support funding it despite our economic situation," she says of the National Down Syndrome Society.



The conflicting, inaccurate and biased information that parents can receive at the time of prenatal testing has led to nearly nine out of 10 high-risk or Down syndrome-positive babies being aborted. "The law doesn't say you can't abort your baby," says White, but the hope is that with proper education, parents can make a more informed decision and drastically lower the number of terminated pregnancies.

Expectant mothers can be tested for the likelihood that they will deliver a child with Down syndrome through prenatal screenings, which provides a probability that the child will have Down syndrome even though it is not a definitive diagnosis. A true diagnosis can be done through chorionic villus sampling and amniocentesis within the nine- to 15-week range of gestation.

Though there is a higher risk of delivering a child with Down syndrome for older women, there are no specific factors that denote a woman being at high-risk for having a child with Down syndrome. The condition happens at conception, so many women do not know until after they are pregnant, contributing to the high abortion rate for Down syndrome babies.

"I think there's still a misconception that their lives are going to be miserable: they're not going to be able to communicate; they're not going to be able to ever have a job or go to school," White says, adding that those with Down syndrome can live very fulfilling lives.

"I've heard that they make some of the best employees," says White, noting their loyalty, customer service and positive attitude. "They're just going to need a little more help learning and growing in their position.

"As a society, we still have a ways to go as far as creating more opportunities for people with Down syndrome, so we feel like it's really important to keep the Buddy Walks going and keep the awareness up," White says.

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Food on the Fly

Mobile gourmet food truck brings big-city trend to local streets

Chef Tai Lee launched his Mobile Gourmet food truck at a recent Arts Council of Brazos event.

Foodie trends come and go, but upscale street eats have taken off – literally – as chefs from LA to Austin are hitting the road with a whole new kind of high-end fast food. This month the Brazos Valley joins the haute truck movement as Veritas Executive Chef Tai Lee rolls out his Mobile Gourmet Bistro. Serving a globally inspired fusion menu that will delight foodie wannabes – and their wallets – the truck is a first for Bryan/College Station.

The economically minded epicure will want to track down Chef Tai's location de jour by following him on Facebook and Twitter. You can try the BBQ Pulled Pork tacos in Downtown Bryan for lunch one day or the Korean Short Rib BBQ bowl on a weekend late night in the parking lot of Hurricane Harry's. The goal, says Tai, is to reproduce the sort of signature dishes Veritas Wine & Bistro is known for with the emphasis always on the freshest ingredients – but priced to go at under \$8.

Unlike most lunch trucks that are outfitted with only a griddle and fat fryer, Tai's Mobile Gourmet truck houses a near replica of the

Veritas kitchen including three sinks, a hot steam table and prep areas. Besides being able to introduce walk-up and drive-by diners to the delights of Tofu & Brussels Sprout Florentine, having his complete kitchen on the move will make on-site catering a reality anywhere Tai has room to park. The possibilities are intriguing ... school booster club fundraiser, anyone? Tai is game. This is so not your Friday night football nachos, and Tai's idea is to take his Gourmet Truck where

featured daily on the Mobile Gourmet truck, Tai says he will occasionally "splurge" and offer items like Veritas' lobster risotto (\$28 on the Veritas menu) for a walk-away price of \$14 off the truck. It's a way to introduce a broader audience to the fine dining experience that awaits them at Veritas.

With a soft launch the first week of September, by the end of the month Tai hopes to have nailed down a regular weekday rotation of Mobile Gourmet Bistro lunch

One of the four "pillars" of the Veritas kitchen will always be onboard, the same staff that has been creating French-American-Asian cuisine since Veritas opened in 2007.

the diners who might only visit Veritas on special occasions can enjoy the same "high-end food at street level prices."

One of the four "pillars" of the Veritas kitchen will always be onboard, the same staff who have been creating French-American-Asian cuisine since Veritas opened in 2007. Besides the core six to seven menu items

locations everywhere from the North Gate Area to St. Joseph Hospital to Downtown Bryan as well as Thursday, Friday and Saturday late-night spots for the party crowd. This is one fine dining experience that really has wheels. *i*

Follow the Mobile Gourmet Bistro at www.cheftai.com and on Twitter @cheftai.

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WHO: Centennial Celebration for Sam Houston Area Council Boy Scouts (and their families). This event is not open to non-Scouts.

WHAT: SHAC JAM

WHERE: Texas World Speedway, College Station

WHEN: October 8-10

CONTACT: SHAC recommends checking www.samhoustonbsa.org for updates.

Some of the SHAC JAM activities will include:

- Motor World, a collection of automotive exhibitors offering derbies to Cub Scouts
- Cub World, tailored specifically to Cub Scouts
- Exhibits featuring council Camps, High Adventure Bases and other scouting activities including Fun Zone, Cooking Zone, High Adventure area, Physically Strong, Scout Craft and Shooting Sports.
- Water World Expo, sponsored by the Council Sea Scout Fleet; participants can learn crafts and participate in water demos and activities
- Boy Scouts can earn Merit and Activity Badges through the various workshops
- 20 different neighborhoods will include Indian Village; Cowboy Camp; Space Camp with real NASA astronauts and model rocketry; and Duty to Country featuring U.S. Serviceman demonstrating real tanks and helicopters.

Boy Scout Centennial

Celebrating 100 years of 'Good turns' with hundreds of activities

Back in 1909, W.D. Boyce was led out of a dense, London fog and guided back to his destination by a boy who told Boyce he was merely doing a “good turn” as part of his duty as a Boy Scout. From that good turn, the Boys Scouts of America (BSA), one of the nation’s largest value-based youth development organizations, was born. From its start in 1910, Boyce focused the Scouting program on teaching self-reliance, citizenship, resourcefulness, patriotism, obedience, cheerfulness, courage, and courtesy in order “to make men.”

On this 100 year anniversary of the Boy Scouts of America, scouts across the nation are celebrating Boyce’s walk out of the wilderness. Locally, the Sam Houston Area Council (SHAC) services some 600,000 youth living in 16.5 counties in Southeast Texas. SHAC is hosting its Centennial Celebration at the Texas World Speedway on the weekend of October 8-10 and 20,000 scouts are expected to participate in the weekend’s activities.

The gates will open Friday, October 8, at 4 p.m., and there is an 8 p.m. opening show scheduled that will feature live music and special

introductions. The gates open at 7 a.m. Saturday with more than 1 million square feet of activities and vendors available *only* to Sam Houston Area Council Boy Scout members. Just some of the activities taking place over the weekend include military and civilian flyovers, reenactments, bands and drill teams.

As a way of introducing scouts to the hobby of Model Rocketry, at 1 p.m. on Saturday SHAC will attempt to set a Guinness World Book Record for the most Model Rockets Launched simultaneously. Early registration is required, as only 3,200 rocket/participants will be allowed. SHAC is attempting to break the 2007 record set by Boy Scout Troop #990 and Cub Scout Pack #990 in Austin on May 12, 2007 when 965 (out of 1000) model rockets were launched. The weekend will end on Sunday with 12 different religious services.

For information about how to become involved in area Boy Scout programs, contact local Arrowmoon District, part of the Sam Houston Area Council, Stuart Goins, senior district executive at stuart.goins@shac.org or by calling (979) 204-1526. *i*

Your Guide to Whole Health

His and Her: Cancer Prevention Diets

Okra: It's a Super Food!

See Red: Heart Health for Women has never been so fashionable

The Sandwich Generation: Double Duty Caring for Aging Parents and Kids

"His and Hers" Health

MOTHER NATURE ALWAYS WINS, right? Not necessarily. We might think diseases like breast and prostate cancer come down to fate and genetics, but in reality, there are things you can do to give yourself a healthy edge. It's not a sure-fire guarantee, but eating a diet rich in certain nutrients can give you an advantage against some diseases.

One out of six men will develop prostate cancer during his life, and one out of every 36 men will die from prostate cancer. It is the second most common cancer in men, and the second most frequent cause of cancer death in men. About one in every eight women will get breast cancer in her lifetime, and one in every 35 women will die from it. (For more information on cancer, visit the American Cancer Society at www.cancer.org or the American Institute for Cancer Research at www.aicr.org, a great resource for how nutrition impacts cancer).

"The answer is to eat a wide variety of foods that are from the earth, along with an ongoing exercise program, which will increase immunity," says Cliff Latham, who holds a master's degree in exercise physiology and sports nutrition and is owner of Anytime Fitness, Elements Massage and College Station Boot Camp. "Together, this is the best answer to improve our chance of promoting good health and preventing cancer."

On the flip side, an active lifestyle is just as important in helping combat cancer or any other disease. "The incidence of breast cancer and prostate cancer rise is directly related to chemicals and hormones in our foods and a sedentary lifestyle," says Latham. Eating these nutrients can help, but your best weapon against cancer is "whole, natural, real foods from the earth – and more play."

"Her" Healthy Breast Diet

Flavonoids – green tea, (red) wine, (red) grapes, seeds, cauliflower and chocolate (*one serving a day*)

Folate – spinach, asparagus, dark green leafy vegetables, beans, peas, lentils and citrus fruits (*one to two servings daily*)

Lignans – beans, oats, barley and flaxseed (*three cups a week*)

Lycopene – watermelons, apricots, guavas, papayas, (cooked/canned) tomatoes, pizza sauce, tomato paste and ketchup (*two servings a week*)



Oleic Acid (omega 9) – olive oil, almonds and avocado (*a small amount every day*)

Sulforaphane – Brussels sprouts, cabbage, cauliflower, broccoli and kale (*one serving a day*)

Vitamin A – dark green vegetables like spinach, broccoli and bok choy, and deep-orange fruits and vegetables like carrots, sweet potatoes, winter squash, cantaloupes and mangoes (*despite the color, oranges are not part of this group; 700 to 900 mcg a day, about a half cup a day*)

Vitamin D – fatty fish (salmon, tuna, mackerel), fish liver oil, cheese, egg yolks and low fat dairy products (*200 to 800 IU a day – discuss with your doctor before taking a supplement*)

Other healthy power-foods - curry, garlic, ginger, nuts, onions and soybeans

Things “For Her” to Avoid

- Artificial products, like colors, pesticides or preservatives
- Excess alcohol (no more than one drink a day)
- Excess sugar
- Fatty animal products like meat, fat and dairy
- Saturated fat

“His” Healthy Prostate Diet

Diindolylmethane – broccoli, kale and cabbage

Flavonoids – green tea, (red) wine, (red) grapes, seeds, cauliflower and chocolate

Folate – spinach, asparagus, dark green leafy vegetables, beans, peas, lentils and citrus fruits

Omega 3 – salmon, sardines, trout, herring, mackerel and nuts

Lycopene – watermelons, apricots, guavas, papayas, (cooked/canned) tomatoes, pizza sauce, tomato paste and ketchup

Phytoestrogens – soy products and beans

Selenium - Brazil nuts, fresh fish, grains, mushrooms, wheat germ, bran, whole-wheat bread, oats and brown rice

Vitamin C - citrus, berries, spinach, cantaloupe, sweet peppers, and mangoes

Vitamin D – fatty fish (salmon, tuna, mackerel), fish liver oil, cheese, egg yolks and low fat dairy products

Vitamin E - nuts, seeds, olive oil, avocado oil, wheat germ, peas and nonfat milk

Whole grains – brown rice, quinoa and whole wheat bread

**Consult your physician for recommended amounts*

Things “For Him” to Avoid

- Excess alcohol (no more than two drinks a day)
- Excess preserved, pickled or salted foods
- Excess salt
- Excess sugar
- Fatty animal products like meat, fat and dairy
- Flaxseed oil
- High-calcium diets
- High-dose zinc supplements
- Oils high in polyunsaturated fats, like corn, canola, or soybean oils
- Trans fatty acids, like margarines and fried or baked foods

Need some ideas on how to get some of these essential nutrients into your diet? Here are some great recipes for “his and hers” healthy eating.



“Her” Salmon with Thai Peanut Sauce

Yields two pounds of salmon

- 2 tablespoons creamy peanut butter
- 2 tablespoons vinegar (recommended: rice vinegar)
- 2 tablespoons soy sauce
- 1 to 2 teaspoons honey
- 1 teaspoon garlic powder
- 1/8 teaspoon ginger powder or 1 teaspoon grated fresh ginger
- 1/8 teaspoon red or cayenne pepper (or start with less and add to taste)

Spread thinly on top of the salmon. Bake 10 to 15 minutes at 350 degrees, depending on thickness. Garnish with chopped fresh parsley or chives.

Recommendation: sauce can be used with any stir-fry recipe

“His” Cornmeal-Crusted Cod with Salsa

Yields four servings

- 1/4 cup liquid egg substitute
- 1/2 cup yellow cornmeal
- 1 pound cod fillets or other firm-fleshed fish
- 2 teaspoons ground cumin
- 1/4 teaspoon salt
- 2 tablespoons light olive oil
- 1 cup bottled salsa, heated if desired (recommended: Mrs. Renfro’s preservative-free salsa with roasted habanero and chipotle-corn)

Pour egg substitute into medium-size bowl. Combine cornmeal, cumin and salt on plate or piece of waxed paper. Coat fish with

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egg substitute, then coat with cornmeal mixture and place on clean piece of waxed paper. In a medium non-stick skillet, heat the olive oil. Add coated fillets and cook about 15 minutes, turning over as needed, or until coating is crispy and fish is opaque in center and begins to flake when prodded with a fork. Cut fish into four serving portions, and top with salsa.

Pairing recommendations: salad of blanched broccoli flowerets and cherry tomatoes tossed with balsamic vinaigrette or three bean salad with edamame

“Her” Cancer-Fighting Chicken Pot Pie

Yields four servings

2 tablespoons olive oil and 1 teaspoon olive oil
3 tablespoons whole wheat pastry flour
1 can (14 ounces) vegetable broth (if using homemade vegetable stock, may need to add salt to taste)
1/2 teaspoon turmeric
2-3 teaspoons fresh rosemary
12 ounces soy milk (unflavored)
1 medium yellow onion, sliced
16 ounces mixed frozen vegetables, thawed and drained
8 ounces beans (recommended: Adzuki beans)
Tabasco sauce - a few drops or to taste
1 whole chicken breast (about 3/4 pound), roasted and cut into cubes (can use leftovers)
2-3 sheets of phyllo dough, thawed (may need to remove from the freezer in the morning)
1 egg white, slightly beaten



Start by roasting the chicken breast if not using leftovers. Sprinkle chicken with dried Italian herbs and bake for about 30 minutes at 350 degrees, cool and cut into cubes. Increase oven to 400 degrees after the chicken is done cooking. In a large saucepan, heat 2 tablespoons olive oil over medium-high heat. Add flour, stirring with a whisk to make a paste. Stir for a minute or two to toast the flour. Mix in the broth, 1/4 cup at a time, until smooth. Whisk in the rosemary, turmeric and salt (if using salt, start with only 1/4 teaspoon, add

more to taste after sauce is done cooking). Continue whisking after broth is added for an additional 5 to 7 minutes until sauce is starting to thicken. Add soymilk and continue cooking with occasional stirring for 5 to 7 more minutes. Reduce heat slightly if boiling too rapidly. The sauce will be golden yellow. Heat the additional teaspoon of olive oil

in a non-stick skillet. Add the onions and cook over medium heat until caramelized (10 to 15 minutes). Add drained vegetables and beans along with the hot sauce. Stir together. Spray a 9x9 inch baking dish with non-stick spray. Place chicken and vegetable mixture into dish and then add the sauce. The dish will be nearly full. Put 2 to 3 sheets of the phyllo dough (see directions on box for how to handle so they do not dry out) over the dish, tucking in the edges. Brush the top of the dough with the egg whites. Cut a few slits into the top of the dough. Bake at 400 degrees for 35 minutes or until crust is golden and the dish is piping hot.

Pairing recommendations: whole wheat couscous, fresh fruit and green salad

“His” Udon Noodles with Tofu and Fresh Ginger

Yields four servings

8 ounces udon noodles
2 tablespoons light olive oil
2 to 3 teaspoons chopped fresh ginger
2 to 3 cloves garlic, finely chopped
2 small sweet peppers (red, yellow, or orange) cored, seeded and diced
8 ounces baked teriyaki or other flavored tofu, diced
4 scallions, trimmed and chopped
2 tablespoons soy sauce
2 tablespoons rice vinegar
1 teaspoon dark roasted sesame oil
1/4 teaspoon ground black pepper
1/4 teaspoon crushed red pepper flakes, or to taste



In a pot of boiling water, cook the noodles according to package directions. Drain in a colander, rinse with cold water and let drain. Meanwhile, heat the oil in a large skillet over medium heat. Add the ginger and garlic and stir-fry until just fragrant, about 30 seconds. Add the diced peppers and stir-fry until slightly softened,

about 2 minutes. Add the tofu and stir-fry until heated through, about another 2 minutes. Stir the noodles, scallion, soy sauce, and vinegar into the peppers in the skillet. Cook until the mixture is heated through, about 2 to 3 minutes, stirring constantly. Stir in the sesame oil, black and red pepper. Taste, and adjust the seasonings to taste. Serve warm, at room temperature, or chilled.

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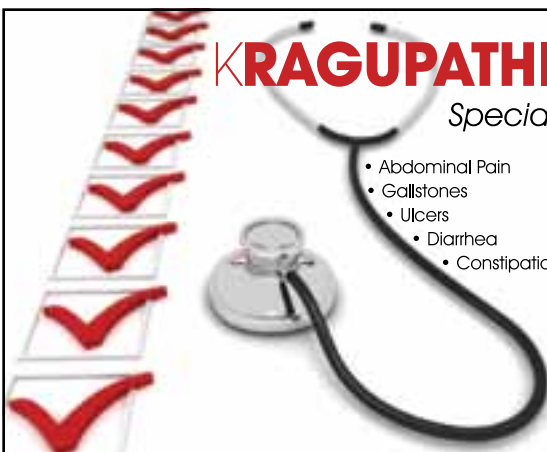
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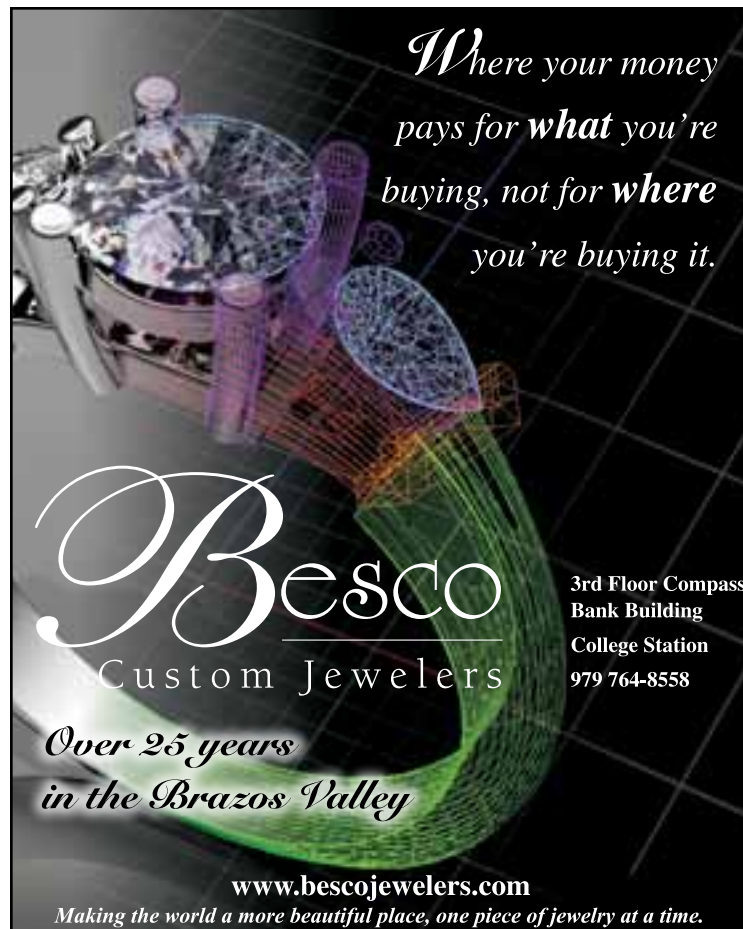
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Need a little inspiration to get that okra cooking? Try this:

Okra with Tomatoes

Yields six servings

- 1 slice bacon
- 1/2 cup chopped onion
- 1 1/2 pounds fresh okra, washed, stemmed and sliced about 1/2-inch thick
- 4 large tomatoes, peeled, seeded and diced
- 2 teaspoons salt
- pepper, to taste
- dash crushed red pepper, or to taste

Fry bacon in a skillet over medium heat until crisp and fat has been rendered; drain well on paper towels. Crumble bacon and set aside. Add the chopped onions to the skillet; reduce the heat to low. Cook onions for 10 to 15 minutes, until tender, stirring occasionally. Add the sliced okra, tomatoes, salt, pepper, and crushed red pepper; stir well and simmer for about 20 minutes, until okra and tomatoes are just tender. To serve, spoon okra into a serving dish and sprinkle with the crumbled bacon.



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BEFORE

AFTER



BEFORE

AFTER



BEFORE

AFTER

***The Heart Truth's* Red Dress Collection and First Ladies Red Dress Collection Events Schedule**

September 25, Free Health Fair from 10 a.m. to 2 p.m.
Well child checks and immunizations, flu season preparation, adult screenings and mini lectures on selected topics.

September 30 at 7 p.m.

"Navigating the Health Care System"

Dr. Nancy Dickey, president of Texas A&M Health Science Center and Vice Chancellor for Health Affairs, Texas A&M University System

October 1 "The Heart Truth's Red Dress Collection and First Ladies Red Dress Collection" opens to the public

October 2 from 9 a.m. to 4 p.m.

"Tracing One's Genealogy"

A day-long workshop by local and national experts who will speak about how to gather a family history, including what to look for medically.

October 21 at 7 p.m.

"What Everyone Should Know About Diabetes"

Dr. Veronica Piziak, Scott & White Center for Diagnostic Medicine and Texas A&M Health Science Center

October 27 from 9:30 a.m. to 3:30 p.m.

***The Heart Truth* Champions Training**

A daylong training session for 15 selected women from non-health care professions in the Bryan/College Station area. The women will be trained in community outreach and health related educational opportunities to populations in the local community at the greatest risk for heart disease and other health related issues.

October 28, exhibit grand opening with former First Lady Laura Bush

November 10, "For the Ones We Love" Cancer Exhibit opens to the public

For more events in December and 2011, visit bushlibrary.tamu.edu and click Events on the left. The George Bush Presidential Library and Museum asks that you make reservations for any events or forums you wish to attend. You can do so by contacting Tracy Paine at (979) 691-4014 or tracy.paine@nara.gov.

Good Health is Always in Style

WOMEN MAY LOVE STAYING UP-TO-DATE on the latest trends, but keeping up with their health always steals the show, especially when it comes to their hearts. There are huge differences between heart health for men and women, so not just any health forum will do. To help educate women on different health issues, both heart-related and not, the George Bush Presidential Library and Museum will host *The Heart Truth's* Red Dress Collection and First Ladies Red Dress Collection from October 1 through August 15, 2011.

The exhibit itself is a fusion of the Red Dress Collection Fashion Show, which features 12 red dresses worn by celebrities, and the First Ladies' Red Dresses from the 13 Presidential Libraries of the National Archives and Records Administration.

Some of the featured red dresses were worn by Heidi Klum, Danica Patrick, Katie Couric, Lee Ann Womack, Jacqueline Kennedy, Eleanor Roosevelt, Pat Nixon, Nancy Reagan, Barbara Bush, Hillary Clinton and Laura Bush, the founding ambassador of *The Heart Truth*.

The Texas A&M Health Science Center will provide educational interactive activities and information about heart-related issues such as high blood pressure, stroke, diabetes, obesity and healthy lifestyles. There will also be risk screenings for diabetes, body mass index, and heart disease due to smoking. Featured speakers will also present forums on different health issues for women.

For more information about the George Bush Presidential Library and Museum and "*The Heart Truth's* Red Dress Collection and First Ladies Red Dress Collection," contact the public relations office at (979) 691-4069 or media.bush@nara.gov. Normal museum admission fees apply, so check bushlibrary.tamu.edu for pricing information.

This year, make an effort to learn the best ways to keep yourself healthy, because being healthy never goes out of style.



A Sandwich That Can Hurt Your Health

THERE'S ONE SANDWICH OUT THERE that has the potential to seriously hurt your health, but it's not a sandwich you eat. The "sandwich generation" is made up of the people who have kids at home and are also caring for an aging loved one, usually a parent. Most people assume that the majority of the aging population is cared for in nursing or assisted living homes, but the reality is that they are normally taken care of by family members, and those caregivers are most often women.

Dr. Lani Ackerman of Scott & White Healthcare says, "Caregivers often suffer from mild depressions, anxiety and stress on their own marriage and family relations due to the needs of the parents." Even caregivers' professional lives can suffer, as the time they give to caring for their parents can leave them too tired to perform at their best, or even cause them to be late or miss work to take care of their parent.

Ackerman remembers a number of successful female professionals who, due to the overwhelming responsibility of caring for aging parents and young children, required both counseling and antidepressant medications. "They feel unable to cope with everything, and can enter a downward spiral, which impacts their personal and professional life."

Ackerman has several points of advice for the caregivers themselves, their families and the parents to make a difficult situation a little easier.

- Have dedicated "me time" at least once a week – meaning no working professionally or around the house; use this time to relax, see friends or have time with your family
- Get involved in support groups for caregivers
- Involve the entire family and the parent's physician in decisions about changing a parent's living situation
- Keep in touch with your parent's doctor about his or her safety and mental condition
- Remember, particularly in cases of dementia, that personality changes may be related to the loved one's health
- Talk to your parent's doctor about medication for depression or dementia
- Caregivers' families must recognize the demanding situation they are in and help in any way possible

- See if it is possible for the family to cut back on unnecessary expenses for a short time to allow the caregiver to either cut back or stop working altogether
- Remember that caring for an aging loved one is a task for the entire family, not just one person
- Aging parents may need to be reminded that their child has other responsibilities and try to minimize demands on their time when other obligations must be met *i*

Support Groups for Caregivers

Second Tuesday of every month at 2 p.m.
St. Joseph Manor, Assisted Living Conference Room
(979) 821-7330
www.st-joseph.org/manor
2345 Manor Drive, Bryan, Texas 77802
www.st-joseph.org/health/sptgrp.pdf

Second Sunday of every month at 6 p.m.
Christ United Methodist Church
(979) 690-4673
www.christ-umc.org
4201 State Hwy 6 South, College Station, Texas 77845

For questions or more information about either support group, contact:
Jonne Young
(979) 821-7304

Open Arms Respite Group

Need a couple hours to relax or run some errands or want to help out caregivers in our community?

Starting October 14, every second and fourth Thursday of the month, from 10 a.m. to 1 p.m.

Peace Lutheran Church, 2201 Rio Grande in College Station
A free, volunteer-run, safe and fun place where caregivers can leave loved ones with mild Alzheimer's or dementia so they can take care of errands or themselves. While caregivers are away, participants will socialize and engage in fun activities like light exercise, dance, singing, games and devotional. Providing even a few hours of respite can ease depression, provide socialization for both caregiver and participant, and allow the caregiver rest, relaxation and renewal.

Want to help? Volunteers are needed to assist participants in activities, light exercise, dance, singing, games, devotional, lunch, contacting agencies or businesses for food donations, serving food, obtaining donations to purchase items for activities or giving presentations. There are also leadership roles available for volunteers. An open interest session will be held on September 19 from 3 p.m. to 4 p.m. with official volunteer training on September 23 from 11 a.m. to 1 p.m., both at Peace Lutheran Church. To register, call Amie at (979) 764-4090 or Carolyn Kraus at (979) 595-2800

The Republic Chef Wade Barkman (left) and Veritas Chef Tai Lee (right) talk with diners Lena and Kenneth Lawson during a recent friendly competition hosted by The Republic. The chefs will pair up again October 13 at The Republic and November 17 at Veritas.



Chef vs. Chef In this competition, the diners are the winners

Earlier this summer, I was talking to my favorite bartenders at The Republic when they began discussing the culinary collaboration that was taking place that night at Veritas Wine & Bistro between Republic Chef Wade Barkman and Veritas Chef Tai Lee. This type of friendly culinary competition had already taken place several times before, between both Chef Tai and Chef Wade, as well as Chef Jacques Fox, executive chef at Briarcrest Country Club. While I was disappointed to have missed these earlier culinary contests, I was excited to find out that the competition would take place again in July. Featuring food that is not on the various chefs' regular menus, this gastronomic gamesmanship gives diners a uniquely adventurous eating experience:

food plating at its finest, and an opportunity to try different textures and flavors than those you might typically try.

The July wine dinner featured 10 servings and each course was paired with a wine selected by Chef Wade. The first offering was an Amuse Bouche (a French term meaning to amuse or please the mouth). This offering is not an appetizer but a chef's selection featuring a small bite with a wine pairing designed to excite the diner about the food that will follow and to give them a small

glimpse into that particular chef's style. The host restaurant (The Republic) led the menu: the Amuse Bouche was a lovely bite of salt (prosciutto) and sweet (melon) and a sip of a lovely sparkling semi-dry and light bodied wine (Gruet Demi Sec, New Mexico). I loved the combination of salt and sweet and then the smooth rinse of the champagne.

The next course was a shrimp interpretation. Republic presented Tequila

While not everyone [at my table] loved every dish, we had all made the agreement that we had to at least try each presentation.

Shrimp Ceviche; the wine was a Sauvignon Blanc (Dog Point, New Zealand). Veritas offered Grilled New Caledonian Blue Prawn. I am not a huge ceviche fan (though I love sushi). I was not taken in by the ceviche and I have no idea what a blue prawn is but I did love the size and the breading of the giant-sized prawn.

Next to arrive was a mushroom dish and each presentation was lovely (I am a mushroom junkie); the wine picked for this course was a Pinot Noir (Talbot "Kali Hart," Monterey County CA). Republic brought out a bite-sized crêpe stuffed with goat cheese, accompanied by forest mushrooms, an apple pecan salad topped with Spatlese caramel vinaigrette. Veritas offered sautéed wild mushrooms in a cream sauce on a bite-sized corn bread topped with a bit of crunchy bacon and thyme powder. This dish had some clear likes and dislikes at our table as very few liked mushrooms, but I can tell you both morsels had me rolling my eyes and

For details about future chef pairings, visit: The Republic, www.TheRepublic1836.com; Veritas, www.Veritaswineandbistro.com; and Cocoamoda, www.Cocoamoda.com.

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*Sixth Annual Allstate "Retirement Reality Check". †Social Security Administration Social Security's Future FAQ. Retrieved December 1, 2006, from ssa.gov/qa.htm. "Good Hands" is a registered service mark of Allstate Insurance Company, Allstate Life Insurance Company, Northbrook, IL, and Lincoln Benefit Life Company, Lincoln, NE. In New York, Allstate Life Insurance Company of New York, Hauppauge, NY. Securities offered by Personal Financial Representatives through Allstate Financial Services, LLC (LSA Securities in LA and PA), Registered Broker-Dealer, Member FINRA, SIPC. Main Office: Lincoln, NE. ©2009 Allstate Insurance Company. allstate.com. FN889

murmuring "yum" under my breath.

As each course followed, the excitement among my fellow diners continued to rise. I came to the dinner with seven other people; while not everyone loved every dish, we had all made the agreement that we had to at least try each presentation.

The first meat presentation was pork served with a Malbec Merlot red wine (Clos de los Siete, Michael Rolland, Argentina). Chef Wade's plate was a chicken fried pork belly served with blue cheese mashed potatoes, a bourbon cream gravy and collard greens. Chef Tai presented an herb marinated pork tenderloin with caramelized Brussels sprouts. This course had no clear winner at our table, although some clearly liked one above the other; I loved both.

The last full course was beef; the wine a Syrah (Rosenblum Cellars, Vinters Cuvee). Chef Wade presented a Red Chili Grilled Ribeye, roasted cremini mushrooms and grilled summer corn maque choux (basically a corn relish) with a charred tomato sauce Choron (a hollandaise-like sauce). Chef Tai presented a Foie Gras (duck or goose liver) and cabbage stuffed tenderloin with prosciutto, compressed spinach and a Sauce au Poivre (French for sauce with peppercorns). Both meats were presented rare, which did not go over well with all of the diners at our table (they like their meat dead – overdone dead) whereas I like mine rare. No clear winner here either. I loved both and would eat both again if presented on a regular menu.

Just when you thought you had no room left, out came a lovely bit of dessert with the title Spiced Blackberry French toast. On top was a surprising bite of Red Peppercorn Ice Cream with the final wine touch a Moscato, EOS "Tears of Dew." The only way to describe this delicious concoction of waffle and ice cream and small bite of pepper was *scrumptious*.

Don't fret if you missed the July collaboration. On November 10, Chef Tai will pair with Chef Wilkerson from Cocoamoda in Calvert for an evening of wine and chocolate. The event, hosted by Veritas, will showcase the lovely chocolates made by Chef Wilkinson paired with wines from the Veritas Wine Selection. *i*

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Flashback to the Fifties

Connie Wortham reminisces about her days as a glamour girl photographer to the stars

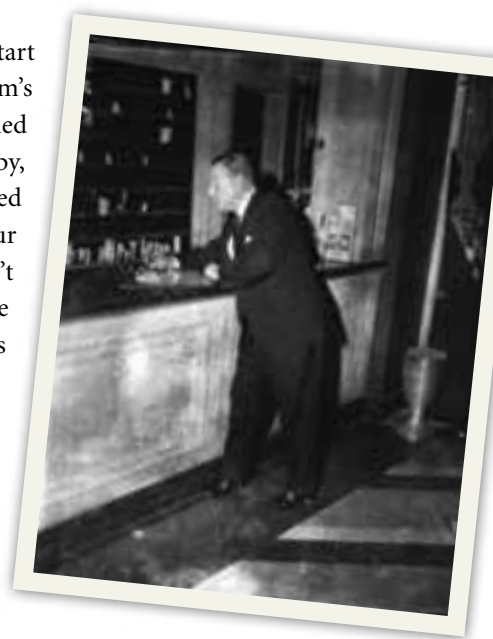
We were out of the Depression and the war was over. It was a time to sing, dance and just have a ball. It was the Fifties.

Huge hotels with gorgeous ballrooms were the place to be, like the Chase Park Plaza hotel in St. Louis, Missouri. The center of the city's night life, the hotel hosted the nation's biggest celebrities, and there to document it all was Connie Wortham, the hotel's official photographer beginning in 1955. "When I think back on my job," says Wortham, "I now realize that I was watching entertainment and national history being made."

With front row tickets to some of the biggest names in history, Wortham accumulated a stockpile of celebrity shots and all the fascinating stories that go along with them. She agreed to share those photos and stories to bring the Brazos Valley back to the fabulous Fifties.

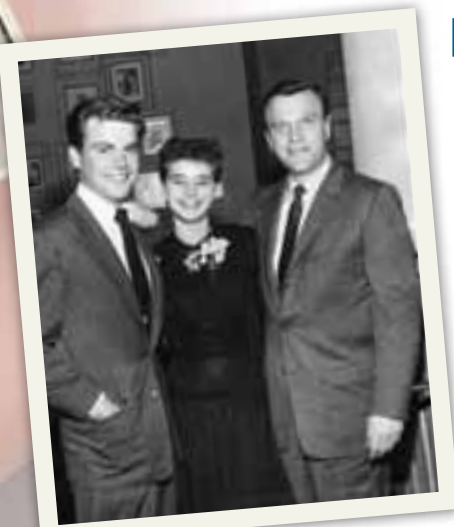
Ted Lewis

Every celebrity photographer has to start somewhere, and Ted Lewis was Wortham's first "star" assignment. Wortham scheduled an appointment with Lewis in the hotel lobby, where he stood patiently while she focused her camera. "I know it took me three or four minutes," says Wortham, "and that doesn't seem long, but somebody's standing there waiting for you to take their picture." Lewis finally gently suggested that Wortham arrive early, decide where she wanted the subject to stand, focus the camera and mark her own position, *then* greet the guest. "I was so embarrassed, but believe me, I remembered and used his good advice from that day on," Wortham says.



Eddie Arnold and Robert Wagner

Wortham had been on the lookout all night for Robert Wagner, and when she finally found him and asked to take his picture, the man Wagner was with asked why she didn't want his picture as well. The truth was that Wortham had no idea that he was country music star Eddie Arnold. "Well, I still didn't know who he was," Wortham says, but she took his picture anyway, apologizing for not knowing him. "Nothing against country, I just didn't listen to it," she says.





Johnnie Ray

After Wortham took her scheduled photos of Johnnie Ray in 1956, he asked for a picture with her. Wortham handed her camera off, and “right as the camera came up, Johnnie reached over and gave me a big hug,” Wortham says. “From then on, whenever possible, I had my picture taken also.”

Connie and the King

“None of that sexy stuff. Smile,” Wortham told Elvis through her teeth as they posed for a picture. When he realized afterwards that he was indeed *not* smiling, he invited her to dinner as compensation. “It wasn’t like a date, Elvis Presley and me,” Wortham says. “He always had like six cousins with him.” Elvis’ visit was the closest the Chase hotel came to a mob scene. Wortham says, “He certainly was a very personable young man who was very kind to all the fans, giving them autographs, posing for pictures and speaking with everyone.”



Joan Crawford

Joan Crawford stayed at the Park Plaza Hotel during the promotion of the local showing of her new movie “The Queen Bee.”

“This photo was taken in the beautiful Stockholm Room after a luncheon given in her honor.” Crawford later said she liked Wortham’s photo more than her professional shots.

The Crew Cuts

When the riotous Crew Cuts came to St. Louis, Wortham got to spend a considerable amount of time with the singers, even briefly dating bass singer Ray Perkins. Her favorite song is “Earth Angel,” and when they performed it, “I just knew they were singing right to me,” she says.



Nat King Cole

“I was the only photographer that Mr. Cole permitted to come up to take pictures,” Wortham says proudly. After taking several photos at his performance rehearsal, she

realized the shots had not come out right once she developed them. Highly embarrassed and nervous to ask to take more pictures after the rehearsal was over, Wortham showed the photos to Cole, who staged some “rehearsal” pictures for Wortham to snap. “They were better than the ones that I’d tried to take,” she laughs. When Cole jokingly teased her about her photography skills, Wortham handed off her camera and jumped into a picture with Cole, something he had specifically prohibited previously. “He stood there while I had my picture taken with him,” Wortham says. “That was why it was such a big deal.”



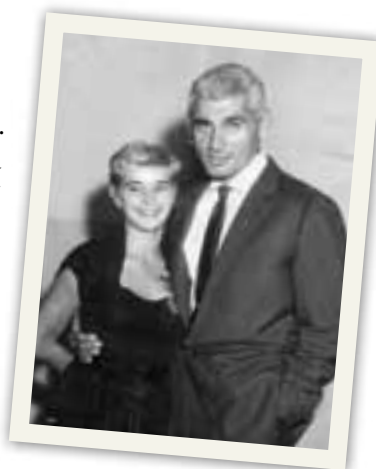
A Visit from Washington

Wortham nearly got attacked by a mob of angry photographers when Former President Harry Truman, Senator Stuart Symington and Speaker of the House Sam Rayburn

stayed at the Chase Park Plaza in 1957. Wortham took private photos of the politicians earlier in the day, but numerous photographers were snapping pictures later that night. “So I decided I’d be a big-time photographer and join them,” says Wortham. Only, she didn’t realize that the men were taking their pictures in sync, and her flash ruined their shots. “I had nine or 10 men ready to hang me,” she says, “because that’s their livelihood.” As Rayburn told the photographers to be nice to Wortham, she disappeared down the hall.

Eye-Catching Cochise

“What a hunk!” says Wortham. “Everybody has their own idea of a hunk, and he was a hunk to me.” Jeff Chandler was the only star that she “positively flipped over,” Wortham says. He was even nominated for an Academy Award for his role as Cochise in Broken Arrow.



Pearl Bailey

Cool and collected Pearl Bailey didn’t even flinch when the zipper to her dress broke in the middle of the hotel. “She put the coat over her shoulders and walked on down, unperturbed,” says Wortham, still impressed by her charisma. “She wasn’t upset or excited, just relaxed and lovely,” she says. “You just wanted to hug her. In fact, I think she hugged me.”



Connie Wortham is in the process of compiling her memoirs and photos from her days as a celebrity photographer into a book. Email her at conniewortham@suddenlink.net.

By the Numbers

Your checklist for retirement and estate planning

In Your 50s: Pre-Retirement

Calculate Income Needs in Retirement

• Getting a handle on your typical spending will help you understand how much income you will need to live comfortably in retirement. “Typical” in this case means normal spending, plus a buffer to account for large, occasional expenses such as new cars, vacations, and home repairs. A rule of thumb for the amount you need to have saved is to multiply your spending by 25. So a person who spends \$5,000 per month, or \$60,000 per year, before taxes, would need \$1,500,000. (We exclude social security benefits for illustration purposes only.)

Pay Off All Debt (including Mortgages)

• Paying down debt is a lot like weight loss, in that everyone has a different scheme on how to make it happen. Some common methods are paying off the highest interest rate loan first or paying off the smallest balances first. Whichever method you choose, stay disciplined and spend less than you earn. This will help you develop better spending patterns, and will eventually allow you to add to your retirement savings. For those with the assets to pay off debt, in these turbulent times when investment performance is uncertain, paying off debt is a great way to get risk-free, positive returns.

Maximize Tax-Deferred Savings

• Tax-Deferred Savings include contributions to an IRA, 401k, 403b (ORP, TDA, SRA, etc.), 457, etc. Many of these vehicles are amounts that can come directly out of your paycheck, forcing savings. They also allow for greater accumulation over time than a normal brokerage account. For those in higher tax brackets, Roth IRA, Roth 401k, or Roth 403b are great options. The contributions are taxed, but any distributions, including any earnings, are tax-free.

In Your 60s: Retiring

Assess Your Insurance Needs

• A large, unexpected expense can upend even the best-laid retirement plan. Most people are familiar with health, home, auto, and life insurance, but those entering retirement should research long-term care insurance. For a nice facility, long-term care can cost \$60K or more per year and for many people their stay can be for many years so it makes sense to consider this type of insurance upon retirement depending on your assets.

Check Beneficiary Designations

• Retirement accounts and life insurance policies normally pass to those named in the beneficiary designations, not your will. Make

sure these are up to date and are consistent with your estate plan. Horror stories abound of IRA accounts going to an ex-spouse due to beneficiaries not being updated for years.

• It may be tempting to just name “my estate” as the beneficiary, but this can cause complications down the road. A good estate attorney should be able to help get everything set up correctly.

• If you are charitably inclined, retirement accounts are a great way to give to charity. You avoid income and estate taxes if you designate a charity as beneficiary.

Maximize Social Security Benefits

• You can start drawing reduced benefits when you reach age 62, but you receive 100% of your benefit if you wait until you are full retirement age. If you wait until you are 70, you get an additional 8% benefit per year after full retirement age (132% if your full retirement age is 66). So the longer you wait for benefits, the more you receive. Of course, it takes time for the higher income to make up for the lost income in the years you wait to take benefits.

• Waiting to full retirement age, married couples have the option to “file and suspend” which is a way to help maximize Social Security benefits. Speak to your social security office to find out more details about this and other strategies.

In Your 70s and Beyond: Post Retirement

Ensure All Estate Documents Are In Order (Will, Durable Power of Attorney, Healthcare Power of Attorney, etc.)

• Most people know what a will does. It, along with beneficiary designations, gives instructions on where your property will go upon your death. Far fewer people know about powers of attorney, a document that can help you and your loved ones while you are still alive. As we live longer, there is more potential for debilitating diseases such as Alzheimer's, and in these cases someone needs to be left in charge to look after your affairs including your health care. A good estate attorney should be able to help you update all of your estate documents.

Know Where Everything Is

• Many couples have one partner take care of the financial affairs. Often this means that when that person passes away, the other is left to dig through papers and try to figure out what their assets and liabilities are. An open dialogue about assets and liabilities and where everything is located is a wonderful way to take care of a loved one. In addition, a trusted advisor (lawyer, accountant, financial advisor, etc.) can provide great comfort and assistance when suffering the loss of a loved one.

Discuss your last wishes, funeral, specific bequests with loved ones (especially if unequal)

• One of the most common areas of discord when a loved one passes away is who gets what "stuff" so the more that you can prepare your loved ones before you pass away the better. Also, if you are going to leave unequal amounts to children, explain to them why or at least tell a trusted advisor why. It is very painful to receive an unequal amount and not be able to ask the person who passed away why. *i*

Natalie Pine is a Certified Financial Planner with Briaud Financial Advisers in Bryan.

BUSINESS BRIEFS

October 7 from 10 a.m. to 3 p.m., the annual Meeting Planners Showcase will be held at the Hilton Hotel and Conference Center in College Station. It's your chance to see how area businesses can assist you. Admission is free and open to the public. For more information, call (979) 260-9898 or visit meetingplannersshowcase.com.

October 18 from 5:30 p.m. to 7:30 p.m., the **The American Business Women's Association Women of Excellence Chapter** will hold its monthly meeting at La Riviera in Bryan. Cost is \$20 per person and includes professional development and dinner. Reservations required by emailing hospitality@abwawe.org. The ABWA-WE will host its second annual **Masque and Mingle Murder Mystery** fundraiser October 22 from 6 p.m. to 9 p.m. at Messina Hof Winery in Bryan. Contact Teri Adamson, tadamson@helmsbriscoe.com, (979) 280-0907, for ticket information, reservations and event details.



Tammy Hensel, owner, writer and editor for **Dedicated Publication Services** recently launched her website www.dedicatedpublicationservices.com to market her home-based writing, editing and desk-top publishing services. The website may be new, but Hensel is no newcomer to the publishing world with more than 25 years of experience in print journalism. She is published in newspapers and both print and Internet magazines. For more information call her at (979) 204-0674 or email thensel@dedicatedpublicationservices.com. *i*

BRYAN-COLLEGE STATION

DINING / CATERING

BLUE BAKER, www.bluebaker.com, 800 University Dr, CS (979) 268-3096; 201 Dominik, CS (979) 696-5055, Blue Baker is an artisan bakery and café featuring breads baked from scratch, pastries, sandwiches, soup, fresh tossed salads and brick-oven pizzas. Try some cookies for the perfect finish! M-F 7am-10pm, Sa-Su 8am-10pm

BODEGA COAST FRESH FISH BAR & GRILL, bodegacoast-freshfish.com, 980 University Drive East next to Pei Wei, College Station (979) 268-4101. Finally, a fun, fresh seafood restaurant for Bryan College Station offering a hybrid between gulf fresh seafood and global flavors, with a menu that is fun, whimsical and affordable. Come for Happy Hour Monday thru Friday 4 pm to 7 pm and all day Sunday featuring ½ price select appetizers. Open daily at 11 am for lunch and dinner.

C&J BBQ, www.cjbbq.com, 105 Southwest Pkwy, CS (979) 696-7900; 1010 South Texas Ave., Bryan (979) 822-6033; 4304 Harvey Rd., CS (979) 776-8969. Voted Best BBQ in the Brazos Valley, C&J offers all your favorite Texas barbeque such as sliced beef, jalapeno sausage, pork loin, turkey, chicken, or ribs. Catering and banquet rooms are available. M-Th 10:30am-8:30pm; F-Sa 10:30am-9pm; Su 11am-3pm, Hours may vary among locations.

CAFÉ ECCELL, www.cafeeccell.com, 101 Church Ave., CS (979) 846-7908. Café Eccell really is a true grill and fresh seafood bistro. Located in College Station's Old City Hall, the café offers fresh seafood daily and a kitchen that fires up with food that excites the senses. Lunch M-Th 11am-2pm; F & Su 11am-5pm; Sa 12pm-5pm; Dinner M-Su 5pm-10pm

CAFFE' CAPRI ITALIAN RESTAURANT, www.theplaceforitalian.com, 222 N. Main St., Bryan (979) 822-2675. This award winning downtown restaurant has been serving creative and reasonably priced Italian dishes for 15 years. Enjoy their art deco interior, local art display and upbeat atmosphere. Lunch M-F 11am-2pm; Dinner M-Th 6pm-9pm; F-Sa 5pm-9pm

CASA RODRIGUEZ, www.casarod.com, 300 N. Bryan Ave., Bryan (979) 779-0916. Casa Rodriguez has been serving Bryan and College Station for more than 30 years. Their menu consists of traditional Mexican food recipes that have kept the locals and visitors coming back for more. Serving breakfast on weekends. M 11am-2pm; T-Th 11am-9pm; F 11am-9:30pm; Sa 8am-9:30pm; Su 8am-8pm

CHICKEN OIL CO., www.dixiechicken.com/chickenoil, 3600 S. College Ave., Bryan (979) 846-3306. Chicken Oil Co. opened in Bryan, Texas as a gas station and burger shop in 1977. Since then it has become one of the most unique restaurants in the world. It is most recognized for its delicious hamburgers, one uniquely called the Death Burger. Su-Th 11am-9pm; F-Sa 11am-10pm

CHRISTOPHER'S WORLD GRILLE, www.christopher-worldgrille.com, 5001 Boonville Rd., Bryan (979) 776-2181. A trip to Christopher's World Grille, in the historic Andrews House in Bryan, is a fine dining experience that can best be described as food with Mediterranean, Italian, coastal French, and South Pacific influences with a touch of Louisiana thrown in. Lunch M-Su 11am-2pm; Dinner Su-Th 5pm-9pm; F-Sa 5pm-10pm

CENARE RESTAURANT, www.gotocenare.com, 404 University Dr E, CS (979) 696-7311. Cenare offers a variety of authentic Italian cuisine and beautifully presented

dishes. Whether you are looking for an intimate evening, a nice place for the entire family or a place to host your next event, Cenare is a great choice. M-F 11am-2pm, M-Th 5-9:30pm, F-Sa 5-10pm

CZECH-TEX RESTAURANT, www.czech-tex.com, 111 CR 269 West, Snook. If you have a passion for home-cooked food, bring your appetite and come to Czech-Tex in Snook for great steaks and other comfort food including fried chicken, chicken fried steak and their famous sauerkraut. Kolaches, yeast rolls baked daily, homemade chocolate meringue pie, coconut meringue pie or buttermilk pie are reasons to make the short trip to Snook for great food in a home-like atmosphere. Call for information about our banquet room. Fabulous food, reasonable prices in a relaxed country atmosphere await you. Th-F 11am-9pm, Sa 8am-9pm, Sunday Buffet 11am-2pm.

DIXIE CHICKEN, www.dixiechicken.com, 307 University Dr., CS (979) 846-2322. Thirsty beer drinkers regularly flock to the Dixie Chicken to play bones, shoot pool, listen to their favorite Texas music and be with good friends. Choose from a variety of menu options including made to order burgers, hang down sausage, and cheddar cheese on the wheel. M-Su 10am-2am

DOUBLE DAVE'S, www.doubledaves.com. Your neighborhood pizza works with 3 area locations: Boonville Rd., B; Texas Ave., CS; Longmire, CS, Try original items from Double Dave's legendary menu including Peproni rolls, stromboli, stuffers and handmade specialty pizzas. Su-Th 11am-10pm, F-S 11am-11pm, Buffet available at select times: 11am-2pm daily, M & W 5:30pm-9pm

EPICURES CATERING, www.epicurescatering.net, 2319 Texas Ave. S., CS (979) 695-0985. As a full service catering company, Epicures specializes in weddings, receptions, business functions, conventions, reunions, celebrations, bridal showers, company luncheons and more. Epicures also offers private dining facilities for parties from 20 to 200. Epicures is also equipped to handle last minute plans with our new line of Epicurean Packs, a complete meal featuring favorite dishes prepackaged and ready-to-go.

JOSE'S RESTAURANT, www.joses-zaraperestaurants.com, 3824 S. Texas Ave., Bryan (979) 268-0036; 308 North Main, Bryan (979) 779-8702. Discover the taste of Old Mexico at Jose's Restaurant. Choose from traditional dishes such as enchiladas and quesadillas, or savor specialties like pollo a la parrilla, steak ranchero, or carne asada a la tampiquena. Mixed drinks are also available. T-Su 11am-9:45pm

LA BODEGA, www.bodegacos.com, 102 Church Ave., CS (979) 691-8226. La Bodega is a Baja taco bar located on Northgate. Choose from their wide selection of tacos made from the freshest ingredients alongside specialty drinks and other great menu options. Live music can be heard W-Su nights. M-Su 11am-10pm

LUIGI'S PATIO RISTORANTE, www.luigispatoristorante.com, Rock Prairie Rd. and Hwy. 6, CS (979) 693-2742. Luigi's is an Italian patio restaurant experience that transports you to Italy. You may choose to dine in a beautiful, cozy Italian villa-style home interior or eat "outside" on the patio where all the piazza town center activity happens—but it's all indoors! Tu-F 11:30am-2pm; Tu-Su open nightly at 5:30pm; Brunch Su 11:30am-2pm

THE REPUBLIC, www.therepublic1836.com, 701 University Dr. E., CS (979) 260-4120. Recently receiving the designation of AAA four diamond steak house, The Republic offers a variety of gourmet steak options, seafood, wine, and whiskey. Their focus is on the use of fine, locally grown

foods and simple Texas cooking in an elegant setting. M-Sa 5pm-10pm

THE TAP, www.tapbcs.com, 815 Harvey Rd., CS (979) 696-5570. The Tap is a former train depot transformed into a sports bar and restaurant. This local favorite has more than 30 TVs, darts, pool tables, NTN trivia, dominoes, two huge porches, occasional live music, and a piano bar. Their menu consists of lunch specials, burgers, sandwiches, and free peanuts. M-Sa 11am-2pm

VERITAS, www.veritaswineandbistro.com, 830 University Dr. E., Ste. 400, CS (979) 268-3251. Classically-trained chefs offer creative cuisine in a casual, contemporary setting. Veritas embraces usage of organic and local produce, wild caught seafood flown in directly from the source, as well as poultry and meat raised naturally. Highly-trained associates and wine stewards can guide you through an award-winning wine list, which has garnered Wine Spectator's Award of Excellence (2007-2010). Lunch M-Sa 11am-2pm; Dinner Su-Th 5:30-9:30pm; F-Sa 2-11pm

SWEET TREATS

TRUMAN CHOCOLATES, www.trumanchocolates.com, 4407 South Texas Ave., Bryan (979) 260-4519. Truman Chocolates is your source for exquisitely handcrafted gourmet chocolates. Each chocolate is made of only the finest ingredients and carefully designed to maximize your sensory experience. M-F 9am-6pm; Sa 10am-3pm

ENTERTAINMENT AND ATTRACTIONS

B-CS CHAMBER OF COMMERCE, www.bcschamber.org, 4001 E. 29th St., Ste. 175, Bryan (979) 260-5200. "We can accomplish collectively what no one business can do alone." Spring and summer events include Epicurean Extravaganza, Chamber Day, Job Fair, Celebrity Softball Classic and Ladies Nite. Call for more event details or to request membership information.

BRAZOS BINGO, www.BrazosBingo.com, 1805 Briarcrest Drive across from Bryan High, Bryan (979) 776-0999. For Charity Bingo at its best, Brazos Bingo has Family Nights, Aggie Nights and an enclosed, non-smoking section. Enjoy great food at great prices at the Brazos City Grill or call about the Party Room – great for private business events. Brazos Bingo supports the following charities: Elks Lodge #859, Brazos Valley Council on Alcohol and Substance Abuse, St. Joseph Church, and Bubba Moore Memorial Group, Inc. Open 7 days a week.

U PAINT-IT, www.upaintit.com, 900 Harvey Road, Ste. 5A, CS (979) 695-1500. U Paint-It is a contemporary paint-it yourself pottery studio. They provide the materials for you to design and paint your chosen ceramic piece. Then they glaze and fire your piece and in 5-7 days you'll have a personal masterpiece and keepsake! T 11am-8pm; W 10am-10pm Th-Sa 11am-8pm; Su 2pm-6pm

BURLESON COUNTY

DINING / CATERING

JP'S TACO EXPRESS, 410 SH 36 S, Caldwell (979) 567-0611. Homestyle Mexican food at its best! Enjoy delicious breakfast tacos made to order, mouth-watering fajitas tacos, gorditas and chalupas. JP's uses homemade tortillas and offers service with a smile in Burleson County. Try the M-F 6am-3pm, Sa 6am-2pm

MAD HATTER'S TEA ROOM, www.madhatterstearoom.com, 210 S. Echols, Caldwell (979) 567-3504. The Mad Hatter's cozy eatery provides tantalizing treats and generous portions bursting with flavor, a unique selection of gift

items, gourmet coffees, and specialty teas. Open for breakfast and lunch and special events by appointment. W-Sa 8am-5pm

MASFAJITAS, www.masfajitas.com, 305 Highway 36 S., Caldwell (979) 567-4007. Masfajitas' Tex-Mex menu consists of all your favorites including a variety of fajita options, enchiladas, tacos, and nachos. Seafood entrees are also available for a taste tempting combination of flavors. Call Masfajitas for your next party or event. Su-M 7 am-9pm

SHOPPING

MAD HATTER'S TEA ROOM, www.madhatterstearoom.com, 210 S. Echols, Caldwell (979) 567-3504. The Mad Hatter's offers a unique selection of gift items, gourmet coffees, and specialty teas. Ladies' apparel, jewelry and accessories make for a pleasant shopping excursion. W-Sa 8am-5pm

SLOVACEK'S, www.slovacek.com, 9423 Highway 60 W., Snook (979) 272-3333. In 1957, Uncle John Slovacek, a friendly guy from Snook, dropped his amateur status and turned professional sausage maker. Today, Slovacek's offers their great sausage in retail locations around the Brazos Valley, including their retail store in Snook. You'll find it alongside fresh meats and gourmet gift ideas. M-F 6-8; Sa 7-8; Su 10-8

ENTERTAINMENT AND ATTRACTIONS

ART C'S, www.artcgals.com, 17442 Hwy 36 S, Downtown Somerville (979) 596-ARTC (2782). Art C's is an upscale art gallery and teaching studio that is also available for event rentals including meetings, parties or as studio space. Customers are able to view and purchase incredible, ever-changing art or to work on their own artistic endeavor in the creative workspace Art C's provides. T-F 11am-5pm

WASHINGTON COUNTY

DINING / CATERING

FUNKY ART CAFÉ, 202 W. Commerce St., Brenham (979) 836-5220. Delicious and different, Funky Art Café in Brenham offers enticing entrees to please the palate. Or choose a sandwich or savory soup before shopping in its companion retail shop The Pomegranate to find trinkets, gift ideas and kitchen gadgets. M-Fr 11am-2pm; Sa 11am-3pm

SOUTHERN FLYER, www.brenhammunicipalairport.com, 3001 Aviation Way, Brenham (979) 836-5462. Whether flying in or driving up, Southern Flyer is a great place to land with great eats! The 50s-style diner is a blast from the past with waitresses who serve up your food in poodle skirts. Bringing together fun and food at a relaxing and enjoyable destination! Su-Th 11am-3pm, F-Sa 11am-9pm

ENTERTAINMENT AND ATTRACTIONS

WASHINGTON COUNTY CHAMBER OF COMMERCE, www.brenhamtexas.com (979)836-3695. Take a deep breath...and picture yourself driving winding country roads and visiting quiet villages – all in Washington County, located between Houston and Austin on Hwy. 290. Brenham, the county seat and home of Blue Bell ice cream, is a bustling small town of about 14,000 friendly folks with an historic downtown filled with shops and dining options. Many attractions for the entire family—come play with us!

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