

Senior Lifestyles

DECEMBER 2021



Your life. Your wealth. Your future.

Pursue what matters most



Taras Wealth Management

Jeanie M. Taras, CFP®, CDA®
Senior Vice President—Wealth Management
Senior Portfolio Manager

Sarah Guyton
Senior Registered Client Service Associate

Michael S. Taras, CFP®, CRPC®
Senior Wealth Strategy Associate

Jessica Albino
Senior Registered
Client Service Associate

UBS Financial Services Inc.
One Independent Dr., 30th Floor
Jacksonville, FL 32202
904-358-4175



Industry honors for Jeanie M. Taras:

- *Forbes* Best-In-State Wealth Advisors in Florida, 2021
- *Forbes* Top Women Wealth Advisors, 2021

advisors.ubs.com/taraswealthmanagement



Forbes Best-In-State Wealth Advisors list is comprised of approximately 5,200 financial advisors. It was developed by SHOOK Research and is based on in-person and telephone due diligence meetings to measure factors such as quality of practice, industry experience, compliance record, assets under management (which vary from state to state) and revenue. Neither UBS Financial Services Inc. nor its employees pay a fee in exchange for these ratings. Past performance is not an indication of future results. Investment performance is not a criterion because client objectives and risk tolerances vary, and advisors rarely have audited performance reports. Rankings are based on the opinions of SHOOK Research, LLC and not indicative of future performance or representative of any one client's experience. Certified Financial Planner Board of Standards, Inc. owns the certification marks CFP® and CERTIFIED FINANCIAL PLANNER™ in the US. For designation disclosures, visit ubs.com/us/en/designation-disclosures. As a firm providing wealth management services to clients, UBS Financial Services Inc. offers investment advisory services in its capacity as an SEC-registered investment adviser and brokerage services in its capacity as an SEC-registered broker-dealer. Investment advisory services and brokerage services are separate and distinct, differ in material ways and are governed by different laws and separate arrangements. It is important that clients understand the ways in which we conduct business, that they carefully read the agreements and disclosures that we provide to them about the products or services we offer. For more information, please review the PDF document at ubs.com/relationshipsummary. © UBS 2021. All rights reserved. UBS Financial Services Inc. is a subsidiary of UBS AG. Member FINRA/SIPC. C-J-UBS-1957200361 Exp.: 07/31/2022

The logo for RJW Creative Development Works, featuring the letters 'RJW' in a bold, white, sans-serif font on a dark background.

RJW | Creative Development Works
www.creativedevelopmentworks.com

Senior Lifestyles is published by RJW | Media Brands, a division of RJW | Creative Development Works. For information about subscriptions, submitting an article or advertising please contact us at 888-670-2228 or clientservices@creativedevelopmentworks.com

CONTENTS IN THIS ISSUE

What Simple Stories Can Teach Grandchildren About Money
Getting Your Valuables Appraised
How To Celebrate When You Are Alone For The Holidays
Hairstyles For Women Over 60 With Fine Hair
Barbecue Chicken Stuffed Sweet Potatoes
What Happened In 1964
10 Tips To Fight Disease And Strengthen Immunity
A Profile Of Dean Martin
Smart Tech That Can Make An Older Person's Life A Little Easier
The 28 Best Coffee Table Books To Gift Or Keep
The Dakota Studios



Are you 62 or older?

Discover how a HECM can help you enjoy a more secure and comfortable retirement.



Would you like to:

- Eliminate mortgage payments?*
- Afford in-home care rather than age in a facility?
- Receive money monthly should a spouse pass?
- Travel, fix up your home, or enjoy life?

*Borrower must continue to pay property taxes, homeowners insurance, and home maintenance costs

Bruce Hancock

NMLS# 90211

Applying is easy.

Call today for a free consultation.

(352) 633-3204

Mutual of Omaha Mortgage, Inc. dba Mutual of Omaha Reverse Mortgage, NMLS ID 1025894. 3131 Camino Del Rio N 1100, San Diego, CA 92108. Subject to Credit Approval Florida Mortgage Lender Servicer License MLD1827; New Jersey Residential Mortgage Lender License 1025894; These materials are not from HUD or FHA and the document was not approved by HUD, FHA or any Government Agency.

For licensing information, go to: www.nmlsconsumeraccess.org 634760618

 Equal Housing Lender

What Simple Stories Can Teach Grandchildren About Money

BY MARIE BURNS JUL

If you are a grandmother, did your kids ask you how you wanted to [be addressed by the grandchildren](#): grandma, mimi, memaw, etc? Never having thought about that question (since both my grandparents and my husband's were always Grandma Last Name and Grandpa Last Name), I was totally surprised when our adult children asked.



I even asked them “What do you mean!?!” They gave me some examples and then I Googled it (my how times have changed!). I guess I ended up choosing Mimi because I thought it would be easier to pronounce for the little ones, yet not too childish to say when they were adults.

What Is Your Grandma Role?

Is being a grandmother a second chance to be better at something we wished went better with our own children or a time to help instill values and habits we know went well with our kids? Or both?

I have found myself practicing the art of biting my tongue and trying to be more thoughtful and intentional about the time I do spend with our six grandchildren. Role modeling and [storytelling](#) seem to be a good approach vs feeling like a second parent to these little ones.

What Is Your Money Message?

Since most of my working years have been related to helping people make wise financial decisions, using money as a life skill is forefront in my brain as I see my little grandchildren starting to be school aged.

I was a guest on a podcast with [Tony Steuer](#) a couple months ago, and he asked a tough question: What is the one best piece of advice you would give anyone about personal finance? The toughest part of answering that question was to narrow it down to just one thing.

So as a grandma, I am asking myself that same question in order to narrow it down to a few things that my experience has convinced me would be healthy and helpful for my grandchildren to learn as well. As grandmas, we often have teachable moment times with our grandkids.

Think of your own life or how often you have heard others say, “I learned X from my grandma,” or, “She was the one who taught me how to do Y,” or, “I was really close to my grandma.”

Save, Spend, Give

The money lessons I hope to share with our grandchildren relate to the three things we can do with money: Save, Spend, Give. In order to *save*, we have to earn money in the first place. Working to earn money is a great way to help children start practicing Save, Spend, Give.

Earning to Save

Sharing stories about how you or your family earned money as a kid – whether it was an allowance or a job – can be a great conversation starter. On a recent one-hour car trip with our five-year-old granddaughter and her friend, I asked the children about how they like to help around the house. Chore charts, allowance, and a written list of what they do at home came out of that one question. I shared stories about lemonade stands, selling Girl Scout cookies and later working at a bakery in high school.

They told funny things that had happened when they took out the trash, washed the dishes, and matched the socks. And I reminisced about helping one of my grandmas with mowing, shining her silver, and dusting her glass shelves in the curio cabinet.

As we talked, I could see how proud they were of all the things they knew how to do, how much they knew it was helping their family, and how fun it was to earn some money for some of the responsibilities. They almost seemed to enjoy bragging about all they do.

Saving to Spend

That conversation segued right into asking about what they do with the money they earn. Saving up to buy something was the common theme: a scooter, a toy, a treat.

The friend was a few years older, and he proudly told me about things he had already purchased in the past with his savings. The only thing I remember buying as a very young child was penny candy – remember those days? A quarter would fill up a little brown bag!

Delayed Gratification

Delayed gratification is a huge life lesson learned when saving money. It reinforces and helps us practice learning to live within our means, a hard lesson our society today would do well to live by. Making it fun and fairly quickly rewarding for children, can truly be a gift we can at least help facilitate in our grandchildren's lives. And often in that process, they feel the reward and wonderful feeling of gratitude and appreciation along the way.

Saving to Give

Earning and having money also affords us the luxury of being able to help others less fortunate than ourselves. I remember collecting coins in cardboard donation boxes to take to church around holiday time, participating in fundraisers for various organizations, and volunteering in a variety of capacities growing up.

By nature, children are very self-centered, and we help them become less so as they mature by giving them opportunities to be a blessing to others.

One of my clients used to say, “Money isn’t everything, but it sure keeps the kids in touch!” It is a subject area that impacts us throughout our entire lives. Being a grandma may be a “do over” time, a “do it again” time, as well as a “do have some fun” time!

Remember, children are sponges and often absorb more than we realize. Because you love them, feel free to cherry pick your stories and activities together to help positively influence your grandchildren's lives on **money lessons** you have found to be important. They will remember you for it and may even thank you some day when they are older and wiser (because of you).



ALTERNATIVE

H O M E H E A L T H C A R E

Florida's Premier Provider of Home Health Care

WE ONLY PROVIDE W-2 CAREGIVERS

INSURED

For worker's compensation, unemployment and liability.

BONDED

Allows for client's personal property protection if needed.

SUPERVISED

All Caregivers are overseen by, and report to a supervisor.

Companions | Home Health Aides | Live-ins



CARESONA

24/7/365 access to care

WWW.CARESONA.COM

Mobile App Available:

App Store | Play Store



BROWARD

954.622.0588

License #HHA299991246

MIAMI DADE

305.652.0066

License #HHHA299992273

ORLANDO

407.447.7478

License #HHA299995054

PALM BEACH

561.921.9031

License #HHA299993391

WWW.ALTERNATIVEHOMEHEALTH.COM | TOLL FREE: 855.622.0588

Getting Your Valuables Appraised

By Brian Collins, hippo.com



Whatever you've collected over the years — whether it's jewelry, family heirlooms, art pieces or stamps — it's important to keep track of the value of your possessions. Most people visit a local antique shop or dealer to determine how much their collectibles are worth. While there are a number of methods you can use to assess your valuables, visiting a certified and accredited appraiser is your best bet.

The key to finding an appraiser you can trust is ensuring that the individual does not have an interest in purchasing your valuables.

In fact, from an ethical standpoint, it's inappropriate for an appraiser to make an offer to purchase an object they have appraised. You should also avoid selling your items to an appraiser. This could present a conflict of interest and you could end up with a low valuation.

There are a few major appraiser associations:

- [Appraisers Association of America](#): In addition to working with corporate and private art collections, the Appraisers Association appraisers team up with different professionals and organizations, including museums, educational institutions, insurance carriers and brokers. Members must be certified and meet the highest professional standards.
- [International Society of Appraisers](#): According to its website, the International Society of Appraisers is the largest of the professional personal property appraisal associations for experienced independent appraisers throughout North America. ISA is a not-for-profit association. Its members include consultants, curators, appraisers, dealers and gallerists, among others.

- [American Society of Appraisers](#): The American Society of Appraisers is a non-profit, international organization representing all appraisal disciplines, including personal and real property, appraisal review and management, business valuation, gems and jewelry and machinery and technical specialties.
- [Yelp](#): Sometimes you need to get back to the basics. Yelp has an extensive database of local appraisers who are rated by the Yelp community for quality and reliability.

To sell your possessions, you need to know their fair-market value (or how much a buyer would pay for those items in today's market). For insurance purposes, you need to know the retail value of your possessions (or how much it would cost to replace them).

Appraisers often request that you email an image of your valuable so they can determine whether you need to pay for a professional appraisal.

If you have an item appraised, you will receive a full written report that includes a complete description and explanation of how the estimate of its current value was determined. This service will either cost [a flat fee or an hourly rate from \\$150 up to \\$400 or more](#) depending on where you live and the kind of property you're having appraised.

Key item appraisals

Below you will find some excellent resources to track down local appraisers or find specialists.

Jewelry: [Gemworld](#) can help you find an appraiser to assess your new jewelry, diamonds, pearls, estate jewelry or colored gems. You can also visit the [National Association of Jewelry Appraisers](#) website and use drop-down menus to find appraisers in your state who specialize in evaluating certain types of jewelry.

Cameras: Local camera shops might be able to estimate the value of your camera. However, if you have an older camera, check out [antiquecameras.net](#). For \$5 or \$12, you can find out when your camera was built and its current market value.

Musical Instruments: Besides the American Society of Appraisers, another great resource for anyone needing an appraisal for a musical instrument is [A&D Music](#) in Laguna Beach, California. An appraiser will either travel to you or connect you with a qualified technician in your area

Fine Art: Through [artappraisersofamerica.com](#), you can search for art appraisers in your city and state.

Sporting Memorabilia and Equipment: If you have sports memorabilia, consider [Nugent Appraisal Services](#). It has locations in multiple U.S. cities. If you have sporting equipment, check out local sporting goods shops that specialize in appraising the kind of equipment you have. Or swing by [Play it Again Sports](#), which has locations in most major cities.

Firearms: A great way to assess the value of your own firearms is to review the [Blue Book of Gun Values](#). You can also see how your guns compare to those listed on the [Guns International](#) website.

Furs: Besides visiting the International Society of Appraisers, you might also want to take a look at [the Buy My Fur](#) website, especially if you're interested in selling your fur coat.

Stamp Collection: The [website managed by the American Stamp Dealers Association](#) is a vast repository of information about various types of collections and offers a link to local dealers who can assist you with an appraisal.

Rare Coins: Contacting a local appraiser may not be necessary when you want to find out how much the coins in your collection are worth. Instead, you can visit [the Appraise My Coins](#) website. If you're not sure what kind of coin you have on your hands, check out the [Fun Times Guide](#) for tips on locating local coin dealers and what you need to know before you seek an appraisal.

Online resources and valuations

Most appraisers agree that the internet is generally not the best place to get an accurate assessment of the value of your treasures. But if you want a general sense of how much your valuables are worth, here a few online resources:

[Value My Stuff](#): This website charges \$10 for one appraisal and promises to finish the job within 48 hours.

[WorthPoint](#): These folks charge \$20 for a monthly membership that provides unlimited access to their antique and collectible valuations.

[Kovels](#): You can purchase a Kovels Antiques & Collectibles Price Guide that reports recent prices paid for more than 1 million items sold through Europe, Canada and the United States. There is a free basic membership package that provides access to the online price guide. Or you can purchase a premium subscription for \$39 or \$60 per year.

Do your due diligence

Personal and family treasures can either be worth a lot of money or not much more than their sentimental value. Doing your due diligence is necessary to determine the value of all of your collectibles when you're interested in selling or insuring your property.



ATTENTION SENIORS!!!



Are you seeking help finding a doctor, a professional who offers services you need or a company that supplies a product that you need?

LET US HELP AT NO COST TO YOU

We offer a referral service for seniors and their families in your community for any needs that you may have.

And we stay involved as your advocate to make sure that you receive the assistance that you need.

Just contact us and we will refer a vetted healthcare practice, a professional service or a business to assist you.

RJW | SENIOR RESOURCES NETWORK

888-670-2228

seniorresourcesnetwork@creativdevelopmentworks.com

www.creativedevelopmentworks.com

How To Celebrate When You Are Alone for the Holidays

BY ELIZABETH DUNKEL



I hope you noticed that I didn't title this article, "How to Survive the Holidays, Alone." No! This is about making sure to *celebrate* the holidays if you are alone.

A Moment of Realization

It all started like this. One year in September, I was strolling down the aisles of Costco and came upon the Christmas decorations. This is [one of my pet peeves](#), Christmas in September... grrr!

Suddenly, I was knocked over by a wave of nostalgia – by memories of all my family Christmases, [the magical ones](#) I enjoyed as a child, and later, the magical ones I created for my children.

Then, dare I say it, a tinge of dread crept in. Oh no! Who me, dread? This is a new one for me. I don't do dread.

I live alone at the moment. I had a big family life, with husband, parents, children and extended family. I have always loved the holidays – the cooking, baking, decorating, shopping, and wrapping that went along with each one of them. Whether it was Thanksgiving, Christmas, New Year's, Easter, Memorial Day, Fourth of July, or Labor Day, I was Miss Cornball with the lights or bunting and appropriate food at the ready.

But times change of course and my children have grown and flown. I felt a bit iffy – for a moment. Right then and there, in Costco, I made a promise to myself, "I don't want to 'get through' the holidays. I need to find a new way to celebrate them."

Don't Let the Holidays Creep Up on You: Plan for Them

Just as I used to plan for holidays in the past – all those lists I used to make! – I realized it is just as important, if not more important, to make a plan for being alone, and not just let the holiday ambush me. I deserve a plan for one.

Now that I no longer “have” to do certain activities or bake certain things, I’m free! In the past, I had my rituals, my kids expected certain foods, etc. Now I’m free to [invent new moments](#), discover new ways to mark a day that can be difficult for so many of us.

Survival Isn’t Good Enough: I Deserve to Celebrate

So, I asked myself: Liza, what do you really want to do on... fill in the blank: Thanksgiving, Christmas Eve, Christmas Day? Then I remembered how one January, at the Sunday symphony matinee, I spied a couple I hadn’t seen in ages, “So, what did you guys do for Christmas?” I asked.

“We decided to escape from all the craziness, the parties, the food, the booze,” Grant said with glee. Clifford continued, “We went to the beach and got away from it all. It was marvelous. We drank champagne and stared at the ocean.”

The words from the Christmas carol, “Silent Night” came to me: “All is calm, all is bright.” Sounded perfect to me!

You Can Say “No” at the Holidays, Too

I can say “no” now! What a concept!

What I will say no to: Gatherings that I really don’t want to go to. Socializing with people I don’t feel like seeing. No to: “But Liza, maybe it would be ‘good’ for you to get out.” No to eating too much (because it’s there) and drinking too much (because it’s there). No to inviting someone over simply because I feel sorry for them or because I think it will be cheerier if someone is at my house. If it’s someone I really want to see, great. Otherwise, no thank you.

And most important, I will say no to: Wishing I had planned something. Because I will plan. For me.

Plan for Yourself, Just as You Would for Others

I adore Christmas Eve. The day is palpable with love, desire, wishes, expectations. Just because I’m alone, that won’t change. So I will participate in the collective consciousness by doing the kitchen prep work for my Christmas Day meal.

I love to cook, not “even for one,” but rather, “especially for one.” So whilst everyone in the world is wrapping and cooking I will be too. I’ll do the kitchen prep and then reward myself with a steaming cup of tea, one of my favorite [Dark Chocolate Crackles, a recipe I share every year](#), and a Really Good Book. That’s my idea of heaven.

In the evening, I will sip from a bottle of Very Good Wine and write a gratitude letter for the year past and a wish list for the year to come. For my Christmas Eve supper, I will sup happily on [Julia Child’s French onion soup](#) complete with all the gooey cheese and toast floating on top. How

sumptuous is that? And how clever are those French for making something so sensually delicious from water and onions?!

I liked the beach idea. It feels fresh and cleansing to me. So whilst the world is sleeping late after the revelries of Christmas Eve, I will wake up early, drive to the beach and go for a long walk. I will enjoy a thermos of hot, creamy cafe au lait and delicate sandwiches of smoked salmon on pumpernickel with honey mustard as I breathe deep the fresh salt air and give thanks for all the goodness in my life.

When I get home, I'll open a bottle of bubbly and then have a feast. No bowl of cereal for this singleton. I've decided to make my Christmas classic but in mini style. A mini beef wellington is so manageable with a small beef tenderloin and the Boxing Day leftovers will be wonderful. Even though he's a scoundrel, [I adore Gordon Ramsey's recipe](#). Doesn't it look easy? Guess what, it is!

Treat Yourself Like the Most Cherished Guest in the World

You deserve to treat yourself like a queen on any holiday. Because if you don't, who will? If you don't honor the day, the day won't honor you. No need to feel left out. Light the fireplace, cue up a good movie on Netflix, open a bottle of something special and cozy down. Gemutlichkeit, Hygge, it's all about comfort

My New Year's Eve Readathon

I have never been a fan of New Year's Eve, the false gaiety or sudden moroseness that can come upon everyone who's trying to be of good cheer. Celebrating something so arbitrary is not my style, so I use the occasion to suit my way.

This year, I plan to light candles and sup on creamy scrambled eggs dolloped with caviar and sour cream as I watch the New Year roll around the world on CNN. The next day, I'll have a few friends over for a big pot of comfort food, chili con carne with all the fixin's.

Friends, all I ask is this: This holiday season, take good care of you. Wishing you peace and love, and [wherever you are, wherever you are with](#): celebrate yourself!



Hairstyles For Women Over 60 With Fine Hair

BY SIXTYANDME.COM

Hair tends to lose color and thin out naturally as we age. Genetics, lifestyle, and diet are all factors that can lead us to have thinner hair in our 60s.

Some things you can [control](#) while others you can't. Overuse of styling and heating products can also make our hair thin prematurely. Relaxers are great for straightening African hair but can leave you with thinning hair over time.

Or have you always had fine hair, and it is now getting finer?

The [life cycle of hair changes](#) over the years to eventually leave us with hair that isn't as thick and bouncy as it used to be. That's why we see a lot of women over 60 with short hair. Short and medium hairstyles are recommended when hair is fine. Longer hair can accentuate the thinning hair and make us look older.

The darker the hair, the more contrast and exposure of the scalp will be visible. Lighter tones and highlights can reduce the look of fine hair.

Care for Fine Hair

Hair strengthening products and shampoos can help with thinning and fine hair. Avoid products that weigh down the hair and opt for volumizing ones that can make the hair look thicker and fuller.

Care for Thin Black Hair

According to [CurlyNikki](#), "Even though black hair needs lots of moisture, using too much product or one that's too heavy, can make fine hair look stringy or sparse."

Hairstyles for Older Women with Fine Hair

Strawberry Blonde with Volume

Use styling products to help add volume to the hair and blow-dry with a round brush to add volume on the crown and on the sides.



Shoulder Length with Fringe

A fringe can help reduce the look of a receding hairline and make hair look thicker.



Layered Long Pixie

Try the classic layered longer pixie to give your hair a little more volume and bounce.



Short Natural Black Hair

Super short textured hair is an easy go-to hairstyle that is simple and quick to care for every day.



Messy Super Light Pixie

Go for a bleached blonde messy pixie if you are a little more on the adventurous and daring side.



Single Length Bob Cut

Bobs are a classic, and women with fine hair can sport this cut easily. Make sure to keep the length above your shoulders so as not to weigh your hair down and accentuate how fine it is.



Highlights with Fringe

This is another bob-type go-to hairstyle for thin hair. Try adding a fringe and some varying highlights. The different colors will add texture and dimension to your fine hair.



Top Volume Pixie Cut

Add some volume at the top and sides to create a full head of hair look.



Short Behind-the-Ears Bob with Fringe

A short bob with the hair styled behind the ears can help make your hair look thicker and more structured.



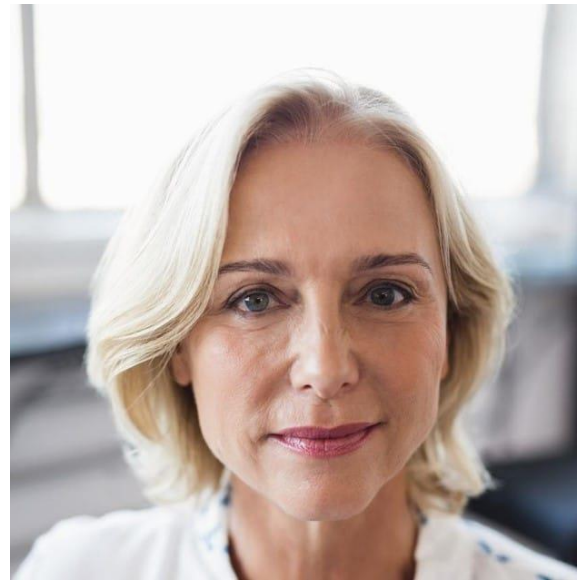
Super Short Salt-and-Pepper Pixie

A super short pixie with your natural salt & pepper hair is an easy to care for hairstyle for women with thinning hair.



Natural Wave

This is a feminine and go-to hairstyle if bangs are not your thing and if you still want to have some length. This style tends to grow out easily and requires less maintenance than shorter hairstyles.



Highlights and Lowlights

Add some different tones of highlights to dark thin hair to create texture and a look of volume.



Dark Layered Messy Pixie

If you wear your hair dark, add volume to the crown to diminish the look of thin hair.



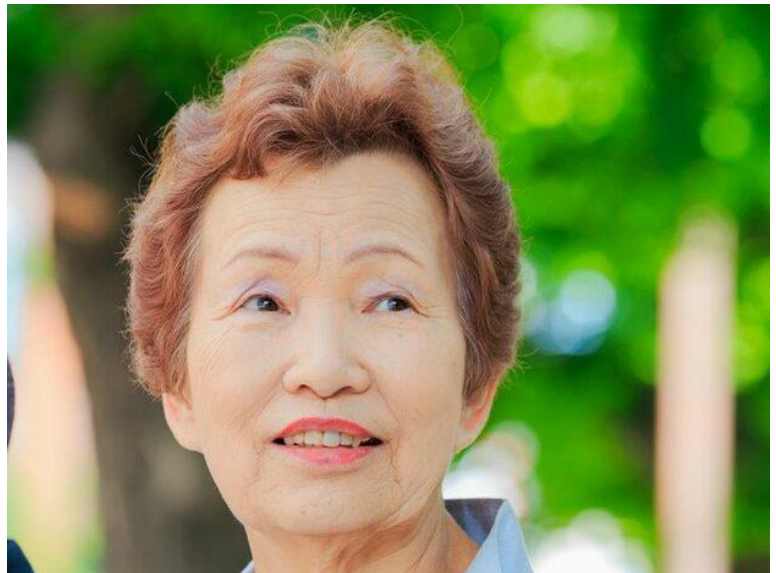
Front Swept Pixie

This is another classic pixie that is easy to care for and that can help the look of thinning hair.



Lighten Dark Locks

Lighten naturally dark hair to lessen the look of thinning hair.



Natural Grey Short Pixie

This natural pixie offers a soft side-swept bang that can easily hide a receding hairline.



BARBECUE CHICKEN STUFFED SWEET POTATOES

Thefoodiephysician.com

My Barbecue Chicken Stuffed Sweet Potatoes are the perfect weeknight dinner- they're nutritious, delicious and the whole family will love them!

I start by roasting the sweet potatoes in the oven until tender. Then I cut them open and mash the flesh with a fork to soften it. Packed with nutrients, flavor and color, sweet potatoes are the perfect edible bowl!

For my barbecue chicken, I take a shortcut and use rotisserie chicken from the grocery store, which I shred and toss with my quick and easy barbecue sauce. The tangy BBQ chicken works perfectly with the sweet potatoes. And to top it all off, I sprinkle on some crushed Southern Style Barbecue Harvest Snaps. The Snaps add smoky flavor, a bit of heat and just the right amount of crunch. Yum!

INGREDIENTS

4 medium sweet potatoes washed
½ cup southern Style Barbecue Harvest Snaps
4 cups shredded, cooked chicken (can use rotisserie chicken)
2 scallions sliced

Barbecue Sauce:

1/3 cup ketchup
2 tablespoons cider vinegar
1 tablespoon molasses
1 teaspoon smoked paprika
½ teaspoon Worcestershire sauce
½ teaspoon kosher salt
½ teaspoon black pepper
¼ teaspoon onion powder
¼ teaspoon garlic powder
¼ teaspoon cumin
1/8 teaspoon cayenne pepper



INSTRUCTIONS

Preheat oven to 400°F.

Pierce sweet potatoes all over with a knife. Place them on a lined baking sheet and bake in the oven until soft, about 45 minutes. Remove from oven and let cool slightly.

Place the Southern Style Barbecue Harvest Snaps in small plastic bag and crush them with a mallet or rolling pin.

While the sweet potatoes are baking, make the barbecue sauce. Combine all of the sauce ingredients in a small saucepan and simmer over medium heat for 5 minutes. Set aside a small amount of sauce to drizzle on top. Add the chicken to the remaining sauce and toss to coat.

Cut a slit lengthwise down the sweet potatoes and spread them open. Mash the flesh with a fork to soften it and spoon the barbecue chicken on top. Sprinkle the crushed Southern Style Barbecue Harvest Snaps on top and garnish with sliced scallions. Drizzle extra barbecue sauce on top.



Dr. Sonali Ruder DO is a board-certified Emergency Medicine physician, trained chef, mom, and cookbook author. She is a graduate of Brown University, Northwestern University- Chicago College of Osteopathic Medicine, and the Institute of Culinary Education. Dr. Ruder is a contributing writer, recipe developer, spokesperson, and health and wellness expert for several national magazines, cookbooks, websites, and companies. She is a frequent guest on both national television like The Dr. Oz Show as well as the local South Florida news where she does regular healthy cooking segments. She is the founder of The Foodie Physician website and the author of several cookbooks including the [Natural Pregnancy Cookbook](#) and [Natural Baby Food](#). Her goal is to give people the confidence and the tools to take control of their health, starting in the kitchen!

You started it.

- Karma

What Happened in 1964

Thepeoplehistory.com



1964 as the war in Vietnam and US Congress Authorizes war against N Vietnam more American servicemen were dying, and after three civil rights workers were murdered in Mississippi the president signed the Civil Rights act of 1964 but this did not stop the violence as it continued to increase in many American Cities. Lyndon Johnson was also returned to power after a landslide victory. This was also the year The Beatles took the world and America by storm and Beatlemania went into overdrive as they released a series of number one hits including "I want to hold your hand" , "All my Loving" . Other British groups also found success including The Rolling Stones and The Animals and together with the American Talent of The Supremes and Bob Dylan many say this was one of the greatest years for music in the last century. Also one young loud talented boxer by the name of Cassius Clay won the Boxing World heavyweight championship from Sonny Liston.

Vietnam War

- Three North Vietnamese torpedo boats attack the US Destroyer Maddox in the Gulf of Tonkin
US Congress **Authorizes war against N Vietnam** Gulf of Tonkin Resolution
-

Boston Strangler

- The **Boston Strangler** Albert DeSalvo is captured. In [1967](#) Albert DeSalvo is found guilty and sentenced to Life Imprisonment. In 1973 is found stabbed to death at Massachusetts Correctional Institution.
-

Warren Commission

- Warren Commission report on the assassination of President John F. Kennedy concludes Lee Harvey Oswald had acted alone
-

The Civil Rights Act of 1964

- The Civil Rights Act of 1964 is signed into law by President Johnson.
-

Martin Luther King Jr. -- Nobel Peace Prize

- Dr. Martin Luther King, Jr receives the Nobel Peace Prize.

Elizabeth Taylor Marries Richard Burton

- Elizabeth Taylor marries Richard Burton for the first time. Having first met while filming the movie Cleopatra in 1961, actors Richard Burton and Elizabeth Taylor make their much publicized relationship official on [March](#) 15th when they are married in Montreal. The two had both been married when they first started their relationship, a scandalizing event that garnered attention from the Vatican, which condemned them. The Burton-Taylor affair and marriage had the public fascinated and marked the beginning of the public's enthrallment with celebrity relationships. The pair were married until their divorce in June of 1974. They remarried each other in [1975](#) but divorced for a second time in less than a year.

Mariner 4 Spacecraft

- The Mariner 4 spacecraft is launched by NASA.

1964 Men's and Women's Fashion Clothes



Toys From The Year 1964



The Beatles

- The first Beatles US Album Release "Introducing the Beatles," is released on [January 10th](#) in the US by Vee-Jay Records

Cassius Clay

- **Cassius Clay** Beats Sonny Liston on [February 25th](#) for World Heavyweight championship

Ford Mustang

- The **first Ford Mustang** from Ford Motor Company is made.

Verrazano Narrows Bridge

- Verrazano Narrows Bridge is opened joining Staten Island and Brooklyn

24th Amendment

- The 24th Amendment to the Constitution of the United States is Ratified which removed the right to vote in federal elections on payment of a poll tax or other types of tax. *Available as a downloadable image on our [Public Domain Images](#) Page*

Washington D.C.

- Washington D.C. residents are able to vote in a presidential election for the first time.

Most Powerful Earthquake

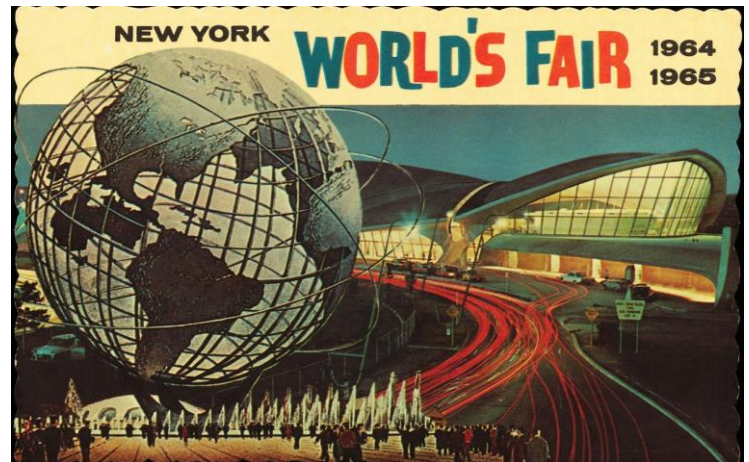
- The most powerful **earthquake** in U.S. history at a magnitude of 9.2, strikes South Central **Alaska**

World's Fair

- **World's Fair** held in New York

Jack Ruby

- Jack Ruby is convicted of the murder of Lee Harvey Oswald, the alleged assassin of President Kennedy

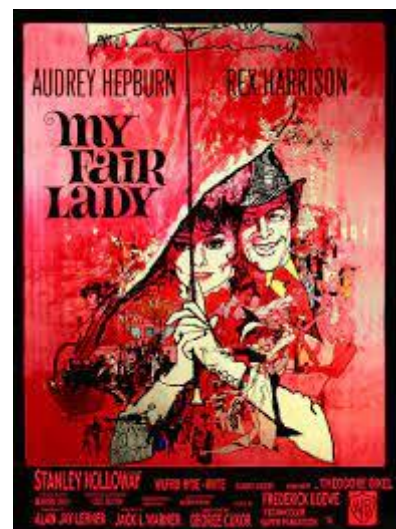


Popular Culture 1964

- Sidney Poitier becomes the first black actor to win the "best actor" Oscar
- "Hello Dolly," "Funny Girl," and "Fiddler on the Roof" premier on Broadway in New York.
- The Rolling Stones release debut album, "The Rolling Stones"
- The Beatles make their first appearances on the Ed Sullivan Show.
- The Beatles have 13 singles Billboard's Hot 100 at the same time
- The first pirate radio station, Radio Caroline, is established
- The Beatles hold the top five positions in the Billboard Top 40 singles in America
- Bob Dylan releases "The Times They Are a-Changin'" many consider a 1960s classic as it captured the changes happening in society
- BBC2 starts broadcasting in the UK.
- Pablo Picasso painted his fourth Head of a Bearded Man
- The Sun Newspaper is first published in the United Kingdom
- Hasbro launch G.I. Joe an action figure for boys to join the Barbie Doll For Girls.
- Buffalo Wings (deep fried chicken wings coated with hot sauce) are made at the Anchor Bar in Buffalo, New York
- Charlie and the Chocolate Factory is published written by Roald Dahl
- Top of the Pops premieres on BBC television.
- Elizabeth Taylor marries Richard Burton for the first time

Popular Films

- The Carpetbaggers
- It's a Mad, Mad, Mad, Mad World
- The Unsinkable Molly Brown
- My Fair Lady
- Mary Poppins

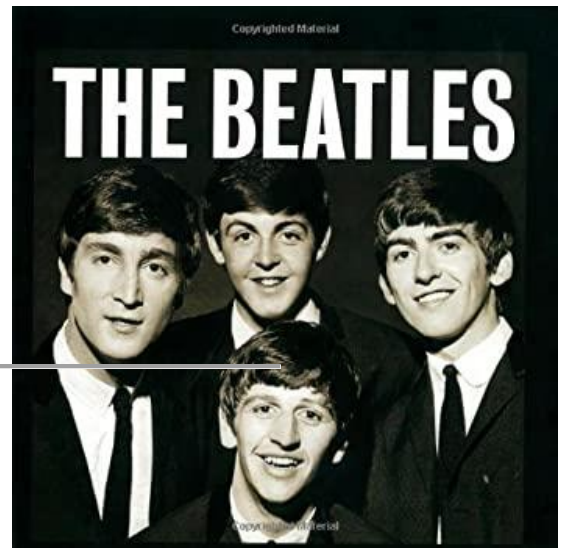


Popular Musicians

- The Beatles
- Roy Orbison
- Ella Fitzgerald
- Simon and Garfunkel

Technology

- **BASIC** (Beginners' All-purpose Symbolic Instruction Code), an easy to learn high level programming language is introduced.
- IBM announces the **System/360**.
- The worlds first high speed rail network opens in Japan
- First Ford Mustang is manufactured
- Sony introduces the first **VCR** Home Video Recorder [History of Video Recorders](#)
- The first driver less train runs on **London Underground**
- **China** explodes its first Nuclear bomb



What Does True Wealth Mean to You?



Customized Financial Strategies with a Personal Touch

Income Planning

- Retirement Income Strategies
- Annuities
- Ira & 401(K) Rollovers

Investment Planning

- Investments
- Wealth Management

Health Care Planning

- Long-Term Care Strategies
- Life Insurance

Legacy Planning

- Trusts
- Probate
- Charitable Giving
- Estate Planning

Tax Planning

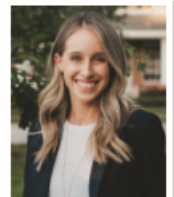
- Tax-Efficient Strategies



Michael Moffa,
2016 AEP® Top 100 Financial Planner
Prosperity Wealth Advisors, Inc. (2016)



Vanessa G. Herrmann
Director of Marketing



Sara Walters
Director of Client Services

Prosperity Wealth Advisors, Inc.
3410 Henderson Blvd * Suite 200 * Tampa, FL 33609

Direct: (813) 321-1572 ext 1
Fax: (877) 754-0325
Mobile: (813) 361-5900

www.prosperitywa.com

Complimentary Consultation Available to Discuss Your Objectives

Investment advice offered through Prosperity Wealth Advisors, Inc., a registered investment advisor.

10 Tips to Fight Disease and Strengthen Immunity



We need to recognize that compared with younger people, seniors are more prone to infectious diseases and are more likely to die from them. Respiratory infections, influenza and pneumonia are the leading causes of death in people ages 65 and older.

On top of the list above, seniors should also do the following:

- Get vaccinated.
- Talk to their doctor about dietary supplements (multivitamins and/or herbal supplement) as older people tend to eat less thereby missing very important vitamins and trace minerals.
- Reduce stress as it can make the elderly more prone to viruses.
- Try to stay positive in order to boost endorphins which make us feel good.
- Drink plenty of water to reduce the risk of catching a cold or the flu.

Good health habits tend to keeping seniors happy, active and positive. It's important so that they can stay healthy and enjoy the most out of life.

Boosting Seniors' Immune Systems

The following tips can help keep seniors' immune systems going strong. They can also help seniors who do catch a cold or other minor illness recover faster and prevent a more serious health issue.

(Sources: Harvard and [WebMD](#), unless otherwise noted.)

1. Get vaccinated. Flu vaccines have shown to be effective for around one-quarter of older adults. And seniors who get the flu vaccine have significantly lower rates of sickness and death.

2. Eat a healthy, nutrient-rich diet. Older people tend to eat less and have less variety in their diets. Fruits and vegetables rich in vitamins C and E, beta-carotene, and zinc are essential to good health. So is maintaining a low-sugar, low-fat diet that incorporates whole grains and lean proteins.

3. Exercise. Regular physical activity promotes circulation, heart health, and relaxes the body and mind. Walks, bike rides, yoga classes and other forms of exercise help boost seniors' immune system performance and ward off infections.

4. Reduce stress. Stress has been linked to a number of illnesses, including stomach problems and heart disease. Whether it's social stress, isolation or another form, stress can suppress seniors' immune system, making them more susceptible to viruses.

5. Sleep. A natural immune system booster, sleep helps us respond better to stress and inflammation. It's also shown to improve our response to the flu vaccine.

6. Wash hands. Washing hands regularly scrubs away germs. And covering sneezes and coughs helps prevent diseases from spreading.

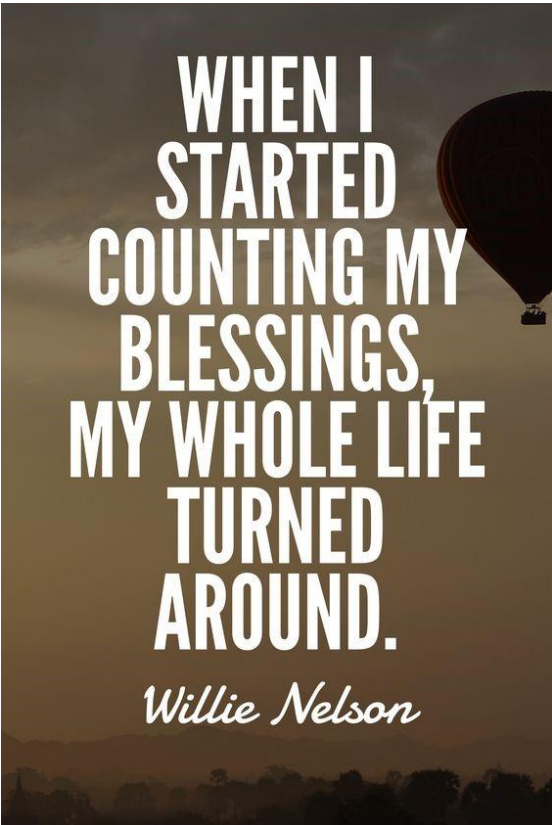
7. Stay positive. A healthy outlook on life boosts endorphins, which make us feel good. Seniors who keep up with activities and hobbies that make them happy or challenge them in an enjoyable way have a better chance of staying positive and healthy.

8. Try some superfoods. Foods like kale, broccoli, avocados, certain mushrooms, berries and others have shown to improve seniors' immune system performance. Some superfoods even boost cognitive function and help fight Alzheimer's disease.

9. Consider multivitamin or herbal supplements. An option for increasing nutrients and fighting infections, seniors should talk to their doctors first before adding multivitamins or herbs, such as echinacea, ginseng or probiotics, to their regimen.

10. Stay hydrated. Seniors tend to sense thirst less than younger people. But they need at least eight or nine glasses of fluid a day to keep mucous membranes moist, which lowers the chances of flu or colds. Water, coffee, tea and soup all count.

Illness isn't inevitable for the elderly. Good health habits lend to keeping seniors happy and active so they can enjoy the most out of life.



WHEN I
STARTED
COUNTING MY
BLESSINGS,
MY WHOLE LIFE
TURNED
AROUND.

Willie Nelson

A Profile of Dean Martin

Thefamouspeople.com

Birthday: June 7, 1917

Nationality: American

Died At Age: 78

Sun Sign: Gemini

Also Known As: Dino Paul
Crocetti

Born In: Steubenville, Ohio

Famous As: Actor, Comedian,
Singer

Height: 5'10"

Family:

Spouse/Ex-: Jeanne Martin

Father: Gaetano Crocetti

Mother: Angela Crocetti

Siblings: Bill Crocetti

Children: Dean Paul Martin

Died On: December 25, 1995

Place Of Death: Beverly Hills

U.S. State: Ohio

Cause Of Death: Cancer

Founder/Co-Founder: Reprise
Records



Dean Martin, born as Dino Paul Crocetti, was an American singer, actor, as well as a comedian counted amongst the most popular entertainers of the 20th century in the United States. He is best remembered for his shows, 'The Dean Martin Show' and 'The Dean Martin Celebrity Roast'. He also teamed up with Jerry Lewis to form a duo called 'Martin and Lewis' that became immensely popular among the audiences. He was a member of the famous 'Rat Pack' (which also had members like Frank Sinatra and Sammy Davis, Jr.) as well. Charming and talented, Martin had also acted in several films in his long career. His filmography includes 'The Young Lions', 'Some Came Running', 'Ocean's 11', 'Sergeants 3', and 'Who's Got the Action?' Apart from acting and performing comedy, Martin was a singer as well and had earned a lot of popularity for his hit singles, such as 'Everybody Loves

Somebody', 'You're Nobody Till Somebody Loves You', 'Sway', 'Volare', 'That's Amore', 'Ain't That a Kick in the Head?', and 'Memories Are Made of This'. He was known for his pleasant cool personality and many described him as the "King of cool" in the industry.

Childhood & Early Life

Dean Martin was born in Steubenville, Ohio, on June 7, 1917, to Gaetano Alfonso Crocetti, a barber by profession, and Angela Crocetti. Both his parents were of Italian descent. He had an older brother named William Alfonso Crocetti who died in 1968.

He grew up speaking Italian and could not speak English until he was five years old. He was bullied at his first school, Grant Elementary School in Steubenville, for his broken English. Later, he dropped out of Steubenville High School when he was in the 10th grade because he felt he was smarter than his teachers, a reason that sounded odd to several people around him.

After dropping out of the school, he took up many jobs including those of a blackjack dealer and liquor vendor. He also served as a speakeasy croupier and worked in a steel mill. At the age of 15, he picked up boxing to earn some money; this occupation, however, ended up getting him a broken nose, a scarred lip, and several broken knuckles.

He then moved to New York City. In order to make ends meet, he and his roommate Sonny King, who was also trying to build a career in the show business, used to hold bare-knuckle boxing matches in their apartment. The fights wouldn't end until someone passed out. People paid them for such matches.

Career

During his early days in New York City when Dean Martin was looking to build his career in the show business and was waiting for an offer from the top production houses from Hollywood, he met Jerry Lewis, another comedian, at the Glass Hat Club. Both were working in shows as comedians and forged a friendship as well as an agreement to work in each other's shows.

They formed their own act and made their debut at Atlantic City's 500 Club on July 24, 1946. It did not go well and they were warned



by the owner of the show to improve their act. They decided to be more ruthless and added songs, slapstick, and old vaudeville jokes to their performances. The crowd loved the “crazy” act and the duo got a lot of praise for their spontaneous actions and eventually, the act earned them a series of well-paying engagements on the Eastern seaboard and also ran at the New York's Copacabana.

Dean Martin also appeared on several short-films as well as feature films. However, his first major role in a film ‘Ten Thousand Bedrooms’ in 1957 did not succeed at the box office.

In 1958, he appeared in the movie ‘The Young Lions’ which became a turning point in Martin’s acting career. Within the next decade, he established himself as a film star working in films like ‘Some Came Running’ alongside the great Frank Sinatra. He also won a Golden Globe nomination for his work in the film ‘Who Was That Lady?’ and later appeared in popular films like ‘Ocean's 11’, ‘Sergeants 3’, and ‘Who's Got the Action?’

After working with the great Frank Sinatra, the two became good friends and formed a team that consisted of Joey Bishop, Peter Lawford, and Sammy Davis Jr. besides the two. The men worked for a long time, making films together, and were so popular that they even influenced the political ideologies held by the masses.



Martin launched his own comedy-variety series ‘The Dean Martin Show’ in 1965 on NBC. The show was a huge hit and Martin was nominated for the Golden Globe Award for ‘Best Actor - Television Series Musical or Comedy’ in 1966, which he eventually won.

Major Works

At the beginning of his career, Dean Martin’s partnership with fellow comedian Jerry Lewis was one of the highlights in his career. Together they performed on numerous occasions and even went on to appear in New York's Copacabana. They eventually appeared on television as well in the ‘The Ed Sullivan Show’. Their act was praised and loved by the audience and earned them the spotlight they were looking for.

He reached the pinnacle of his career with 'The Dean Martin Show' which he launched on NBC in 1965. The show ran for nine years and consisted of 264 episodes. He portrayed himself as a careless drinker who would flirt with women with cheeky pick up lines. Martin won a Golden Globe Award for 'Best Actor - Television Series Musical or Comedy' in 1966 and also won three more nominations back to back in the next three years.

Martin delivered a lot of hit singles between 1951 and 1968. He witnessed almost 40 of his

popular singles featuring on the Billboard Hot 100 chart during that time period. Among those forty tracks, the three which topped the chart were 'That's Amore' in 1953, 'Memories Are Made of This' in 1956 and 'Everybody Loves Somebody' in 1964.



Awards & Achievements

In 1966, Dean Martin won a Golden Globe Award for Best Actor - Television Series Musical or Comedy for 'The Dean Martin Show.' He was posthumously honored with a Grammy Lifetime Achievement Award in February 2009.

Personal Life

Dean Martin was married three times. He wed Elizabeth Anne McDonald on October 2, 1941. The couple had four children together, Craig Martin, Claudia Martin, Gail Martin and Deana Martin. Martin and Elizabeth got divorced in 1949.

In September 1949, he married Jeanne Martin. Martin had three children with her, Dean Paul Martin, Ricci Martin, and Gina Martin. Their marriage lasted for 24 years and came to an end on March 29, 1973 through a divorce. Lastly, Martin married Catherine Hawn on April 25, 1973 and got divorced in February 1976.

A heavy smoker, Martin was diagnosed with lung cancer at the Cedars Sinai Medical Center in September 1993. On December 25, 1995, he died of acute respiratory failure resulting from emphysema at his Beverly Hills home.

Trivia

Martin has a street named after him in Texas.

He was inducted into the Lou Holtz/Upper Ohio Valley Hall of Fame in 2001.

His signature hit single 'Everybody Loves Somebody' is written on his tombstone.

He used to drink apple juice and not real alcohol during stage performances.

He had worked in a total of 17 feature films with his friend Jerry Lewis between 1949 and 1956.

Dean Martin Movies

1. The Judy Garland Show (1962) (Music)
2. Rio Bravo (1959) (Drama, Action, Western)
3. Movin' with Nancy (1967) (Music)
4. Some Came Running (1958) (Drama, Romance)
5. The Sons of Katie Elder (1965) (Western)
6. The Young Lions (1958) (War, Action, Drama)
7. Bells Are Ringing (1960) (Musical, Comedy, Romance)
8. Career (1959) (Drama)
9. Toys in the Attic (1963) (Drama)
10. What a Way to Go! (1964) (Romance, Comedy)



1.



SMART TECH THAT CAN MAKE AN OLDER PERSON'S LIFE A LITTLE EASIER

BY JUDI JACOBS, SIXTYANDME.COM

Smart devices in your home can help with every aspect of daily life, provide security, comfort, and convenience. Generally, all you need to set up most devices is a power source and Wi-Fi connection. A little guidance helps, which is what this article is meant to do!



You can start with one or two devices and then add on once you feel more comfortable. Here are some of the more popular smart tech options that are the easiest.

Speakers

Smart speakers like Amazon's Echo and Dot or Google's Nest Products allow you to get news, weather, and play music using voice commands. Also, it becomes the hub to control all home automation. Typically, these speakers are the first thing to purchase.

As an aside, a smart speaker is a great tool to contact a family member that doesn't answer a cell phone or landline phone. It can be set up to "drop-in" to verify they are well. It can also be used to dial emergency services.

Thermostats

A smart thermostat is another simple tool that can connect to many existing HVAC systems quickly and easily. You can control temperature settings as needed from your phone while at home or on the go. Usually, installation takes no more than 15-30 minutes following the device's instructions.

Lights

There are a few different ways to turn your existing "dumb" lights into smart lights: bulbs, plugs, and switches.

Smart light bulbs simply replace regular light bulbs while smart plugs connect to an existing outlet to control any connected device. If you are handier, you can install a smart switch, but only if you have electrical knowledge.

All of these options allow you to control lights using your voice or an app. You can also set schedules for when you are home, waking up, or going to sleep. They provide an added security level both by activating lights when you are not present or upon your arrival, so it isn't dark and you don't trip over furniture.

Smart plugs can be used beyond just lights. You can schedule appliances plugged into the outlet to be turned on or off.

Locks

Smart locks replace your house keys. A smartphone or a multiple-digit code is used to unlock doors. Newer locks allow for key use for the non-techie people in your household, as well as codes and the app. These devices also allow for creating permanent and temporary users and access schedules for specific days and times.

Vacuums

Robot vacuums are almost too good to be true. They can automate vacuuming the floors, whether hardwood, tile, or carpet. These robot vacuums can be activated with an app as needed, or you can set an ongoing schedule, so you don't have to think about it. They have a limited capacity for dirt storage but still are very useful.

The list of smart home technology keeps growing. Some that we haven't covered but are frequently used include: security systems, window shades, and faucets. There is no end to what you can automate and control with a touch in an app or a simple voice command.

In our household, we have smart speakers in several rooms. Lights, thermostats, and the security system are all controlled through an app or with voice commands. My non-techie husband is using most of these options.

I have lighting schedules set up, as well as automated arming of the alarm. I love using the speaker for news, cooking, music, as well as controlling smart devices. Using your voice to activate functionality is a game-changer.

The 28 Best Coffee Table Books to Gift or Keep

Courtesy of Mina Habchi, niood.com

Whether you are buying a book for someone who has just bought a house, or you are looking for a gift for your best friend, the coffee table book meets any need. niood has compiled a list of the 28 Best Coffee Table Books to buy and keep or give away.

1. Gstaad Glam by Geoffrey Moore

This icy-blue hardcover book is penned by Geoffrey Moore – the restaurateur who spent his childhood in Gstaad with his father, the late actor Roger Moore. Published by Assouline, it celebrates the ski resorts, food spots, boutiques and festivals of the upscale resort town in the Swiss Alps. It will make a lovely gift for those who escape to snowy mountains at every opportunity.



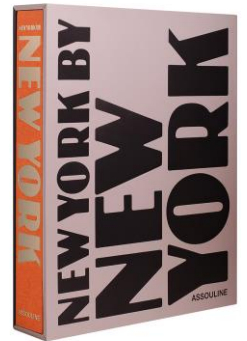
2. Marrakech Flair by Marisa Berenson

Assouline's *Marrakech Flair* celebrates the rich cultural history of the North African city. This beautifully presented tome captures everything from the colorful sandstone architecture of the “Ochre City” to the bustling Jemaa el-Fnaa square and its tantalizing markets brimming with local delicacies to try and treasure troves to explore. A destination that has attracted icons like Yves Saint Laurent, Mick Jagger and Talitha Getty, the wonders are depicted in the most beautiful photographs that you'll want to pore over for hours.



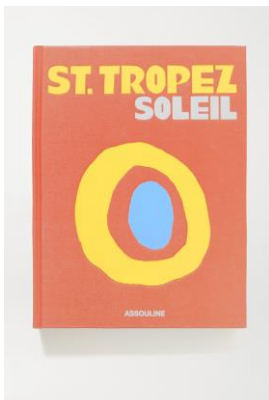
3. New York by New York

The city so nice, they named it twice. With a DNA that comes from all over the world, New York is a wonderfully unique place and with such a strong cultural personality, it only deserves a book. Revealing New York through the expert eyes and iconic images of leading photographers, together with texts and quotes from top writers, it's a treasured piece for any lover of The Big Apple.



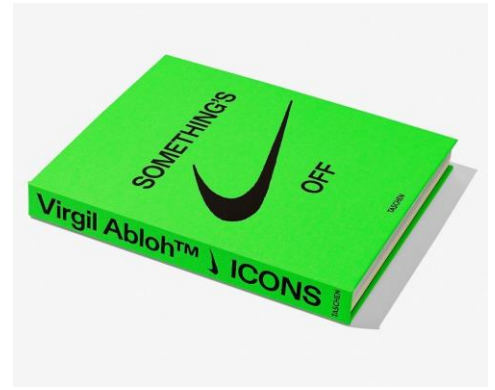
4. St. Tropez Soleil by Simon Liberati

The legend of St. Tropez starts with a dog, a rooster, and a martyr; and it leads to movie stars, world-renowned artists and distinguished writers. Located on the sparkling French Riviera, St. Tropez has enjoyed the spotlight for more than half a century, for better or worse, with celebrities flocking to this idyllic locale for its beaches and a dose of Mediterranean sun. A picturesque oasis, St. Tropez has served as inspiration for a who's who of notable writers from Françoise Sagan to Colette; as well as renowned artists Paul Signac and Henri Matisse; and even filmmakers. However, St. Tropez would not be the same without then belle du jour Brigitte Bardot, her films and lovers and many other famous couples including Annabel and Bernard Buffet and Bianca and Mick Jagger.



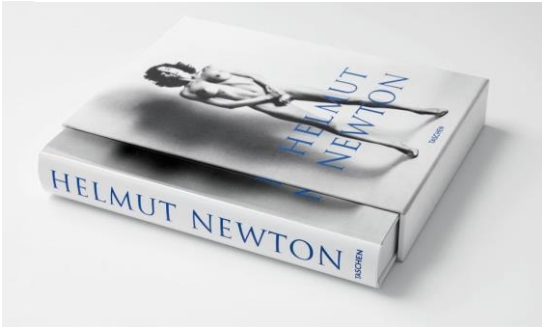
5. Virgil Abloh. Nike. ICONS

Bringing together all the greats—from Air Jordan 1 to Air Presto—Nike and Virgil Abloh reinvented sneaker culture with the collaborative project The Ten and redesigned 10 sneaker icons. Experience engineering ingenuity and Abloh's investigative design process: each shoe is a piece of industrial design, a readymade sculpture, and a wearable all at once. The artful Swiss bindings showcase an open spine, reflecting Abloh's deconstructive vocabulary and disclosing the production of *ICONS*.



6. Helmut Newton. SUMO. 20th Anniversary Edition

The Helmut Newton SUMO was a titanic book that towered above anything previously attempted. Twenty years later, we celebrate the legacy of this publishing venture in an XL edition, the result of a project conceived by Helmut Newton and revised by his wife June. Gathering 464 images and a new booklet that takes us through the making of the SUMO, it's a spectacular tribute to the larger-than-life photographer.

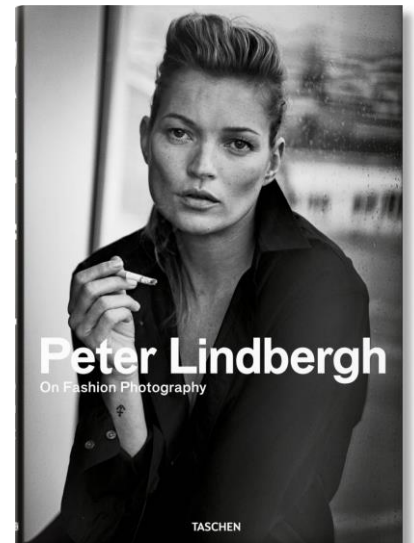


7. Zaha Hadid. Complete Works 1979–Today. 2020 Edition

From Olympic venues to a world-class airport, this monograph gathers the complete works of the first female architect ever to win the Pritzker prize and one of the greatest architects of the 21st century: Zaha Hadid. Photographs, in-depth texts, and Hadid's own drawings trace her integrated universe of building, furniture, and interior design, including the astonishing Port House in Antwerp.

8. Peter Lindbergh. On Fashion Photography

Follow Peter Lindbergh across four decades of pioneering fashion photography. Through countless collaborations with the most venerated names in fashion, the German photographer created new narratives with his humanist approach, which resulted in iconic shots at once introspective and appealing. This book features more than 300 images, many previously unpublished, as well as an updated introduction in which Lindbergh establishes his sentiment on “so-called fashion photography”.

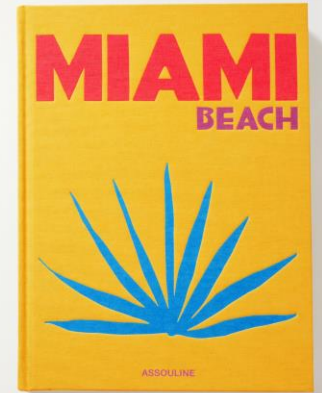


9. Jean-Michel Basquiat

Get up close to the bold brushwork and scribbled words of Jean-Michel Basquiat, one of the most successful artists of his time. This XXL-sized monograph gathers Basquiat's major works in pristine reproduction. Texts by editor Hans Werner Holzwarth and curator and art historian Eleanor Nairne introduce us to a legend synonymous with 1980s New York.

10. Miami Beach by Horacio Silva

Assouline's *Miami Beach* is a love letter to the palm tree-lined Floridian city. Penned by Horacio Silva, it's filled with glossy images, quotes and anecdotes that bring to life the metropolis' hotspots, both old and new – we're talking the Ritz Carlton of the '50s, the legendary Art Basel fair and the white sands of lively South Beach. Display it on your coffee table with other colorful titles in the series.



11. Interiors (Orange Edition): The Greatest Rooms of the Century

Phaidon's *Interiors: The Greatest Rooms of the Century* is a celebration of residential interior design and decorating. Now available in a stunning green cover, the book features everything from chateaux, town houses, and penthouses – to desert ranches, beach houses, and tiny apartments in more than 25 countries. With 400 rooms organised by designer from A– Z, the book goes beyond decorators, designers and architects to highlight exquisite interiors designed by fashion designers, artists, style icons and film stars, each of whom has made a unique contribution to the world of interior design.

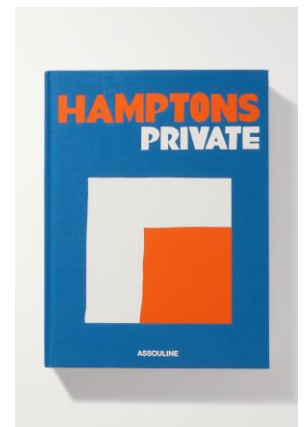


12. Chanel Catwalk: The Complete Collections

Escape to one of the world's leading fashion houses with this luxury book from Thames & Hudson. Written by Alexander Fury and Adélia Sabatini, it boasts a complete overview of Karl Lagerfeld and Virginie Viard's iconic creations for Chanel. Featuring over 180 collections with original catwalk photography, this impossibly chic book is a must have addition to your coffee table.

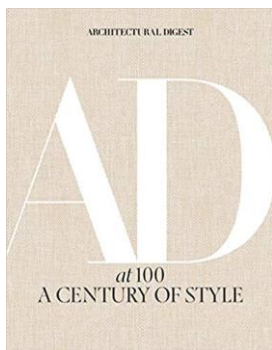
13. Hamptons Private by Dan Rattiner

Assouline's *Hamptons Private* grants you unprecedented access to the grandiose waterfront estates, storied polo clubs and exclusive white sandy beaches that are frequented by the likes of Beyoncé, Gwyneth Paltrow and Sarah Jessica Parker. Lovingly curated by Dan Rattiner – who's lived on the island since he was a teenager – it's filled with over 200 images depicting the locales lush greenery and famous lobster roll eateries. Flip through the pages for anecdotes and quotes.



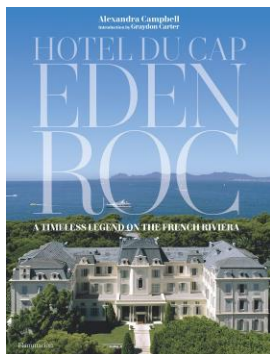
14. Architectural Digest at 100: A Century of Style

Architectural Digest at 100 celebrates the best from the pages of the international design authority. The editors have delved into the archives and culled years of rich material covering a range of subjects. Ranging freely between present and past, the book features the personal spaces of dozens of private celebrities like Barack and Michelle Obama, David Bowie, Truman Capote, David Hockney, Michael Kors, and Diana Vreeland, and includes the work of top designers and architects like Frank Gehry, David Hicks, India Mahdavi, Peter Marino, John Fowler, Renzo Mongiardino, Oscar Niemeyer, Axel Vervoordt, Frank Lloyd Wright, and Elsie de Wolfe.



15. Aspen Style

What began as a small mining camp during the Colorado Silver Boom of the late nineteenth century has since become the preferred getaway of the world's elite. Treasured for what's above ground rather than below, Aspen, Colorado has a storied history almost as dense as the directory of A-listers who have adopted the jewel of Pitkin County as their second home, or who have settled in its slopes indefinitely.

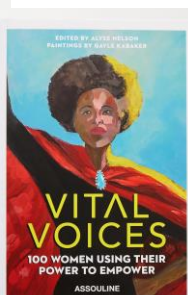


16. Hotel du Cap Eden Roc: A Timeless Legend on the French Riviera

The hotel will commemorate its milestone birthday this spring with a coffee-table book, *Hotel du Cap-Eden-Roc: A Legend on the French Riviera*, to be published by Flammarion in May in the U.S. The book features 300 pages of historical anecdotes and iconic images, from Jacques Henri Lartigue's moody shots at the opening of the Eden-Roc restaurant in 1920 to Slim Aarons's famous pool scenes and portraits of John Lennon and Yoko Ono posing near the rocks in 1970.

17. Annie Leibovitz: Portraits 2005-2016

Annie Leibovitz: Portraits 2005-2016 is the photographer's follow-up to her two landmark books, *Annie Leibovitz: Photographs, 1970-1990* and *A Photographer's Life, 1990-2005*. In this new collection, Leibovitz has captured the most influential and compelling figures of the last decade in the style that has made her one of the most beloved talents of our time. Each of the photographs documents contemporary culture with an artist's eye, wit, and an uncanny ability to personalize even the most recognizable and distinguished figures.



18. Vital Voices by Alyse Nelson and Gayle Kabaker

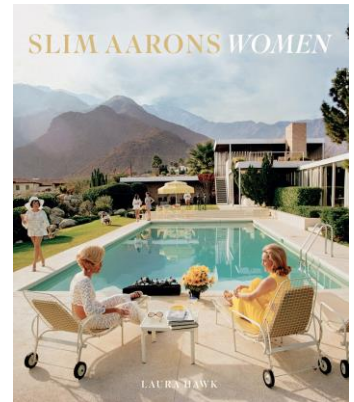
Vital Voices, edited by Alyse Nelson and illustrated by Gayle Kabaker, documents the stories of 100 women who are using their power to make a difference. This hardcover book includes portraits of some of the world's most influential public figures, as well as first-person narratives that explore their activism, leadership and fight for equality. Discover the perspectives of everyone from Tarana Burke to Justice Ruth Bader Ginsberg.

19. St. Moritz Chic

Nestled in Switzerland's alpine Engadin Valley, St. Moritz stands on its own amidst a sea of celebrated ski resorts in that it has long maintained an elusive allure. The winter home of personalities from Gunter Sachs and Gianni Agnelli to Sofia Loren, Elizabeth Taylor, Audrey Hepburn, John Lennon, and Claudia Schiffer, there are few places in the world that manage to unite so many of the top names in cinema, art, and fashion all in one place, year after year.

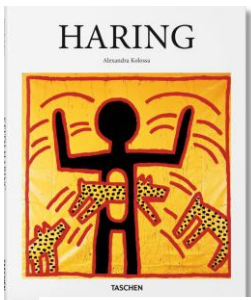
20. Slim Aarons: Women

Slim Aarons: Women explores the central subject of Slim Aarons's career—the extraordinary women from the upper echelons of high society, the arts, fashion, and Hollywood. The book presents the women who most influenced Aarons's life and work—and the other remarkable personalities he photographed along the way, including Audrey Hepburn, Jackie Kennedy, Diana Vreeland, and Marilyn Monroe, all featured in unforgettable photographs. The collection contains more than 200 images, the majority of which have not appeared in previous books, along with detailed captions written by one of Aarons's closest colleagues.



21. Cartier Panthère

Silently stalking its way through Cartier iconography for a century, the panther is the proud leader of the pack of precious animals that make up the famous Cartier menagerie. No other creature or jewel is quite so indissolubly and emotively connected to outstanding 20th-century women of style, to ideals of modern femininity, and has become Cartier's most iconic motif for a century. A symbol of power, seduction, and triumph since ancient times, the image of the panther never fails to arouse fantasies and dreams.



22. Keith Haring

Keith Haring spent little more than a decade in the spotlight, but in his singular blend of street art, graffiti, a Pop sensibility, and cartoon elements, he created stalwarts of modern pop culture as much as vivid social and political statements. From his first subway drawings through to his Pop Shop in SoHo, this concise introduction explores Haring's innovation and activism at the heart of the 1980s New York art scene.

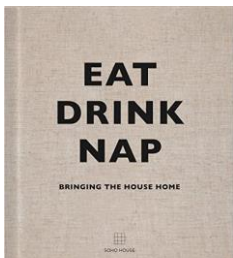
23. Tom Ford

Tom Ford has become one of fashion's great icons. In the past decade, he transformed Gucci from a moribund accessories label into one of the sexiest fashion brands in the world. His designs have increased sales at Gucci tenfold and have helped build the Gucci brand into the luxury goods conglomerate that it is today. Ford brought a hard-edged style synonymous with 21st century glamour to his clothes, and Hollywood sat up and took note.

24. The French Riviera in the 1920's

The French Riviera was the center of creativity during the 1920s and early '30s. Artists and writers from the far reaches of the world gathered to fashion a new way of life—among them Scott and Zelda Fitzgerald, Gerald and Sara Murphy, Picasso, Picabia, Stravinsky, Cocteau, Diaghilev, and Anna de Noailles. A photobiography of this carefree era, *The French Riviera in the 1920s* revitalizes the now-legendary tale of these mythic personalities caught between a desire for creation, the quest for happiness, and the looming darkness of World War II. With extraordinary images taken from personal archives, these pages depict firsthand the lifestyles and artwork of some of the most influential artists of the 20th century.



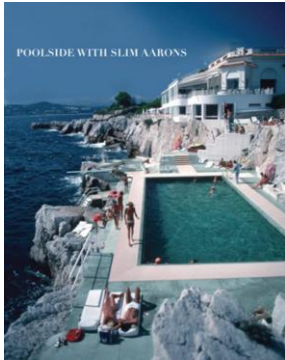
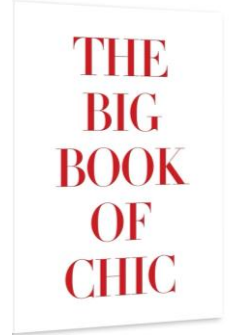


25. Eat, Drink, Nap: Bringing the House Home

If you're looking for inspiration for interior design, party hosting or catering, this stylish lifestyle guide is perfect... a fascinating look behind the closed doors of this celebrated private member's club — *Seven Days Sunday Mail*

26. The Big Book of Chic

An internationally acclaimed interior design sensation, Miles Redd is known for his quirky brand of cozy glamour. This lavishly illustrated volume features a diverse selection of his unique interiors, an inspiration to anyone interested in spirited, eclectic design.

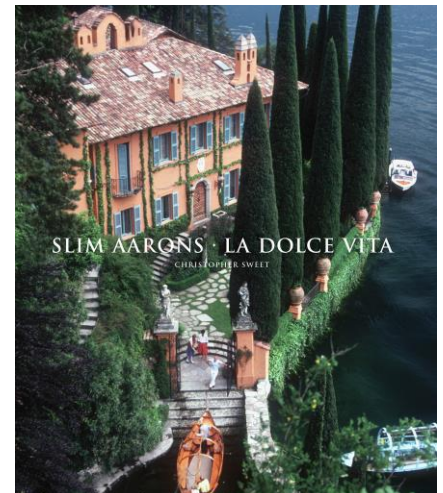


27. Poolside With Slim Aarons

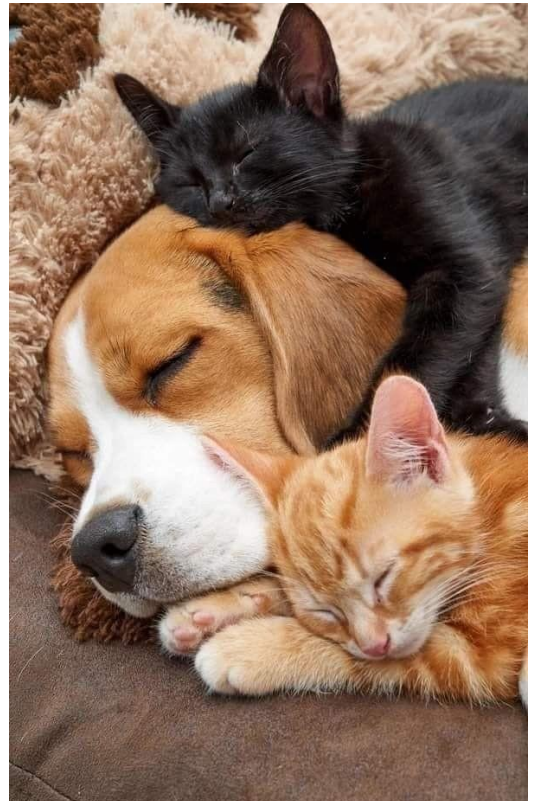
Slim Aarons is regarded as one of the most influential magazine photographers of his generation. His photographs appeared in many magazines, including Holiday, Town & Country, Life, Look, Harper's Bazaar, Vogue and Travel & Leisure. His first book A Wonderful Time is considered a classic. His book Once Upon a Time was published to great acclaim in 2003.

28. Slim Aarons: La Dolce Vita

This lavish fourth volume in Abrams' Slim Aarons collection revels in his longtime love affair with Italy. From breathtaking aerials of the Venetian canals and Sicilian countryside to intimate portraits in the villas and estates of celebrities and the beautiful people, Slim's photography captures the essence of the good life of the rich and famous of Italy. Italy undeniably held a special place in Slim's heart. As a photographer for Yank magazine, he witnessed the Italian campaign during World War II and was present at the liberation of Rome. Later, after the war, he abandoned Hollywood to travel to Rome as a photographer for Life magazine.



The Dakota Studios



Medicare Made For You



Be confident in
making the right choice.

Together we can review your current
plan and enroll you in the best plan to fit your needs.

Learn about your options.

A Medicare Supplement Insurance plan will help protect your health and budget with:

- \$0 coinsurance and \$0 copays for Medicare-covered medical costs.
- Choice of any doctor or hospital that accepts Medicare patients.
- Enroll once and get the benefits you need - year after year.
- Coverage for medical emergencies worldwide.

Call us today to learn more!



Named Top Georgia Medicare Brokerage for 2020
by Anthem Blue Cross Blue Shield

Affordable Medicare Solutions
8:30 a.m. - 5:30 p.m. M-F
3525 Lawrenceville Suwanee Rd #101
Suwanee, GA 30024
info@amsplans.com
www.amsplans.com

(770) 945-5261



An authorized licensed agent for Anthem Blue Cross and Blue Shield, an independent licensee
of the Blue Cross Blue Shield Association.

