

Letter from the Publisher



Dear Readers:

Welcome 2005! So much has occurred in 2004 that has affected all of our lives and will continue to do so for many years. World peace seems further away than ever, yet neighbors have come together to help one another, whether caused by hurricanes and other severe weather conditions or to help an elderly person or to assist a family whose breadwinner has lost their job. That's what makes life interesting and it's the American way.

As you read this first copy of the new year, think about what you like about *BoomerTimes & SeniorLife* and what you wish we had more of or have forgotten to include at all. Are we missing something to make our magazine even better? More sizzling? Livelier? There are so many types of communication around that are looking for your attention and you only have so much time to give. We hope you are learning, enjoying and being motivated by the contents. Our writers care about you and they love to receive words of encouragement and appreciation.

—Anita Finley, Gerontologist
January 2005

Happy New Year!

INSIDE

- 4** BOOK OF THE MONTH—THE CULINARY INSTITUTE OF AMERICA'S GOURMET MEALS IN MINUTES
- 6** GEORGIA O'KEEFFE, AN AMERICAN ARTISTIC ICON
- 7** THE GIFT OF ORCHIDS CAN LIVE FOREVER
- 24** SINGER LOU CHRISTIE STRIKES AGAIN!
- 24** MAXIMUM DANCER—EXHUBERANT AND EXCITING
- 27** BILLIARDS ARE COMING BACK!
- 28** HOW'S YOUR DOG'S HEALTH?
- 32** THE HONOR MANSION IN SONOMA VALLEY
- 33**
- 38** SEMINARS, ENTERTAINMENT

FROM THE COVER

Boomer Times & Senior Life *Book of the Month*

The Culinary Institute Of America's Gourmet Meals In Minutes: *Elegantly Simple Menus And Recipes From The World's Premier Culinary College*

Reviewed by Anita Finley

I know that the holidays are over, but if you ever wanted a gift that would excite, cause drooling and make you a favorite of the recipient, this is the gift of all gifts. *The Culinary Institute of America's Gourmet Meals in Minutes* is exactly what we all need in our busy lifestyles—elegantly simple menus and recipes that look beautiful with tantalizing taste and textures. I have tried some of the recipes and they are unbelievable.

From soups to desserts, *The Culinary Institute of America's Gourmet Meals in Minutes* offers clear instructions and easy-to-master techniques in its 372 pages of 4-color pictures of Appetizers, Soups, Salads, Meat, Poultry, Seafood, Vegetarian, Side Dishes, and Desserts. Some of the recipes I have successfully made from it are: Shrimp Open-Faced Sandwiches (with green mayonnaise); Egg Drop Soup (better than from my favorite Chinese restaurant); Waldorf Salad using sour cream and 3 kinds of apples that would make the folks at the Waldorf Astoria Hotel proud; Seared Scallops with Fiery Fruit Salsa, high protein, succulent and successful for a quick dinner party; Vegetable Burgers, for those vegans in your life; Coconut Rice with Ginger, lively and lovely to look at as well as different from the ordinary; and finally, Tiramisu, in Italian, meaning "pick me up" which I can tell you emphatically that it will do the opposite and make you faint with its elegance and Epicurean satisfaction.

The Culinary Institute of America's Gourmet Meals in Minutes shows how healthful, fast, exciting meals can become the norm rather than the exception in any household. Since maximizing time begins even before you get to the stove, smart shopping tips and lists of ingredients for a well-stocked pantry are detailed, along with suggestions for an organized kitchen utilizing the best equipment. Once in the kitchen, readers will learn about advance planning such as setting out all your utensils and ingredients prior to cooking and how to understand and take advantage of flavoring and combinations of seasons, from ordinary salt and pepper to the more complex array of herbs, spice blends, and marinades. And after sharing the satisfaction of a delicious, home-cooked meal with your family, you may even find the time to cook more.



Over the many years I have reviewed books to feature for our Book of the Month, but never before have I ever been so sidetracked to stop writing and start cooking one of these luscious recipes. But let's get serious. Beautiful photographs are only half the equation. The recipes are really, really easy to make. In fact, The Culinary Institute is famous for its ease of preparation and incomparable dishes. Buy one for yourself and buy another for a perfect gift.

Founded in 1946, *The Culinary Institute of America (CIA)* is an independent, not-for-profit college offering bachelor's and associate's degree in culinary arts and baking and pastry arts. The CIA is represented around the world by more than 36,000 alumni. Its main campus is in Hyde Park, New York.

Chef John DeShetler is Professor in Culinary Arts at the CIA and teaches industry professionals and food enthusiasts through the CIA's Continuing Education Department. He holds a Nutrition Certification from the American Culinary Federation and a Certification in Thermal Processing. He has earned gold and silver medals at numerous culinary competitions through his career.

(*The Culinary Institute of America's Gourmet Meals in Minutes* is published by Lebhar-Friedman Books, New York in hardcover and can be purchased for \$40 at your local bookstore or at lfbooks.com)

BoomerTimes & SeniorLife

BoomerTimes & SeniorLife is a publication of the Senior Life Communications Group, Inc., a Multi-Media Marketing Company

BoomerTimes & SeniorLife is a monthly publication distributed in Palm Beach, Broward and Northern Dade counties serving active adults.

Anita Finley
President/Publisher
Bill Finley
Managing Editor,
Travel Editor

OFFICE STAFF
Marilyn Weiss
Vice President, Adm.

e-mail: srlife@gate.net
www.babyboomers-seniors.com

PRINTED ON RECYCLED PAPER

ADVERTISING
Palm Beach County
561-736-8924
561-736-8925
Broward/Dade County,
Treasure Coast
1-800-230-1904

BUSINESS DIRECTORY & CLASSIFIED ADV.
1-800-230-1904

SALES/MARKETING
Joni Black
Sales Coordinator

Risa Levovsky
Rose Liebman
Scott Miner

PRODUCTION/DESIGN
Connie Crimi

COVER DESIGN
6thsensedesign.com

WEBMASTER
Cloudyreason Inc.

DISTRIBUTION
Alan Jacobs

Copyright 2005. All rights reserved, reproduction in whole or in part without permission is prohibited.

Advertisements within borders or labeled as such are paid messages as are editorial materials by advertisers not affiliated with **BoomerTimes & SeniorLife**

BoomerTimes & SeniorLife is not responsible for claims or performance of advertisers or their products.

Advertising and Editorial inquiries may be made by calling (561) 736-8925 or 1 (800) 230-1904 or by faxing (561) 369-1476 or by email: srlife@gate.net or by writing to

BoomerTimes & SeniorLife
1515 N. Federal Hwy., #300
Boca Raton, FL 33432

SUBSCRIPTIONS
1(800) 230-1904

Subscriptions for one year are \$28; 2 years \$50. Canadian \$35 for one year.

You'll laugh...you'll cry...you'll go home happy!

MAMALEH!

THE HIT OFF-BROADWAY MUSICAL FOR EVERYONE

"MAMALEH!" will take you down your personal "memory lane" with sweet songs at the Catskills, the beaches of Boca, and the nostalgic New York of the 1940s. "MAMALEH!" is musical theater at its best. **WINNERS!**

PERFORMANCES:
 Wednesday: Feb. 23, 8 PM and 8 PM
 Thursday: Feb. 24, 11 AM and 8 PM
 Friday: Feb. 25, 8 PM and 8 PM
 Sunday: Feb. 27, 11 AM and 8 PM **SOLD OUT!**

Crest Theatre
 At Old School Square
 51 North Scoville Avenue, Delray Beach

EARLY BIRD SPECIAL!
 All Tickets only - \$28
 Groups (20 or more) only - \$25
 Buy tickets before February 1, 2005
 Special Group Rates!
 Call: 1-866-262-6253
 Box Office: 561-243-7922

WINNER!
2004
"Show Your Mother
World Love"
Competition

WINNER!
2004
BEST
THEATER ALBUM
PRIZE AWARD

Produced by THEATRICAL PRODUCTIONS, LLC. WWW.MAMALEH.COM