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## The Real Hollywood—Setting The Record Straight

**Blood Moon Productions**, in cooperation with *Boomer Times & Senior Life*, is proud to announce the debut of **Darwin Porter** as a monthly columnist for this magazine. Darwin's link to Florida is strong and affectionate: A graduate of the University of Miami, where he was editor-in-chief of the school paper, and a former Key West bureau chief for *The Miami Herald*, Darwin is well-known as the head writer of "about 50" current editions of *The Frommer Travel Guides*.

Despite his savvy about travel, Darwin's real journalistic love involves the tricky and sometimes daunting art of the celebrity interview. He's gifted at coaxing and/or dragging revelations from celebrities about show-biz indiscretions that in many cases have never before seen the light of publication. "After a certain point in their lives, movie celebrities stop caring about whether what they say will have an adverse affect on their career," says Darwin. "They sort of figure, 'what the hell, I'll be dead soon anyway,' and in many cases they're invested in setting the record straight about what really happened during key episodes of their lives and their careers."

Based on those interviews, Darwin, since 2000, has penned and seen published (through Blood Moon Productions) critically acclaimed biographies of **Humphrey Bogart**, **Katharine Hepburn**, and most recently, **Howard Hughes**. The Hughes bio is a pithy and richly anecdotal text, according to the *New York Daily News*.

With impish charm, Porter admits to having conducted "about a thousand official interviews," and about five times that many "unofficial," less

formal conversations with big-name celebrities, snippets from which have made their way into some of his recent biographies. The best of those anecdotes will be wending their way into this column.

What should readers expect in the months to come? His arsenal of stories will feature, among other revelations, what Ronald Reagan was really up to "between marriages," Marlon Brando as you never knew him; Bette Davis in some shocking, surprising jams; Ingrid Bergman confiding what went on between Bogie and herself during the making of *Casablanca*; and lots and lots of other good insiderish stuff about everybody from Elvis Presley to Joan Crawford.



Darwin Porter

Stay tuned, through upcoming editions of this magazine, for more about Hollywood from Darwin Porter.

Recent critically acclaimed biographies by Darwin Porter include:

*The Secret Life of Humphrey Bogart: The Early Years (1899-1931)*; and *Katharine the Great: Secrets of a Lifetime Revealed*, in which relatively unknown aspects of the life of Katharine Hepburn were described and published for the first time.

Darwin's most recent opus, simultaneously reviewed in March of 2005 by three of London's biggest newspapers (including *The London Times*), is *Howard Hughes: Hell's Angel*, which *The New York Daily News* described as a book that "pulls THE AVIATOR firmly back to earth."

Blood Moon plans a September release for Darwin's most recent, and possibly most controversial opus, *Brando Unzipped*.

To contact Darwin Porter write him at *BoomerTimes & SeniorLife*.

## New Caregiver: Needs Alzheimer's Help Now

*"As a new caregiver, I was unaware that my father had a history of migraine headaches. Several times a month, his agitation escalated to a level of uncontrollable anger and rage." Anonymous*

People with Alzheimer's disease may become anxious or agitated when they are experiencing physical pain as a result of a headache, earache, sinus infection, migraine headache, ear infection, indigestion, ulcer, fecal impaction, kidney stones, bladder infection or bacterial infection. This behavior may escalate to a level of aggression or combativeness when infections are not treated immediately. People with Alzheimer's disease or other forms of memory loss, may lose their ability to verbally express their pain.

Sudden and persistent agitation or anxiousness may indicate that the person is suffering from a physical illness. Make an appointment with your physician to run tests to determine whether a medical condition is causing this behavior.

Always review the person's medical records with the primary care physician. You may realize that the

person has a history of illnesses that may lead to physical pain such as migraine headaches. Ask the physician what should be prescribed for migraine headaches and make sure that the person can safely take the medication in conjunction with current medications.

**Learning about the behaviors associated with Alzheimer's disease may be intimidating to a new caregiver but it is an essential task, which will help you to preserve your own health and well-being.**

Attend a support group regularly and contact your local chapter of **The Alzheimer's Association** for more specific details about locating a physician in your area to ensure the continuity of care.

Risa Levovsky has a Master's Degree in Gerontology and specializes in the field of Alzheimer's disease. To educate yourself about what you may expect to see during each phase of Alzheimer's disease, order "Alzheimer's Tips Revealed: Successful Caregiving in the 21st Century." Go to [www.alzheimers-tips.com](http://www.alzheimers-tips.com). She is also on the staff of *Boomer Times & Senior Life*.



Risa Levovsky, M.P.S.

### FROM THE COVER

## Roasted Beet Salad



Take advantage of the amazing variety of beets available in season. Use red, golden, candy-stripe, or a combination of beets for this colorful salad. For a special presentation, alternate the sliced beets with orange slices.

#### INGREDIENTS:

- 8 beets, green tops trimmed
  - 5 tablespoons olive oil
  - 2 tablespoons red wine vinegar
  - 2 tablespoons lemon juice
  - 1 teaspoon salt, or to taste
  - Pinch cayenne pepper
  - 5 oranges, skin removed and split into segments (approximately 40 segments)
  - 1 cup goat cheese, crumbled
- Preheat oven to 375F.

Place the beets in a baking dish, add about 1/4-inch of water, and cover tightly with foil. Roast the beets until tender, about 20 minutes. Allow to cool slightly, and slip off their skins. Cut the beets into quarters.

Blend together the olive oil, vine-

gar, lemon juice, salt, and cayenne pepper. Toss the beets in the dressing while they are still warm.

Divide the beets into eight portions and serve each portion with 5 orange segments and 2 tablespoons of crumbled goat cheese.

#### TO PREPARE THE ORANGES:

Cut away both ends of the orange. Using a sharp paring knife, follow the curve of the orange and cut away the skin, pith, and membrane, leaving the flesh completely exposed. Working to release each segment and keep it intact, slice the connective membrane on either side of each orange segment.

Makes 8 servings...Preparation Time: 40 Minutes

(The recipe is found in "The Culinary Institute of America's Gourmet Meals in Minutes" which is published by Lebharr-Friedman

Books, New York in hardcover and can be purchased for \$40 at your local bookstore or at [lfbbooks.com](http://lfbbooks.com))

## Qi Gong

**Qi Gong (pronounced chee gung) is an ancient Taoist healing system that is similar to yoga in that it emphasizes proper breathing and specific body movements to stimulate and direct the flow of qi or life energy, throughout the body. The main objective of Qi Gong is to balance yin and yang energies. This discipline is practiced by the Chinese to develop specific powers and to maintain health by collecting vital energy in the solar plexus.**