

Letter from the Publisher



Dear Readers:

For almost 16 years we have been producing this magazine to enlighten our readers on many aspects of the aging process. As we have grown, we have become even more aware of the importance of a high quality of longevity sought by the seniors and now the baby boomers.

Another way we get information out is through our "STARS" radio show that has been running over 18 years, broadcast throughout South Florida. If you have not heard it, please listen in on Saturdays, from 5 to 8AM on 740 on your AM dial. If you are not an early riser and live in Boca Raton and Broward County, you can hear our other "BoomerTimes & SeniorLife" radio show on Saturday evenings, from 8 to 9PM on 1470 on your AM dial. If you can't get the show on your radio, you can hear it on the Internet by going to www.wsbradio.com for the morning show and www.wvnnradio.com for the evening show. As you can see from my photo, I spend a lot of time hosting these radio shows. If you have heard them before, you know we also have a lot of fun with our guests, while bringing you informative and uplifting topics.

This October issue brings so many interesting articles and helpful information that we urge you to take time to read it and then pass it along to your family members, friends and neighbors. They will thank you. We know how much you value each issue from the letters and comments from our readers and radio listeners.

Make sure as we approach the holidays, that you relieve your stress by meditating, relaxing or going to the theatre or other arts venue, take a vacation and leave your troubles behind and if all of that is too difficult, attend the workshops close to your home that we list on our Seminar page each month. Don't miss these opportunities.

Happy Halloween and Take a Tricky Treat!

—Anita Finley, Gerontologist
October 2005

Empty nesters for only awhile

About 40 percent of empty nest baby boomers expect adult children to move back in with them at some point, and about 30 percent anticipate aging parents living with them. Only 8 percent would charge their parents rent.*

**Source: 2004 DelWebb Baby Boomer Survey*

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Boomer Times & Senior Life *Book of the Month*

LAVINA

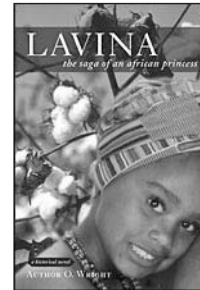
The Saga of an African Princess

Author: Author O. Wright — Reviewed by Anita Finley

Lavina: The Saga of an African Princess is a historical romance about a young heroine from the coastal plains of Guinea. This novel charts the epic journey of Lavina, a young tribal princess born to loving parents who is later sold as a slave in colonial America. Marauding slave traders kidnap Lavina and her promised one, Rabboni. At her inauguration celebration—their marketplace is overrun and their parents are murdered in the brutal attack. This heartwarming novel tells how Lavina and Rabboni are separated—Lavina is purchased by kind-hearted puritans, while Rabboni experiences cruel and demeaning treatment at the hands of his owners. Both young people have faith in the Almighty Protector and miraculously they find each other again.

After just seeing the movie, *The Constant Gardener*, and the horrific occurrences in Africa, and having great compassion for what occurred in the Southern United States, this book took me by surprise, in that it was so sensitive and yet vivid to the reader as to what the African Americans were experiencing. A particular touching paragraph said: "They had become very dominant in transporting the African people from their homeland to the colonies. They had transported many young African men and women from their distant homeland and made them servants of colonial slavery. These slave traders took comfort in their rallying cry that read:

"O you Masters of the world. Come let us explore the Dark Continent. Let us survey the pagan wretched of God. Let us capture them in their land. And give their lives a new start. Let us teach them our ways. And bring salvation to their soul. We will be doing the mighty work that our Master told.



Let them till our soil. Let them plow our fields. Let them carry our buckets to the mills. Then we will tell them about our God. So that their pagan lives be fulfilled. The great God has made us Master of the world."

The author focuses on the most horrific period of American history when colonial slavery was instituted. Told in graphic and honest detail, the story should be required reading for all young Americans, especially young African-Americans, establishing their significance of culture and ethnic roots. Wright says "The story turns again and again to God's grace and His overcoming power given to those who trust Him. God moves on the hearts of colony members and finally the revelation of His will is proclaimed." This author's unique Christian framing of these historical events give the book added dimension and meaning. Don't miss the pain, the heartbreak, then, exultant triumph of *Lavina: The Saga of an African Princess*.

When speaking to the author, he was very pleased to use his granddaughter Alexis Elisa Wright's photo on the beautiful cover of his book.

About the author: Author Oliver Wright was born in Panama City, Florida, and reared in Quincy, Florida. After graduating from high school, he spent several years in the Army. Author later graduated with a Bachelor of Science degree and a Master of Science degree. He pursued his Doctor of Philosophy degree in Business Management from La Salle University. Dr. Wright is an ordained elder affiliated with the Church of God in Christ and currently is a business project leader in system and programming with the United States Postal Service. He and his wife, Nina, are proud parents of three sons. They reside in Minneapolis, Minnesota, where they enjoy time with their children and seven grandchildren.

The book can be purchased from the publisher: <http://www.tatepublishing.com/book-store/book.php?w=1-5988600-6-2> or, from www.amazon.com, www.barnesandnoble.com or www.borders.com.

When I was young I thought that money was the most important thing in life; now that I am old I know that it is. — Oscar Wilde



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