

# 50+

# The SECOND HALF

Fall Issue

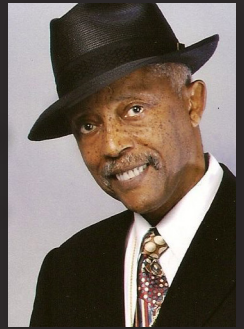
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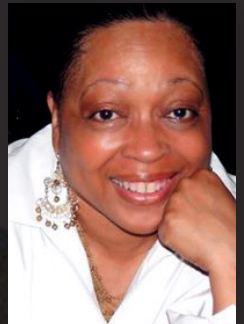
## Peaches and Herb

50 Years of Peerless Soul

## The BUSH DR. "Making History"



## Beverly Lindsay-Johnson President of The National Hand Dance Association



# Saleem Hylton

## The Man with Many Voices

President of The African American Music Association

I thought it was over,  
but the beatings kept coming

Humor Me to Live Longer | **Health - Shingles** Know the Facts

Zumba this Zumba that! Instructor Wanda McGill Thompson talks about Zumba



# Patricia Atkinson-Brown

*Greetings from the Publisher*

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Patricia Atkinson-Brown, founder/publisher

Welcome to 50+The Second Half Magazine New “Online Digital Publication” exclusively for those 50 and over. I am excited and pleased to announce 50+The Second Half Magazine, a modern day magazine profiling National artists, local artists, Community Leaders, Congressional Members, Medical Professionals, Community events, Hair Care, Health & Fitness, Fashion for those 50 and over, Mirror Images of everyday people sharing a little of their life with you the readers.

We have produced this new online magazine, which combines traditional magazine reading with the convenience and instant delivery of online browsing. Our FALL issue marks our first venture into online magazines.

Please feel free to browse our website for past issues of Health & Fitness, Hair Care, Mirror Images of today’s 50 Plus. Read about your favorite artist like Jerry Butler, Otis Williams, William Hart (Delfonics), the Manhattans, and so many others that provided you such awesome music and still are today. 50+The Second Half always deliver the truth about health issues for today’s health concerns. We all care about our hair, meet the creator of BellaRo Products and more.

I leave this with you... “Dream big, shoot for the stars, reach high, live, love, and laugh. Email us to join our writing team. We are the avenue to you.”

Visit our website: [www.50plusthesecondhalfmagazine.com](http://www.50plusthesecondhalfmagazine.com) for easy viewing.



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 Dedicated to the 50+ community © 2009-2013

# SHINGLES: THE INSIDE STORY



## *Are you at risk of getting shingles?*

### **What is Shingles?**

Shingles is a painful, blistering rash caused by a virus affecting the nerve roots. The rash can last up to a month and can result in nerve pain that can stay with you for years.

It's actually the same virus that causes chickenpox. If you've ever had chickenpox or the chickenpox vaccine, you are at risk of developing shingles.

One out of every three people in the US will develop shingles. It's estimated that there are 1 million cases each year.

The best way to cut your risk is to get vaccinated. The vaccine helps your immune system. The shingles vaccine, is recommended for adults 60 years of age and older. It may cut your risk of getting shingles in half or reduce the severity of the pain if you do get shingles.

People who have had shingles can get vaccinated to help stop recurrences.

### **Are You At Risk?**

It's hard to tell when the Shingles rash will erupt, but here's what we do know:

### **Are there side effects?**

Redness, swelling, pain or tenderness at the injection site are the most common side effects reported. Reactions may also include

fever, diarrhea, and flu-like symptoms. Rare, but potentially serious problems should be reported to a healthcare provider immediately, including heart problems, worsening of asthma or any signs of an allergic reaction.

The shingles vaccine is not recommended for people who:

- Have had an allergic reaction to gelatin, the antibiotic neomycin or any component of the shingles vaccine.
- Have a weakened immune system due to leukemia or HIV/AIDS.
- Are receiving treatment with drugs that affect their immune system, like high-dose steroids.
- Are pregnant or might become pregnant within 4 weeks of getting the vaccine.

Consult your pharmacist or other health care professional before making a decision about the shingles vaccination.

The Centers for Disease Control estimates that half of all people living until age 85 will develop shingles. The best way to prevent this painful virus and stay healthy and active is to get vaccinated.

# Facts About Lung Health

www.WHCenter.org/cancer

## Protect your lungs!

Lung cancer is the leading cause of cancer death in the United States for both men and women. More people die of lung cancer than of colon, breast and prostate cancers combined.

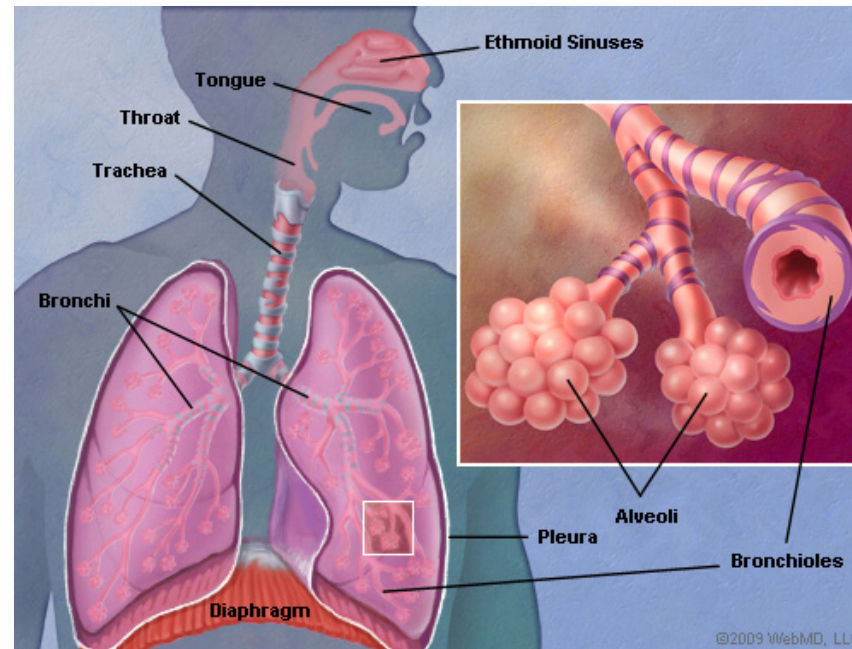
### Smoking

If you smoke, STOP! About 87 percent of lung cancer cases are associated with smoking. Also, nonsmokers who are exposed to second-hand smoke can develop lung cancer. Smoke from cigarettes, cigars and pipes causes damage to lung cells. In time, those cells can become cancerous. By quitting – even after many years of smoking – you can dramatically lower your risk of lung cancer and you can help safeguard those around you.

### Your Lungs

The lungs are part of your body's respiratory system and consist of two sponge-like organs located in the chest. Your right lung is divided into three sections, called lobes. The left lung has two lobes. The left lung is smaller because the heart takes up more room on that side of the body.

The lungs perform two major functions. First, when you breathe in air, your lungs fill with oxygen – an element needed to sustain cell like and body function. Second, when you breathe out, your lungs expel carbon dioxide –



a waste product.

The lining around the lungs, called the pleura, helps to protect the lungs and allows them to move during breathing. The windpipe (trachea) brings air down into the lungs. It divides into tubes called bronchi (singular bronchus), which divide into smaller branches called bronchioles. At the end of these small branches are tiny air sacs known as alveoli. Many tiny blood vessels run through the alveoli, absorbing oxygen from the inhaled air into your bloodstream and releasing carbon dioxide.

### Lung Cancer

Lung cancer is a malignant tumor caused by excessive, uncontrollable growth of abnormal cells in the lungs. Most lung cancers start in the lining of the bronchi. Cancer cells can break away and spread to other parts of the body through the blood stream. This process is called metastasis. Lung cancer is a life-threatening disease because it often spreads

before it is found.

Lung cancer usually takes many years to develop. First, there may be pre-cancerous changes in the lung. These changes don't cause symptoms and do not form a mass, so can't be seen on an Xray. However, pre-cancerous changes can sometimes be found by testing cells in the lining of the airways of lungs damage by smoke.

As these pre-cancerous areas change and become malignant, they may produce chemicals that cause new blood vessels to form nearby. These new blood vessels feed the cancer cells and allow a tumor to form. Finally, the tumor becomes large enough to be seen on an Xray.

### **Squamous Cell Carcinoma**

This type of cancer is usually linked to smoking. It tends to be found near a bronchus.

### **Adenocarcinoma**

This type of cancer is typically found in the outer

region of the lung.

### **Large-Cell Undifferentiated**

**Carcinoma** – This type of cancer can appear in any part of the lung and tends to grow and spread quickly, which can make it hard to treat.

### **Radon**

Radon is an odorless, tasteless and invisible gas found naturally in soil in some parts of the country. Radon can become concentrated indoors and exposure to it can increase your risk for lung cancer, especially if you smoke. Hardware stores sell radon detector kits that can determine your home's radon level.

### **Personal History**

If you had lung cancer once, you are more likely to get lung cancer again.


### **Symptoms of Lung Cancer**

Early detection is very important in fighting lung cancer. Some patients with lung cancer have no

symptoms, especially in the early stages of the disease. But if you experience any of these symptoms, contact your doctor immediately.

- A cough that does not go away
- Chest pain, often made worse by deep breathing
- Unusual shortness of breath or wheezing
- Hoarseness
- Coughing up blood
- Infections such as pneumonia or bronchitis that keep coming back
- Loss of appetite or weight loss
- Fatigue

Other types of tumors can grow in the lungs as well. Some are cancerous and others are not. For example, carcinoid tumors are slow growing and usually cured by surgery. To learn about these tumors, contact the American Cancer Society at 1-800-ACS-2345.



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Health Canada

# Humor Me to Live Longer:

The Health Benefits of Laughter and Humor

By Orlandus Thomas

King Solomon wrote in Proverbs 17:22 that “a cheerful heart is a good medicine”. I lead with this because since Biblical times, humor was understood to be more than just for entertaining purposes. Today, many people view laughter and humor as only a temporary means of entertainment; however, did you know that adding humor and laughter into your daily life is not only important, but essential for ensuring a healthy life span? That there are not only physical benefits, but emotional and health promoting benefits to humor and laughter? That there is a difference between humor and laughter? And, that you have the ability to find humor in everyday situations in life, and, by doing so, will actually prolong your overall well-being in life? Well, let’s take you through a lesson on the physical, emotional, and health benefits of laughter and humor, and how to incorporate them into your daily life.

Francis Rabelais, an early 16th century comedic writer and physician, once said that “to provoke laughter is to encourage health”. Before we

can incorporate laughter and humor into our lives, we have to understand the difference between the two, and, how they are intertwined to each other. According to The University of Texas’ MD Anderson Center, humor is defined as “the ability to find joy and amusement in life”; whereas laughter is defined as “the body’s way of expressing what is found humorous”. Many of us go throughout a typical day, confronting situations that, because we have the wrong approach or reaction to it, lead us to becoming stressed over it, which in reality, does more harm to our physical body than good. An amazing factor about stress is that when it is a negative abstract trait, we tend to allow it (bad stress) to affect the concrete (our body). One of my favorite quotes is by Bill Cosby, and he says that “if you can laugh at it, you can survive it”. If you approach that same situation with a different mindset of incorporating humor into it, and reacting to it with laughter, the laughter actually lowers your blood pressure, reduces the stress and muscle tension, all of the

factors that stress tends to elevate. So next time you feel yourself getting worked up over a potentially stressful situation, add some humor to it, and, if you can sit back and laugh about it, know that you can make it through it.

Laughter is both a physical and mental workout, with many benefits. Physically, laughter contracts your muscles, similar to that of exercising. This occurs in 2 stages, because when you laugh, the muscles not involved in your stomach relax. Once you are finishing laughing the muscles involved start to relax. It is definitely good for your core. Laughter is often considered to be “internal jogging” due to its benefits to the cardiovascular system. According to William Fry, MD, Professor of Psychiatry at Stanford University, one minute of laughter is the equivalent to ten minutes on the rowing machine. You also can burn calories through laughter. Just by incorporating 10 minutes of laughter into your day, you will burn the same amount of calories that you would during a 30-minute

workout. Laughter is also a good alternative for those who are unable to perform physical exercise in that it is great conditioning for the abdominal, face and back muscles, as well as a healthy alternative to a cardio workout.

Mentally, laughter produces catecholamines, which are the hormones in your body that improve your alertness, lowers inflammation, and prepares your body to respond to stress and fright, as well as “fight or flight” reactions. Laughter also produces endorphins, which are natural pain killers. So next time you have a headache, try watching a comedy on TV or going to see a funny movie, and use laughter and humor to cure it. Laughter also increases your tolerance for various pains, reduces the four main hormones associated with stress (cortisol, dopamine, epinephrine, and growth hormone), and strengthens your immune system by increasing infection-fighting antibodies, such as B and T lymphocytes, and natural killer cells. In other words, by laughing, you are helping your body stay healthy longer, and preventing various sicknesses and diseases from entering the body.

Catherine Rippenger Fenwick, a famous therapist, author, and educator, once wrote that “your body cannot heal without play, your mind cannot heal without laughter, your soul cannot heal without joy.” Emotionally, humor and laughter can be considered as one of the most powerful forms

of “emotional medicine”, in that it can both dissolve anger and bring together people in the most troubling times. A person’s mood is altered and energized when choosing to find humor in a difficult and frustrating situation. When we decide to take a step back and, take the time to laugh at ourselves and how we initially reacted to a situation, it tends to reveal that that situation wasn’t the earth-shattering event that sometimes we tend to make them into. Laughter helps us reduce the stress from a situation, and gives us a clear insight to a more logical solution, rather than an emotional reaction. Humor also tends to connect people, and, can make you more attractive to friends, family, loved ones, and, especially the opposite sex. One of the personal pieces of advice that I always give the young men that I teach is that “you always want to be the one who makes a woman’s heart smile, not the one makes her cry.” One easy way to measure if you have a humor character trait is when your name is mentioned to a friend, their initial facial reaction. If the first thing they do is smile and chuckle, then you know that you are a person who provides humor into their life. If they initially frown and tighten their face, you better find some ways to humor them! (Anyone who has ever met me knows that one of my best traits is that I’m going to always make you laugh and smile, so I speak on this from personal experience!)

So now that you know the benefits of laughter and humor, how do I incorporate it into my daily life? Well, here are some simple ways to make humor and laughter a part of your life:

- Watch comedies either on TV or a movie
- Learn to laugh at yourself
- Hang around kids and play with them. The average child laughs close to 400 times a day
- Find a humorous friend or family member and make time to laugh with that person daily.

This is one of my favorite articles, because this is coming from my own personal medicine on life. I truly live by this, and, from the students I teach, to my immediate friends and those I meet on a daily basis, I truly believe that humor and laughter is one of the main “elixirs of life”. If you take the time to think about who you laugh with, the items that you find funny, the locations and times that you feel most happy, and surround yourself in these situations, you will begin to enjoy the benefits of a healthier lifestyle physically, mentally, and emotionally. So, the next time you are surrounded by your group of friends, tell I them to “humor me so I can live longer!”



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# IT'S EXERCISE IN DISGUISE!

By John Curiel

“I’ve lost about 75 to 80 pounds doing Zumba.”

Many associate casinos, discos and luaus with fun, partying and a good night out, but a healthy lifestyle too. Few make the connection. This is because they don't know BEUNIQUE BODYWORKS LLC. Owner & Instructor - Wanda McGill Thompson. At peak physical condition, Wanda Thompson combines these concepts by instructing one of the hottest and most popular group fitness classes: Zumba®. Through the power of dance and a fun social atmosphere, Wanda reinvigorates clients with her Zumba® Fitness classes and monthly parties.

Zumba®, an up and coming exercise of recent years, is a dance fitness class with Caribbean and Latin American musical roots. It is up to the instructor, though, to select the music and choreograph routines that will keep their clients moving, laughing, and having fun. It is here that Wanda shines. As a certified

Zumba® instructor who teaches at BeUnique BodyWorks' Studio, Wanda says it is this creativity that makes her Zumba® Fitness classes a uniquely fun experience and exercise to shed pounds, strengthen the



heart and tone muscles.

“Zumba® is designed to make you feel like you're at a party and you're dancing, so you're not concentrating; you're not thinking, 'Five more ... four more ... three more.' You're not stopping, you're not lifting; you're just dancing.”

Many exercises attempt to lay claim to the “party” bandwagon. At BeUnique BodyWorks, LLC, Wanda achieves this not just through the nature of the work out, guided instructional cardio dances, but also through a

number of special event parties. BeUnique BodyWorks held six themed Zumba® Fitness parties over the course of 2013 and have two more planned before the year ends. The three-hour fitness parties include

healthy snacks and decorations with backdrops and activities related to the night's theme, which ranges from Casino night, luaus decorated by beads and disco ball lit disco night. These parties are in addition to, the normal hour-long lessons offered twice a day on Mondays, Tuesdays and

Wednesdays at 4:30 and 7:00 P.M., and lessons once a day at 7:00 P.M. on Thursday and 8:30 A.M. on Saturday.

A family run business, BeUnique BodyWorks, LLC is the product of Wanda's life experiences and passion. Wanda started out as a line dance instructor and taught the choreographed exercise for one and a half years. While initially skeptical of Zumba®, Wanda earned a license as a Zumba® instructor and started teaching in 2010. Through

word of mouth and an email message to her friends and family, Wanda's class participation surged to the point that it displaced line dancing entirely.

"So, it's 2010, and I only have about 10 people. Therefore, around about February, I was like, 'Let me get my emails out.' Then I had a big class of 70 people. My Zumba® clients took over line dance. They were like, 'We need another day.' So I ended up ending my line dance and

picking up two nights of Zumba®." Well that was at the beginning of 2011. Fast forward to 2013, and Wanda teaches eight classes per week.

**"I lost about 10 pounds, and my (blood) pressure is better."**

Wanda creates the welcoming atmosphere not only through the laidback and party inspired Zumba® lessons, but also through the family run nature of the business. Her mother, husband, and sons all pitched in to establish the business. Wanda's mom, Dorothy, runs the front desk, aided at times by Wanda's husband, Gerald, who worked with their sons to put together the studio. While not her original exercise of choice, Wanda's clients love the classes and integrate them into their lives. Wanda encourages everyone to try her class, but ultimately, just wants everyone to be healthy.

"I would just encourage people to find something that they love to do whether it is Zumba® or whatever. The idea of just doing something that's going to help relieve stress, that's going to help you feel better. From a healthy standpoint, you can't go wrong."

Anyone interested in taking Wanda's Zumba® Fitness classes or attending a Zumba® party can find her studio in Suitland, Maryland near the corner of Silver Hill Road and Suitland Road and/or call for lessons at (240) 752-2305. Visit Wanda's website at [www.BeUniqueBodyWorks.com](http://www.BeUniqueBodyWorks.com)

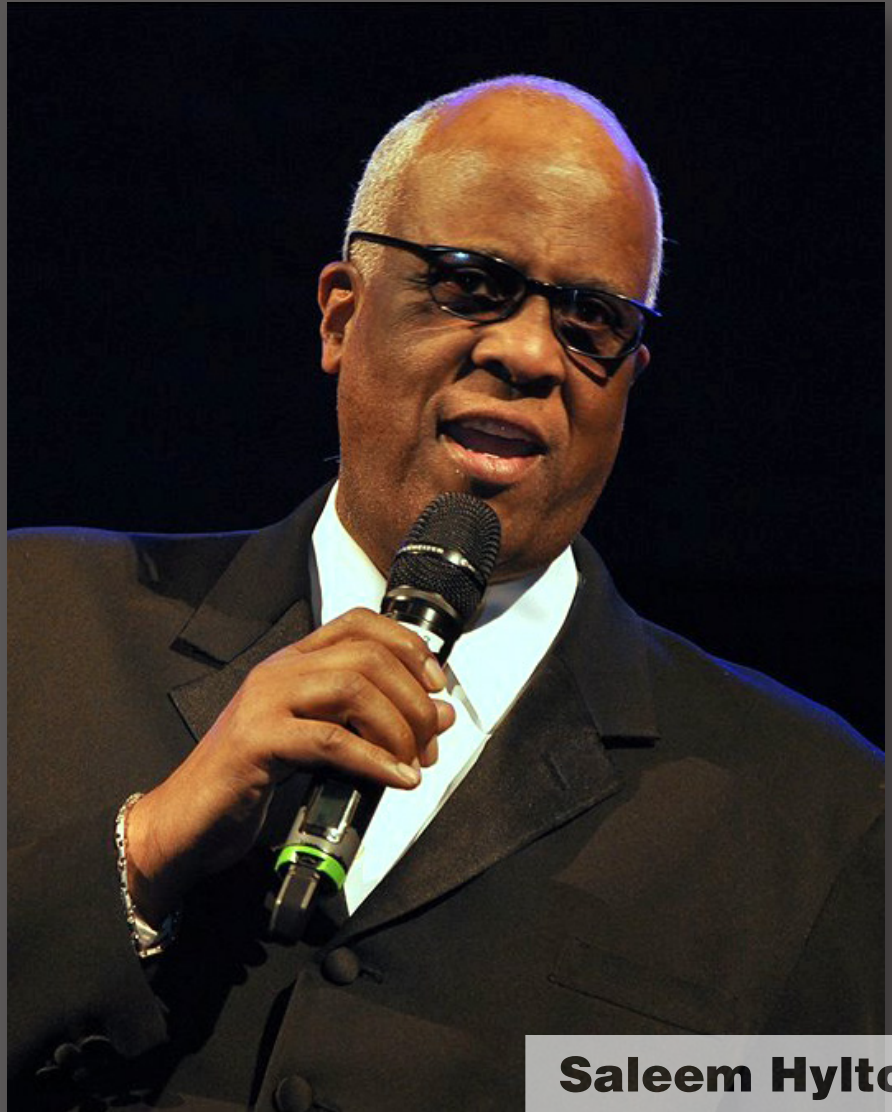
**"I love my Zumba family; they make me laugh and are full of energy. I've been attending for a year."**



# A Man of Many Voices

By John Curiel

Many opportunities and challenges exist in Washington D.C. for artists trying to flourish. Challenges posed by a failing education system and drugs threaten the existence of D.C.'s African American community. To address these problems requires many voices followed by many actions. These many voices find themselves flowing from one man, Saleem Hylton. An active member of the D.C. community, Hylton's legacy is one of entertainment, music production, community service and development. The President of the African American Music Association, the Youth, and Families in Crisis consulting firm and the founder and leader of countless music production and service organizations, Hylton provides joy and opportunity through music and unity via community action.



**Saleem Hylton**

*Photo by billhartphotography*

Saleem Hylton, as President of the African American Music Association, preserves and promotes African American music and culture. Great music giants in the field of jazz, blues,

and soul have their origins in D.C., such as the late Marquee legends Prince of Soul Marvin Gaye and the group's co-founder Reese Palmer. Hylton preserves their legacy with performances of their

works at events such as Marvin Gaye Day, a day of music and fundraising for charitable efforts. Further still, he uses their memory to advance the prospects of current artists, with workshops to train youth in the business skills necessary to start their own music production companies and in financial literacy. He even protects the families of artists with social safety nets via affordable health and life insurance to guarantee disability and death does not harm the prospects of their loved ones. Hylton says his passion is to aid kids interested in music production, make the right choices and not to throw away their future.

“I want to improve the quality of their lives and still be involved in the business. What I try to tell these young people is to continue their education and don’t put all of their peas into their art form. It’s okay if you taught school or if you had a good job somewhere and live a quailty life while you pursue your art form because, you can always pursue your art form, and you can play in the evenings or whatever. What’s important is your own personal quality of life and those that you’re responsible for.”

Saleem Hylton’s

insight is uniquely grounded and inspired from his experiences. Originally, part of a singing group of some renown, the Trojans, Hylton was drafted for the Vietnam War where he was injured and earned a Purple Heart. Upon returning to the states, fortune smiled on him and provided an opportunity to give back to the community, and pursue his passion of music. “I was standing on the corner one day at 17th, and Kalorama Road just shooting the breeze and this white guy came up to me and said, ‘Hey, would you come upstairs to this meeting, we have a board meeting I’d like you to attend?’ I had never seen this person before in my life. I sat in the board meeting, and before I could even bat my eyes, they elected me treasurer, gave me a checkbook with \$48,000, and said, ‘We need a cultural program.’”

With only a high school education, Hylton pursued his passion and bought a truckload of music equipment to fill a warehouse bestowed to him for the cultural program to create the Adams Morgan People Center. The center gave children the opportunity to develop their musical talents and a safe

alternative environment to the streets. Hylton chanced one day upon a group of three young men of phenomenal skill and developed them into the musical group “Father’s Children.” Thus, Saleem Hylton became a music manager and producer. From there, Hylton coordinated major events for the Union Baptist Temple Church for their annual “Unifest,” traveled to the U.S. Virgin Islands and earned a bachelor’s degree from American University in psychology.

In 1985, I believe it was, he was the founder and the initiator of the IbeX Jazz Club, which was at the IbeX Entertainment Complex. “I was one of the managers there, but my concentration was the Jazz Lounge,” Hylton says. “While I was at the IbeX, I also served in the role as the first elected President of the Black Music Association’s (BMA) D.C. chapter. The BMA was the national trade organization that most of the top African American record companies started. Kenny Gamble and people like that, wanted to have a chapter in D.C., being the Nation’s Capital. Therefore, people like Maxx Kidd and some of the other real high profile record industry people

brought that whole concept into the District of Columbia. We had an election, and I was nominated, and so I said, "Well, why not?" The Black Music Association was started primarily by the brainchild of Kenny Gamble. Kenny is a phenomenal person; he was like a mentor to me. I've always admired his writing style, his lyric content. I love the way his productions were international. Therefore, I had a very close feeling toward what Kenny was, what he represented. Moreover, Kenny was Muslim. I happened to have embraced Islam back in '72. Therefore, we had many commonalities, and he's a Leo."

It was finally in 1992 that Hylton formed the African American Music Association, located on East Capital Street, N.E., Washington, DC—after the BMA dissolved because the lost of financial support.

Throughout all of his work, Hylton focused on youth development for his charitable efforts. His most recent program, part of the AAMA, the Corporate Neighborhood Youth Project, gives children all the skills needed to succeed in the industry.

"We have a recording studio, and we allow them

to record. We also have a social issue that we give them, like HIV/AIDS prevention, teenage domestic violence, drug prevention, different topics like that. We give them ways that they can do research, and then we bring them in the studio where we teach them about writing techniques. Then they write their spoken words or lyrics, and those who are musically inclined, we give them an opportunity to express themselves in song."

These programs even result in the production of CDs and theater performances. For those skilled enough, Hylton ensures they receive further training through the Marvin Gaye scholarship fund, which provides students interested in the fine arts funding for college with money raised through ticket revenue from Marvin Gaye Day, a day which honors Gaye's legacy with live performances by talented African American musical groups held at the historic Howard Theatre and other prominent venues throughout D.C. over nearly 30 years.

One of the most serious challenges, though, that Hylton confronts is the threat of drugs. As President of Youth and

Families in Crisis LLC, Hylton focuses on getting the dangerous drug "K2 Spice" out of the streets, which he perceives

***"Because I'm on the frontline all the time, I could see the obstacles and the challenges that our people face with everyday. That is another reason why I devote the time that I have to the community to try to save as many as I can."***

as a grave danger to the cohesiveness of community life.

While difficult to address, Hylton fights the threat of K2 and other drugs through his continued entrepreneurial development programs, social safety net programs, and counseling young abused people. While Hylton has his work cut out for him, his many voices, found through years in community service rooted in a passion for music, offers hope. Anyone interested in more information about "The Man with Many Voices" Saleem Hylton's efforts or aiding him in his life mission can go to [www.saleemhylton.com](http://www.saleemhylton.com) or call 301-395-0459.

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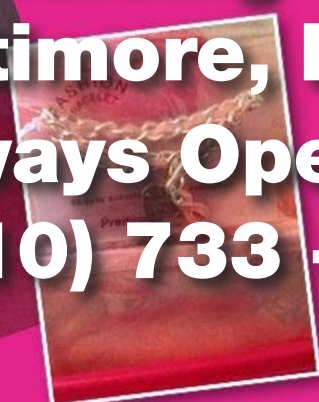


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# a GIANT in Broadcasting

By John Curiel

The number of connections found in day-to-day life can be surprising, but public affairs, court drama, hand dancing and rhythm and blues? These assortments are united in their debt to the work of Beverly Lindsay-Johnson. Beverly

Lindsay-Johnson is a giant in broadcasting production and preserver and advocate of African American culture in regards to rhythm and blues and hand dance. Awarded and respected by her peers, Lindsay-Johnson behind the scenes produces and provides quality programming for everything from Howard University Television WHUT-TV's Evening Exchange to Judge Mathis. Active in business and cultural advocacy, Beverly Lindsay-Johnson is a profile of success.

An Emmy award-winning producer, Beverly

Lindsay – Johnson has been producing award winning television programs since 1996. She is recently retired after 28 years of service to Howard University and Howard University Television WHUT-TV located in Washington, DC. WHUT is

Lindsay-Johnson's productions garnered critical acclaim throughout her career. In 1998 - 2009, she produced for Howard University's WHUT TV the Evening Exchange with host Kojo Nnamdi to create 11 years of award winning programming.

The show brought on guests ranging from Chuck Brown, the "Godfather" of Go-Go music to American Idol winner Fantasia. Her list of 26 awards includes the 1998 Central Education Network (CEN) Jerry Trainor Award, 2007 Telly Award, 2007 Aurora Award and 2008 Communicator Award of Excellence. Even



the nation's first African American owned and operated PBS station.

Beverly Lindsay-Johnson leaves her mark wherever she goes, yet is best known for her work in broadcast production. With over 30 year's experience,

after leaving the Evening Exchange in 2009, she took it upon herself to provide the unrecognized backbone for the reality court shows Judge Mathis and Judge Pirro. There she researches and selects the cases which appear on television, guaranteeing



their suitability for television.

Beverly Lindsay-Johnson also embraces rhythm and blues and hand dancing. Out of her passion, she preserves these for future generations. She archived the 50's and 60's dance movement with her documentary, "Dance Party: The Teenarama Story," to win the 2006 National Academy of Television Arts & Sciences Emmy Award for Best Cultural Documentary. As the D.C. National Hand Dance Association President, she secured grants for hand dancing workshops for children and seniors. She doubly preserved R&B giants in her documentary, "John Jackson: A Blues Treasure," narrated by Chuck Brown. Further, she produces concerts for legendary blues singers ranging from the Marcells to Peaches and Herb and Jean Carne. Through her steadfast and passionate leadership, the National Hand Dance Association has been nominated for a 2013 DC Mayor's Arts Award for Excellence in Artistic Discipline. The Mayor's Arts Award is the highest honor and recognition to arts organizations in the District of Columbia.

Beverly Lindsay-Johnson is President of Kendall Productions, a multi-media Production Company. Her artistic mission includes preserving the genre Rhythm & Blues music of the 1950s, 60s and 70s. Mrs. Lindsay-Johnson

continues to offer educational public outreach programs on the history of early R&B groups and their music and the impact of this music on American popular music and culture. She produced the critically acclaimed DVD titled "The DC All Stars Revue: Live at The Birchmere", a live concert featuring legends of early R&B from the Washington, DC area. She is the Vice President of the Atlanta Doo-Wop Association (ADWA). ADWA is responsible for an historic photograph session with the pioneers of early R&B. The photograph "Salute to the Pioneers of Rhythm & Blues, Rock & Roll and Doo-Wop, June 9, 1999 features 160 trailblazers of vocal group harmony of the

1950's. Since 2007, she has been an entertainment consultant and producer for R&B performances at the John Addison Performing Arts Theater at Harmony Hall Regional Arts Center in Fort Washington, MD.

Beverly Lindsay-Johnson reached the heights of production success and has no plans to step down anytime soon. She continues to pursue and attain professional personal success while advancing and preserving the culture of R&B and hand dancing. Without a doubt, Beverly Lindsay-Johnson is an exemplar for her field.

Beverly Lindsay-Johnson hand dancing with her dance partner. Beverly is the D.C. National Hand Dance Association President and has made an Emmy Award winning documentary, "Dance Party: The Teenarama Story."



# Natasha Prevo

Natasha Prevo 51 is a divorced mother of two girls, born in Selma, Alabama. Her family migrated to Akron, Ohio in 70's where she was raised and attended high school and college. Natasha later relocated to Maryland where she has been working in the PG County Public School system, as an Administrative Professional. She also sat on the General Education Advisory Committee for TESST College.

Natasha worked for Andrews Air Force Base, where she received the coveted Base Commander's Recognition Award, during her tenure. Natasha resides in Saint Charles, Maryland with her daughters. Among her many varied interests: Sewing, reading, exercising and dancing. She adores the summer and the magic of outdoors events.



*Mirror Image*

# 50 years of peerless SOUL

By John Curiel

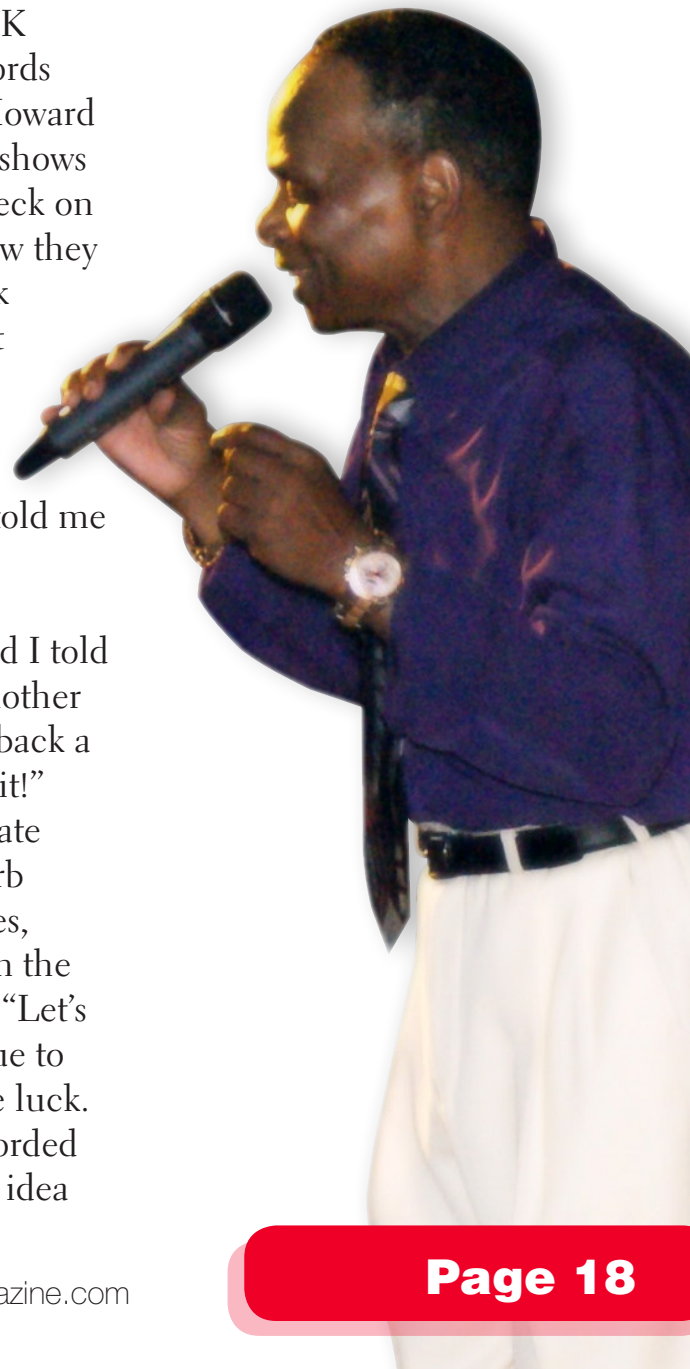
Musical groups come and go, some making ripples and others waves. One that will never be forgotten is the phoenixesque group that always manages to rise from the ashes, Peaches and Herb. Originally founded in 1966 by Francine “Peaches” Barker and Herb Fame, Peaches and Herb disbanded and reunited or reformed on six different occasions with six different Peaches. One constant has been not only the name and soulful timbre, but Herb Fame, the originator of over 50 years of peerless soul and numerous hits. While many take for granted Peaches and Herbs’ continued presence, Herb recalls an arduous adventure that gave birth to the group we know today.

“I was 21, and I was working at that time at a

record store on 7th and K Street called Waxy Records where artists from the Howard Theater would do their shows and come around to check on their records and see how they were selling. I would ask them to listen to me but nobody would listen. So Van McCoy walked in one day, and I just started singing, and he told me he would be back the following week with his manager to hear me, and I told them well, you know another guy lying, but he came back a week later and that was it!”

Van McCoy of Date Records introduced Herb with the original Peaches, Francine Barker, to form the duo. Their 1967 single, “Let’s Fall in Love” took off due to what Herb notes as pure luck.

“Van McCoy recorded me, but then he got the idea



that uh we should record a song called “Let’s Fall In Love”. We’ll Always Stay Together” was the A Side; “Let’s Fall in Love” was the B Side. So when they were trying to work the A Side they couldn’t do anything, but a guy in St. Louis, a disk jockey by the name of Robert B. Que, turned it over to Let’s Fall in Love and that’s how it all began.”

While luck and circumstance blessed the world with iterations of Peaches and Herb, the road has not been one of riches for Herb. Like many artists from the time, such as the Prince of Soul Marvin Gaye, record companies took advantage of Herb and refused to pay royalties, respected his intellectual property and stole much of his hard-earned wealth. While Herb loves his music, he also realizes it is a job. Through constant litigation, Herb managed to get back much of what he was due and encourages other up and coming artists to do the same.

“When you’re young, you don’t pay attention to business, and that’s when you get taken. We’ve all been taken. It’s not that we didn’t know it’s that we trusted people to take care of us, and

they didn’t. We’ve all been taken at one time or another, but I can honestly say only one company got me. The rest of them, I’ve gotten what’s due me because you have to go after them. If you don’t go after them, they won’t come to you, and that’s for all the young people out there. Pay attention to business and when you think you’re being taken advantage of, go after them. Do not hesitate.”

Now in a more stable financial position, Herb dedicates time to his passions, music, and physical health. For Peaches and Herb, Herb plans to get a new album out in the near future and work out the kinks in an upcoming single. In an effort to give back to the community, Herb also works as a spokesman for the American Diabetes Association. Diabetes is another issue close to his heart as he is diabetic.

Herb stresses that diabetes is not a reason to despair; rather, with enough will power and effort, a theme which colors his life, diabetes can be controlled.

“I am an avid fan of exercising, always in the gym, and always working out. I eat healthy too. I want people to know Diabetes is not a killer because you can stay healthy if you just take care of yourself.” Herb’s life is one of persistence, trial, and hardship, although, throughout, it all, he’s done a service to the world of music and, with any luck, will do so for many years to come.



Peaches and Herb singing “Reunited” at the Eclipse Night Club in NE Washington, DC.

# The Bush Dr.

By John Curiel

**H**air stylist, inventor, musician, orator, entrepreneur and are only a few words to describe a modern Leonardo Davinci, Nathaniel Mathis. Known by friends and fans as “Nat the Bush Doctor,” Nat is a celebrity hairstylist of international acclaim and inventor of the now universal, the “barber’s apron.” An inspiration to inventors, barbers and entrepreneurs alike, Nat keeps an upbeat attitude in all his ventures that he encourages others to adopt.

“The difference between a good day and a bad day is your attitude” chuckles Mathis as he sings and sweeps the floor of his District Heights, Maryland barber/Salon.

Nathaniel Mathis towers the world of barbers and hair-stylists with his skill and great mind. However, originally Nat pursued a career in music. Nat started out in an R&B group called the “Stereophonics” in the 1960’s. Nat proved a noteworthy singer, as even to this day he acts and sings in plays such as “Christmas 365,

“7th & T,” hooking up with Robert Frye (aka: Capt. Fly) and Company. Though, the barber profession beckoned Mathis from a young age. Mathis discovered the field of barbering cutting his friends hair at the age of 12. Nat admits he had a lot to learn from his first cut and earned his barber’s license in 1963 from Phelps Vocational School as a young 17-year-old high school dropout.

A mere six years later in 1969, Nat opened his first barbershop and took it upon himself to successfully run a business and perfect his cut. During this time, he earned the title “Bush Doctor” for his signature peerless afro style haircut. Not content as a skilled barber, the Bush Doctor aspired to leave a legacy.

“I felt that something was still missing in my life. I wanted to feel that I was really

as great as people were saying I was. What could I do? Suddenly, the idea came to me. One day in the salon, when I misplaced a pair of shears, I said to myself, ‘I am going to invent something so that I won’t misplace shears, combs and clips ever again.’ I named it the ‘Handy Apron’ barber tool



Awards won by Nat Mathis

organizer.”

Nat pursued this revolutionary concept and made the first barber’s apron, which he successfully patented in 1973. While typically humble, even Nat can’t deny the pride he feels with his invention.

“There is certain solidity to

having a copyright or trademark. You're recorded permanently; you are in history."

Indeed, the Bush Doctor's original work can be seen by all in the Smithsonian National Museum of American History under the Nathaniel Mathis collection of Barbering and Beauty at the archive Center.

Since the history books welcomed Mathis into their pages, Nat went on to impress the nation and beyond with his barber's cut and gentle touch. Nat traveled the breadth of the United States and the globe. The Bush Doctor graced Paris, London, Africa, and host of cities throughout the United States with his haircuts. He teaches his beauty product knowledge, technical and salon management skills. In his travels, Mathis's acclaim reached new heights. Nat won the International Hair Styling competition in 1981 in Cairo, Egypt, the first African American to do so. Nat and his styling team won first place in another International contest in Paris. He styled hair for a plethora of celebrities and made numerous television appearances. Nat even stylized for several productions at the Kennedy Center and for two major motion pictures, including "Nixon," for which he recreated period hair-styles. Nat

even cut and styled Chuck Brown's hair for over 50 years and spoke at his funeral.

Nat never let any of his acclaim get to his head and forget his roots. He offers his legendary services to all and still has a large loyal cliental of longtime friends. He works in his salon two days a week, Friday and Saturday. More than that, he takes on a second career as a motivational speaker and teacher to improve the lives of youths. Nat commits to "Saving Seeds" of America and visits schools, criminal institutions and special events. He expounds that no matter who they are, where they live, or their family background, that everyone can feel good about themselves with the right attitude. Nat frequents Prince Georges Community College to make an impact on minds of all ages through his lessons and seminars.

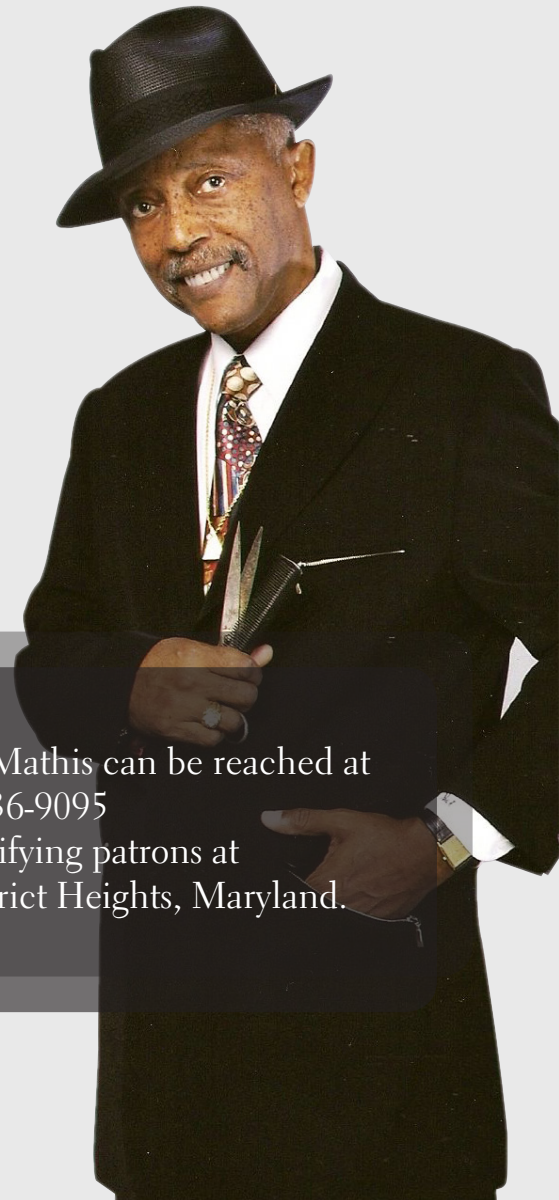
Ever the businessman he started out as over 44 years ago, Nat finishes the day demonstrating his business savvy and soothing voice.

Anyone who desires to

become a focus, energetic positive thinker and who wants to understand how to channel that energy to achieve well defined goals to become the "totally" person that he/she has always dreamed of being, should read Nat's book.

"Portrait of a Professional" The Life of Nathaniel Mathis.

"I look for my old clients that remember me back in the day, but don't know my new location, as well as new clients that are looking for a good salon and a good Barber/ Stylist. Call for an appointment today! Need entertainment for your next event? Give me a call and we will bring old school too you!"



Nat "The Bush Doctor" Mathis can be reached at  
(301) 736-9095  
and found beautifying patrons at  
5904 Cheryl Lane, District Heights, Maryland.

# Tyra's Story

*I thought it was over, but the beatings kept coming.*

Have you ever looked at your life and felt it was missing something; then you meet someone who makes you think you're complete? I will never forget the day I met the man of my dreams...I meet a man who gave me his time, his heart, and his passion. He was the best. It's funny how things aren't always how they appear.

He wined and dined me, and treated me like a queen until the night he was arrested. The man of my dreams was accused of child sex abuse. He insisted it was a lie, but as a mother of two, I didn't know if I should believe it or not. Three months he spent in prison until the state dropped the case because the little girl recanted her story. If only I knew then to leave my perfect man.

He came home a different person, mean and disrespectful all the time, blaming me for his failures and faults. One day I visited with some friends, afterwards he picked me up, and this was the moment my life took a turn for the worst. Once in the car, I could see the man of my dreams had been drinking; he began to argue with me about my friends. We continued to argue then he said, "when we get home I am going to slap the s\*(% out of you". I laughed it off with a smirk. Once home he continued to argue and then the slap came. He slapped me so hard across the face I fell into the chair. Shocked, hurt, and a little scared I quickly shut up and started to cry. Shortly after, he went to sleep. I stayed in the chair the rest of the night. The next morning he gave me a kiss on my cheek, and asked me

why I was on the couch, "are you feeling well?" He replied. How could this man, the man of my dreams, act as if nothing happened? I didn't know, and chose not bring it up. I cooked breakfast, and of course, the intimate moment came. Easily forgiving him, I gave in and kept the thought in my mind that it would never happen again.

He left, and was away all day until the next

day at 2pm with two flowers, a fern, and a cactus. I thought, wow, he stayed out all night, keeping my thoughts to myself somewhat scared. I finally got up the nerve to question where he had been all night. He replied, "An all night auction" he said, but soon to follow it up with "don't ask me stuff; I don't like to be ques-

tioned". Ok I won't ask again I was thinking. He smelled of alcohol and told me to wash him. As I sit back and look over things, I can't believe I allowed myself to become a "slave" to him, a slave in every sense of the word.

Things had been going good for about two months; he was staying home spending time with me and my kids, and making me feel loved. It erased the slap and his mean words; I thought we were going to be ok. Little did I know, it was only the beginning of a life that had the potential to break me.

***To Be Continued...***

Look for more in the next issue.

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*"I can't believe I allowed myself to become a 'slave' to him, a slave in every sense of the word."*

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