

# THE SECOND HALF MAGAZINE

SPRING 2010  
\$ 3.50

# 50

DEDICATED TO THE 50+ GEN



**45 YEARS**

**THE  
MANHATTANS**

**KISS AND SAY GOODBYE**

**POOKIE HUDSON'S  
SPANIELS**

**KEEPING THE LEGEND AND  
THE MUSIC ALIVE**

**JC HAYWARD**

**38 YEARS AS DC'S ANCHOR WOMAN**

**HAIR  
CARE**

**HEALTH  
ISSUES**



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Known for one of the “Sexiest” break-up song ever recorded.

August 15, 2009, The Manhattans celebrated their 45th Anniversary. Known for one of the Sexiest Break -Up Song Ever Recorded!  
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# Greetings from the Publisher

Hello, my name is Patricia Atkinson-Brown and I welcome you to our "Spring" issue of 50+THE SECOND HALF MAGAZINE. This is a magazine for those who are blessed to make it past the age of "Fifty". We are often ignored and neglected. However, this magazine is dedicated to "US". There are a lot of great features in this magazine, that I'm sure will interest you. I hope you enjoy what you are about to venture into. Thank you for your support.



I hope 2010 is bringing you much success and happiness, and now that Spring is in the air, the time has come for us to get out, get about, and enjoy it. Let me be the first to say, HAPPY EASTER!

50+ THE SECOND HALF MAGAZINE will empower us, but only to the extent that we apply it. It's time for each one to teach one. So let us share information. Please feel free to email me at [pab@50thesecondhalf.com](mailto:pab@50thesecondhalf.com) or visit us at the website to upload your comments, article, ideas, suggestions or just to say hello and tell us how good of a job we are doing and what You would like to see in your magazine. Again, "Thank You" for purchasing our Spring issue of a publication that is truly needed in the 50+ Generation.

Patricia Atkinson-Brown

We are looking for "Mother's and Father's" to feature in our "Special" upcoming issue. Send us that "Special" article.

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**[www.50plusthesecondhalfmagazine.com](http://www.50plusthesecondhalfmagazine.com)**

# Natural Wellness

"...WELLNESS BEGINS ONE STEP AT A TIME!..."

Kenneth Luster  
Nikken Independent Wellness Coach  
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Kenneth Luster



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Contact Kenneth Luster!

# FINDING MEANING

BY L.L. JORDAN

**B**altasar Gracian, the sixteenth century Spanish philosopher, once said that “at 20 years, desire rules us; at 30, expediency; at 40, judgment”; and might I add, at 50 plus, wisdom; wisdom being the coupling of knowledge plus experience resulting in the successful human life.

We awaken one day and the kids are gone, hopefully, our retirement parties have been held; maybe we are single again; our love ones are dying off; serious illnesses are plaguing friends and acquaintances alike. Age has crept up on us and is now tapping us on the shoulder. “Now what?” We ask ourselves. Up to this point, our lives have been pretty much laid out for us: get an education, get a job with benefits, get married, have children, buy a home, etc. etc. Hitherto, we have given very little if any thought, as to how our individual lives will play out. We have walked in lockstep with the rest of the herd towards an unknown future with blinders pressed firmly to our temples.

During the “first half” of life, most of us have questioned nothing. Our religious beliefs, our cultural requirements, our professions, our philosophical sense of life have all been handed down to us like old clothing; and we have passively accepted them as easily as we had once accepted mother’s milk. Mindlessly, we did what was expected of us, longing only for the love and approbation of those whom we wanted to please.

Society also demands its pound of flesh. It constantly reminds us of our responsibility to help keep the ship of government sailing smoothly; and to do our duty to defend and protect the constitution; to pay our taxes on time; and maybe even to serve in the armed forces.

For those of us who are fortunate enough to have survived the “first half” of life are now faced with a totally new dynamic: what to do now that the road map has been withdrawn, and there is no GPS to help us plot our journey. There is no one to tell us what to do, or where to go. It’s analogous to the slaves in this country being “freed” after the Civil War.

Baltasar Gracian also said, “knowledge is long and life is short, and he who does not know, does not live”. Hopefully, by now, we have grown not only in knowledge

but also in wisdom, enabling us not only to live, but also to live triumphal! Those attributes we have acquired over the years should therefore be used to enrich our final days on this earth. We have done all that’s been expected of us, so now it’s our turn to do for ourselves what would make the remainder of our lives more meaningful.

**W**e must now redefine ourselves in order to find meaning in the “second half” of life. We are no longer just someone’s husband or someone’s wife; nor only someone’s mother or someone’s father; furthermore, we are much more than just conscientious citizens of a particular society, wanting only to do our patriotic duty; no, we are much more. We are viable individuals born into this world, with inalienable rights, “the right to life, liberty, and the pursuit of happiness” – our own happiness. We now owe it to ourselves to selfishly focus on that which pleases us. We now have the right to say to “whom it may concern” that the “second half” of my life belongs to me; and I alone will determine what I will do with it. If those we love are dismayed or shocked by our new determination to take possession of ourselves, and moreover, to live out the “second half” of our lives as we wish, and further ask what gives us the right, we must emphatically reply, we earned it!

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# WELCOME TO

## BRETT's Daily Thought

Last week a milestone was reached for all Americans. President Barack Obama's Health Care Bill passed to reform the industry so that all Americans can now be covered. The count was 219 to 212 with 34 Democrats and ALL Republicans voting against it. This bill will cost \$940 Billion dollars, but it is projected that it will reduce the federal deficit by \$130 billion dollars over the next 10 years, and by 1.2 trillion the next 10 years after that. To help pay for it, this bill will increase fees on pharmaceutical and medical devices; tax expensive insurance policies starting in 2018, and expand Medicare payroll taxes to investment income. One of the key elements to this deal was that no funds would be used to support abortion, which the President conceded on. This bill has been greatly modified from its first inception, but hopefully this version can be one that will work for the American people. This issue was one that the President spent over a year trying to put in place. He faced a LOT of opposition then and still does now, but at least for him the hard part is over. Time will tell just how effective this bill will be, but we needed change, and for that I thank the Obama administration for daring to implement it. I actually hate doing articles that cover political agendas, because while there are many in support of what I say, there will always be those opposed to it. Republicans and Democrats are entitled to spar against each other, because both parties have different "visions." However, when we let our political associations stop us from making advances in society then I think we all need to have a "reality check." ALL Americans should have access to health insurance, and when it comes to reform we all should work "together" to make this happen. If a particular party disagrees with how it should be done, then at least have the "balls" to come up with some alternative ideas that will help. When it gets to the point where you are disagreeing just to support your allies then this in fact becomes a "political" issue. For Democrats AND Republicans, I ask that we all think of the greater good as opposed to the greater "party." the Phantom Poet limping up to the podium:

For those of you who thought that this issue would never last Brace yourself, for Obama's Health Care reform has finally passed

They worked on it for a long time, but it was well worth the endurance Because now they have finally found the way to reform health insurance Republicans and Democrats fought on this bill, and there was lots of drama But in the end this victory belonged to President Barack Obama Many didn't believe in the bill, and others thought it was some fancy trick But the way Health care is right now, who can really AFFORD to be sick? Those who opposed the bill were those people who were already wealthy And the only recourse for those who needed health insurance was to just stay healthy Many thought this would never happen, and plenty had reason to doubt it In fact, I was getting "sick" just listening to them TALK about it Yes, this is a big victory for Obama no matter how you score it Even though it is quite clear that NO Republicans voted for it But it has really been tough for the President to get his agendas off the ground Republicans would still vote against him if he proclaimed, "The world is round" So if I have a major concert with raucous fans one day and get hurt from being smothered They can take me straight to the hospital for treatment, because now I will be "covered" And congratulations to All Americans for now having health care we can afford And if this bill works out for us then The President's efforts should not be ignored It is a time for celebration...

"Maybe... This is a start..." The Phantom Poet If you have a topic that you would like to have featured on my Daily Thought page, then you can contact me by email at BrettJolly@aol.com or you can do so anonymously by going to [www.brettjolly.com](http://www.brettjolly.com) and filling out the "Contact me" form and omitting the part that asks for your email address. By doing so I have no way of knowing who you are and no way of tracking you. Thank you and have a great day.

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# To prepare for a Thunderstorm, You should do the following

- Remove dead or rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm.
  - “If thunder roars, go indoors” because no place outside is safe when lightning is in the area. We want everyone to stay indoors until 30 minutes have passed after they hear the last clap of thunder.
- S**ummary of Lightning Safety Tips for Inside the Home
- Avoid contact with corded phones
  - Avoid contact with electrical equipment or cords. If you plan to unplug any electronic equipment, do so well before the storm arrives.
  - Avoid contact with plumbing. Do not wash your hands, do not take a shower, do not wash dishes, and do not do laundry.
  - Stay away from windows and doors, and stay off porches.
  - Do not lie on concrete floors and do not lean against concrete walls.
- T**he following are guidelines for what you should do if a thunderstorm is likely in your area:
- Postpone outdoor activities.
  - Get inside a home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
  - Remember, rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.

- Secure outdoor objects that could blow away or cause damage.
- Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades, or curtains.

**U**se a corded telephone only for emergencies. Cordless and cellular telephones are safe to use.

- Unplug appliances and other electrical items such as computers and turn off air conditioners. Power surges from

lightning can cause serious damage.

- Use your battery-operated NOAA Weather Radio for updates from local officials.

**A**void the following:

- Natural lightning rods such as a tall isolated tree in an open area.
- Hilltops, open fields, the beach, or a boat on the water.
- Isolated sheds or other small structures in open areas.
- Anything metal-tractors, farm equipment, motorcycles,

golf carts, golf clubs, and bicycles.

For more information, contact:

**F** U.S. Department of Homeland Security Federal Emergency Management Agency at <http://www.fema.gov>

FOR YOUR HEALTH

# Stay Healthy at 50+

## Men and Women Checklist for Your Health

*Agency for Healthcare Research and Quality*

**BE PHYSICALLY ACTIVE.** If you are not already physically active, start small and work up to 30 minutes or more of moderate physical activity most days of the week. Walking briskly, mowing the lawn, dancing, swimming, and bicycling are just a few examples of moderate physical activity.

**EAT A HEALTHY DIET.** Focus on fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Include lean meats, poultry, fish, beans, eggs, and nuts. Eat foods low in saturated fats, trans fats, cholesterol, salt, and added sugars.

### STAY AT A HEALTHY WEIGHT.

Balance the calories you take in from food and drink with the calories you burn off by your activities. Check with your doctor if you start to gain or lose weight. If you drink alcohol, drink only in moderation. Have no more than two drinks a day if you are 65 or younger. If you are older than 65, have no more than one drink a day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

### Should You Take Preventive Medicines?

**ASPIRIN.** Ask your doctor about taking aspirin to prevent heart disease.

**IMMUNIZATIONS.** You need a flu shot every year. You can prevent other serious diseases, such as pneumonia, whooping cough, and shingles, by being vaccinated. Talk with your doctor or nurse about the vaccines you need and when to get them. You can also find out which immunizations you need by going to <http://www.2cdc.gov/nip/adultlmmSched/>.

Every body is different. If you are worried about diseases such as glaucoma, prostate cancer, or skin cancer, for example, ask your doctor. And always tell your doctor about any changes in your health, including your vision and hearing.



### SCREENING TESTS: WHAT YOU NEED AND WHEN.

Health experts from the U.S. Preventive Services Task Force have made these recommendations, based on scientific evidence, about which screening tests you need and when to get them.

**ABDOMINAL AORTIC ANEURYSM.** If you are between the ages of 65 and 75 and have ever been a smoker, talk with your doctor about being screened.

**COLORECTAL CANCER.** Have a test for colorectal cancer. Your doctor can help you decide which test is right for you.

**DEPRESSION.** Your emotional health is as important as your physical health. If you have felt “down,” sad, or hopeless over the last 2 weeks or have felt little interest or pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.

**DIABETES.** Have your blood pressure checked at least every 2 years. High blood pressure is 140/90 or higher.

**HIGH CHOLESTEROL.** Have your cholesterol checked regularly.

**OBESITY.** Have your body mass index (BMI) calculated to screen for obesity. (BMI is a measure of body fat based on height and weight.) You can find your own BMI with the BMI calculator from the National Heart, Lung, and Blood Institute at: <http://www.nhlbissupport.com/bmi/>.

Sources: The information in this fact sheet is based on research findings from the U.S. Department of Health and Human Services and the U.S. Preventive Services Task Force (USPSTF).

For more information about USPSTF recommendations and Put Prevention Into Practice, go to the Agency for Healthcare Research and Quality Web site at: <http://www.preventiveservices.ahrq.gov>.

# TRULY A BLESSING

*Continued from our "WINTER" issue...*

By Mrs. Linda Beckett

..."The big day was here, 9:00 A.M. on January 6, 2009. We were the first patients for the morning.

We always smile and we still smiled as he gave his assistant surgeon orders to have me admitted to ICU immediately. I was ushered in a wheel chair to the emergency room to have a fast admit down. My husband was there in his military style as usual. My family were told and were all on the way. I was dressed in hospital attire and prepped with IV lines, medications and the comforts of comfort. At this time all I recall was being ever so drugged with pain meds, I could hear voices, but that is all. I had already signed all necessary papers for the arteriogram and surgery to be done on the 9th of January if not before. The arteriogram is the test that they perform that sends wires from the groin area to the brain to actually see by a tiny camera on a screen the size and exact position of the aneurysm in full detail for surgery. I was put to sleep for the arteriogram. I don't recall the particulars after that was done but the pain after the test was the worst I ever felt. I screamed so loud for Jesus that is all I know. My family of who are pastors, ministers along with my husband was all there. My sister who is a pastor gave me a scripture...PSALM 118:17. I shall not die, but live to declare the works of the Lord and this is why I am here for today. My spirit man did not die but is very much alive to declare God's works to those who have faith and are willing to die to self and live for God.

Nevertheless, at one time, no one came out, 40 minutes had passed, no one, and then all of a sudden a nurse came out and stated the surgery was still going on. We later became aware that I had to be resuscitated twice during the surgery.

I was slightly awakened by a loud bomp-bomp noise like a truck horn blowing in my ears. It hurt like a ton-of-bricks kept falling on my head nonstop making loud noise of dynamite blasting. I tried to open my eyes but could not, they had been taped shut or glued somehow. I was not aware what was

going on but I did know something had happened that hurt pretty bad. That is when I heard the nurse say, "You have to wake up, become alert." I responded advising her to turn the horn off and I promise I will wake up. She again advised she couldn't do that until my vitals are normal, because I had been in a semi coma after my craniotomy and my vitals were not good. So, there I was, not knowing but knowing God created me and I am His and He is in control of Linda.

I didn't remember anything for those first few days, until I was in a room... ICU for neuro surgery patients. I was on six highly controlled pain meds every 2 hours. Tubes all around me and just laying there, not being able to move. My husband always there, I could not talk, just sleep. I had special nurses sit there too, never leaving my bedside. After a few more days, I could hear folks talking about me concerning my outcome. I heard one male nurse explaining to my husband that my outcome did not look good. That most patients usually end up in nursing homes, due to inability to thrive after such a near death surgery. I had developed all kinds of complications. However, they were on top of each challenge, very aggressively, with positive outcomes. After about a week and a half physical therapy attempted to get me out of the bed to stand me up and I was like a rag doll... flop. So, that is when the doctor spoke clearly to my family that I would need to go to a long-term care facility because I may not ever walk again or be able to do anything for myself again. I had not spoken before then, but at that time my mouth opened and I advised the room of doctors, husband & family that I refuse to go to a long term care facility. I did not realize at the time that he meant for rehabilitation. I have worked at these facilities and what usually starts out as rehab turns into a permanent stay for life. I was not having it. I got depressed, screamed for Jesus and said, God is this why I lived, to be dependent upon strangers to care for me in a strange environment. They say these places are homes but there is no love there. I began to pray right in front of the room

full of on lookers and they listened. My family who are prayers as well as my husband joined in with me for belief that I would return to my home with my husband. I did after about 2 ½ months. I had around the clock nurses, my husband, sister, brother, daughter and mother-in-law who took turns bathing, feeding, dressing, bed panning me and giving me meds, making me eat and praying constantly for my recovery. I was a mess they say now. But, the pain of recovery was gruesome, I left the hospital on five highly controlled drugs that had to be taken every 3 hours. Therefore, I stayed drugged up and immobile. At one point, I thought in my mind to not take so many meds and that day I regretted painfully. I had to return to the hospital to be like a computer with a virus...had to be rebooted from the beginning. A lesson well learned follow the doctor's orders.

After some weeks at home, I began to have physical therapy at home, which was painful. My muscle tone or muscle mass had depleted itself. No more muscle tone at all. Exercise even now is very painful and strenuous, but I still have physical therapy 3 times weekly. Muscle mass is very important so exercise is a must at all ages and not for the body glam look for the health issues. So, if you have not started, START.

I had drainage tubes in my head. I now have a plate, screws, and a clip for the aneurysm operated on. The other aneurysm could not be done because my body and its place was in danger. The other one still there at this time, is in the Circle of Wills, which controls your five senses and is inoperable. The doctor advised us that it is in a complicated area that is entangled and if he was to even drill my head the other clip may rupture or bleed again and the outcome is definitely not favorable at all. My chances of outliving it bursting are greater than surviving another surgery. If both aneurysms were in the same area, then they could have gotten them both, but this was not the case. We were told after the staples and stitches were to go home

and live my life to the fullest because if the other burst, I would be dead in five minutes because of the location and no oxygen could get to the brain or heart. Well, with that said, God is still in control you see.

**I** attempted to go back to work against the doctors desires, so he gave me 4 hours per day unlimited per my health doing one-task assignments on my job. However, doctor's orders did not mean anything to my supervisor, so this did not go well. I got back to work, tried to do the job and could not. I could talk to customers on the phone but carry out the mental task of follow thru and complete the contact notes and other duties did not go well. I explained myself as best I could but until you are in the persons shoes don't challenge their efforts to try. I had no idea of my challenges at that time, I only knew I wanted to work again and regain Linda. I had no idea that my memory, pains and other challenges would come about. I had no idea that my anxiety, depression, and ability to multi task would effect me as it has. My manager or supervisor if you will did not understand illness or attributes to illness either.

**P**eople look at a person, see them dressed with clothes on, hair groomed in place, and perceive you, as you are good to go. Well, my husband and my family would have never let me leave the house with my baldhead showing, nor clothes buttoned wrong, mismatched, two wrong shoes or no makeup on. To be sick is one thing but if you look okay, it will help you get better. Therefore, my appearance deceived many that gave me the, "You look great Linda."

However, nobody knew that Linda could not find her way home if she had to drive alone or could drive with the fear of losing it. Nobody knew the Linda that dressed like Jackie Onassis had her husband bathing, dressing her and preparing her hair, face and keeping everything in tact to encourage me to go on and take another step. It was just that my mind needed the time the doctor said would take years to heal all that was cut away. The nerves, muscles and tissues had to reproduce themselves, hopefully without

seizure or re-hemorrhage, or stroke to determine my full damage to the brain. My supervisor did not understand this, so she requested me to resign and I in tears that day came home talked to my husband. That whole ordeal about my job set me back in the hospital with a minor stroke but I am on full disability now. This is one portion to my healing process that is I must admit is very depressing some days along with the other health challenges that present themselves daily at times.

**I** have worked since I was 14 years old. I often stated, I wanted to retire at 55 because that is the age most women in my family have retired and I had found that some women work longer in life than men to the point of unhealthiness. I never thought I would not be working due to my health inability to process information and complete a simple task without being micro managed. I never thought I would not be able to pay my bills, cook without someone there with me or wash clothes without assistance. Something as simple as turning on the computer, remembering a password, or just remembering something told to you yesterday leaves your mind.

**I** never thought I would get so irritated when I cannot do these things and other things, as I had been. I get so frustrated with the pain in my head that can last for days and nights still, and meds do not help. There have been times I just lay there in bed and my husband and I pray all night for the pain to leave. At this point in my life, my world is centered on what God has me to do to educate, inform, and help others know God and the importance of your life to Him and not to yourself. My days are spent in bed with pain mostly, going to doctors appointments for the new challenges that have come up and studying my bible. I now have renal failure due to the dye from the arteriogram, medications I'm on while recovering and the aging process after the surgery. My labs are never good. Nevertheless, my hope is built and established on Jesus Christ and eternal life.

**THINGS TO SEE A DOCTOR FOR IN HEADACHES, WHICH I WISH I HAD DONE:**

- Headaches more than three times a week, more than 10 a month
- The Migraine, PMS, Stress, Cluster, Anxiety Myth
- Dizziness, vision, appetite, weight, or other abnormal change
- Having to use any pain meds more than three times a week or 10 times a month for headache

"I am not a doctor but below is a list of things I know now to look out for and if sharing my story can help someone else then that's what I want to do."

"Always seek a Neurologist for Head Pain, No Matter What Age You Are. Aneurysms are not defined to the 50 plus age, but have been known in many young people, they can be heredity. Always keep a log of Headache, body ache or any pain. Start of pain, activity during pain, end of pain, scale of level of pain 0-10.

I was told, Headaches are Vascular Episodes that come due to increase of blood in an Artery that has pressure at point that thins out the wall area that may rupture. This rupture could be Cranial, Aortic, or Pulmonary all are deadly and can have symptoms of Headache, Nausea or Flu. You have the right to second opinions with Insurance and MRA test by a Vascular or Neurologist. TMJ is a disease of the mouth that can cause Headaches, which can be determined by a Dentist. A Neuro Opthamologist can see if there is swelling behind the eye between the Cranium and the eye which causes Headaches. Vision changes can be due to Intracranial pressure behind the eye within the brain. And that's my story.



# Healthy Hair Care Tips *AND* Advice

By: Donita (Dee-Dee) Davis



**Hair Care Specialist, Washington, DC**

**M**any Men & Women are uneducated on the importance of proper maintenance of the hair and scalp. First, if the body is in “Poor” condition, then it effects the growth and strength of the hair. It all starts from what you put into your system. A well-balanced diet, with vitamins, nutrients, calcium, and all that good stuff is essential and helpful in maintaining a healthy head of hair. Nevertheless, be careful, too much can also be harmful.

Being a professional cosmetologist/ barber, one of the most common complaints of all, that I’ve heard is “My hair won’t grow!” That’s not true. As long as you are alive and breathing, your hair will continue to grow with the proper care. If you notice, women who are pregnant often have a “glow,” their hair, skin and nails are all more beautiful and vibrant than ever. Well, it’s not the baby! The doctor prescribed the prenatal vitamins. They’re loaded with the daily dosage of iron, calcium, and multi-Vitamins. However, if you do not take in an adequate amount of fruits and vegetables on a daily basis, you too may want to think about supplementing with these same vitamins, which may be purchased over-the-counter, as well as prescribed by your physician, if asked. You don’t have to be pregnant. Whatever vitamin supplement you choose, be sure to take it daily in order to notice the best possible results.

Also, begin using a shampoo and conditioner specifically for your hair type. All hair types are different, the leading shampoo and conditioner may not be right for you. Take notice of how your hair reacts to certain shampoos, conditioners, chemicals, styling aids and materials. Most shampoos are high in alkaline, which dry out the hair shaft. If you notice that your hair needs moisture in order to keep its strength, choose a shampoo that’s low in alkaline. Conditioning plays a major part in strengthening the hair after shampooing. It

lowers the PH (potential hydrogen) balance in the hair to ‘bring it back’ to normal. In addition, a good deep conditioning treatment at least once a month will seal those ends, and add that extra strengthening. Request a trim every 2-3 months to get rid of split ends; it helps with shedding and breakage.

**W**hen visiting a salon, ask questions about the products used in your hair. A well-educated cosmetologist/barber knows his/her products, as well as their client’s specific needs when caring for their hair.

**S**tudies show that if more men were shampooing and conditioning as often as women, they would not recede as quickly. Please men, when going into the beauty/barber shop, request a shampoo and conditioning with your cut. Most importantly, everyone who loves, cherishes, and wants to keep their beautiful head of hair growing strong ... Wrap it up, tie it back or lay it down at night when going to bed. Use a silk or satin cap, wrap, scarf, or du-rag to protect it while you sleep. Also, brush your scalp daily.

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will feature a different Cosmetologist/Barber in  
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# THE MANHATTANS

## FORTHY-FIVE YEARS!

By Patricia Atkinson-Brown

In 1964, the singing group called the Mannhattans formed together and now “45” years later they are “still” going strong. On August 15, they celebrated their 45th anniversary. We just had to catch up to them for an interview.

We decided to ask the Mannhattans about their past and future, and this is their story. Blue, a producer, manager, and writer, actually wrote the song “Kiss and Say Goodbye.” His voice is the deep sensual one that introduces the song at the very beginning. When he finishes with it, the tone is already set for Gerald to follow up with his smooth vocals and drive it home. The song was written from a personal experience that Blue did not wish to divulge to us. However, his silence on the subject seemed to tell the whole story (minus the names to protect the innocent AND the guilty). His actual words were, “Yes, it was a personal experience and I ain’t telling you about it.” The whole room filled with laughter from his statement. Gerald, the lead singer, is well known for his elegance and sophistication. He was born and raised in Henderson, North Carolina. In 2008, he released Sam Cooke’s “A Change is Gonna Come” and for those who have never heard him sing this song before he does a masterful job with it. Troy May is a big Jazz” lover and co-leads with Gerald in the Mannhattans stage show. In addition, he had an acting piece in the movie, “The Proposal,” which he mentions later in this interview. David Tyson is recovering from prostate cancer. His, brother, Ron Tyson, sings with the Temptations.

We asked the group members, “What motivates you to continue to perform and stay together?” Gerald said, “First of all, what we do is timeless and it adds to the camaraderie we have. I would have to say the bottom line is loving what we do and each day that we get a chance to do it is another day of blessing.” Blue said, “You have to like it a lot to be there that long, and through the years it has been very educational for us. We’ve met so many people, done so many things and learned so many things. It gets easier as we go along for Gerald and me because we started out in station wagons. Making a living doing this is a rough situation. To build yourself up and stay in this business self-employed for 45 years is an accomplish-



ment. As kids, I’m sure most of us have always wanted to be an athlete or star of some type and to get paid for doing what you like. Troy and David chimed in... “He’s most certainly right—you have to enjoy what you’re doing. I mean after 16 years in the business, we all certainly love what we do and I think that comes across on the stage and that’s a part of the success of this group.”

We asked about their plans for recording again in the future. Blue said, “The depressing part as far as recording is concerned is that we have only a select few stations that are willing to play the Mannhattans, and we paved the way for rappers, for Hip Hop and R&B artists. We had a CD four years ago with “Turn out the Stars” and right here in DC we could only get one station to play it and no other. That depresses me as far as what we can do in this stage of our lives when we can get a hit and can’t get the radio stations to play us. That’s an unfortunate situation for us.” Gerald says, we had a seminar about 3 years ago with some radio personalities of New York and the bottom line is “We’re too old.” So now, we have to sell our music while on the road.

Gerald has a solo CD out titled, “Gerald Alston Sings Sam Cooke’s A Change is Gonna Come.” Gerald stated, “Even though we talked about not being able to get our music played on the radio, we are still blessed because there are many of our peers that we’ve seen come and go and have passed away. Some of our peers that surpassed us had many hit records and they are not working today. We are still working. God has really blessed us and we are still here having fun singing together.

We asked the group. “What are your goals?” Gerald said, “I have one more goal. I want to do some Gospel. I started out singing Gospel and it’s a personal goal

of mine. In fact, my uncle just passed away—he was the bass singer for the “Five Blind Boys” of Alabama. His son, Dwight Fields, is going to do a tribute to his father and so I’ll probably do something with him.

” Blue said, “I think mine would be the Hall of Fame. The Dells and O’Jays were inducted years back, and a committee told them they were the last of the standard R&B groups that would be inducted. About three years ago, we went on a crusade in getting folks to sign a petition so we could be inducted. I think that’s the only thing that I haven’t done that I would really like.”

**“You had to drive from New York to Chicago in the cold and snow and come home with \$30.00 or \$40.00 dollars”**

Troy said, “I would like to do some Gospel and Jazz. I’m a big Jazz lover. Blue stated, “No he (Troy) wants to grow some hair.” [Laughter—“Don’t we all?”] Troy said, “Yeah, and get one of those Afros like Blue used to have.”

David said, “Basically, I’ve done everything. The first thing was to sing with a well-known group (That was The Manhattans) and I got that done. Then it was to travel around the world and I’ve done that as well. My brother (Ron Tyson, with the Temps) had a group a long time ago called the Ethics (“Love Committee, Cheaters Never Win”), and he was asking me to help him put something together to bring that back. “My heart is in this.”

We asked, **“When you are not performing, what is it that you do?”** Gerald said he was trying to play golf during the time of this interview but he hurt his leg. He does a lot of work in the community and a lot of charity work. Blue said he is very quiet and doesn’t do much. He lives in Arizona. With 45 years of performing under his belt, when they are not traveling he tries to get his rest and keep himself healthy enough to make it another year. He thanks God for being able to do this for so long.

Troy is currently trying to get back into the acting arena. He had a piece in a movie and is working with an agency now that has many things lined up for him. He lives in Boston now, which is becoming the new Hollywood. For now, he’s riding the waves. He was in the movie “The Proposal,” which is in video stores now. He played beside Ryan Reynolds and Sandra Bullock. He told us, “He showed up on the set and the director called



him up and put him right in front of the camera. “From that, he decided to look into acting.

David is going to re-activate his Real Estate License. This way he can spend more time with his wife.

We asked the group, “How they felt about using a group name when there are no original members left in the group.” They responded, “As long as they have permission from the original members, we don’t see anything wrong with it because sometimes maybe the original members can’t do it anymore, so you want the music to keep going. Instead of using the actual name, they would rather hear the “Temptations Review or the “Manhattans Review” but not use the original name. a job anywhere and is almost homeless. I can’t get into that and that’s rough for me. You had to again drive from New York to Chicago in the ice cold and snow and come home with \$30.00 or \$40.00 dollars. Someone can come in, take my name, and I don’t know where my next meal is going to come from. Do it right! Gerald Alston and Blue Lovett will always be the “GREAT and SOULFUL MANHATTANS and we love you.

Since the members live in separate states (Arizona, New Jersey, Philadelphia and Boston), they rehearse once every two to three months. New York is their home base.

***To our fans, we would like to say:***

“Thank you for your many years of support. We have some true die-hard fans. Through all of the different changes and eras of music, our fans have stuck by us and we would like to thank them for that. We are truly grateful. Thank you for letting us be a part of your lives. We’ve heard different stories all over the world about how we’ve brought happiness and joy to so many lives. We are truly thankful and we are going to keep doing it for as long as we can. If anyone who has been out as long as we have thinks that they made it without fan clubs, they are totally kidding themselves! We could not come close to any of this without the loyalty. We couldn’t make it without them and we want to thank you after 45 years.”

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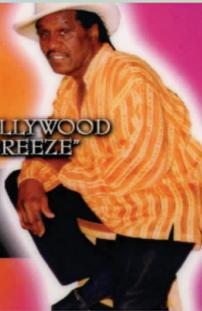
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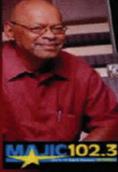
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# WUSA9 JC Hayward WASHINGTON, DC NEWS ANCHOR

By Arthur Evans



We sat down with JC, who currently anchors 9 NEWS NOW at Noon on WUSA9 and co-produces the weekly show, “JC and Friends.” JC Hayward is, without a doubt, one of Washington, DC’s most loved, respected and appreciated broadcast journalists. She is the ‘first female’ news anchor on TV in the Washington, DC area. She has a long-standing reputation in the Washington, DC area for her thorough, consistent, and dedicated reporting. On February 21, 2010, she celebrated “38” years as a news anchor, setting a record in this field. Her work in Atlanta, GA increases her years to forty. She has received numerous awards, honorariums, and commendations for her conscientious and dedicated “service with a smile.” JC states, “I cherish and treasure these awards, mostly, because others have taken the time to recognize the work I’ve done for the community.” **Congratulations JC!**

Jacquelyn “JC” Hayward was born in East Orange, New Jersey, to parents in their forties. “As an only child, my mother always laughed and said, ‘I almost didn’t make it!’ [Laughter] My parents, were from Williston, SC, a very small, country town. My mother passed away last year at the age of 103, after living a fabulous life. She did not have a doctor and she had no medical conditions. She broke her hip, and as time passed, she was ready. She had traveled all over the world. I have a lot of southern in me even though, I was raised in the north, and came to DC to go to Howard University.” “There’s a woman in Seattle, Washington and she has been at her station [I believe] for 38 years. I believe, we’re tied for the record (female anchors staying at a station for so long.)” We asked JC why she stayed so long at one station. She jokingly stated, “I guess I couldn’t get another job-[laughter] this is the best I could do”. I have not been

offered another job, which is actually the truth. I’ve survived. I have not looked for another job and I have not been offered another job. I would like to think that I’ve been blessed! I think, ‘GOD’ puts you in the places where he feels you are supposed to be so I’ll accept it as a blessing.”

“WUSA OURTIME was launched in 2007, but we no longer do that web site. Management wanted to focus their attention in different areas, and we did not have the resources and finances to keep it going. OURTIME was a web site that actually attracted people who were 50 and over [my crowd]. It dealt with all issues that would be of concern to people 50 and over. We covered Health, finances, travel, and around-the-town activities. It was a wonderful idea, but we were, unfortunately, unable to continue with the OURTIME membership club. [I was proud to be a part of OURTIME because it was the first time a television station was actually focusing on older viewers]. I hope the OURTIME.com club will launch in the near future. However, on our daily 12-noon newscast, we discuss issues that we think will be of interest to those ages 50 and over. Monday’s topic is ‘Money Monday.’ On Tuesday, Wednesday, and Thursday, the topics also address areas of interest to anyone that age. The 12-noon newscast has the highest viewership for those 50 and older. Fridays are ‘salute Friends Fridays and I salute people who are doing things and making changes in the community.”

JC told us about her program called “JC Girl” which is a mentoring program for teen girls. This program is designed to expose teen girls to a segment of life that they have not lived, i.e. cultural and educational opportunities, going out to restaurants, etc., just to let them know there is more to life - something else better for them. Many of them come from depressed areas and single-parent homes. “I feel that it is important for us to reach out and not just be concerned with our own lives and our own churches, especially for a person in my position. I think it is important for us to [as it says in the Bible], *‘let your life be a beacon to others’* so I enjoy what I do to give back.” JC said, “One of the things that I am most proud of is the fact that I was able to make a donation to my alma mater, Howard University, 1 million dollars for scholarships. I say that, not to be boastful, but I say it because there are so many of us “African Americans” in positions to do more than what we do. We’re making more money, achieving more, accomplishing more, getting better positions, living better, but often we don’t share the fruits of our labor with those that need to have it.”

**S**he closed with... Thank you to all of my fans and supporters, for causing me to make Washington DC my home; and for making me a part of your families. I would not have survived in this position for so long without you!”

# Hand Dance A Definition

By Arthur Evans

**H**and Dance is proud to recognize its roots as one of the many offspring of the Lindy Hop. Hand Dance is a six beat dance and adheres to the basic structure of all swing dances; one double followed by two triple rhythms (Double, Triple, Triple\*) with extended count variations. The basic eight-count variation like other swing dances is Double Triple Double Triple. Hand Dance is a spot dance not strictly linear or circular. This simply means that Hand Dance allows the slot to change during the course of the dance. The techniques performed within this spot may consist of slotted moves, stationary moves, circular moves and position exchange moves in addition to reestablished slot moves. Thus, Hand Dance is a spot dance that

the starter step may be any combination of singles, delayed singles, doubles and/or triple steps. The fundamental or basic starter step is; Step Touch – Step Touch, followed by a six beat pattern consisting of a right turn.

**H**and Dance is experiencing some growing pains; there is the “Old School” and the “New School.” Although, the rhythms are the same the primary emphasis in execution within the two styles of dance vary significantly enough to cause a very noticeable distinction between them. “Old School” dancers place more emphasis on footwork and execute more circular and position exchange or “in place” techniques. Although footwork is still a part of “New School” Hand Dance, the dancers place greater emphasis on spins and turns and they integrate more linear executions into their dance. Contemporary Hand Dancers are also beginning to focus more on dancing to and with the music as opposed to simply dancing to the tempo of the music.

Hand Dance is practiced primarily in Washington, D.C., and its suburbs in Maryland and Virginia and Baltimore; it is growing rapidly in popularity and will soon be a part of many neighboring areas. Classes are popping up everywhere; however, national recognition is being achieved primarily because Hand Dancers have ventured out into the national swing community and they have competed against and worked in conjunction with many of the nationally recognized swing dancers. Hand Dance has held its own among dances like West Coast Swing, Shag, Steppin, and Lindy Hop.



consists of variable slots. This approach at first glance may appear to be confusing but in fact, it allows for a flexibility and creativity that is virtually limitless.

Hand Dance, like many of the swing dances that evolved from Lindy, started strictly as a street dance. Beyond the common six beat rhythms and eight beat variations, the dance was not structured. However, because of the increased popularity and the formulation of classes it is rapidly taking on structure. Hand Dance like the majority of swing dances is danced on the downbeat and the overwhelming majority of Hand Dancers dance on the downbeat. However, some dancers dance on the upbeat and per minute (BPM) and consist of various moves, turns and spins. Speeds greater than 140 BPM are rare but do still occur. Hand Dance at the beginners level consists of basic left turns, right turns and six beat swings with different lead/hand connections (left hand, right hand, open two hand and cross hand). Both the follower and the leader execute the turns. The six beat swing may release back to open or remain in closed position followed by a pattern ending in open position. Hand connection is usually maintained except during free spin turns. However, some hand dancers will separate to add flare to their styling. The more advanced Hand Dance moves are as varied, creative and complex as the practitioner’s imagination. Hand Dance also has a four beat starter step like most other swing dances, however,



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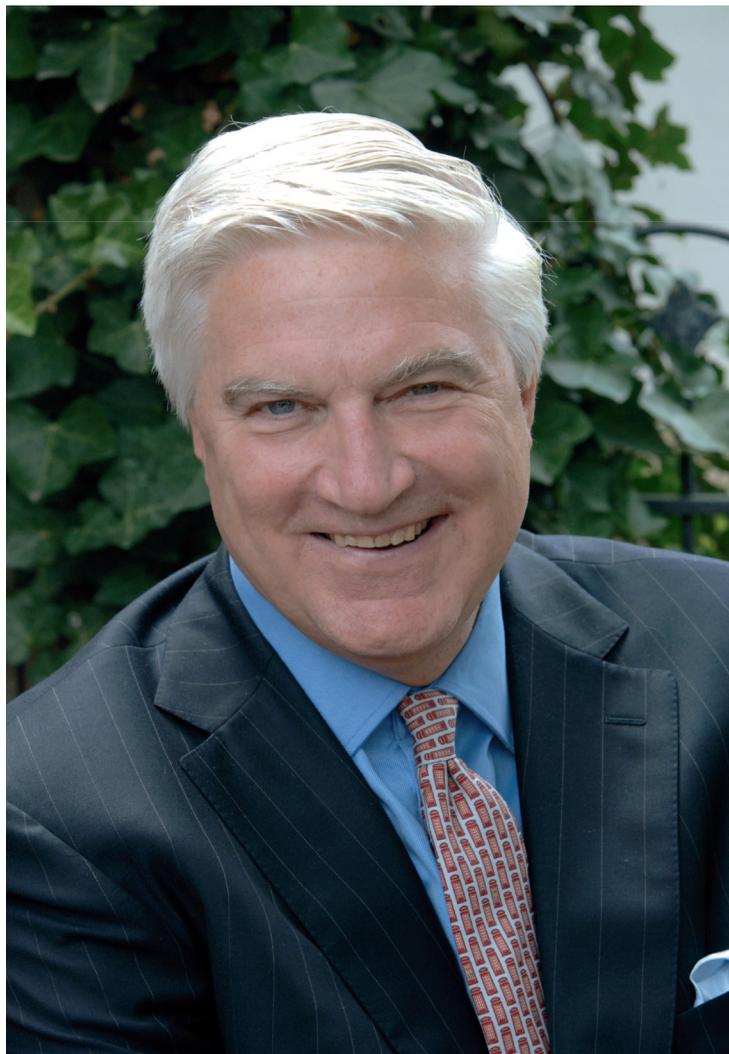
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# Charles Thomas McMillen

**From the NBA, To The House of Representatives & Beyond!**



By David Arabian

first high school athletes to receive such attention at the time- and garnered the attention of University of Maryland recruiters. He played basketball for the Terps throughout his college career, and after graduation went on to Oxford as a Rhodes Scholar to study politics and the philosophy of economics. In 1974 he was drafted by the Buffalo Braves and would later go on to play for the Atlanta Hawks, the New York Knicks, and the Washington Bullets. During his eleven year NBA career he got the chance to play alongside such greats as Magic Johnson and Larry Bird,

Involved in politics since high school, he retired from the NBA in 1986 and decided to run for congress where he served until 1993.

Mr. McMillen served three consecutive terms in the U.S. House of Representatives from the Fourth Congressional District of Maryland from 1987 to 1993, and was named by President Clinton to co-chair of the President's Council on Physical Fitness and Sports in 1993. He served in that capacity through December 1997.

Somehow, Tom still manages to find time to take care of himself. If he's not walking his five adopted dogs, you can find him on the golf course, swimming, reading or even shooting a basketball around from time to time. He's also in the weight room three times a week.

**W**hen we asked Tom what advice he had for the 50+ generation, he had this wisdom to offer:

**“Stay positive, exercise, try to live healthy. You only have one body, try to take care of it.”**

**T**om McMillen is a busy man. The former congressman and NBA star is currently on the Board of Regents for his alma mater, the University of Maryland, and is involved with a number of Homeland Security-related business interests. This seems like a lot on the plate of the average person, but when you consider Mr. McMillen's past success, it all makes sense.

Mr. McMillen has had a highly diversified and successful career in the fields of sports, business, and politics.

As a boy growing up in Pennsylvania, he was tall (six feet before he even got into high school) and so basketball was a natural match for him. His skills led to his appearance on the cover of Sports Illustrated-one of the

**“When you have a “treasure” everyone should cherish that.”**

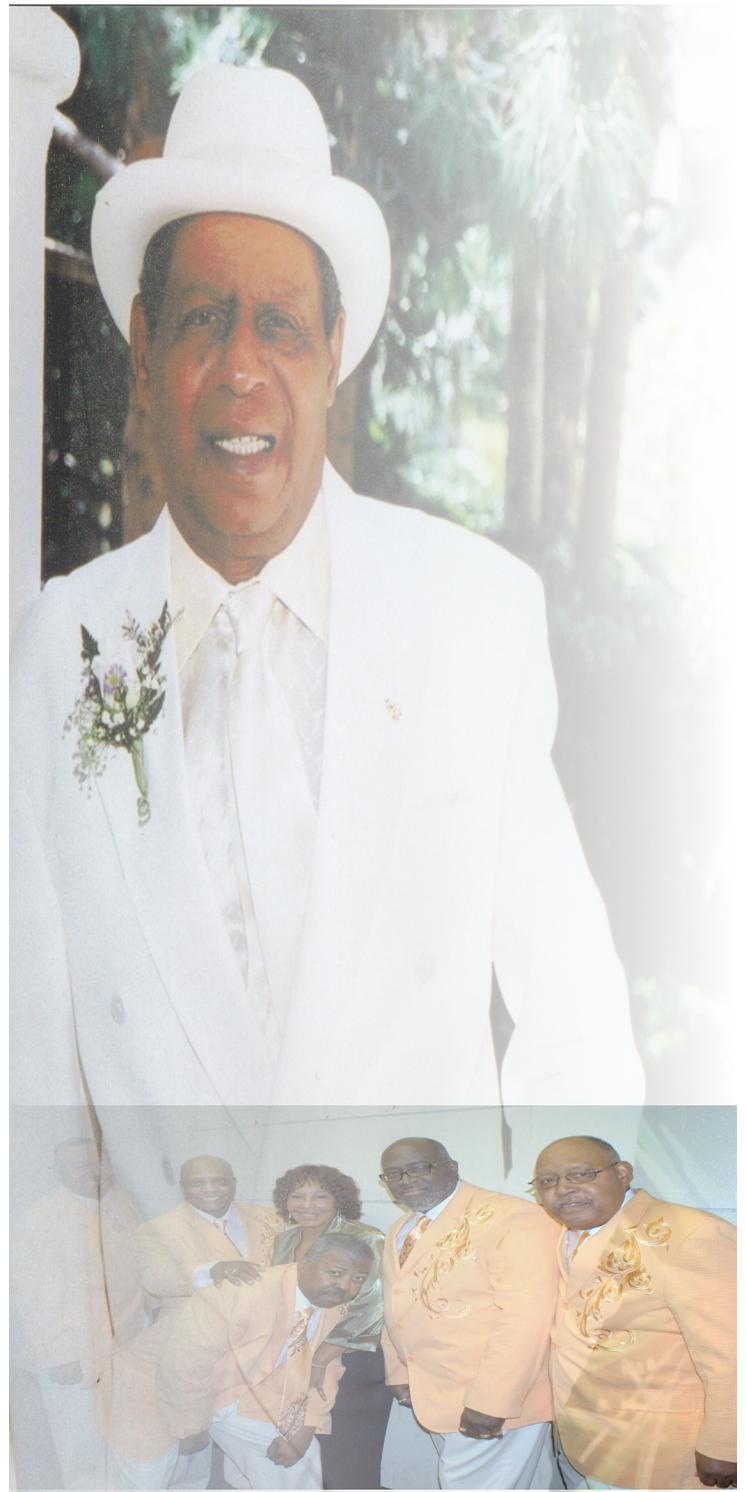
James Ivy, who sang Hudson’s music before he even knew who the legend was, said: “I would sing Pookie’s “Peace of Mind” on the street corner and had no idea at the time who he was. My goal is to continue singing until they take the ‘walker’ from me. I love to sing, and this has been a golden opportunity for me to sing this music.”

Dee Hudson, Pookie Hudson’s widow, says she is so pleased that the group is continuing in his name because “that was Pookie’s wish. They were very close, and Pookie loved and admired each of them.” She added that she is “very happy with James Ivy singing Pookie’s lead, because he has a beautiful voice and performs the songs in the mellow style that was truly Pookie Hudson.”

Robinson, the group’s spokesperson said, “we plan to keep the Doo-Wop sound going. We intend to redo some of the traditional songs and keep Pookie alive through his music.

**T**o our fans: “Thank you – Thank you – Thank you. We hope you appreciate what we are trying to do to keep this sound going, we hope you will like our new recordings. Our intentions are to redo some of the traditional songs. Keep supporting us. We hope you appreciate us trying to keep the music alive and the “entertainer” himself. We will keep him alive through his music, because when you have a “treasure” everyone should cherish that. We’ve had Nat We’ve had Nat King Cole, Sam Cooke and many more. A lot of these great leads are now gone,

so when you sit back and hear Pookie Hudson’s Spaniels, remember him and all the great singers who have left us with such beautiful music. **Pookie Hudson’s Spaniels.**



**Thornton James  
Hudson  
(aka)  
Pookie Hudson  
June 1934  
to  
October 2007**

**(Postscript: Sharing their love story, Mrs. Hudson said “I met Pookie Hudson at an oldies show in May 1999, and we were immediately attracted to each other.” We married the following year. :Hetouched my heart; I love him then, and I love him now”)**

# “POOKIE HUDSON’S SPANIELS”

**K**eeping the legend and his music alive is the gifted and talented local group, Pookie Hudson’s Spaniels. Taking that name after the passing of Pookie Hudson in 2007 and promising Hudson they would keep singing his captivating music, the group’s new single, “Let’s Strike a Match”, now released on the Attic Records Label.

Although, “Let’s Strike a Match” was written especially for Hudson by the late award-winning and local songwriter, Joe Shamwell, who wrote for the Memphis-based Stax Records, Hudson’s illness prevented him from completing the project with the group.

The harmonious, R&B sound of Doo-Wop, popularized during the fifties and sixties with such classics as The Spaniels, Good Night Sweetheart, Good Night and The Platters, Smoke Gets in Your Eyes, is enjoying a major resurgence, ignited in part by the PBS specials airing nationwide.

Pookie Hudson and His Spaniels appeared on the first PBS special “Doo-Wop 50,” which aired live in May 1999, singing with Hudson, were original members -Wellington (Bay) Robinson, Steven Wade, Preston Monroe, and Joe Herndon. Herndon, who currently sings bass with The Temptations, left the group in 2002, and was replaced by Dexter Combs. Combs left the group in 2008, to join the Mar-keys and were replaced by bass singer James Faison, who joins the group on the new single, “Let’s Strike a Match.”

Pookie Hudson’s Spaniels—recorded the new single with Attic’s Records Roy Deer, Jim Sanders, Bill Kaminski and Fred Bohn. The Attic Records team had worked with Hudson on a new arrangement of Sloppy Drunk, and was honored to produce the new single.



The flip side of the new release is a remake of an old Spaniels tune, Baby Sweets. Original group member Wellington (Bay) Robinson stated, “Completing this song is our way of honoring Pookie and keeping our promise to keep Doo-Wop alive.”

We sat down with the group last year during their performance at a New Year’s Eve engagement in Maryland. We asked each member, **“What keeps them motivated to continue without Pookie and what are their individual goals?”**

Robinson (aka Bay) stated, “It was Pookie. He had expressed to me on the road that he wanted us to continue using his name and singing his music; and he expressed it again when we sat with him in his bedroom the day before he passed away. It was as if he was passing the baton on to Steve (Wade) and me. I really love singing, and I think it’s a gift from God, and I like using the gift. Steve and I have been singing together for over 40 years, and I would like the group to be as successful as the “Dynamic Superiors” in representing the great “Doo-Wop” groups in the Washington, DC area.”

Steven Wade said, “I love to sing, and I like what I’m doing. It was an honor to sing with Mr. Pookie Hudson. It was just like a dream.”

Preston Monroe stated, “Being with Pookie Hudson’s Spaniels has been very special to me. We had some of the greatest fun on the road that you can image. I don’t think I would sing with any other group.”

James Faison stated, “I sing and play a variety of different types of music and love working with this group.”

# 43rd ANNUAL HAMPTON JAZZ FESTIVAL

## HAMPTON VIRGINIA

**FRIDAY, JUNE 25, 2010 7:30PM**

**GLADYS KNIGHT**

**KEITH SWEAT**

**DAVE KOZ & JONATHAN BUTLER**  
with special guest **SHEILA E.**

**MELANIE FIONA**

**SATURDAY, JUNE 26, 2010 7:00PM**

**CHARLIE WILSON**

**TEENA MARIE**

**JOE**

**DOWN TO THE BONE**

**SUNDAY, JUNE 27, 2010 2:00PM**

**MAZE featuring FRANKIE BEVERLY**

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*Welcome to our  
“Spring” issue!*



Welcome to our “Spring” issue of 50+THE SECOND HALF MAGAZINE. This is a magazine for those who are blessed to make it past the age of “Fifty”. We are often ignored and neglected. However, this magazine is dedicated to “US”. There are a lot of great features in this magazine, that I’m sure will interest you. I hope you enjoy what you are about to venture into. Thank you for your support.

Spring is here and the time has come for us to get out, get about, and enjoy it. Let me be the first to say, HAPPY MOTHER’S DAY!

50+ THE SECOND HALF MAGAZINE will empower us, but only to the extent that we apply it. It’s time for each one to teach one. Share information. Don’t make this a lonely highway. Email me at [pab@50theseconddhalf.com](mailto:pab@50theseconddhalf.com) or visit the website at [www.50plustheseconddhalfmagazine.com](http://www.50plustheseconddhalfmagazine.com), to upload your comments, article, ideas, suggestions or just to say hello and tell us how good of a job we are doing or not doing and what You would like to see in Your magazine. Thank You for purchasing our Spring issue of a publication that is truly needed in the 50+ Generation.

*Patricia Atkinson-Brown*

## FEATURES & DEPARTMENTS

**3. 5 WAYS TO GET YOUR ACT TOGETHER**  
Accomplish more by doing less. Fine Me Time!

**4. POOKIE HUDSON’S SPANIELS**  
We promised Pookie we would keep singing his captivating music.

**6. TOM MCMILLEN**  
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