



The SECOND HALF

MAGAZINE

Summer 2015

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VG Promotions
Viola Griffin



The Legendary
Winfield Parker



Joe Herndon

Life on the Road, as a Temptation

The Window

Retirement Planning is Important

Making Decisions About Your Medical Care

DC Legendary Musicians, (DCLM) Inc.



Rev. Dr. Sandra Butler-Truesdale



Patricia Atkinson-Brown

Greetings from the Publisher



Patricia A-B, founder/publisher

Patricia Atkinson-Brown, founder & CEO of 50+THE SECOND HALF MAGAZINE, LLC ®, in existence since October 2009. Patricia started 50+THE SECOND HALF MAGAZINE ® due to what happened one sunny day while shopping at a grocery store. While in line, ready to pay for her groceries, she notice that there were numerous magazines on the rack, but none that she could relate to. Yes, those oldies but goodies. She thought to herself, I wonder what the musical groups of my age and older are doing now and with her just two-years short

of the golden age 50 and soon to be retiring, what will she do going into the second half of her life as she places it.

Oh well, she paid for her groceries and proceeded home all the while thinking what people 50 and older are doing. You see, Patricia feels that people 50 and older have a fuller understanding of who you are, what you want, what you will not accommodate and why you won't. She thought, how can I help? Later, she would find out.

Not knowing months later she would come across a friend that owned a magazine once upon a time and this encounter who be the beginning of "how she could help". Later, Patricia would come to realize the premonition she had would come to life in a conversation with a friend. In 2007, she would meet a friend through a friend and a conversation started about retirement. It was then that she pleasantly told the person "I want to start my own business". My husband and I own a landscaping company and I do some publishing work. But soon the

landscaping I will not be able to do the work like I'm doing now. I'm getting too old for that type of work – my body can't take it. The friend then said to her. "Have you ever thought about publishing a magazine?" Magazine, she repeated. Let me think about that for a while. What will it consist of "a magazine" 'No way she replied and laughed. Again, she said, I let me think about it. Patricia then started her thoughts of owning a magazine. The first thought that came to mind is the name. She slept on it and behold the next morning she had a name "50+ The Second Half Magazine ®".

Thank you so very much for all your support,

Patricia Atkinson-Brown
Editor-In-Chief



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SECOND HALF MAGAZINE

IT'S OUR TIME
WITH *Patricia A-B*

Starting January 11, 2015

7:00-8:00 PM

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www.blogtalkradio.com/thesecondhalf

REAL TALK:

A MESSAGE TO AFRICAN AMERICAN MEN.

In the wake of the frowned upon treatment African American men and women have been subjected to by certain members in law enforcement—to say the least about the questionable form of justice African American victims of the frowned upon treatment have received—I believe this is an appropriate time to call African Americans, especially African American men, to the task

“IT IS APPARENT THAT THE AFRICAN AMERICAN COMMUNITY IS UNDER SIEGE. I APPLAUD EFFORTS BEING MADE TO OBTAIN THE JUSTICE OFTEN DENIED THE AFRICAN AMERICAN COMMUNITY AT LARGE.”

of cultivating a community that, by the sheer nature of how it governs itself, offers no room for any excuse, imagined or otherwise, offered by those outside our community to justify their display of disrespect toward our community at large.

It is apparent that the African American community is under siege. I applaud efforts being made to obtain the justice often denied the African American community at large. However, it should not take the occurrence of atrocious acts of injustice to prompt members of a community to demonstration their sense of community on a grand scale. A sense

of community or lack thereof contributes, in a major way, to the rise or decline of any community. Non-African American communities demonstrate their understanding of this fact more so than the African American community. In majority of non-African American community the sense of community is prevalent. Zero tolerance of blatant counterproductive activity within such communities is strictly regarded by the residence. The unified regard for zero tolerance of blatant counterproductive activity within many non-African American communities commands the respect of law enforcement and the general society.

The old and adage, “Respect is earned and commanded,” would no doubt benefit the African American community the instant residents begin collectively regarding the old adage. The display of widespread respect throughout the African American community must begin at the individual-to-individual level—the most important of which is male-to-female respect. It is the great lack of mutual respect between African American men and women that is largely responsible for the major division that is prevalent in the African American community; thus, rendering our community susceptible to the divide and conquer measures that have consistently interfered with our ability to unify on a consistent basis.

Fellas, as unsettling as it is likely to be to you, we have been major contributors to the disunion often existing between African American men and women due to the extent to which we have been socialized (conditioned), since birth, to view women as inferior to their male counterparts. American culture has consistently delivered the message that the value and worth of women are to be marginalized. Up until recently in history, celebrated historical figures featured in school texts did not include women. For well over one-hundred years following the development of American society, women were denied the right to participate (vote) in the process that determines how they are governed. For many years women were denied access to the overall workforce. The list of denials is lengthy. The often “misinterpreted” biblical verses regarding a woman’s status in comparison to her male counterpart has also contributing to the negative view men have historically embrace about the value and worth of women.

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The Window.

There were two men, both seriously ill, who occupied the same hospital room. Although it was difficult for him, one of the men was allowed to sit up in his bed for an hour a day to drain the fluids from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back. These men talked for hours on end. They spoke of their wives and families, their homes, their jobs, and their involvement in the military service, and even where they spent their vacations. Every afternoon when the man in the bed next to the window could struggle to sit up, he would pass the time by describing to his roommate all the things he could see outside that one lone window. How the man in the other bed would live for those one-hour periods where his world would be broadened and enlivened by all the activity and color of the outside world! The window overlooked a park with a lovely lake, the man described. Ducks and swans played on the shimmering water while the children sailed their model boats. Lovers walked arm in arm amid the blooming flowers of every

color of the rainbow. Grand old trees graced the landscape, and a fine view of the city skyline could be seen in the distance. As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene. One warm afternoon the man by the window described a parade passing by. Although the other man could not hear the band, he could see it in his mind's eye as the gentleman by the window portrayed it with vivid and descriptive words. Unexpectedly, an alien thought entered his head. "Why should he have all the pleasure of seeing everything while I never get to see anything?" he thought. It didn't seem fair. As this thinking fermented, the man felt ashamed at first. But as the days passed and he missed seeing more sights, his envy eroded into resentment and soon turned him sour. He began to brood and found himself unable to sleep. He should be by that window, he thought, and this unrelenting notion now controlled his life. He could not stop thinking about it.

Late one night, as he lay staring at the ceiling thinking mean and evil thoughts about the fact that he had no window to enjoy, the sick man by the window began to cough. He was choking on the fluid in his lungs. The other man watched in the dimly lit room as the struggling man by the window groped for the button to call for help. Listening to the futile efforts being made, the man across the room never moved, never pushed his own button that would have brought the nurse running. In less than five minutes, the coughing and choking stopped, along with the sound of breathing. Now, there was only silence--deathly silence. The following morning, the day nurse arrived to bring water for their baths. When she found the lifeless body of the man by the window, she was saddened and called the hospital attendant to take the body away; no words, and no fuss. As soon as it seemed appropriate, the man asked if he could be moved next to the window. The nurse was happy to make the switch and after making sure he was comfortable, she left him alone. Slowly, painfully, he

propped himself up on one elbow to take his first look. Finally, he would have the joy of seeing it all himself.

Finally. He was overjoyed for now he would see the park, the parades and all the activity that was described to him by his dead roommate. He strained to sit up and after much effort he slowly turned to look out the window beside the bed. To his horror, the window was surrounded by a blank cement wall. The man, beside himself with shock, pressed the button to call the nurse and agitated, he asked "What could have compelled my deceased roommate to describe such detailed and wonderful things outside this window? There is nothing to see.

Where are all the wonderful things he saw? Is this a new and recent wall? Why did he give me such vivid details that don't exist?"

The nurse shook her head sadly and answered his questions with a shake of her head, "Perhaps he just wanted to encourage you and make you happy. You see, your roommate was totally blind". There is an amazing and overflowing happiness we can feel in making others happy, despite our

own situations. This story above, although changed appropriately for this article, makes us realize that sometimes we can take things for granted. This patient near the window wanted to give instead of receiving. The bible says 'It is more blessed to give than to receive.' (Acts 20:35) It lifts our spirits and we are able to pull ourselves up from our own misery by giving joy to someone else. So often we look at others and envy what they have, just like the jealous and selfish man in the hospital room. In that envy he allowed his friend to die so he could experience firsthand the beautiful view his friend described whenever he looked through the window. Sometimes we see people with their successes and their

are too busy watching everybody else. God calls us to see all the possibilities He offers to us. Like the blind man 'looking' through his window", we can make of our lives whatever we want to, for it all depends on how we see what is before us. If we envision the good things we are blessed with instead of moaning at the bad, if we use our struggles as a learning tool to refine our faith and grow closer to our heavenly Father, we can move forward in our walk with Jesus Christ because we know that one day when this time of strife is over, we will experience the blessed joy and happiness waiting for us beyond this world. We will see beyond that blank wall outside

the windows of our lives, the glorious perfection Jesus has in store for us.

Have a blessed day!

"Some of us become so obsessed with others' seemingly good fortune, we cannot see our own blessings for we are too busy

material wealth, and we wonder why we always seem to get the short end of the stick. Some of us become so obsessed with others' seemingly good fortune, we cannot see our own blessings for we

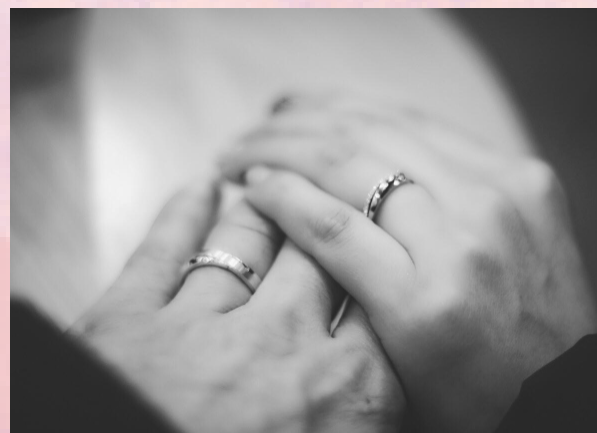
Three Healthy Ways to Make it Last Forever

Orlandus Thomas

In today's society, maintaining a relationship has become just as much work as a regular 9 to 5 job. When you factor in each other's careers and the varying schedules surrounding them, having and raising kids, family time, and social gatherings with friends, it's easy to see how the dwindling of time with a loved one in a relationship can potentially lead to issues ranging from emotional and physical stress, up to breakup and divorce. As we approach the "season of love", I would like to share with you 3 healthy tips on how to "make it last forever".

1. Working out together. One of the main benefits of working out is that it releases endorphins that give your body a feel-good sense of well-being. So when you add your mate in the mix, you are sharing multiple benefits, both individually and together. By working out together, you are strengthening your relationship, re-channeling your daily stress into the gym instead of each other. By the end of a workout, both of you will become more relaxed and pleasant to be around. Working out with your partner also creates a built in "us" time, and eliminates the notion of not having any time to spend quality time together. The dynamics during a workout with your partner can be intensely amazing, for you are developing a unique bond that involves motivating each other to meet personal fitness goals. When you look over while you're working out, and see your mate sharing the same common goal, investing their time and energy into being committed to staying fit.

Sweating it out on the treadmill or curling those dumbbells, is a "healthy-sexy" way of expressing the words, "I love you." Meeting your fitness goals together also boosts each other's self-confidence and self-esteem. When you (and others) notice your physical change, you will view it as time well spent together, and hopefully,



both of you will find creative ways to explore and appreciate each other's "new look!" (Let me slow down for a minute, because that's leading to Tip #3!) Most gyms have an area for children to play, so, if you have children, you can place them in the activity area for an hour while you both use the gym to rekindle the passion for each other. If getting to the gym is too hard, take their Xbox Kinect, get in the living/family room, and load up either Dance Central or Michael Jackson Experience for some exergaming. Studies show that 20 minutes of exergaming will lead you to burn the same amount of calories as you would by 20 minutes of running (250 calories) on a treadmill. Enjoy a night of dancing to some of your favorite songs while sweating away the unnecessary fat. Other activities could include riding a bike together, or, simply holding hands while walking. Know that every 2,000 steps taken burn off 100 calories.

2. Chef it up together! Sharing the cooking load together can create numerous emotional and physical



benefits to a relationship as early as the dating phase. Establishing this habit early can lead to a mindset of monitoring healthy eating habits, especially among males. Lead researcher Amelia Lake, Ph.D., a postdoctoral fellow at Newcastle University's Human Nutrition Research Centre in Great Britain says, "A man's diet tends to become healthier when he starts cohabiting with a female partner, and her influence has a long-term positive impact. In contrast, women eat more unhealthy foods and tend to put on weight when they move in with a male partner."

ner."

Again, this also is a great opportunity for communication and fellowship amongst each other, creating a deeper sense of comfort and trust within the relationship. It also allows the male to become more in tune with the needs of a woman by becoming a better listener, and eliminates the stereotype of the woman cooking dinner while the male sits on the couch and watches TV. One suggestion during this time would be to set aside at least one day during the week, and one day on the weekend. Both of you choose a healthy menu for the evening, go to the grocery store and buy the items together and then you will enjoy the experience of sharing each other's thoughts. Following a recipe requires trust,

comfort, and being in tune to listening to detailed instructions, all traits in a relationship. However, why not spend time sharpening these traits over a healthy dinner or breakfast? Nothing is more rewarding than basking in the ambiance of a sensual evening meal that was prepared by the loving hands of the mate looking across the table from you. As you both enjoy each morsel of delectable food and reminisce on the joy you shared preparing it together, you are creating the mood for an "intense" evening. If you have children, even better! Your children are more likely to eat healthier when they see their parents doing it, or, even better, if you involve them in the preparation process. Have one night a week that the family cooks together, and watch as your family's love strengthen before your eyes. You are also visually modeling for your children what a "healthy relationship" should look like.

3. Spicing it up = LOSING WEIGHT! If you do tips 1 and 2, then this tip will become by far the most enjoyable of them all, and the greatest reward for them both.

According to a recent article by Sarah Jio in *Woman's Day* magazine, "being more physically intimate with your mate not only promotes happiness in the relationship, but, along with the heightened heart rate, you are actually assisting your mate (as well as you) in burning calories."

Intensifying the passion in your intimacy with your mate can help you lose some unwanted pounds. Let me share with you ways that expressing your intimacy towards one another can help you lose weight:

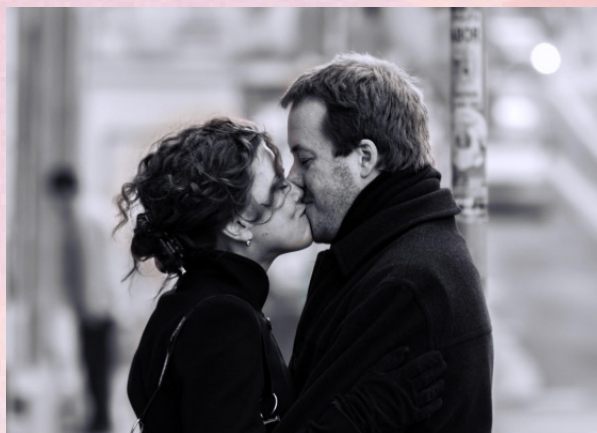


- Massaging your mate: 80+ calories per hour. Why not relax after a long stressful day with a soothing massage? During this session, you are working multiple muscles in the hands, forearms, and wrists, and immediately you get the heart rate up and running. The slower the massage, the more sensual you will feel and the more calories you will burned over a longer period of time.

- Undressing = 8+ calories. Although this doesn't seem like much, it's actually women who only lose from 8 – 10 calories by undressing their mates. Men actually lose more calories by undressing women, especially when it comes to the ever-so-popular unfastening the bra. That job alone requires up to 80 calories of work. Instead of ripping each other's clothes off like

“young lovers”, make it sensual by lengthening it out as through it was a striptease.

- Using your hands/caressing the body = 100 calories per hour. One of the most sensual forms of foreplay is exploring each other’s anatomy, so, why not take your time and burn some calories while at it? Take your time and enjoy the rewards of Tip #1.
- Kissing (70 calories) to “Making Out” (238 calories per half-hour). This one basically depends on the mood that is set, where you can gradually accelerate the heart rate through passionate kissing, or spike those levels almost instantly through an all-out make out session. Both are not only great forms of expressing your affection, but can burn fat calories. Become creative in how you choose to “push the gas pedal” on your mate!



- Having Sex = 85-150+ calories per half hour. Many of us are aware that having sex is one of the most enjoyable forms of cardio exercise, but did you know that a 30 minute session is equivalent to the amount of energy expended during a 30-minute jog? Also, if you do the math, 42 sessions of 30 minutes of sex at 85 calories = 3,570 calories burned, more than the 3,500 calories it takes to lose a pound. In addition to a cardio workout, sex is also a great muscle-toning exercise, and, by changing positions, you can work and trim

various muscles. Other benefits of sex include cleansing the pores of your skin, and intensifying your sense of smell. Did you miss a gym day? A workout “between the sheets” is an inexpensive alternative to the gym, and, embracing each other in the afterglow elevates a deeper sense of bonding, emotional attachment, and security. Now get started!



Bye Bye Girl.

I was once told that by the time I reached the age of 25, I would be able to count the number of real friends I have on one hand. Don't continue in the year with old friends that aren't helping to grow your life. Below are five girlfriends you may not want to let bring you down. I'll be waving bye-bye girl!

1. MS. HATER

I dislike the word hater, but "Ms. Hater" exists. Sometimes they are the friends you spend the most time with. Spotting a hater can be tough at first because a lot of time women yearn for a girlfriend's approval. The signs are usually there, clear as glass. Ms. Hater will find something wrong with everything you want to do with your personal, professional and/or social life. Constant negative commentary is usually the first sign, and it stems from their lack of happiness. Don't buy into it. Ignore the negativity and continue with your life.

2. MS. ME TOO

This is the friend that refuses to let you be great. "Ms. Me Too" is generally the one who has to one-up you at all costs. As women we need strong circles of females that have similar interests; however, your friends should lift you up, not attempt to bury you beneath their similar accomplishments. She can be spotted in conversation. If she can't applaud your success story without giving a success story of her own immediately after, chances are she's a Ms. Me Too. Her success stories are not what make her negligent to your growth; it is her constant lack of ability to take the time to celebrate you. If she can't celebrate you, she can't grow you and therefore she's not needed. Leave her behind.

3. MS. FLAKE

I know that we all have our own lives and must count on a girlfriend every once in a while. However, there is the one friend that never, ever comes through. Being a woman is a delicate balancing act of professional and personal lives. While the scale tends to tip one way more than the other, as women, we must ensure our circle is created of stable and reliable unions. Reciprocity is a component of friendship you must instill. If she



always cancels or never comes through, she can't grow you. Chances are "Ms. Flake" will eventually remove herself. Stop calling and inviting her, and if she cares she will call or invite you. If she doesn't, you have confirmed her position in your life and eventually it will no longer exist. Bye-bye girl.

4. **MS. GOSSIP**

If every conversation you have begins with "OMG, did you hear about...," then it's time to stop picking up the phone. All "Ms. Gossip" wants to do is talk about other people's lives because she has no life of her own. Plus, you're probable on her list too. If Ms. Gossip is quick to spill the beans about someone else's personal life to you, what makes you any less of a target? Remove yourself from her conversational rotation.

5. **MS. UNMOTIVATED**

Trying to be a friend with someone who is unmoved by your passion because they have no passion for anything can be tough. A friend who helps you with growth also knows the pains of growing. But a friend who is comfortable in complacency will never understand your growth. Be wary of "Ms. Unmotivated." She doesn't have fire in her soul about anything. She can be spotted moving in the monotony of her life and is just fine with that, wanting nothing more. That's fine for her, but not for you and your growth. If it's not growing, it's dead. You don't need dead friends. Bye-bye girl.

"Sometimes things have to fall out for other things to grow in."

– Pastor Anthony G, Maclin
KingdomLiving Winter 2012

Shardae Pressley

Making Decisions About Your Medical Care

Why Should I Be Involved In Decisions About My Medical Care?

Your medical care affects you most of all, so you should be involved in any decisions about your care.

How Can I Be Involved In Decisions About My Medical Care?

Talk with your family, close friends, doctor, nurse, or social worker about the decisions you want to make. Ask questions, and let those involved in your care know what your wishes are. Talk to them about what you want now, but also talk to them about what you would want in the future, if you ever become unable to make your own decisions. You can protect your rights by writing down your wishes and having two witnesses sign the document. Such document is called an Advance Directive.

Who Decides That I Am Unable To Make Treatment Decisions?

By law, you are assumed to be able to make treatment decisions unless two doctors (one must be a psychiatrist) agree that you are not about to understand

treatment decisions.

Who Will Make Treatment Decisions For Me?

If you do not appoint someone or leave specific instructions, D.C. law will allow your relatives to make decisions for you. (Please check with your stat if not located in Washington, DC)

What If My Doctor And I Do Not Agree About My Care?

You doctor will treat you according to what he/she believes is best for you. If after you talk with your doctor, you cannot agree about your treatment, you may want to find another doctor.

What Is An Advance Directive?

An advance directive is a document in which you state what you want done if in the future you cannot make your own medical decisions. There are two kinds of advance directives. In a Living will, you say what kind of medical care you do or do not want if you ever become unable to make your own

treatment decisions. Usually a living will applies when you are in a terminal condition. In a durable power of attorney for health care, you appoint a person to make decisions for you about your medical care if you cannot do so yourself. You can combine these two kinds of advance directives into one document.

Who Must Follow What I Say In My Advance Directive?

As long as your wishes are legal, anyone involved in your care must follow your wishes or try to find someone who will follow your wishes.

What Should I Say In My Advance Directive?

You can say anything you want, but it is best to appoint someone, and to discuss the following questions with that person. You can also put your feelings regarding these questions in your advance directive. For example, these are some of the things you might want to decide if you are ever in a terminal condition:

Do you want treatment to try to



restart your heartbeat or breathing (resuscitation)?

Do you want to be put on a breathing machine (ventilator or respirator) if you can't breathe on your own?

Do you want to be fed by tubes (receive artificial nutrition and hydration) if you can't eat or drink on your own?

Do you want to be kept as comfortable and free of pain as possible, even if such care prolongs your dying or shortens your life?

It is important to tell the person you appoint in your advance directive what you decide about these questions.

Must I Have An Advance Directive?

No, but it is a good idea to have one so that your doctor, your family and others know what you want if you ever become unable to make treatment decisions for yourself.

How Do I Write An Advance Directive?

Writing an advance directive takes serious thought. You can ask your doctor, nurse or social worker for a form, and someone will discuss this with you.

What Should I Do With My Advance Directive?

You should give a copy to the person you appoint to make treatment decisions for you, your doctor, your family, and anyone else who might be involved in making decisions about your treatment.

What If I Want To Change My Advance Directive?

You can change or cancel your advance directive at any time. You can write a new advance directive, destroy the old one, or tell those involved in your care that you have changed your mind. It is very important to let your doctor know that your wishes have changed.

How Can I Make Sure My Advance Directive Is Legal?

The District of Columbia Hospital Association has

a form that meets the requirements of D.C., Maryland, and Virginia law. If you follow the directives on that form, your advance directive should be legal in D.C., Maryland and Virginia. You may also have a lawyer help you write your advance directive or check one you have written. At this point, there is no advance directive form that is accepted in all 50 states.

What If I Need More Information About Advance Directives?

Ask us, and we will try to answer your questions or refer you to someone who can help.

Resources:
District of Columbia Hospital Association



Skip Mahoney and The Casuals

Skip Mahoney and The Casuals fans have been clamoring for a follow-up to it's 70's hit, "Wherever You Go" for some time. In their new release, "Never Gonna Let You Go", the wait is over. In "Never Gonna Let You Go", they have found the right "old school" vibe that blends Skip's incomparable falsetto with the precise harmony of The Casuals. Reminiscent to "Wherever you Go", it starts off as a beautiful, easy listening ballad that gradually builds into a breath taking tune that will leave you humming the chorus "Never Gonna Let You Go". This is just one of the sensational new songs to be included in the upcoming "Skip Mahoney and The Casuals" CD entitled "Good Old Days", to be released in November 2014. Be sure to check out the pre-release of Skip Mahoney and The Casuals' remake of The Drifters mega-hit "Up On The Roof". This version is certain to make you want to "step" to the music. As a bonus for all Skip Mahoney and The Casuals fans, an extended, live version of "Wherever You Go" will anchor the new "Good Old Days" CD. Enjoy "Never Gonna Let You Go" and look out for the upcoming "Good Old Days" CD. Coming to CD Baby, iTunes and a record store near you, in November 2014.

Never Gonna Let You Go

Published by WonderWatt Records © Copyright 2014

Skip Mahoney and The Casuals

Never Gonna Let You Go

Never Gonna Let You Go

Skip Mahoney and The Casuals



Living a Healthy Lifestyle

Gloria Sheffield (74) and daughter Monica Briscoe (54), attribute their youthful appearance and vitality to being conscious and proactive with their health and physical well being. These are the lifestyle practices that they follow for their best quality of life:

Impact exercises such as walking, dancing, water aerobics, or yoga at least 3 times a week for (30) minutes.

Mental stimulation and mental health with reading, crossword puzzles, community activism, studying music and singing as a vocalist.

Diet and nutrition that consist of eating multi-colored vegetables and fruits, vitamin supplements and staying hydrated by drinking water throughout the day.

D.C. LEGENDARY MUSICIANS, INC.

Supports Local Talent





Did you know that there are countless rhythmic, lyric song masters walking about right in the Washington, D.C. Metropolitan area? You may have just taken a bus ride or a subway ride seated next to a Grammy nominated or awarded musician. You might have shared a newspaper section with someone who played behind the greats like Elvis Presley, Ray Charles, Wilson Pickett, Marvin Gaye or the Manhattans. Do you know who that man is? Do you know who that woman is? She just might be one of the famous Jewels from the female singing group over there in the CVS drugstore. You never know who you might meet right in Washington, D.C. This city is a literal greenhouse of talent. The genres run deep and spread out a wide root based throughout the music world.

Depending on to whom you talk, D.C. might be considered primarily as an R&B town, others might say D.C. is a blues town, still others will say D.C. is a jazz town, and on and on. D.C. is a mecca for music talent from all over, and D.C. is a greenhouse of stellar homegrown talent. For over a century Washington, D.C. has been a seminal center in the development of American popular music. Legendary figures such as John Philip Sousa, James Reese Europe, and Duke Ellington made Wash-

ington, D.C. their home or grew up here. They were members of a community that has continued to produce important musical innovators for over a century, ranging from Bluesman Bobby Parker to jazz great Shirley Horne; soul great Roberta Flack; jazz masters Buck Hill and Butch Warren, and Go-Go inventor Chuck Brown.

The city's great musicians do not always attract the attention that they would in other cities. As the city has changed, generational divides have deepened between those who created a distinct D.C. sound in the 1950s, 1960s, and 1970s, and musicians who call D.C. home today. The sun has set on many of our fellow artists and musicians. Their contributions, sacrifices, creativeness, heartfelt drive and imagination helped create and establish the distinct individuality of the legendary D.C. sound. And, their contributions are greatly appreciated.

Unfortunately, for some of our D.C. legendary musicians, working as musicians as it is with many entrepreneurs, affordable health insurance has not always been available and many lack other benefits, including retirement income. Oftentimes, when our beloved musicians make their demise, it can cause nearly unbearable hardships for surviving family members to defray the



costs of end-of-life expenses for them.

Rev. Dr. Sandra Butler-Truesdale felt the great need to fill the void of recognition and to provide assistance to musicians who have given so much of their hearts and souls to the world. Enter the D.C. Legendary Musicians (DCLM), Inc., the brainchild of Rev. Dr. Butler-Truesdale. It was founded in part to support and recognize the accomplishments of D.C. born, raised, and resident musicians. The organization, chaired by the Rev. Dr. Butler-Truesdale, is dedicated in particular to the preservation of the D.C. legendary musicians. It has as part of its mission to preserve, protect and promote their artistic legacy, contributions, and well-being, and to educate the students and the community as a whole on the careers and contributions of Washington, D.C.'s professional musicians.



Rev. Dr. Sandra Butler-Truesdale

The organization carries out its mission by assisting musicians with health care and housing needs, and continuing to recognize Washington, D.C. talent with the endorsement of the D.C. City Council's recent proclamations to elder musicians at the Kennedy Center to TNT Tribble (R&B); Herbert Drake and Maurice Lyles (jazz drummers), Joe Quarterman (R&B singer/songwriter); and Jackie Hairston (jazz organist).

A final part of the organization's mission is to draw on those accomplishments to re-establish, re-animate, and re-vitalize the distinct sound of Washington music. To do so, DCLM proposes inaugurating a series of events bringing together musicians and entertainers across musical genres and generations. DCLM also will sponsor a variety of outreach activities (such as an



animated website; Hot Sheet for musicians, promoters, and venue operators; and other social media) in order to encourage musicians old and young to perform together and for one another.

In October 2014, the historic Lincoln Theatre hosted the D.C. Legendary Musicians Awards Concert and Benefit for Legendary Drummer Elbert “Woody” Woodson. Woody Woodson is an amputee as a result of his diabetes and is in need of a prosthetic leg. DCLM will share proceeds from this event to assist our beloved drummer with money to get the medical attention he needs. This and many other activities that have come to fruition from the vision and energy of Rev. Dr. Butler-Truesdale are on the horizon.

Dr. Sandra Butler-Truesdale, a native Washingtonian, has a phenomenal career within the District of Columbia as a former member of the D.C. Board of Education, entrepreneur of the Emma Gallery, and member of the Howard Theatre Restoration organization. She is a seemingly tireless historical force of information in this town of many musically gifted na-

tives. In her earlier career as a manager, Sandra Butler-Truesdale worked for the Ray Charles organization. Then, later as a cosmetologist, she worked with Soul Brother Number One, James Brown as his hairdresser for a few years. Her family, though jazz lovers at heart, thought her to be a “bama,” a term of joking endearment for one who preferred rhythm and blues. Over the next several decades, she married, raised her family and stayed entrenched in the music community of Washington, D.C. Many of her contemporaries and classmates have evolved from street corner “Doo-Woppers,” basement bands, and local singers to national and international musical prominence.

She is the hurricane force behind the preservation of our musical treasures one and all. She is appreciated and loved for whom and what she stands, as an historian whom truly cares about the creative, colorful group of people whom will forever be known as D.C. Legendary Musicians.

Written by Denyse Pearson



Winfield Parker

The Man Behind the Music

Patricia Atkinson-Brown met with Winfield Parker to learn more about the man behind the music. Mr. Parker is a native Marylander, having been born in Cooksville. His life started out much like many of ours, including church attendance. "Well, I went to church. My mother made me go to church. I never sang at the church till I got older, like 13 or 14, singing in the choir. But, I didn't know what I was doing, really. You know, I was there because my mother made me."

50+: Winfield Parker is best known as a vocalist; however, we learned that he started out in the music business as a saxophone player.

Winfield: Well, we got a little band together in school, my cousins and I. One of my cousins played guitar, and one of my friends in school played piano. So my other cousin and I joined the school band. So I started playing saxophone in the school band.

After that we got together and put a little band together called the Vee-Jays. And from there, it just kept moving, you know. I left the Vee-Jays after they didn't want to go anywhere, and I put another band together called the Imperial Thrillers. And then we had a battle of bands over in Warrenton, Virginia. It was about 40 bands, and we came in first place.

50+: From First Place to...

W: I went on the road with Little Sonny Warner; we made the song, There's Something on Your Mind. I left Sonny and got my own little band back together. Then, I used to play behind a lot of artists like at John Brown Farm, Shamrock, and wound up in West Virginia. I was on a show with Little Richard up at John Brown Farm. I knew Chico Booth played saxophone with (Little) Richard; he liked the way I played. So then I left, went on the road with Little Richard, for off and on, five and a half; six years.

50+: Please share with us your association with Otis Redding.

W: Well, when Otis first came in town he had the song, These Arms of Mine. Otis came to Carr's Beach, in Annapolis, and my band backed him up. So then we left there and went to Bill Dotson, used to be over in Glen Burnie, and Otis and I got real close. Otis's



record just took off. He didn't have a band, so I gave him half of my band because my being in the Baltimore area, I could get musicians. So then Otis -- it just went off after that. Then, Otis decided to record me because my manager used to handle Otis, too; his booking and stuff. I guess, that was a favor for me giving him half my band. Otis was going to record me, but [there was a mixup about the location of the recording studio]; I was supposed to record Sweet Soul Music. Arthur Conley and I were managed by the same person, so they recorded Sweet Soul Music on Arthur Conley.

50+: What would you say is your favorite song you've re-

corded and why?

W: I loved all of my songs because when I record, I sing a song that fits me and my experience in life. The ones that I really like didn't get airplay. So I would have to say the one that got airplay, with my biggest hit, SOS, in 1971. I guess, that would be my best one; but, the one that I really love is my first recording that I did in 1960 called My Love for You. That's the one I really, really, really like. Well, I was going through something with a little girl at the time, and we were split up, and she liked that song. A real life experience. I recorded that song, My Love for You, because it fit what I was going through with her. I wanted to let her know that I loved her, but we had to go our own separate ways. So, I guess, that was my main song. Most of my songs were from experience except SOS. I recorded that song because my manager at the time, in Philadelphia, Jimmy Bishop, took over my contract and everything, so I guess he was recording songs that he thought could be a hit, again because Edwin Starr made it first. I did a lot of songs of other people. Like Bobby Womack, I did Trust Me and I did Eddie Floyd's California Girl. Let's see...a lot of songs I recorded belonged to somebody else. I can't even think of all of them now.

50+: How do you feel about radio today, not playing our music? They cater more to the young folks.

W: If you don't have that big, big name, you can forget about getting your music

played. And now, today, we are the ones that paved the way for the ones that's out there now -- so they forget -- leave us to the side because now they [feel that] they're going to sign the young artists because they can rip them off. We know the business now, so they're not going to mess with us. So, they're [leery] because I was talking to a lady that wrote a song for Major Harris. She said, 'Well, do you have a big label? Are you assigned to a big label?' I told her, 'No.' She said, 'Well, they're not going to sign you to a big label because you're older. They want the younger folks now.' And, I tried to do it on my own. I've got so much money tied up in it, and they won't even play your music. So, I'm, kind of, bent out of shape about that, but, I put it in God's hands; I trust God. And I'm still moving around. I'm still doing my shows. I'm more in control now than having somebody else step in; no middleman.

50+: The music from our time will live on and on and on. It has meaning.

W: Meaning; right. It tells a story about the life we lived. And it gives you a chance to express yourself. So -- but the radio stations today, I've got a few stations that will play my music, because they're friends of mine. They're trying to help. Stations like WHUR, and

“Well, I loved all of my songs because when I record, I sing a song that fits me and my experience in life.”

down in Florence, South Carolina. These stations that will play my gospel music; they're not going to play my R&B music. [My legacy]? Well, I would want it to be wherein that I was a person that cared about other people. And with my music, I want it to be wherein they could remember me being the person that sang about love, sharing, and, things like that. Like I said, I put it in God's hands. And I'm still moving. I'm thankful for that, you know. And the people like you, interviewing me, this is a good thing. A lot of people don't care enough for a person to do what you're doing. And, thank God for you. You know what I mean? I've been all over the world. People promise you this; promise you that. It's all who you know.



50+: The personal message from Mr. Winfield to all his fans...

W: I love you; don't give up on me because I'm still out here. I'm doing my thing, but I'm doing it the right way and not half-stepping with it because if you do it the right way, you're going to get it; it's going to progress, My fans that have been with me for years, I love them, and I hope that they'll continue to support me. [Today], I'm still doing shows. I promote my own shows. I don't wait for a promoter or someone to call me. This way, if something big would come up, I'm ready. I put together a family social club. They help me to promote my shows. So we have three events a year. We had one, May 10, 2014, in Eldersburg. We have a tribute that we're doing to all the ministers and pastors. Some of them that's gone on and some that's still here. In September, we had a crab feast. Then in December, we always have a pre-New Year's Gala. So then, the other engagements, I get with other people to help me with tickets, like in

Silver Spring, on April 26, 2014, we had a tribute to the late Skip Pitts to purchase a tombstone. He played guitar for Isaac Hayes, Wilson Pickett and the Isley Brothers. His wife is a very close friend of mine. We went to school together. She's from Cooksville, also. I have some real close friends of mine that you know, including your husband. He played in a band with me for years, and he still plays for me when I need a man. And folks like Ronald Ford. We call him 'Pockets.' Those guys; I kind of count on those guys. You know, they're good people. Yeah, but I'm going to continue to do what I'm doing. It seems like now it's better for me. I'm not worried about anybody beating me out of my money. I know I'm in control. But I haven't played Washington, D.C. in years. I'm always, like, overseas or on the Maryland side, or West Virginia or South Carolina. I go overseas a couple of times a year. [the European fans] treat me like a king. You know, that's how I wanted to be treated here, [at home]. You know, but that's OK. But you go over there, they've got bodyguards around you and the whole nine yards.

"My fans that have been with me for years, I love them. I hope that they'll continue to support me."

If you wish to contact Mr. Winfield Parker for a performance, you may contact his manager, "Baby Girl Production," at 410-602-6035.

Written by Andra Powell-Henderson

A CHAT WITH

JOE HERNDON

Written by Andra Powell-Henderson

Recently, 50+ the second half magazine's publisher, had a chat with "Walter G. Herndon" better known to many as Joe Herndon, the current bass singer of Otis Williams' Temptations. Also, present was Joe's lovely and gracious wife, Sylvia. It is hoped that you enjoy this interview just as much as did.

50+: Are you a native Washingtonian?

Joe: Yes, I was born and raised in Washington, D.C., I was one of the first Black babies born at Columbia Hospital for women located in Georgetown. I lived almost all over the Washington area. Today, my wife and I are still close to D.C. but are residents of Maryland.

50+: Have you always been a bass singer?

Joe: Well at first, I was a guitar player for local groups and a 40-piece teenage orchestra called the Ambassadors while also singing in my junior high school "Kelly Miller's" choir. By the age of 15, while attending Spingarn High School the singing bug had me. A couple of years later, I found myself singing Doo-Wop on the street corners of Washington, D.C. The guitar had found a comfortable place against a wall in my bedroom and from there my singing career grew. In 1966, I began singing with a group call the Epics which turned out to be short-lived. At that time, the Vietnam War was in full force, and the Epics had its share of trouble trying to stay as a group. The Military draft was calling one member after another,





and finally I was called.

50+: Oh My! So many of us have never experienced war and combat. What was that like for you?

Joe: Vietnam was the very first time that I felt completely disconnected from anything that was familiar to me. I knew that I was a long-long way from home and thinking of home was not a good thing. Vietnam was a War at its darkest - but you know what? "God was always with me holding me up." He (God) gave me back my connection to one of the things that I was familiar with via The "Mellow Fellows", (a group of guys that sung together whenever we could). At times, we entertained the troops in a makeshift nightclub at home base, which was needed because we found comfort in each other. Knowing that in any moment we "surely" could be taking on incoming rockets and mortars in the mountains of Central Highlands of Vietnam.

50+: When you returned home after a traumatic War, did you attend therapy or counseling?

Joe: I was released on an Honorable



Discharge in 1970. I tried to get therapy and counseling but was denied. "So that was the end of that!" Joe replied. In 1972, I jumped the broom, had a son (Walter Jr) on the way. Singing was on my mind, but my properties were raising my children, which, by the way, in 1975, I had a daughter (Rasheda). In the 1980s, I return to singing with several groups: the Veltones, the Realistics, D.C.'s Finest, and Pookie Hudson and the Spaniels.

50+: We wrote an article on Pookie

Hudson and the Spaniels. You sang with them too?

Joe: I did, for a number of years. Pookie was a guy that was somewhat of a genius in the way he wrote turns and boy did he write a lot of them. Anyone, who knew him, would talk about how cool he was, soft spoken, and totally secure in himself. "Pookie, I will always love and miss you for who you were the man." From there I went to the "former lead singers of the Temptations", which included the late Damon Harris, Glenn Leonard, and the late Ollie Ali Woodson all former Temptations. I've been truly blessed!

50+: Yes! "Treat Her Like a Lady." Joe Herndon: Ha-ha. Yeah. That's what I keep trying to do with Mrs. Herndon "Treat Her Like a Lady." Ha-ha-ha!!



50+: A path that lead you all the way to becoming the bass singer for Otis Williams Temptations. Tell us about that had you ever met Otis before "the call"?

Joe: When I received that call, I was mesmerized, and I asked her to sit down. Uh-huh, you are going to have to take this one sitting down. Moreover, I told her what was offered to me. Through the years, Sylvia has always been very, very supportive of me. Couldn't ask for a better support system, in light of what I do for a living. She had a moment of silence while she took it in -- excited for the phone call but very calm in her answer. She answered it with a question: "So what are you going to do?"

50+: So tell me Sylvia...what was your first thought?

Sylvia: To be honest, ok, he's going to be gone a lot now. And, was I going to be able to handle that separation? However, once I realized that this is what he wanted, then I was on board with it. Because I had, you know, just like any married person, you think about, well, he is not going to be around much, you know? However, he

reassured me that nothing was going to change, you know? He was just with a different group, and so I was on board with it.

50+: Sylvia just said that you are gone a lot, and I see much travel via your refrigerator, which is

full of many magnets from different States and aboard.

Joe: Yeah; from each and every state in the United States and abroad.

50+: Tell us about that.

Joe: Well, my wife, not being able to travel all the time with me, created a project for me. Her project was, "Bring back a magnet of all the countries that you go to." And, as simple as

that request sounds, it was not at all simple because I had to hunt these down at times because sometimes we were not staying in a tourist area. So even though we were overseas, it was not the tourist area. They do not sell souvenirs in non-tourist areas. So I'd have to catch a cab across town in some of the cities, and if they did

not have it, they would recommend me to try a card shop which is "over there." Now I have another half-a-mile to go to get that magnet--you know? [Laughter] One time Robie, who works with the Four Tops and me, took the subway in Munich Germany looking for magnets in the town square, they had cards and

all kinds of souvenirs. I just couldn't believe they did not have magnets. However, they said, "No, we do not sell magnets, but if you hop on this subway and go three stops down, there's an area where you probably can find a magnet." Well, we went down into the subway, and Robie said, "Joe, we cannot read the signs, so how are we going to catch the



subway?" [Laughter] I said, "I can count, Robie. I'll count three stops one way, count three coming back, we'll be OK." [Laughter] So we went down and found the magnets. Later on after returning to a lot of the places, I realized how well I knew the areas because I had gone around looking for magnets, so I pretty much knew most areas everywhere we went.

50+: Nice!

Joe: The magnets. Yes.

50+: Okay, let's back up a minute. Tell us about your very, first, either rehearsal or your first performance as a Temptations.

Joe: OK. My very first performance as a Temptation was in Lake Tahoe. I was behind stage with a bottle of water, a microphone, and a towel. I am singing the songs, doing the bass parts, but completely out of sight. I stepped right into the Temptations show, singing before I had any rehearsals. My rehearsals came later in Los Angeles.

50+: Wow! So that is like a "meant to be."

Joe: A "meant to be." I ask him, "What gave you the nerve to put me out there like that?" Otis replied, "He was not worried about me because he had heard from enough people that I could do the job. So he said, "I was not worried about you."

50+: How do you feel about the original bass singer Melvin?

Joe: Honored. All the work that Melvin Franklin has done -- he was a guy that I wish I had met. I know I would have liked him because I have heard so many good things about Melvin since I've been with the Temptations. I am



just honored that I sing on his microphone now.

50+: Let's go inside the dressing room. Is there unity and a brotherhood?

Joe Herndon: We are five men with five different personalities. We do the best we can. However, the bottom line is we have to find a peaceful ending to move on, but we are human.

50+: Does Otis talk much about the original members?

Joe: Yes, he talks about the original members with great fondness. He has a lot of wonderful memories with the original five.

50+: How long have you been singing with Otis' Temptations and how long do you think you will continue to sing?

Joe: Over 11 years. I believe I am doing what God wanted me to do. God would tell me when to stop. So, I am just content right now.

50+: What would you like your legacy to be?

Joe: I was one who passed through this life never to hurt or hate anyone only to show love and to be known as a man of God.

50+: What would you like to say to your fans?

Joe: First of all, thank you for all of your support. I hope to continue performing and bringing you happiness and joy to your life for a long time. I love all of my fans, and I appreciate you from the bottom of my heart.

Love you,

Joe Herndon



Famous Quotes in Honor of **Black History**

“I would like to be known as a person who is concerned about freedom and equality and justice and prosperity for all people.”

-Rosa Parks

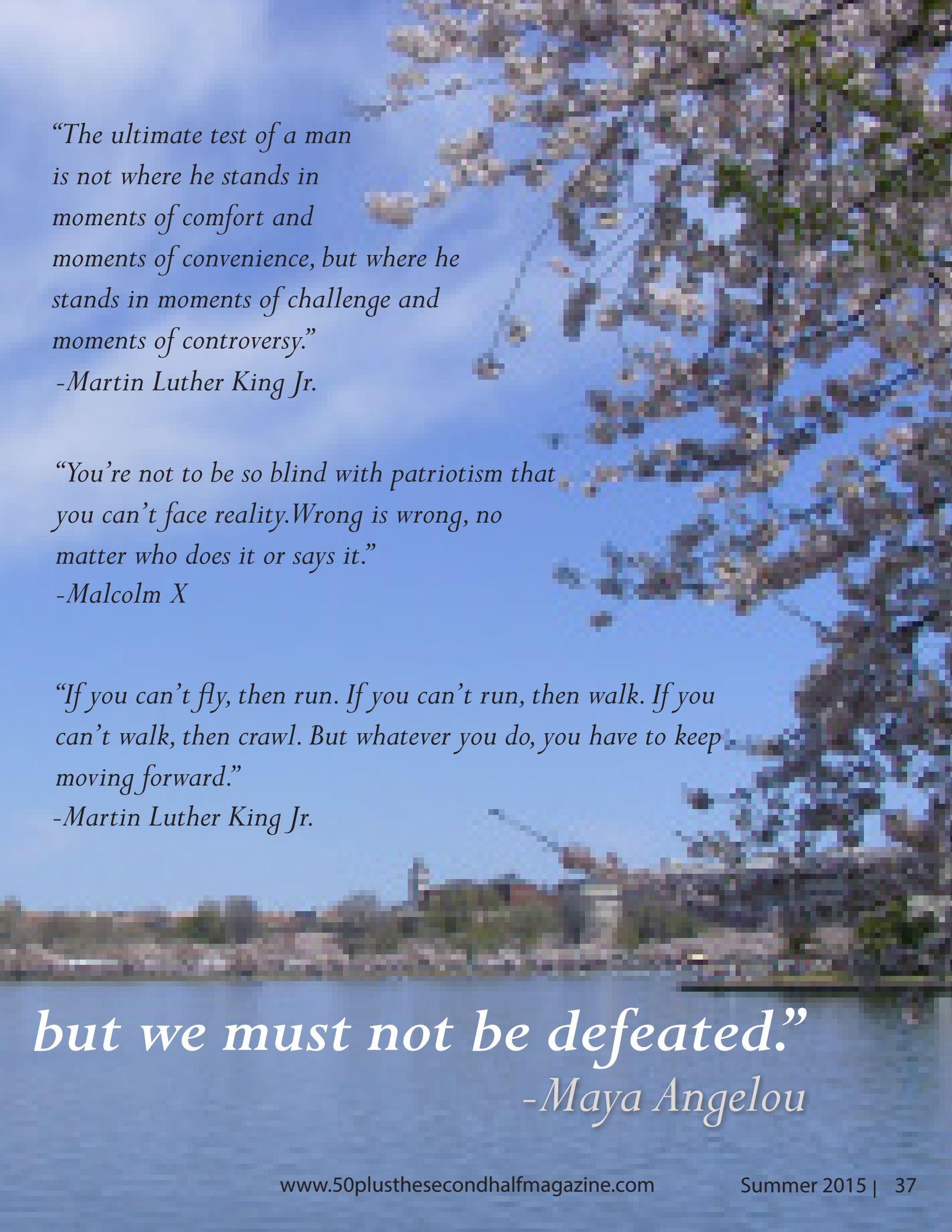
“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”

-Harriet Tubman

“I have decided to stick with love. Hate is too great a burden to bear.”

-Martin Luther King Jr.

“We may encounter many defeats



*“The ultimate test of a man
is not where he stands in
moments of comfort and
moments of convenience, but where he
stands in moments of challenge and
moments of controversy.”*

-Martin Luther King Jr.

*“You’re not to be so blind with patriotism that
you can’t face reality. Wrong is wrong, no
matter who does it or says it.”*

-Malcolm X

*“If you can’t fly, then run. If you can’t run, then walk. If you
can’t walk, then crawl. But whatever you do, you have to keep
moving forward.”*

-Martin Luther King Jr.

but we must not be defeated.”

-Maya Angelou

BellaRo®



As interest for BellaRo products continue growing among professionals and the general public Dr. Roy Miller schedules educational seminars to the professional and continue educating the general public on BellaRo retail line as well,

all professionals were invited to join BellaRo and Dr. Roy Miller for an educational, fun filled evening with free products free classes and much more Sunday March 29, 2015 from 1:00 pm to 5:00 pm at the Metro Points Hotel 8500 Annapolis RD New Carrollton, MD 20784 for information please contact: Roy Miller at, office 301-552-3368 or cell. 301-943-3915, BellaRo was founded in the City Of New Carrollton, by Dr. Roy Miller & the people of the USA and other countries
rroyhair@verizon.ent
www.BellaRo.net

A promotional flyer for a BellaRo Beauty-Product Presentation event. The flyer is blue and white with red and yellow accents. It features the BellaRo logo at the top left. The text on the flyer includes: "Beauty-Product Presentation To the Professionals", "Sunday March 29, 2015 at Metro Points Hotel 8500 Annapolis Rd New Carrollton, MD 20784", "1:00 to 5:00 pm", "Guest Room Rate \$72 pr Night", "Contact Mrs. Nuvia @ 301-322-6731", "Room Come With Free Breakfast from 10am to 12pm", "Free Classes", "Free Products", "Free Bella-Girl Hair Extensions", "Leading The Way In Science & Research", "Meet Dr. Roy Miller From the National Institute of Cosmetology", "Hot trending fashions by Marilyn Walker & other designers", "Tickets \$ 10 At The Door \$15", "First twenty enter free", "Dr. Roy Miller's Product Line LLC. 301-552-3368", and "www.BellaRo.net rroyhair@verizon.net". There is a red starburst graphic with the text "Vendors Needed 301-943-3915". The flyer also features a photo of Dr. Roy Miller and a photo of a woman getting her hair styled.

“ THE PRIMARY POINT I AM MAKING IS THAT UNITY AND MUTUAL RESPECT BETWEEN THE SEXES IS EXTREMELY IMPORTANT TO THE PROCESS OF ADVANCING A PEOPLE. ”

Despite the chauvinistic manner of which white American men have historically treated their white counterpart, the two have rarely failed to function as a unified team in an effort to govern their community in a manner that commands respect from law enforcement and from business enterprises operating in their community. When was the last time you recall law enforcement displaying, in white communities, forms of brutality often displayed by military personnel when military personnel are in combat in a foreign land? The element of unity and sense of community existing in most white communities generally command respect from law

enforcement; of course the privileged factor white communities often enjoy can't be overlooked. The primary point I am making is that unity and mutual respect between the sexes is extremely important to the process of advancing a people.

The divisionary element I have referred to enables a number of black men to, without causing any disturbance to their conscience, abandon our women and children. The element is also directly connected to the failure of many African American men to consistently, if ever, participate in the process of providing structure in the lives of our children, as well as, within our overall community. Lack of economic and employment opportunities should not have any negative impact upon the manner of which African American men interact with his female counterpart and his off-spring.

The divisionary element (i.e., a lack of regard for and/or awareness of the value of our female counterpart) renders many African American men susceptible to the pimp and player mentality that has become a major theme in a lot of popular music produced and enjoyed by a number of African American men and women. Clearly the pimp and player mentality has virtually no regard for the value of woman with the exception of the regard for the pleasure and even profit a woman's existence can provide.

The response a number of African American women have toward the disregard for their value and worth, displayed by a number of African American men, is to likewise disregard the value and worth

of African American men which result in the relationship between African American men and women becoming combative—I'll get you before you get me.

To the credit of African American women, they happen to be the forerunners in sustaining structure and a semblance of a sense of community within the African American community. African American women often engage in dialogue with each other concerning the state of their immediate community and they are the ones usually one actually putting forth an effort sustain both the race and the community. American women are generally the ones sacrificing unpaid leave time to address their kid's medical issues and to visit their kid's school to address educational and conduct issues and even provide moral support for a child involved in productive school activity; moreover, she's often alone in the quest to sustain and provide for her family—generally, not by choice. Even more, in many instances, she manages to do all of the above while dealing with a man who is anything but a help-mate.

TO BE CONTINUED...

Written by Ax Miller

Luau Cookout



Learning to Luau



The Ladies of SKYY



SUDDEN-M-PAC



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the Casuals

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The
SECOND HALF MAGAZINE

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A Common Problem - HEMORRHOIDS

If you have hemorrhoids, you're not alone. They're a very common problem. In fact, hemorrhoid tissues are a natural part of the body. Most of the time you don't notice them as they help during bowel movements. But if these tissues become swollen or inflamed, they can cause uncomfortable symptoms. The good news is that hemorrhoids can be treated so you feel better.

What Causes Hemorrhoids?

There's no single cause of hemorrhoids. Most often, though, they are caused by too much pressure on the anal canal. This can be due to:

- Chronic (ongoing) constipation

- Straining during bowel movements
- Diarrhea
- Pregnancy and childbirth
- Sitting too long on the toilet
- Strenuous exercise or heavy lifting
- Aging

Hemorrhoids tissues are "cushions" of blood vessels that swell slightly during bowel movements. Too much pressure on the anal canal can make these tissues remain enlarged and cause symptoms. This can happen to hemorrhoids both inside and outside the anal canal. To diagnose hemorrhoids, your doctor will rule out other problems that can cause symptoms similar to hemorrhoids. Hemorrhoid tissues play an important role in helping

your body eliminate waste. Food passes from the stomach through the intestines. The waste (stool) then travels through the colon to the rectum. It is stored in the rectum until it's ready to be passed from the anus. During bowel movements, hemorrhoids swell with blood and become slightly larger. This swelling helps protect and cushion the anal canal as stool passes from the body. Once the stool has passed, the tissues stop swelling and return to normal.

Resources:
KRAMES PATIENT EDUCATION



Viola Griffin

An Angel's Touch

Written by Andra Powell-Henderson

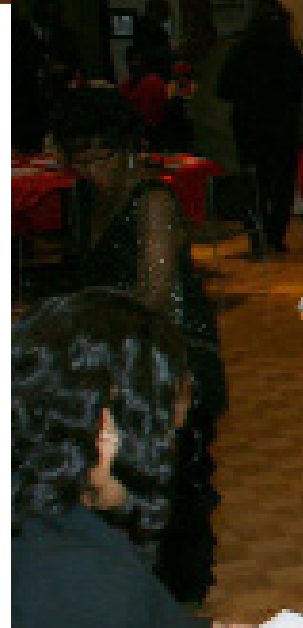
Viola Griffin, a native Baltimorean attended Lombard Junior High School #57 in Baltimore, Maryland. Later, she went to Keystone Job Corps in Drums, Pennsylvania to study business, and continued on at PTC Career Institute in 1984, where she was certified in Business Administration.

Viola loved music all her life. As a young child, as early as the age of five, she and her siblings would serve as disk jockeys for their parents and neighborhood friends. They would sing and put on little concerts for their parents and company. Part of their entertainment included pinning handkerchiefs on their backsides and "shaking a tail feather" all around the room. In high school there were regular talent contests called Showcase 57, and Viola and her siblings were always a part of any music activities, including the talent contests.

Viola, with her weekly allowance, would always go

to the record store and spend the whole allowance on music. Viola also specialized in hard-to-find and rare oldies records, and still has her collection of vinyl albums and 45s.

In 2001 she began to travel from state to state to concerts and musical seminars. Viola's love of music and her business acumen led her to found An Angel's Touch Production: Where Stars are Born, and to become its CEO. In 2013 she hosted an awards banquet that honored local Old Skool, Doo Wop and R&B celebrities from the 50s, 60s and 70s to be inducted into the Hall of Fame. Pictures to the right show the fun that night. Also, in 2014 she hosted the annual Awards Banquet for Legendary Radio Personalities and R&B and Funk legends from the 70s and 80s. Keep watching out for more from Viola Griffin and An Angel's Touch Production.





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Recycle My Computer is one of the programs offered by Oasis, a national organization that is a pioneer in the field of successful aging according to its website. It works two ways. If you have old computers cluttering your home, you may donate them. They will be refurbished and provided to another, at no cost to the individual. If you wish to receive a free computer from Oasis,

there is a nominal administrative fee of \$10, remitted at the time of application. To get an application (in PDF format), visit:

www.oasisnet.org/Link-Click.aspx?fileticket=ZAx-nF_OCuYl%3d&tabid=110.

All are welcome to apply; however, priority is given to low-income seniors. The free computers are fully refurbished, and mine came with Microsoft Word and

McAfee virus protection, at no cost to me. It was also wireless ready, and all I had to do was purchase an inexpensive adapter to connect it to my wireless home network. I have nothing but raves for my new computer. I am using it and the Word software as I type. Please share with others as well. We are fortunate in that there is a local chapter in our area, located in Bethesda, Maryland. For further information, you

are invited to visit their website:

www.oasisnet.org/Cities.aspx

Email them at:

washingtonmetro@oasisnet.org, and/or call them at 301-469-6800, press 1, then dial X211.



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