

# livingWELL

► THE SECOND HALF

## Going for gold

### California athletes head to the National Senior Games

BY KIM KABAR  
SPECIAL ADVERTISING SECTIONS WRITER

**V**ivian Stancil clung to the side of a swimming pool, terrified of drowning, but knowing if she did not release her grip, she would surely die. Stancil, then 54, weighed more than 300 pounds at the time. The retired kindergarten teacher suffered from high blood pressure, joint and back pain and a host of other obesity-related ailments. She desperately needed to start exercising. The fact that Stancil is legally blind didn't help matters as her disability reduced her exercising options. After discovering a murmur in Stancil's heart just a couple of weeks earlier, Stancil's doctor told her that if she didn't lose weight, she likely wouldn't live to see her 60th birthday. With her physician's dire prognosis echoing in her head, Stancil found the courage to release her grip at the pool's edge. Soon, she was paddling around, then swimming laps. Less than a year later, in 2001, she won a gold medal at her first senior swimming competition. Since then, she has won nearly three dozen more swimming medals.

"I can't even tell you the excitement I felt the first time I won a medal. I was hooked," she said. Now 125 pounds lighter and in excellent health thanks to swimming daily and a calorie-restricted diet, the 60-year-old is very much alive and one of an expected 12,000 athletes heading to the 2007 Summer National Senior Games in Louisville, Ky. from June 22 to July 8.

Athletes will compete in 18 sports such as archery, basketball, horseshoes, swimming, tennis and track and field. Each sport is divided by gender and by five-year age divisions beginning with 50 and ending with 100-plus. California will be represented by 189 athletes, 42 of whom reside in the Los Angeles area, said Traci Kantowski, spokesperson for the National Senior Games Assn. (NSGA), a nonprofit agency that has hosted the biennial event since 1987. The National Senior Games is the largest multi-sport athletic event for adults over 50 in the world, according to Phil Godfrey, president and chief executive officer of NSGA. "These rigorous athletic competitions completely dismiss outdated attitudes that older people are unhealthy, uninterested and inactive," Godfrey said. "Seniors today are redefining aging, not only in their desire to stay active but also in their overall athletic abilities." How good are some of these athletes? At the 1997 senior games, Phil Raschker of Georgia, for instance, then 50 years old, ran 100 meters in only 12.65 seconds — less than two seconds slower than 25-year-old Yuliya Nesterenko of Belarus, who won a gold medal for running the same distance in 10.93 seconds at the 2004 Summer Olympic Games. But while this top athlete represents the best of what is possible at any age, he only



PHOTOS BY LEO HETZEL

**Vivian Stancil, 60, left, and Don Leis, 75, above, are among the California athletes heading to the National Senior Games that begin on June 22.**

represents a small minority of the total competitors, said Godfrey. "The elite athlete motivates others to get moving," Godfrey said. "They serve as inspiration to a senior who may have only thought of sports as an option for younger people." Most athletes at the senior games have either not participated in competitive sports since high school or college or rarely exercised prior to getting involved in the senior games, said Godfrey. "The majority of our participants took an extended break from sports and exercise while they managed their careers and their family," he said. "Then, maybe 40, 50 or even 60 years later, they had this realization that 'Hey, I'm not going to age as gracefully as I want if I don't get active.'" Don Leis, 75, is a good example of the majority of athletes who compete in the senior games. Though an avid runner in high school and college, the native Pasadena resident hung up his track shoes soon after marrying and starting a career in financial investment sales. "I had a family to take care of," said the father of four. "I needed to devote myself to my job and to my family." After retirement, some 50 years later, Leis kept himself busy puttering around his house and occasionally putting a few balls around at his local golf course. "I thought after I retired that I would just want to wear (flip-flop sandals) and shorts everyday, put golf balls in the sunshine and, most of all, enjoy relishing in the fact that I wasn't one of those poor saps who still had to work," Leis said. "But, honestly, after

**Please see ATHLETES, Page 6**

## Send in the clowns

### For some, it takes a big red nose to bring joy to retirement

BY BEKAH WRIGHT  
SPECIAL ADVERTISING SECTIONS WRITER

**A**s radiologist Dr. Bill Pogue approached retirement, people started noticing something different about him — a red nose. In 1993, Pogue began to look for outside interests to have in place after retiring. "I'd read an article that said people who enter retirement without having activities outside of work dove into the bottle, got divorced or depressed," he said. In 1996, his search landed him back in school — clown school. Pogue found a class and was soon taking pop tests on tying balloon animals and doing homework to hone his clown makeup, magic, skit and parade skills. Important, too, was developing a clown persona and selecting a character name. Pogue settled on the name Pokonose el Payaso, a clown physician with a unique collection of medical instruments, including a cracked head mirror reflector and a "saw" for adjusting hospital-bed heights.

"As a doctor, I was always reserved," said Pogue, 74, who officially retired in 1997. "Pokonose is a cut-up who pokes fun at both himself and the medical profession." But when he was ready to make his public debut he was struck with stage fright — especially when it came to volunteering at the hospital where he once worked. "I was terrified the doctors would say, 'We always knew he was a clown.' At first, they were caught off guard, but then I found out that they respected me for working with patients and having the ability to swallow my pride and get out there and do it." Indeed, Pogue received a Grossmont Healthcare District Healthcare Heroes Award in April. Clowns say their lives are very busy. They rise early to don their attire, perform at parties, march in parades and do volunteer work. There is also the added social benefit of being part of a clown community. Here, friendships are



**Patty and John Henkenius of Seal Beach transform themselves into their merrymaking personas.**

forged and extended families are created. Such was the case for Seal Beach residents Patty and John Henkenius. In 1993, while married to other people, they happened upon a clown group that provided ongoing clown training and volunteer work serving seniors. After a while, the two had to drop out of the group to care for their ailing spouses. Four years later, after their spouses had passed away, they returned to the clown troupe and soon developed a mutual attraction.

**Please see CLOWNS, Page 4**

PHOTOS BY SUZANNE MAPES



# STAYING **HEALTHY** Facing ‘the change’

There is relief for hot flashes and night sweats

By **ANDREA KAHN**  
SPECIAL ADVERTISING SECTIONS WRITER

**I**t began when she was 48. Every time Linda LeBlanc got in the car with her husband, she was overcome with an intense, irrational fear that they were going to crash. Then came the night sweats and anxiety, keeping her up for hours. Then there were the hourly hot flashes, leaving her miserable.

“I just felt awful, emotionally and physically,” said LeBlanc, a Pacific Palisades nurse, now 56.

LeBlanc’s doctor prescribed hormone replacement therapy (now called hormone therapy, or HT), and soon the symptoms eased.

“Within a few days of taking the medication, I felt happy,” she said. At one point, she went off the HT and tried a homeopathic remedy. Her symptoms returned with a vengeance. She has been back on hormones ever since.

“I still get warm sometimes, but I just deal with it,” she said. “Menopause is a part of life.”

There is no shortage of people and products claiming to help women through “the change.” The challenge lies in figuring out what works and what’s safe. Some women swear by soy; others look for relief in the health food store.

Many women have been scared away from HT because of the 2002 Women’s Health Initiative (WHI) — a wide-reaching, government-funded research project, which declared women taking the combined estrogen and progestin hormone continuously were at increased risk of heart disease, breast cancer, stroke and blood clots.

## Age differences

However, current reports now indicate that the most effective way to ease menopause symptoms — and the safest — may be, after all, HT.

“There has been a lot of misconception, not just in the public and the media, but among physicians,” said Dr. Howard N. Hodis, director of the Atherosclerosis Research Unit and professor of medicine and preventive medicine at the USC Keck School of Medicine.

As Hodis and his colleagues recently reported in the Menopause medical journal, when estrogen therapy is initiated in women at the time of menopause, or under the age of 60, there appears to be an overall benefit in terms of reducing heart disease, stroke and overall mortality. For women who take estrogen only, there is also a reduction of breast cancer. HT also appears to reduce the risk of new-onset diabetes.

Hodis and his colleagues base their conclusions on 40 years of cumulative data, along with a new analysis of the WHI study by WHI itself, which appeared in the April 2007 Journal of the American Medical Assn. This new report from WHI confirmed what many in the field already knew — that the study included large numbers of women in their 60s and 70s, and its results were therefore not necessarily relevant to women who take hormones in their 40s and 50s.

“Women have been led away from hormone therapy to other options that are really not that effective,” said Hodis. “The cumulated data indicate that a woman who begins estrogen at the time of menopause is at low risk from side effects that are no greater than many commonly used medications, and most likely (she) will benefit from disease reduction over the long term.”

For Hodis, considered a leader in studying hormone effects on women’s cardiovascular systems, the WHI study crystallized the importance of age in the initiation of hormone therapy.

## A study of women

He is now at work on a landmark study: Elite or Early versus Late Intervention Trial with Estradiol — a synthesized estrogen molecule that is identical to the estrogen made by women. Funded by the National Institutes of Health, the Elite study uses noninvasive imaging to study atherosclerosis (hardening of the arteries), the underlying cause of heart disease, as well as cognitive functioning and mood in women given Estradiol plus progesterone via a vaginal gel.

Subjects will be followed for two to five years, comparing a placebo versus the active group, and comparing women who start the hormone therapy at an early stage of their menopause transition with those who begin later. (To participate in the study, call [866] 240-1489 or visit [www.usc.edu/medicine/aru](http://www.usc.edu/medicine/aru).)

Hodis said he expected the study to show what has already been suggested by the cumulated data, which is that hormone therapy, when initiated at menopause, decreases heart disease in women. He also noted that statins, regularly prescribed for heart disease prevention, do help men, but are not as effective with women. And while there can be adverse effects of HT, they are no greater than other medications commonly used in the primary prevention of heart disease in women, he said.

A woman has reached menopause when she



**There have been a lot of misconceptions about menopause treatments.**  
— Dr. Howard N. Hodis

has not had a period for 12 sequential months. For years leading up to “the change,” a woman’s body slowly makes less estrogen and progesterone. For some women these hormonal changes barely register; others may experience hot flashes (“I was getting 30 a day, and going out of my mind,” said one woman interviewed for this story), vaginal dryness, weight gain, sleep disruption, loss of libido and mood swings (“My kids would say, ‘Oh, mom’s going through her change, give her space!’” said another).

Dr. Lila E. Nachtigall, director of the Women’s Wellness Program at New York University

## Some tips for beating those midlife blues

**T**aking care of yourself is especially important during menopause. Women In Balance, a national nonprofit organization for women, and the National Women’s Health Information Center, a federal government source, provided these tips:

**Get moving:** As little as 10 to 15 minutes a day (optimally 30) of exercise can help curb depression and anxiety, according to a 2005 report by the Mayo Clinic. It can also help you sleep. And exercise, especially the weight-bearing kind (such as weightlifting, jogging

and hiking) can also naturally increase depleted hormone levels, lower stress hormone levels and help build bones.

**Take your vitamins:** All menopausal and post-menopausal women should be taking a multivitamin along with extra vitamin D and calcium to strengthen their bones — a woman over 50 should get at least 800 units of vitamin D daily. A report by the Women’s Health Initiative also found that women who take vitamin D with calcium are less likely to gain weight during menopause.

**Lighten up:** Watch a funny

movie, or better yet, check out “Menopause: The Musical” ([www.menopausethemusical.com](http://www.menopausethemusical.com)), now playing in San Diego and opening in Laguna Beach in July. The show pokes fun at hot flashes, memory loss and night sweats, with the perspective that menopause is not an end, but a beginning.

**Avoid triggers:** Some women report that eating spicy foods, drinking alcohol, drinking coffee or feeling stressed can bring on hot flashes. Do what feels good, and stay away from what doesn’t.

— ANDREA KAHN



If you are past menopause, do not have heart disease or diabetes, you may qualify for a study to prevent hardening of the arteries (the number one cause of death of women), memory loss and other postmenopausal health issues. Estradiol, the estrogen made by the body will be studied. This study will not use Premarin and Provera which were used in many previous studies that you may have heard about.

**Call us at USC Women’s Elite Study toll free (866) 240-1489 between 8:00 AM to 3:30 PM or visit our web site at:**

**[www.usc.edu/medicine/aru](http://www.usc.edu/medicine/aru)**

**MENOPAUSE ESTRADIOL**

## FREE EXAMINATIONS INCLUDE:

Dietary counseling, mammograms, pelvic examinations, Pap smears, cholesterol measurements, blood pressure monitoring, cognitive tests (thinking, memory), noninvasive ultrasound scanning of the neck arteries, EKGs, and more.



USC IRB  
#047A024



## GIVING BACK

# Wellness Takes Wing

Volunteers bring medicine to rural Mexico



PHOTO BY LEO HETZEL

**Kris and dentist Dr. Don Wood, Kim Burtle and Yehoram Uziel, from left, volunteer with the Flying Samaritans, a nonprofit that operates free medical clinics in Mexico.**

By **DEBRA BEYER**  
SPECIAL ADVERTISING SECTIONS WRITER

A quest for wellness puts wings in motion.

About one weekend a month, a group of medical professionals, pilots and support personnel rise with the sun and take off in small propeller planes to heal and to help those in need. They touch down on a dirt landing strip with no control tower, and walk to a Mexican village where a crowd eagerly awaits their arrival.

The team opens the doors to a modest clinic and immediately gets to work examining and treating people who have little or no access to health care.

These traveling benefactors are members of Flying Samaritans International, an all-volunteer, nonprofit organization founded in 1962 that operates free, one-day medical clinics in Baja Norte and Baja Sur, Mexico. More than 2,400 volunteer members serve through 10 individual chapters — seven are

in California, two in Arizona and one in Rosarito, Mexico. Through about 18 clinics in various rural areas, the Flying Samaritans' mission is to supply primary, specialty and emergency care and education to underserved communities.

"There are always many people, families, waiting for us — some come from miles away on foot, ill or in pain, with sick children or elderly," said Yehoram Uziel, 56, a Northridge engineer who serves as president of the organization's international board of directors and a volunteer pilot for the O.C. chapter.

### Many needs addressed

"We try to be able to address the wide variety of medical issues by having (on each trip) at least one doctor, a nurse practitioner, a dentist, a dental hygienist, and hopefully some specialists like a gynecologist, optometrist, pharmacist, audiologist or chiropractor."

A typical team may also include such nonmedical personnel as a translator and those working in assisting roles.

The O.C. chapter, which has more than 200 members, operates the Jesus Maria clinic in a village of 400 people. From 10 a.m. to sunset, the crew sees upward of 75 patients with such ailments as bacterial infections, skin diseases, heart conditions and diabetes, said Thelma Quinn, 65, a volunteer translator for 22 years.

"Most of the people we see are women, children and the elderly," said Quinn, a Long Beach resident and a retired teacher. "High blood pressure, cholesterol and diet, in general, are big problems there. We have a lot of diabetics, and you have to be very specific with them. You can't just say 'avoid sugar and fats' because they think Coke isn't sugar or that pork fat is OK. We have to say 'no fried potatoes, limit tortillas. . . .'"



PHOTO BY KIM KABAR

**Nurse Sue Hoyt, 54, a volunteer with Flying Samaritans, examines Alejandro Arroyo, 63, at a clinic in Mexico.**

As a translator, Quinn is always on her feet. "I'm really deciphering what they mean by what they say," said Quinn. "If a patient says 'I have an ulcer,' to them, any stomach pain is an ulcer. I have to discover their symptoms and inquire more about how they're really feeling, especially with children."

Besides ear infections, bronchitis and dental problems, many children have hearing or vision impairments, said Uziel. "This is preventing them from doing well in school and in life. Taking care of kids' health is a long-term solution so they can go to school and get an education and contribute to society."

### Serious cases

Patients with more involved medical problems may be referred to the El Buen Pastor Hospital in San Quintin, Mexico, where Mexican doctors and Flying Samaritans perform cataract and other procedures. In some serious cases, they are flown to the U.S. for surgery.

"Parents once brought their 6-year-old into our Bahia de Los Angeles clinic," said Chuck Lohrstorfer, 57, a Costa Mesa nurse practitioner and Foothill Chapter volunteer since 1980. "They drove more than 120 miles to get there because their son wasn't thriving. He was short of breath and losing weight. . . . We diagnosed a hole in the heart and were able

to get him and his mother back to Southern California for surgery. He's fine now, and his family was so thankful."

Lohrstorfer has flown more than 200 missions and serves as VP for the Foothill Chapter, which sponsors three clinics.

"Some of these villages in Baja are 200 miles or more away from medical care," he said. "These people don't have the money or transportation to get to the large cities for treatment so we're filling a gap. We see the most incredible people who have so little."

Besides some delicious home-cooked meals delivered by former patients, the Flying Samaritans are paid in smiles and the feeling they are making a difference in people's lives.

"Professionally, this has been the most rewarding thing for me," said Lohrstorfer. "The crew we have with the Flying Sams are so selfless and skilled and dedicated to helping these people — it's always inspiring."

"We have people who come in with a cane because they can't see, or in terrible pain from bone problems, and we help restore their sight or their health," said Quinn. "The Sams are providing people with the freedom to go back to work, and hopefully just to feel good again."

*Freelance writer Debra Beyer lives in Glendale.*

## How to help

**Participant duties:** Volunteers include physicians, nurse practitioners, dentists, dental hygienists, chiropractors, optometrists and audiologists. Nonmedical positions can range from flying the plane to being a translator or as assistant to doctors in triage. Volunteers also help with repairs to the clinic.

The cost per volunteer ranges from \$150 to \$200 per weekend. Volunteers must bring a passport, no more than 10 pounds of baggage and cash for hotel rooms and food.

**Participant requirements:** "We really need to recruit more medical specialists for these trips, to serve the special needs of these patients," said Yehoram Uziel, the volunteer president of the organization's international board of directors.

Other than the pilots, who must be instrument trained, the only qualifications required are a desire to serve.

"You have to be flexible and like a certain amount of adventure, but most of all you have to have a heart for helping people," said Thelma Quinn, a volunteer translator.

**Potential benefits:** "We're a big group of like-minded people," said volunteer Kim Burtle. "You get hooked in it because of the gratefulness of the patients. It's very worthwhile."

### Contact information:

Contact Yehoram Uziel at yehoram@soligen2006.com or visit [www.flyingsamaritans.org](http://www.flyingsamaritans.org).

Living Well was edited by the Special Sections staff of the Marketing Department of the Los Angeles Times. For comments, call Darlene Gunther at (213) 237-3133 or e-mail her at [darlene.gunther@latimes.com](mailto:darlene.gunther@latimes.com). For advertising questions, please call Ed Jensen at (213) 237-6120. The next Living Well publishes July 17.

## THEN Strolling In The Sand



## NOW You're Making A Splash!



Every Front Porch retirement community offers a refreshing sea of possibilities. Each immerses you in its own unique flavor, personality, history and setting, so you can get your feet wet, go with the flow or dive right into your retirement!



**THE ALHAMBRA**  
Alhambra 626-289-6211



**KINGSLEY MANOR**  
Los Angeles 323-661-1128



**CLAREMONT MANOR**  
Claremont 888-627-2900



**VILLA GARDENS**  
Pasadena 800-958-4552



**VISTA DEL MONTE**  
Santa Barbara 800-736-1333



**WALNUT VILLAGE**  
Anaheim • Now Under Construction!  
714-507-7000 • 866-983-6763

front porch

[www.frontporch.net](http://www.frontporch.net)



All communities are  
licensed by the State of California.



# CLOWNS: There's health in humor

Continued from Page 1

"We knew each other, but hadn't discovered one another," said Patty Henkenius.

Having been through similar experiences, they struck up a friendship. In January 2000, the couple were married before family, friends and clowns. The duo donned red noses when pronounced man and wife.

"Zip-a-Dee-Doo-Dah" played and a line of clowns formed a balloon arch.

"One of the guests said, 'I've never gone to a wedding before where someone with purple hair sat in front of me,'" said Patty Henkenius, 72.

With their ability to spread laughter, it's hardly surprising that clowns' own romantic lives seem to be impacted by their pastime.

"Becoming a clown improved my relationship with my wife," said Pogue. "As a doctor for 40 years, I felt very stiff, rigid and constrained. Life wasn't as funny as I would have liked for it to be. Now, the world has become a better place."

Perhaps the biggest benefits for clowns come from reaching out to the public, said Pogue of La Mesa, who makes monthly hospital rounds. "Hospital clowning is a lot different than being in a circus ring," he said. "There's no slapstick, and you have to be quiet and actually listen to the patient."

Dressed in a lab coat and carrying a stethoscope attached to a toilet plunger, Pokonose gets even the grumpiest of patients to crack a smile. "Being in the hospital is a terrible experience," he said. "Patients are afraid and have no control."

Positively affecting someone's day, he said, gives him a great deal of life satisfaction. "Anytime you do service for other people, it validates you, tells you you're worthwhile and that you're needed. Seeing people laugh and forget — those rewards are unfathomable."



Retired radiologist Dr. Bill Pogue found being a volunteer clown has given him a more optimistic world view.

Clowning, he added, has given him a much more optimistic view of the world and inspired him to take up other new activities such as motorcycle riding.

"A lot of people have a sense of inadequacy or feel they don't fit in," he said. "Clowns certainly don't fit in, but now I feel I do. I've created a place for myself."

John Henkenius, 77, a former mail carrier for the U.S. Postal Service, echoed these sentiments. "I'm a shy person, but once I get into that suit it's a different situation," he said. "I can entertain thousands of people."

## Benefits of humor

For the past 43 years, Dr. Patch Adams, a social activist and founder of the Gesundheit! Institute in West Virginia, has clowning in more than 60 countries, three war zones and countless refugee camps. "The people of this society are breathtakingly lonely — what they need is connection," he said. "I consider clowning a trick to get close."

During his years as a medical student — which were later chronicled in the 1998 film "Patch Adams" starring Robin

Williams — Adams challenged the notion of the impersonal doctor-patient relationships, drawing instead on humor and compassion to reach people.

"Humor is an instrument of peace, justice and care," he said of the philosophy that he continues to practice today.

It was those ultimate clowns, the Marx Brothers, who brought pain relief through their films to journalist and peace advocate Norman Cousins as he fought ankylosing spondylitis, a chronic inflammatory arthritis that primarily affects the spine. Cousins, who compared laughter to inner jogging, wrote about his experience with illness, humor and healing in several books, including the 1979 groundbreaking bestseller "Anatomy of an Illness as Perceived by the Patient."

He later became an adjunct professor of medical humanities at UCLA where he researched the biochemistry of human emotions and their effect on combating illness. Although he died in 1990, The UCLA Cousins Center for Psychoneuroimmunology continues to research this topic.

"We look at how positive

psychological experiences impact the immune system," said Dr. Michael Irwin, director of the center. "We've hypothesized that induction of a positive mood decreases the stress levels in the body and has health-promoting effects."

The heart gets into the act, too, when it comes to humor. Presented to the American College of Cardiology in 2005, a University of Maryland study found when the healthy subjects watched a movie that caused mental anguish, the bodies of the majority responded negatively with constriction of the blood vessels and the release of chemicals that can cause blood to clot and cholesterol deposits to occur. When the same group watched a humorous movie a few days later, 95% of them showed improvement.

"We believe that laughter not only offsets negative effects of mental stress, but also has a direct positive effect," said Dr. Michael Miller, director of the Center for Preventive Cardiology at the University of Maryland's Medical Center. "It's a great bang for your buck."

## Regular laughter

Miller's prescription for an optimum lifestyle includes a heart-healthy diet, regular physical activity and laughter. "I recommend that my patients engage in laughter on a regular basis, even if it's for very short periods of time."

Laughter's positive effects, said Miller, are due to a release of endorphins from the brain with opiate-like properties.

Clowns are impacted by laughter in additional ways.

"Clowns have the physiological effect of making other people happy," said Miller. "Some people experience a release of endorphins from making other people laugh."

Freelance writer Bekah Wright is based in Sherman Oaks.

## Learning to laugh out loud — with or without a costume

Fifteen minutes of laughter on a daily basis is good for the vascular system and can offset the impact of stress, said Dr. Michael Miller of the Center for Preventive Cardiology at the University of Maryland Medical Center. Other studies suggest laughter can ease pain, reduce anxiety and ward off illness. Here are some ways to introduce hilarity:

- Attend a clown class. Visit Clowns of America International at [www.coai.org](http://www.coai.org) to find a group. For an ongoing clown school, check into Studio Six,

(866) 99-CLOWN (992-5696).

- Join a laughter yoga group. Developed by a Bombay physician and his yoga instructor wife, this type of yoga incorporates yoga breathing, easy stretching and simulated laughter exercises. The idea is that forced laughter will induce the genuine thing, said Jeffrey Briar, director of the Laughter Yoga Institute ([www.lyinstitute.org](http://www.lyinstitute.org)) in Laguna Beach, which holds free meetings seven days a week.

Angela Rodriguez of L.A., who describes herself as 50-plus, said American School of

Laughter Yoga ([www.laughan-geles.com](http://www.laughan-geles.com)) sessions "lowered my blood pressure so much that my physician not only noticed, but she came herself to see what it's all about."

- Listen to funny radio shows. The good-natured ribbing that brothers Tom and Ray Magliozzi put each other through on NPR's "Car Talk" on KPCC-FM 89.3 from 10 to 11 a.m. on Saturday and Sunday will have you rolling around in your car seat.

- Hang out with wisecracking friends. Laughter, after all, is contagious.

- Watch comedies. These topped the laugh-o-meter when viewed by a test group: "Little Miss Sunshine" (Fox, \$30); the witty "Not Just the Best of the Larry Sanders Show" (Sony Pictures Home Entertainment, \$50); and the still-fresh "The Odd Couple — The Complete First Season" (CBS/Paramount Home Entertainment, \$39).
- Read a funny book. Ellen DeGeneres draws belly laughs with "The Funny Thing Is . . ." (Simon & Schuster, 2003, \$13).

— DARLENE GUNTHER

**WELLS FARGO**  
**HOME MORTGAGE**

### Reverse Mortgage


You've worked hard to own your home, now let it work for you!

- Receive payments instead of making them
- Use money for home repairs, buying a car — what ever you choose!
- Keep the title in your name!
- Enjoy your life without financial worries

For a complimentary consultation, call:

**Monty Simons**  
1-866-437-4285 Toll Free Direct  
Reverse Mortgage Consultant  
6355 Topanga Canyon Blvd., Suite 400  
Woodland Hills, CA 91367  
[monty.simons@wellsfargo.com](mailto:monty.simons@wellsfargo.com)

Borrower must be at least 62 years old. Please call for detailed program information. 1. Provided all program requirements are met. Wells Fargo Home Mortgage is a division of Wells Fargo Bank, N.A. © 2007 Wells Fargo Bank, N.A. All rights reserved. #41845 6/07-9/07



516916810612



## I want Mom to be happy and close to home

**New LifeStyles** Senior Housing & Care Option guides are available, **FREE** for over 40 areas throughout the USA.

New LifeStyles guides include:

- All options, from Active Adult Communities to Alzheimer's care, including home care and valuable products and services
- Comprehensive listings of all licensed providers
- Articles and advice to help you make a decision
- Easy to use, with descriptions and locations

**Call today! It's FREE!**  
**1-800-820-3013**  
or visit us online at [www.NewLifeStyles.com](http://www.NewLifeStyles.com)

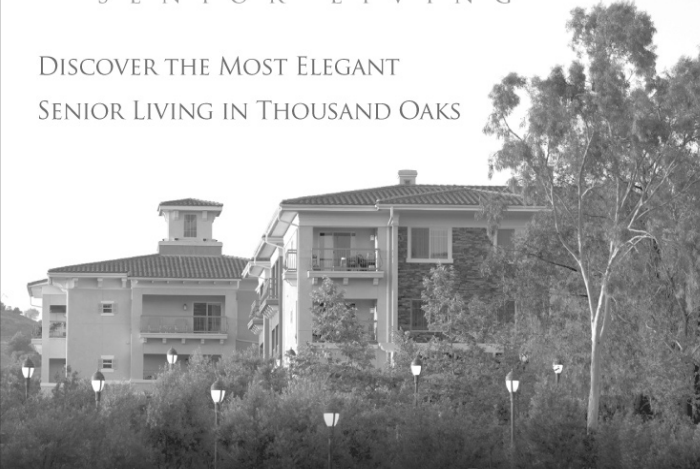
Callers requesting New LifeStyles may also receive information from providers in their area.

**THE SOURCE FOR SENIORS**

## GRAND OAKS

SENIOR LIVING

DISCOVER THE MOST ELEGANT  
SENIOR LIVING IN THOUSAND OAKS



MENTION THIS AD AND RECEIVE  
\$1000 OFF YOUR FIRST MONTH'S RENT

- Independent and Assisted Living Programs
- Fine Restaurant Style Dining
- Beautiful Park-Like Gardens with a Putting Green
- Scheduled Transportation
- Social Activities and Cultural Events
- Heated Swimming Pool

**(805) 370-5400**  
2177 Thousand Oaks Blvd., Thousand Oaks 91362

An MBK Senior Living Community License # 565800738

## NURSING HOME NEGLECT

If you suspect a loved one has been the victim of nursing home abuse or neglect, **CALL NOW!**



Unexplained Injuries  
Dehydration  
Decubitus Ulcers (Bedsore)

Broken Bones  
Weight Loss

**Attorney Concentrating in Nursing Home Abuse and Neglect Cases**

**FREE CONSULTATION** — If no recovery, you will not be liable for any fees or costs.

**Maher, Guiley and Maher, P.A.**  
A Professional Corporation  
[www.maherlawfirm.com](http://www.maherlawfirm.com)

**888-859-2043 (Toll Free)**



## Garden Style

gated community with spacious units.


1+1 from \$1,050  
2+1 from \$1,300.

## GRANADA GARDENS

Active Senior Apartments  
Northern San Fernando Valley

Telephone: 818.833.0030

15878 Larkspur Street • Sylmar, California 91342  
(I-5 freeway, exit Roxford, right onto Encinitas)  
[www.ggaps.com](http://www.ggaps.com) • [ggaps@socialpm.com](mailto:ggaps@socialpm.com)



## Give your mailbox a break.

**Go paperless.**  
**Start E-Billing.**

- No more paper Los Angeles Times bills
- No more stamps
- Easy 24/7 access to account information
- And it's all **free**

**Start E-Billing today.**

- 1 Go to [myaccount.latimes.com](http://myaccount.latimes.com)
- 2 Log in or register
- 3 Click "Sign up for E-Billing"

Your **next** bill will be an electronic bill.

**Los Angeles Times**  
[latimes.com](http://latimes.com)

**WELLS FARGO**  
**HOME MORTGAGE**

### Reverse Mortgages For Senior Homeowners

You've worked hard to own your own home, now let it work for you! Our experience can save you money. Call now for a complimentary consultation.

- Receive monthly payments instead of making them
- Make no repayment of your loan as long as you live there
- Use money for home repairs, buying a car — whatever you choose!



**Paul Luedke**  
Serving Southern California  
Reverse Mortgage Consultant  
**1-800-939-REVERSE**  
(1-800-939-7383)

\*Must be at least 62 years old. Call for more detailed program information. Wells Fargo Home Mortgage is a division of Wells Fargo Bank, N.A. ©2006 Wells Fargo Bank, N.A. All rights reserved. #34781 11/06-2/07



## ATTENTION: RETIREES

- Have You Been Sold Excessive, Unnecessary Life Insurance?
- Have You Lost Retirement Savings Due To Mismanagement By Your Stock Broker/ Financial Advisor?

**CALL NOW!**

**FREE CONSULTATION**  
**No recovery - No attorney's fee**  
**Law Offices of Marc I. Zussman**  
**10100 Santa Monica Blvd., 3rd Floor**  
**Los Angeles, CA 90067**  
[mzussmanlaw@aol.com](mailto:mzussmanlaw@aol.com)

**310-772-2250**  
**Toll Free 888-663-5661**

**ATTORNEYS SPECIALIZING IN FINANCIAL ABUSE CASES**

- IRA Losses
- Excessive Whole life
- Variable Universal Life
- Variable Annuities
- High Risk Investments
- Seminars that Exploit Seniors



**Marc I. Zussman, Esq.**  
USC Law School  
33 years in practice,  
Former LA Deputy City Attorney

5160752



PERSONAL **PASSIONS**  
**Fresh on food**

Healthy cooking classes teach students about greens, grains

By **JANICE MACDONALD**  
SPECIAL ADVERTISING SECTIONS WRITER

**T**he trestle tables in Chef Jeff Mall's backyard were covered with green gingham and twinkling votive candles. The casually dressed crowd, still sipping their watermelon and mint *agua frescas*, was busy filling baskets with tomatoes, peppers and fresh herbs for a cooking class dinner Mall was about to prepare.

Soon, trays of jalapeño-spiced deviled eggs were passed around, and Mall began demonstrating how to make mozzarella cheese. As the sun set, the savory aroma of roasting chicken wafted from a wood-fueled brick oven.

After researching cooking schools on the Internet, Kathy Everhart, 47, and her husband Don, 49, traveled to Healdsburg, Calif. from their Victorville home to take a similar class by Relish Culinary School ([707] 431-9999, [www.relishculinary.com](http://www.relishculinary.com)).

"The chef was very creative; he talked about the different

ways salads could be made without oils and helped us understand various ways to cook things," Everhart said.

If all of the above sounds more like something you'd find in a gourmet cooking class than a course on nutritious meal preparation, well, Donna del Rey, owner of the Relish Culinary School, is out to prove you wrong. People often believe that cooking healthily, by definition is bland and boring, she said. But, given California's bounty of fresh produce, there is no reason why "food can't be good and good for you."

Except for another common misperception: It takes time to cook healthily, right? Not necessarily, said Annette Gallardo, owner of the South Bay School of Cooking in Manhattan Beach ([310] 350-3772, [www.southbayschoolofcooking.com](http://www.southbayschoolofcooking.com)), who proves with her school that you don't have to travel to Northern California if you're passionate about nutritious cooking.

Gallardo tells her students



PHOTO BY TED ROBERTS

**Pat Lesavoy, left, cooking with chef Amanda Cushman.**

frozen dinners can be full of sodium and other things that aren't good for you — although she did acknowledge that at the end of a long day, when you're tired and hungry, takeout can seem awfully tempting.

For too many people, she said, dinner ends up as "a can of soup, also very high in sodium, poured over boiled chicken breast. Then you throw a bag of frozen vegetables in the micro-

wave and wonder why no one wants to eat."

Gallardo's lessons include shortcuts, such as making a pot of brown rice or grains such as quinoa and couscous and then freezing them in small quantities to be defrosted for stir-fry dishes and soups.

She also suggests cooking and freezing multiple chicken breasts all at one time, for later use. But while chicken breasts

are good for you, chicken four nights a week can have you thinking longingly of pizza, so she offers classes such as "Everything Chicken," which promise to "put some pizzazz in your *pollo* repertoire."

"[People] need to learn something else besides bottled dressing on chicken breast," she said. "You get bored and pretty soon, you stop caring about [eating] healthy."

To further banish boredom, Gallardo encourages her students to expand their culinary repertoires with ingredients such as lemongrass and Thai basil that add flavor without fat and sodium.

"I'm not a great cook, but I've always been interested in healthy cooking," said one of Gallardo's students Susie Hyder, 54, of Redondo Beach. A "tendency to be overweight," a husband with high cholesterol and a grandson "bordering on obesity," motivated her to learn better ways to cook.

"I consider it preparing for the future," Hyder said of her participation in the classes. "I don't want to have sabotaged myself by the time I reach 70."

People who want help in developing meals to lose weight often contact chef and caterer Amanda Cushman, ([310] 980-0139, [www.amandacooks.com](http://www.amandacooks.com)) who will drop by your house to demonstrate the art of cooking healthy Mediterranean. Cushman has taught at New York's

Natural Gourmet Institute and developed recipes for *Cooking Light* and *Vegetarian Times* magazines, and she tells her clients if they eat a balanced diet rich in nutrients from seasonal vegetables, healthy oils and plenty of seafood, the weight will take care of itself.

One who needs no convincing is Pat Lesavoy of Pacific Palisades. She admits to being 56, but describes herself, with a laugh, as "ageless" and attributes some of that to a healthy lifestyle that includes regular workouts at the gym and replacing her mother's high-fat recipes with Cushman's high-flavor approach.

An educational consultant, Lesavoy said she was "already leaning toward organic and free-range," but that Cushman gave her "lots of helpful tidbits" in a couple of one-on-one tutorials at Lesavoy's home and showed her how to incorporate healthy grains such as quinoa into her diet.

She also learned to change the way she cooks certain foods. "Salmon, for instance. I used to pan-fry it with oil. Amanda showed me how to prepare it with soy sauce and lime juice."

The flavors are so intense, she said, she didn't miss the fat.

It is, she said, definitely not her mother's cooking.

*Janice MacDonald specializes in writing lifestyle features.*



From "Everyday Food: Great Food Fast," Martha Stewart Living  
**What's healthier than a mixed tomato salad with olive oil and red-wine vinegar?**

**Learn how to prepare good-for-you meals through cookbooks**

**Y**ou can learn how to cook healthfully through cookbooks. Here are some on the market:

■ "American Heart Assn. One-Dish Meals" (Clarkson Potter, 2003, \$15.95). With this book, the American Heart Assn. tries to solve the dilemma of how to have home-cooked, heart-smart meals that are convenient. The answer: Most of the recipes can be cooked in just one pot.

■ "Moosewood Restaurant Simple Suppers: Fresh Ideas for the Weeknight Table" by the Moosewood Collective (Clarkson Potter, 2005, \$32.50). This restaurant has operated for more than 30 years in Ithaca, N.Y., as a creator of veg-

etarian cuisine with an emphasis on whole grains, fresh fish, fruit and vegetables. "Simple Suppers" provides such recipes as Tomato Tortilla Soup.

■ "Canyon Ranch Cooks" by Barry Correia, Scott Uehlein and the Kitchen Staff of Canyon Ranch (Rodale, 2001, \$29.95). For more than 20 years, Canyon Ranch in Tucson has been creating nourishing recipes that use fresh, seasonal ingredients and foods free from additives. In this book, the executive chefs suggest such creations as Poached Salmon with Orange Basil Relish.

■ "American Heart Assn. Low-Fat, Low-Cholesterol Cookbook" (Clarkson Potter, 2003,

\$25.95). The good-for-you dishes in this book offer ways to increase your intake of monosaturated fats (found in plant oils and nuts), whole grains, vegetables, fruits and fat-free dairy products.

■ "Everyday Food: Great Food Fast, 250 Recipes for Easy Delicious Meals All Year Round" from the Kitchens of Martha Stewart Living (Clarkson Potter, 2007, \$24.95). If you can skip past the luscious photos of Lemon Custard Cakes, there are many simple, healthful recipes in this book, including a Salmon Niçoise Salad.

— DARLENE GUNTHER

REAL **ESTATE**  
**Four Seasons at Bakersfield**

K. Hovnanian's Four Seasons at gated, master-planned City in the Hills at Bakersfield will celebrate the opening of The Lodge community center from 10 a.m. to 3 p.m. on Saturday, June 23.

The 14,000-square-foot center features a fitness center, computer lab and theater. The

outdoor amenities include a pool, spa and sports courts.

The detached, single-level plans offer from two to four bedrooms and up to 3½ baths. Prices start from the high \$200,000s.

For details, call (661) 872-8140 or visit [www.Khov.com](http://www.Khov.com).

**Four Seasons at Beaumont**

Honored as the 2005 MAME Award winner for Master-Planned Community of the Year, K. Hovnanian's Four Seasons at Beaumont presents single-family homes with two to four bedrooms and two to three bathrooms priced from the high \$200,000s.

The Diamond Series program offers price-included European-

style maple cabinets and granite kitchen counters.

For details, call (866) 303-9079 or visit [www.Khov.com](http://www.Khov.com).

**Four Seasons at Palm Springs**

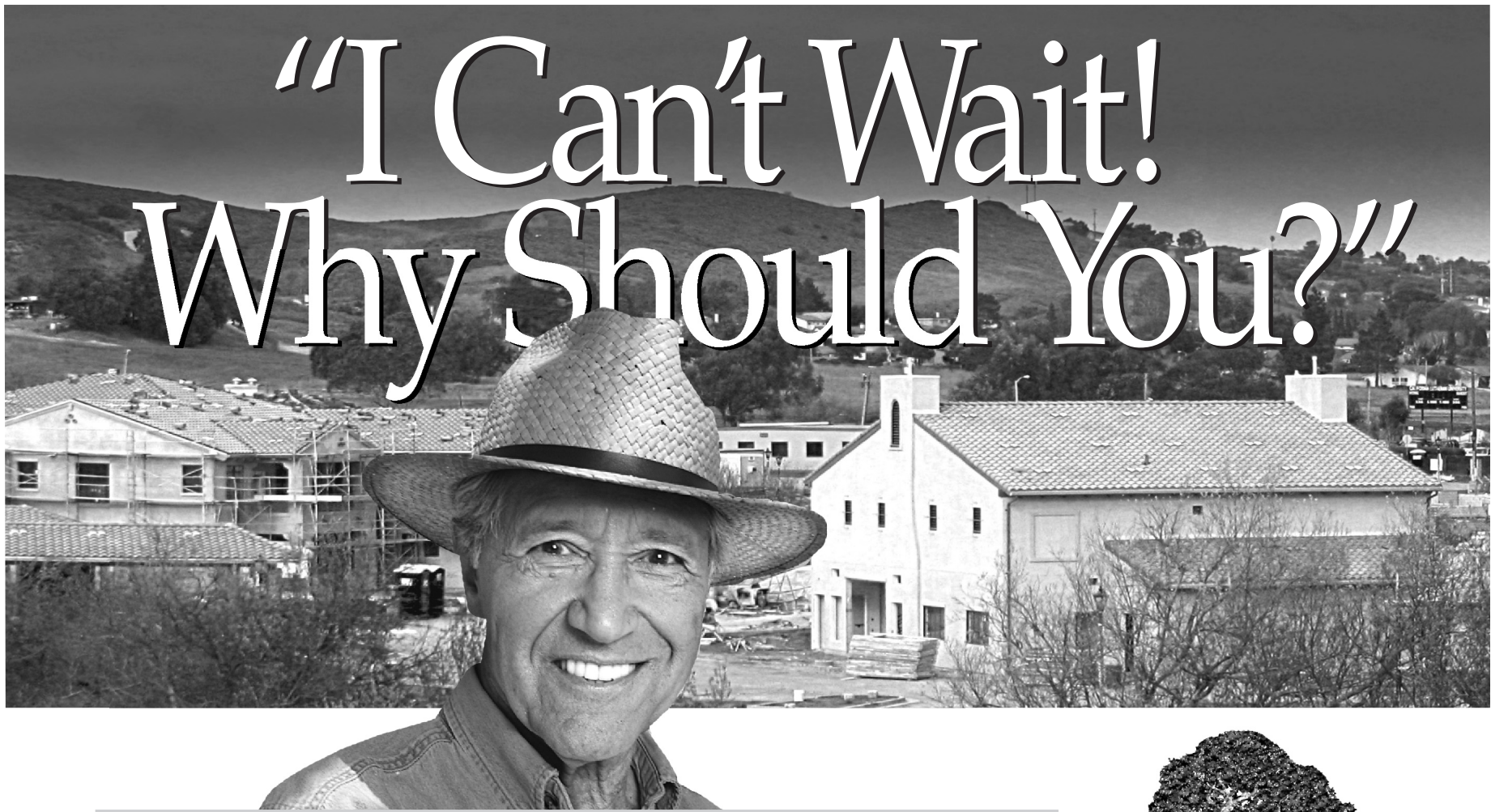
Social clubs at The Lodge are on tap at K. Hovnanian's gated Four Seasons at Palm Springs, where single-level home prices start from the mid-\$300,000s. Palm Collection homes offer two to three bedrooms and two baths. Canyon Collection homes have two to four bedrooms, two to 3½ baths and great rooms. For details, call (866) 347-6228.

**Four Seasons at Hemet**

K. Hovnanian's Four Seasons at Hemet will pay the Mello-Roos taxes on homes purchased in its The Masters or The Invitationals neighborhoods prior to July 4. The developers said the value of this incentive is about \$10,000.

Prices of the single-level homes with two or three bedrooms and two baths begin in the high \$200,000s.

The community is holding a Bingo Bash on Saturday, June 30 to showcase the community. For details, call (866) 688-9714 or visit [www.Khov.com](http://www.Khov.com).



This summer, the decision to move to University Village will pay off, rewarding him — and many others for the rest of their lives. Even now, he can relax and look forward to everything University Village will provide. You could, too. Maintenance-free living. Great services and amenities. Peace of mind with access to assisted living, skilled nursing and Alzheimer's care, if ever needed. Can you see why he can't wait? You shouldn't either! To see what University Village is all about, call (800) 671-8509 to schedule a visit. Or view the latest construction photos at [UVTO.com](http://UVTO.com). Either way, don't wait.

**UNIVERSITY VILLAGE  
THOUSAND OAKS**  
A Continuing Life® Retirement Community  
The Retirement Lifestyle  
You Just Can't Wait For.

3350 Campus Drive  
Thousand Oaks, CA 91360





# ATHLETES: Competing motivates them to move

Continued from Page 1  
a while, I got bored with retirement."

Around that time Leis traveled to Salt Lake City to see the 2002 Winter Olympics. After purchasing his tickets to watch the skiing and luge events, Leis spotted a sign inviting spectators to earn one of only 500 commemorative Olympic pins.

To earn the pin, Leis would have to walk a mile up a hill. Some 8,000 people attended that day's events, but most took a shuttle bus up the hill. "I guess my competitive nature was re-ignited at that point because I decided to take on the challenge and walk up the hill," he said.

Though the temperature was a frigid 20 degrees, Leis trudged through the snow until he made it to the top. On his award pin were these words: "A healthier you in 2002."

Leis took those words to heart. "I decided at that moment that I was going to start exercising and eating better," he said. "I really felt I had accomplished something that day."

Within six months, Leis competed in his first track and field event at the Pasadena Senior Games. Since then, he has won more medals than he can count



PHOTO BY RICK RICKMAN

The competition was fierce in this cycling event at the 2005 Summer National Senior Games.

— competing in city, state and regional events each year. Some of Leis' best results include running a quarter mile in 84 seconds; jumping 4 feet in the high-jump event and leaping more than 22 feet across a sand pit in the triple jump.

Leis will compete in eight track and field events at this

year's national games. His goal is to place first, second or third in the 200-, 400- and 800-meter individual runs, the 400-meter relay race, the triple jump, the long jump, the high jump and the javelin. Winning medals in all events in his age division could win him the coveted Senior All-American award.

"Anyone can compete in the senior games," Leis said. "Even if you don't win, you are still a champion for getting out there and doing something for yourself."

Stancil, a 20-year Long Beach resident who recently moved to Riverside but still works out at a Long Beach pool, will be making

this year her third attempt to win a national medal.

In 2003, judges disqualified Stancil after she excitedly slapped the water at the conclusion of the race instead of touching the wall, as required by Olympic regulations. In 2005, Stancil came in last place, but still received a standing ovation

from the crowd for her effort.

"At that moment, when I heard all their clapping and hollering of my name, it didn't matter that I'd come in last," Stancil said. "I felt like I just won the gold."

Freelance writer Kim Kabar lives in Long Beach.

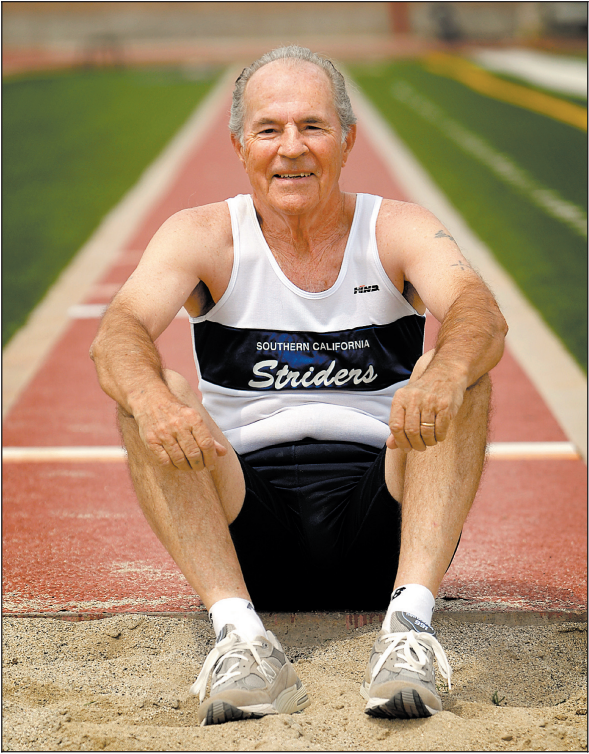


PHOTO BY LEO HETZEL

Don Leis, 75, has returned to the track.

K. HOVNANIAN'S

FOUR SEASONS

An Active Adult Community

# Big Decisions Deserve Better Choices.

The **K. Hovnanian® Advantage** offers you bigger and better choices for your new home, and the resort caliber lifestyle you deserve. Discover an amazing variety of single-level floorplan designs and unique customization options available through the K. Hovnanian® Design Gallery.

All that and more, in the locations you love! Demand choices that offer you lasting satisfaction. You'll find them right now when you tour a K. Hovnanian's® Four Seasons community.

## K. HOVNANIAN'S® FOUR SEASONS AT PALM SPRINGS

The one and only gated,\* active adult enclave in a legendary desert resort city, moments from downtown! Easy-going and elegant, it's where friends gather and your getaway never ends.

- 7 Single-Story Floorplan Designs
- Up to Approx. 2,800 Sq. Ft.
- Minutes from Downtown
- Resort-Style Recreation
- **866.347.6228**



Open Daily 9 a.m. – 5 p.m.



FROM THE MID \$300,000s

## K. HOVNANIAN'S® FOUR SEASONS AT BEAUMONT

Endless design diversity and amazing recreation let you express your individuality in a matchless gated setting, graced with watercourses, trails and abundant friends!

- 2005 Masterplanned Community of the Year\*\*
- 13 Attached & Detached Designs
- Up to Approx. 2,800 Sq. Ft.
- Spectacular Resort-Style Amenities and Recreation
- **866.303.9079**



Open Daily 10 a.m. – 6 p.m.



FROM THE HIGH \$200,000s

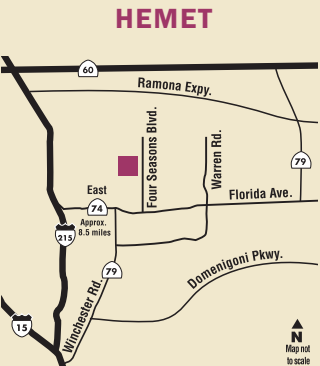
## K. HOVNANIAN'S® FOUR SEASONS AT HEMET

A superlative gated, golf course setting where your choice of 6 diverse, single-level designs, and grand resort-style recreation come with incomparable value and welcome.

- 2004 Masterplanned Community of the Year\*\*
- Up to Approx. 2,100 Sq. Ft.
- Amazing Golf Course Setting\*\*\*
- Luxurious Amenities Including Pool, Fitness Center and More!
- **866.688.9714**



Open Daily 10 a.m. – 6 p.m.



3% Broker Co-Op\*\*\*\*