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LIFESTYLE MAGAZINE FOR SENIORS

SUMMER 2021

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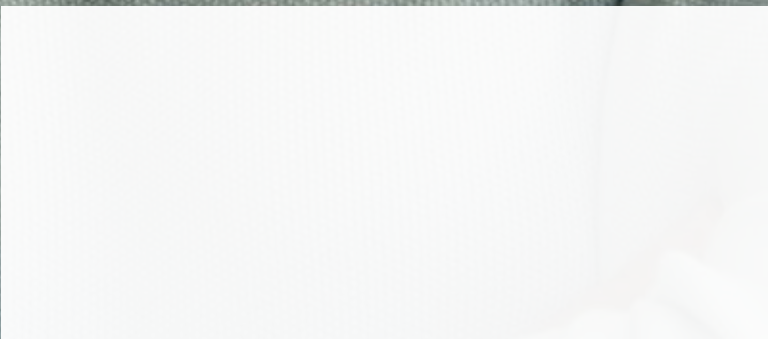
an exclusive interview

**2021 SUMMER  
READING GUIDE**

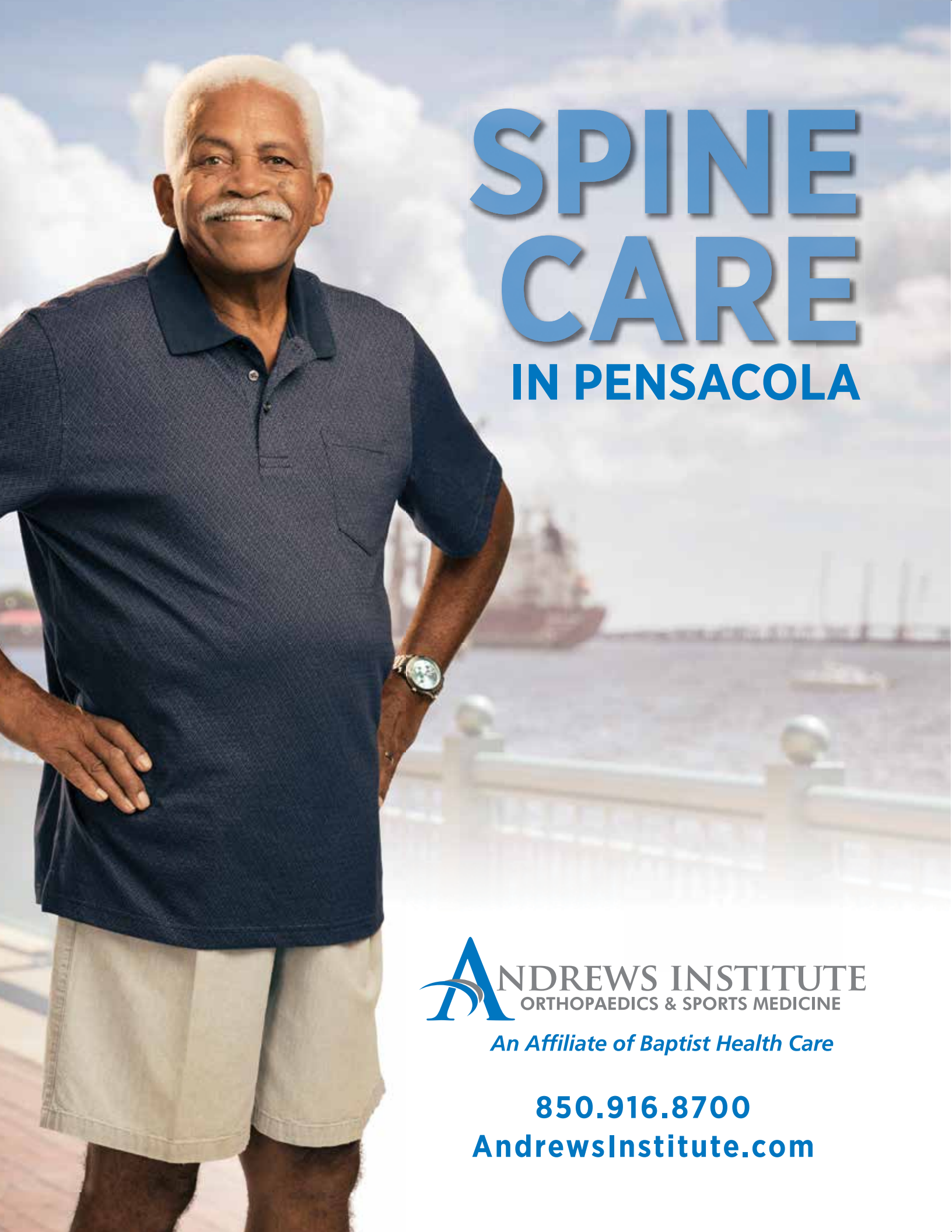
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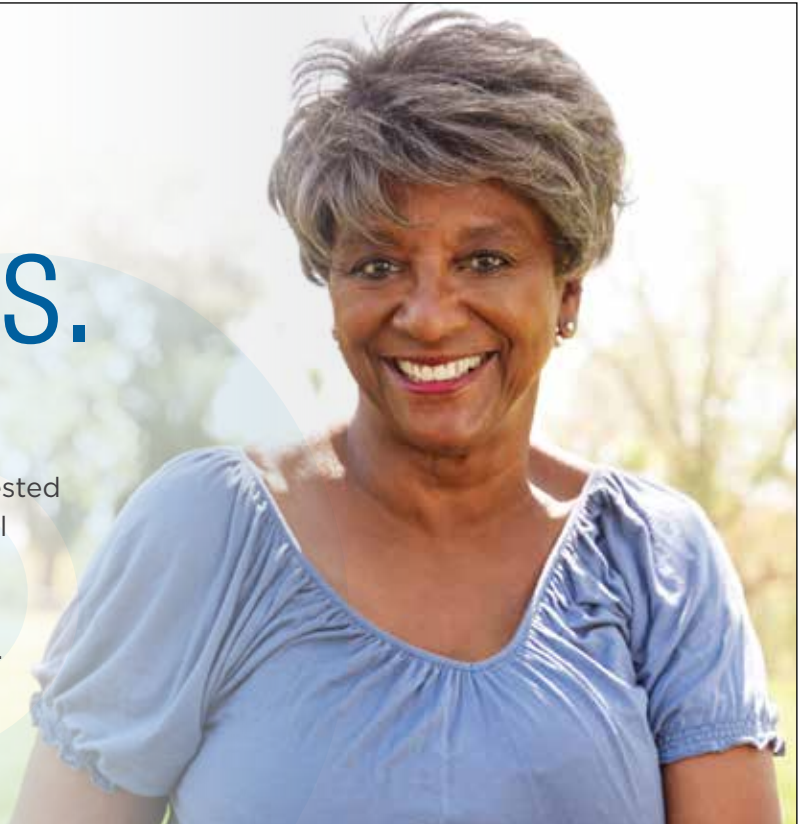
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# [FROM THE EDITOR]



**Josh Newby**  
Marketing  
Communications  
Director and  
Editor-in-Chief

In the last editorial, I expressed dismay at the dismal rollout of COVID-19 vaccinations among our homebound elders. I am happy to say that problem has since been mostly resolved as the state began in-home clinics for those in need. With over half of American adults vaccinated, it seems like the 2020 of our discontent may be made into a glorious summer by the sun of science.

This leaves us to pick up the pieces, of course, of an entire population of seniors whose mental and emotional health have been decimated by the mitigation efforts surrounding the virus. Those efforts were necessary, but that doesn't make them less harmful. I'm not talking about masks—that mostly harmless, if annoying, practice that seemed to become a political flashpoint this past year. I'm talking about the social distancing, about the lack of companionship and visitation in our nursing homes and about the loneliness that is now its own

follow-up pandemic. More than half of seniors nationwide did not leave their primary residence for most of last year. That's hard to believe and even harder to stomach. As a result, suicide rates are up and mental health is down. This challenge may be harder to recover from than what a simple vaccine can cure.

In this issue, we hope to be optimistic and explore the brighter side, with a profile of local jazz legend Norman Vickers, a summer entertainment list for your enjoyment, a history of our county as we near its 200th birthday and even some summer getaway tips!

Thank you so much for being there for our seniors. Often that's half the battle. Give me a call at 850-266-2507 if you'd like to chat about anything in this issue, or just to chat! And until next enjoy life—you've earned it!

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LIFESTYLE MAGAZINE FOR SENIORS  
**COMING of AGE™**



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**Cover: Paul Anka  
by Greg Gorman**

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## Advocacy

# How Safe Are You on the Internet?

by John B. Clark

We live in a computer and internet age. No matter who you are, what your income is, where you live, how old you are, whether you are working or retired, many of you probably have used a computer or the internet. You will use it because you have to in order to accomplish business, or to shop, to stay in touch with your family, to make appointments, to contact your doctor, to pay your bills or to do a myriad of other things. So, even if you do not have a computer or access to the internet now, eventually all of us will become part of the computer age and it will be second nature. Frankly, as someone who is older, but still working, I have become somewhat comfortable using a computer and the internet, but I am NO computer geek! However, I do like being able to shop online, pay bills online, e-mail friends, surf the internet on topics of interest to me and much more. Still, for many people the use of the internet and a computer presents a brave new world. However, using the internet to conduct any type of business, even personal, can present issues and potential problems. Just think of your telephone.



I cannot tell you how many times I have heard people complain (me too!) about all the calls they get on their phones from unwanted solicitations. Most are just that—unwanted solicitations, and pretty harmless. In fact, the calls about extending your car's warranty have become a joke for many comedians. Unfortunately, some calls are not harmless and there are unscrupulous cons who will try to get your personal information or have you send them money for some con. We have repeatedly told people to hang up on such calls, never give out personal information over the phone and not to answer a call you don't recognize—let it go to voice mail. If no voice mail, it probably was someone trying to sell you something or a scam. Well, if you think these phone scams and solicitations go away if you use a computer, think again!

If fact, they can be even more nefarious and serious. Our brave new world of computer/internet usage has given us a whole new terminology. It's called cybercrime. According to the Cybercrime Support





Network, “cybercrime is any activity that uses the internet to access, transmit or manipulate data for illegal purpose. This includes the fraudulent representation of oneself for financial gain, personal gain or with malicious intent.” According to the Federal Trade Commission (FTC), American consumers reported over \$1.9 billion lost to scammers in 2019. While not necessarily just computer usage, it is partly due to such online activities as phishing (not “fishing”) where some internet scammers will get you to respond to an official looking e-mail or click on a link that in reality is designed to gain control of your computer or to respond to their e-mail with personal information. Now there are ways we can help protect ourselves and our personal online information.

First of all, you should have a secure password for each site you visit, including your computer and email. Many companies, such as USAA, are now using an extra authentication step when you try to log on to their site. You would still have a username and password, but then they would text your phone with a six-digit code to enter—another step to verify it's you. Some sites now require you to change your password every three months—you know, just when you remembered your current one! Of course, you should download onto your computer a good antivirus software that can help prevent you from getting a virus on your computer. Antivirus software is software that “constantly scans your computer for threats from emails, web surfing and app and downloads to make sure everything you do, and access online is free from a potentially harmful code which could infect your computer.” There are lots of good antivirus software programs you can purchase, such as Norton 360, McAfee and Webroot, to name just a few. But they are not foolproof.



We would like to think that we are too smart, sophisticated, careful, etc. to ever be scammed online or that we have the best passwords and the best computer/internet security and antivirus software. Really? Have you been watching the news lately? Come on now, if hackers can get into our government computer systems, or a huge oil company and disrupt our fuel supply, do you think they would have trouble getting into your system? Look, that is not likely to happen, but my point is nothing is totally foolproof. It also should not dissuade you from using a computer and the internet. Just take some time to learn some basic computer skills. Occasionally the library will have classes on computer usage; visit [mywfp.com/visit/adults](http://mywfp.com/visit/adults). If you are worried about online scams visit the Better Business Bureau at [bbb.org/scamtips](http://bbb.org/scamtips) to learn about the latest scams. Or to track scams you can also go to the Better Business Bureau tracker at [bbb.org/scamtracker](http://bbb.org/scamtracker). So, you might ask, if there are all these potential threats and scams, why bother using the internet or a computer?

Well, because, in my opinion, the benefits outweigh the risks. What are some of those benefits? Connectivity, communication and sharing with family and friends, information sharing and learning new things, banking and bill paying, shopping online, entertainment, contacting your doctor online and so much more. Besides, whether we like it or not, it is the future. So, it's a good idea to try and get comfortable with using it and using it safely. Oh, yes, and one final thing—if you have trouble with your computer or the internet and don't know what to do, here is what you need to do: find a teenager.



# Meals on Wheels... for Pets?

by Lauren Clark

**Are you a cat person or a dog person? Do you support seniors or do you support pets?** I am a dog person to the core but that hasn't stopped me from also becoming the porch cat lady of my cul-de-sac. Likewise, supporting seniors and pets does not have to be mutually exclusive—something organizations like 400 Paws and A HOPE remind us of.

Many homebound seniors rely on their pets to keep them company and fill their homes with love in order to combat isolation. This may become a dilemma for food-insecure seniors. Meals on Wheels America reported that many seniors were sharing their meals with their pets— an unhealthy diet for the clients and their companions. Council on Aging identified Meals on Wheels clients locally that were sacrificing other necessary areas of their budgets to feed their

best friends. Within a month of each other, pet organizations 400 Paws in Escambia County and A HOPE in Santa Rosa County independently reached out to COA to help our seniors feed their pets.

400 Paws is a nonprofit organization in Escambia County with a pet food pantry that grants funds to local pet groups. The Mathis family at 400 Paws noticed that there weren't many seniors coming to their monthly community pantry days and reached out to COA staff to learn how they could help homebound seniors. With staff looking for ways to



## MEALS ON WHEELS FOR PETS IN 2020

serve our client's pets, this was a perfectly timed match! 400 Paws provides food assistance to 18 pets and makes sure that 16 seniors can eat up knowing there are no empty bellies under the table.

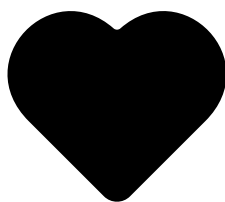
In Santa Rosa County, A HOPE brings in some friends to fill our furry friends' bowls. In a similar fashion to 400 Paws, A HOPE looked around their community pantry days and saw a younger crowd. With a few bags of food leftover one month, they called Council on Aging to see how they could get it to a few seniors. Within a few weeks, A HOPE had put together a dozen packages of food, toys, treats, and even a few doggy dresses for our precious friends—bags personally addressed to each pet and decorated by little hands.

This delivery sparked a wait list of volunteers to sponsor the pets each month. Council on Aging spoke with A HOPE staff about passionate surge of supporters. "These donors all feel the same way we do about these seniors and their pets", Paige Cary said. "That is their family; they shouldn't have to make a decision between them eating or feeding their pets."

A full year's calendar quickly filled up with various groups taking each month and having their clients, employees, etc. pick a pet to sponsor and spoil through the Bowl Fillers program. Groups ranged from civic groups, churches, the YMCA, and even a yoga studio! Laura Posey, outreach coordinator at A HOPE, recently took charge of the Bowl Filler program at A



**1384 pounds of  
food filled with  
the best nutrients  
fueling stinky kisses  
and snuggles**



**45 seniors able to  
love their best friends  
back while supporting  
their own needs**



**138 dogs and cats  
wagging and purring  
with full bellies**

HOPE. "I enjoy the collaborating and the community working together to help know that we are serving our seniors and our animals," Posey said. "I drop the food off knowing it's going into homes where people really need it."

Her first month was a challenge, as the group signed up to sponsor that month had unexpected circumstances and had to pull out last minute. Within 30 minutes of this news, volunteers were there with pet food! "It touches your heart when you see volunteers to jump in so quickly to meet a need that comes up so abruptly like that," Posey said. "When there is a need so close to people's hearts they just jump in and form a community through their donation."

There are many great needs in our community. It can be overwhelming to decide who and where you want to help. Friends like 400 Paws and A HOPE show us that you don't have to decide—you can connect your two favorite causes and may just find a paw-fect solution for both. You can be a cat AND dog person while you change the lives of seniors AND their pets!

**Interested in receiving pet  
food assistance from a  
pantry in your county?**

400 Paws, 1111 Creighton Road (Escambia residents): Third and fourth Saturday each month from 1-3 pm at A HOPE, 5755 Washington Street in Milton: Second Sunday each month 1-3 pm at the Paw Pad

# SUMMER READING 2021

Thanks to a repaired bridge and a dwindling pandemic threat, maybe you can finally catch up on your beach reads this summer! We've got a handful of ones to choose from, be they thrillers, memoirs, self-help or casual. Lather up the sunscreen and put on your shades as you enjoy the winds, waves and adventures offered up on these pages.

by Bethany Brown

## *The Summer Seekers* Sarah Morgan

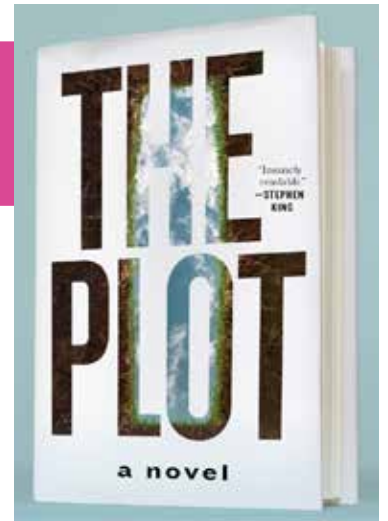
*The Summer Seekers* by Sarah Morgan follows three women as they embark on a road trip across the country. Kathleen, an

80-year-young woman, yearns to take charge of her life once more instead of having her daughter, Liza, confine her to a boring, mundane one. Liza is pressed with the daily stressors of family life, and having a mother like Kathleen who wants to go beyond Liza's comfort zones doesn't make things any easier. Enter Martha, who is in a midlife crisis, unemployed and desperate for change. When Martha sees Kathleen's advertisement for a driver on a road trip across America, Martha decides that driving a complete stranger cross country is so much better than living with her parents. This summer adventure offers an exciting, heartwarming tale of love, new beginnings and an unforgettable journey.

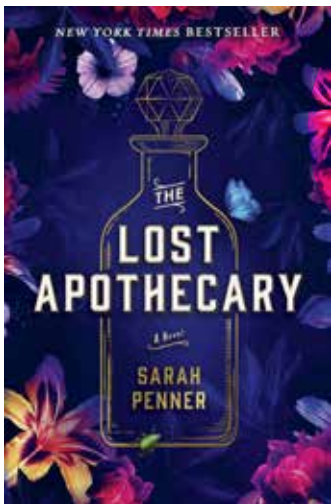


## *The Plot* Jean Hanff Korelitz

Jacob Finch Bonner, a struggling professor who has not written anything in years, comes across an arrogant student who claims to have written a flawless plot, leaving Bonner doubtful until he sees it for himself. However, the student tragically dies shortly thereafter, leading Bonner to finish the novel and publish it himself. It becomes extremely popular and all is well for Bonner, until he receives a message that reads, "You are a thief." Now he must figure out how to keep the truth from fans and publishers while investigating who may have sent him the note. Enjoy this thrilling read that is a book within a book.







## *The Lost Apothecary*

Sarah Penner

Sarah Penner's novel *The Lost Apothecary* follows a thrilling London murder mystery spanning two centuries. In 1791, the apothecary Nella has turned her medicinal knowledge to a darker use: selling poison to women so they may do away with the men who have abused them. In the present day, historian Caroline Parcellwell sets out to solve the 200-year-old "apothecary murders." As Nella forges an unlikely friendship with her new, 12-year-old client, and Caroline discovers that her husband has been unfaithful, their two stories intertwine in more ways than one to create a sensational tantalizing narrative.

## *Peaces*

Helen Oyeyemi



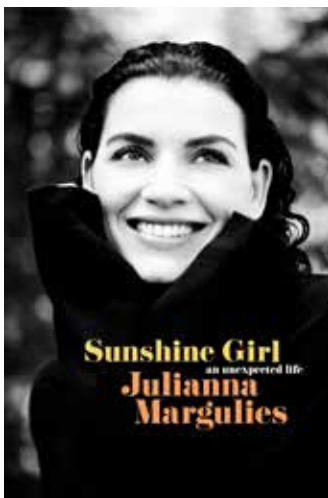
Otto, Xavier Shin, and their pet mongoose set off on a trip that celebrates their commitment to each other. This zany novel truly welcomes its own weirdness as *The Lucky Day* locomotive that isn't an ordinary train. They think they're the only ones onboard, until they meet a mysterious woman who creates for them clues, questions and connections to their past that have brought them together.



## *Mindfulness on the Go*

Padraig O'Morain

Finding time to be mindful can be a challenge in today's constantly moving world. In his book Padraig O'Morain provides a convenient, accessible guide to practicing mindfulness amid the commotion of everyday life. With simple suggestions and techniques that can be accomplished at any time and any place, everyone can effortlessly incorporate mindfulness into their daily lives.



## *Sunshine Girl*

Julianna Margulies

Julianna Margulies, known for *The Good Wife* and *ER*, uses her memoir *Sunshine Girl: An Unexpected Life* to reveal to longtime fans the story of her unconventional childhood, stemming from her parents divorce that sent her from place to place, as well as the difficult relationships and choices she had to make. To Julianna, she found her first "home" with the stage. *Sunshine Girl* reveals the honest, raw and emotionally beautiful story about Julianna's life.

# ALL THAT JAZZ

by Bethany Brown

**IN APRIL, DR. F. NORMAN VICKERS WAS NAMED A 2021 JAZZ HERO BY THE JAZZ JOURNALISTS ASSOCIATION. Vickers, a Mississippi native, arrived in Pensacola in 1965 to begin practice of gastroenterology, a subspecialty of internal medicine with specific focus of digestive diseases. He combined his interest in music with his medical practice and was instrumental—the pun is intentional—in forming the Jazz Society of Pensacola in the early 1980s and starting the Pensacola Jazzfest. He was even a charter member of the American Federation of Jazz Societies and served in various positions including president in 1991.**

Now, at age 90, and retired from medical practice for almost 20 years, he continues his interest in jazz by writing for the Jazz Pensacola newsletter and reviewing books and CDs for the *Syncopated Times*, a monthly jazz publication.

When Norman Vickers was five years old, his world changed. Vickers' father, who was a wholesale vegetable plant seller specializing in tomatoes and cabbage, had a grand opening ceremony for the commissary he had just built. For the grand opening, he hired a local group of musicians to perform. It was country music, but Vickers recalls a lesson he learned that day.

"Seeing that and seeing how that pulled people together and the atmosphere was friendly taught me that music does something for people," he said.

Vickers recalls that he and his family listened to the WWL clear channel station from New Orleans, LA. The station had an early morning program with music and talk, so he would listen to that and the New Orleans style music, which grew in him a bigger interest in music. Vickers began music lessons at the age of six. When he was seven, he and his family moved into town, where there was a community wide boys' choir at church, so he joined the choir in order to continue his musical education. Vickers recalls that he was given a harmonica, to which he laughingly remembers: "every kid had a harmonica" during that time. But the harmonica didn't make sense to him because no octave was the same, and only the middle octave only featured the diatonic *do re mi fa so la ti* scale, with no sharps or flats. At the age of 10, that confusion resolved when someone

gave Vickers a chromatic harmonica. The chromatic harmonica changes between two scales when you press a button, so to Vickers it was like a piano with white and black keys on it. The chromatic harmonica made sense to him because it reminded him of the keys and scales on a piano, so it turned out to be easier for him to play. Since then, Vickers and the chromatic harmonica have gone through life together—so much so that he keeps one belted to his side for easy access.

This idea of music resonating within people and bringing them together to create a feeling of peace and unity followed Vickers into his career as a gastroenterologist.

"My career is an internal medicine specialty with a little bit of a surgical flavor," he explained.

Vickers' endoscopy patients (gastroscopy and colonoscopy) would receive light sedation and as they waited for it to set in he would tell them that he played the harmonica.

"You name a tune, if I can hum it, I can play it," he would say.

Frequently his patients would name a tune that Vickers knew; he would play it for them, and they would hum along. When their words would get slurry, he knew that was his "go" sign. Occasionally, staff would ask him to play for them as he went up and down the elevator, which set Norman apart from the other doctors with whom staff seldom interacted in this lighthearted way.

As the years went on and Vickers became more involved in the American Federation of Jazz Societies, he became acquainted with William "Bill" Gottlieb, a famous photographer who worked for the *Washington Post* from the mid 30s until 1948, with some years spent fighting in World War II. The Post didn't want to send a photographer out





with him on assignment, so he took a borrowed big speed graphic camera, film and flashbulbs with him in order to capture images of jazz musicians. Since he had bought the film and flashbulbs, the photos belonged to him rather than the *Washington Post*. Gottlieb went on for a further career at McGraw-Hill but after that, he published his photos in a book, exhibited worldwide, including the Pensacola Museum of Art. Ultimately, he sold all his images to U.S. National Archives, so now the famous photos belong to all U.S. citizens.

Vickers and Gottlieb became good friends and would see each other at meetings of the American Federation of Jazz Societies. Vickers learned a lot about photography, while Gottlieb learned a little bit about the tricks of the trade of taking endoscopic photos inside the digestive tract.

All throughout Vickers' home in Pensacola are beautiful photos of fantastic musicians gifted to him from various people, such as Duke Ellington, gifted to him by jazz photographer, Duncan Schiedt, who also exhibited his photos at the Pensacola Museum of Art. A photo of Ella Fitzgerald with Dizzy Gillespie and Ray Brown was a gift from Gottlieb.

Also hanging on Vickers' office wall is a photo Norman took of Dick Hyman, who wore thick glasses, playing the piano. Vickers' was fascinated by the way he could see the piano keys reflected in Dick's glasses, so he took picture after picture to get the perfect one, and the final result hangs proudly on his office wall.

A bigger space that also has beautiful Jazz art on display is the Jazz Room in the downtown West Florida Public Library. The Jazz Society and the Library have

■ **Jazz legend Norman Vickers stands in the Pensacola Library's jazz room surrounded by books written by his influences**

always been friends, so when there was interest in having a space dedicated to jazz, it was a wonderful opportunity.

"I got two record producers, George Buck from New Orleans and Gus Statiras from New York City, who told me what they needed for the library's jazz collection," Vickers said.

In 2013, the Jazz Room was completely finished, filled with books, CDs, records, and artwork donated to the Pensacola Library for the Jazz room. The current value of all the items within the room is approximately \$20,000, not to mention the fact that the WFPL Jazz room is one of only two libraries in America with a room focused solely on Jazz.

# Non-Stop Summer Travel

by Morgan Cole

**ONE OF THE THINGS WE ARE ALL EAGER TO GET BACK TO IN OUR LIVES IS TRAVELING.** As restrictions lift and more Americans are fully-vaccinated, many of us are becoming comfortable with the idea of taking that long-awaited vacation or postponed trip to visit family. With seniors being among the first in line to receive vaccinations, they're eagerly hopping back on planes, leading a new wave in domestic travel bookings. A survey of 1,200 clients by Virtuoso, a network of travel advisers, this year found that among those older than age 56, about 90 percent said they're ready to travel again. A majority of seniors are opting for U.S. travel due to uncertainty surrounding the pandemic and the fact that many countries aren't fully open to tourists.

As we start to plan trips, airlines across the country are adding new routes to accommodate our return to the skies. According to *TravelPulse*, major airlines are seeing a dramatic increase in the demand for nonstop domestic flights and are adapting at a pace like never before, pivoting their routes to changing customer interests.

Pensacola International Airport now offers more than 20 direct flights to popular destinations throughout the country. Most flights are under three hours and are extremely affordable—especially when booked in advance. We've highlighted a few of our favorite nonstop destinations for summer travel. Each offering world class accommodations, dining and attractions—all with non-stop flights under three hours.



**Austin, TX**  
Spirit Airlines • 1h 56m  
From \$115 Round Trip

## HOTELS

### Hotel Saint Cecilia

This Victorian-era mansion is partially obscured by an ivy-covered fence, and that's intentional: The ultra-private hotel can only

be accessed by hotel guests and members. Record label execs, artists, musicians, writers—everyone has been told about this hotel by a friend with good taste. A few local scenesters, who are granted access via exclusive membership, regularly patronize the bar. Each of the 14 rooms has distinct decor and personality; the ones in the main house, just off the lobby lounge, have ornate crown molding and original fireplaces.

### The Driskill

There is no more authentically Texan hotel than this 1880s-era grand dame near downtown. Beyond its iconic limestone-and-brick

facade, the Driskill is freshly modernized, with light, bright guest rooms, though the decor pays tribute to the hotel's place in Texas history; for example, the headboard of the iron bed features Texas stars and the letter "D," reminiscent of a cattle branding iron. (Mr. Driskill was a cattle baron.) Room service is available 24/7—and you'll want to use it. The hotel is famous for its 1886 Chocolate Cake, named for the year it was built.

## DINING

### Franklin BBQ

Franklin BBQ started in a humble trailer but has since grown into an empire where President Barack Obama, Anthony Bourdain, and Jimmy Kimmel have dined. James Beard Award winning Pitmaster Aaron Franklin wrote "Franklin Barbecue, A Meat Smoking Manifesto" and launched a PBS barbecue show.

### Odd Duck

Odd Duck has been one of the best restaurants in Austin for many years, but that doesn't mean it should be overlooked. This farm-to-trailer (now turned farm-to-table) restaurant serves flavorful, chef-driven, re-invented favorites for dinner and brunch. Think classics like burgers, salad, quesadil-



las, steak, and waffles— but better. Current menu favorites include the dry-aged wagyu burger, quail tender taco, and country-fried chicken on a bourbon pecan waffle.

## ATTRACTIONS

### Congress Avenue Bridge/Austin Bats

Head to the Congress Avenue Bridge around sunset to see North America's largest bat colony. A renovation in 1980 turned the bridge into the ideal bat cave, attracting a colony of Mexican free-tailed bats. The bats typically emerge between 7:30 pm and 9:45 pm, and visitors start lining up just before sunset, facing east for the best views.

### Zilker Metropolitan Park

Zilker Park is a 361-acre park nestled in the heart of downtown, right off Lady Bird Lake. The park was founded in 1917 and is home to picnic facilities, bike/canoe rentals, a disc golf course, a beautiful botanical garden, large playground for the kids, the Zilker Zephyr train and Barton Springs Pool, an urban oasis where swimmers plunge into 68-degree, spring-fed waters. The park is also the host to great events like the Austin City Limits Music Festival and the Austin Kite Festival.

# Nashville, TN

Southwest • 1h 20m  
From \$137 Round Trip

## HOTELS

### Fairlane Hotel

This retro-modern hotel was originally a bank built in 1972, and its mid-century architectural details have been preserved. Guestrooms and suites are luxuriously and uniquely furnished, and Penthouse Suites offer outdoor terraces with fire pits. Ellington's Restaurant continues the mid-century vibe with its modern take on classic dishes.

### Union Station Hotel, Autograph Collection

Formerly a bustling 19th-century train station, Union Station now stands as a beacon of the new and nostalgic Nashville. Enjoy a



unique experience in a setting that is infused with all the heart of classic Nashville and the soul of modern-day Music City. Union Station Hotel is a luxury hotel located in the heart of Music City! Experience southern hospitality with a twist when staying at our downtown Nashville hotel.

## DINING

### Catbird Seat

Nashville's first tasting-menu-only restaurant, the Catbird Seat is a jewel box of a dining room with bar seating around an open kitchen, and chefs serving diners directly. Since its 2011 start, the chefs have changed but the succession of dishes is better than ever. With an artistic flare that takes into account all of the senses, the experience is clever and outside of the norm. There might be marlin belly that's been aged in a ham barn sliced and served, to be eaten with your hands, or an orb filled with the unlikely combo of sea urchin, banana and black truffle. (Trust us, it works.) Along the way, you start to see that the dishes, utensils, music and minimalist design are all meant to enhance the exceptional food.

### Loveless Cafe

From downtown Nashville, it's only about 17 miles to the Loveless Cafe, but when you travel off highway and meander down the scenic side roads, it can be one of the prettiest, most leisurely drives. Serving continu-

ously since 1951, the Loveless carries on the down-home tradition of a classic "meat and three" — a plate with a protein and three sides — with its crispy fried chicken, gooey mac and cheese, collard greens and unending supplies of sweet tea. The service is warm and friendly, and there's never a shortage of fantastic biscuits.

## ATTRACTIONS

### Hatch Show Print

A working letterpress print shop since 1879, Hatch Show Print, uses its vast collection of vintage type and hand-carved imagery to create timeless designs that express and commemorate America's evolving cultural identity. From the restrikes, or historical reprints, of posters for classic films and advertisements for circuses and state fairs, to the custom orders printed in the shop today, the products of Hatch Show Print have always been designed and printed by hand in Nashville, Tennessee.

### Cheekwood Estate and Gardens

Cheekwood is a 55-acre botanical garden and art museum located on the historic Cheek estate. Originally built in 1929 as the home of Leslie and Mabel Cheek (of Maxwell House coffee fame), Cheekwood is one of the finest examples of an American Country Place Era estate. Since being converted into a museum of art and botanical garden in 1960, Cheekwood has presented



world-class art exhibitions, spectacular gardens and an historic estate unlike anything else. Each year, Cheekwood welcomes over 280,000 visitors, making it one of the city's top cultural attractions, with approximately 19,000 member households. Visitors enjoy family activities, programming for all ages and year-round festivals celebrating the four seasons.

## Washington, D.C.

**American Airlines, United, Southwest**  
2h 33m • From \$265 Round Trip

### HOTELS

#### The Hay-Adams

Once part of the White House grounds, The Hay-Adams is surrounded by a number of important, historic buildings, including the White House and the Old Executive Office Building named for John Milton Hay, Abraham Lincoln's private assistant and secretary of state, and Henry Brooks Adams, author and descendent of Presidents John Adams and John Quincy Adams. This lavish Leading Hotels of the World member is housed in a 1920s Italian Renaissance-style mansion with a luxurious rooftop terrace providing panoramic views of the city, monuments and White House. The guest rooms have a regal vibe with ornamental ceilings, fireplaces, European linens, marble bathrooms and some rooms have balconies with stunning views. This historic landmark has hosted a number of

the nation's presidents, along with many other important figures, such as Amelia Earhart and Sinclair Lewis.

#### The Watergate Hotel

After nearly a decade of closure, this historic D.C. landmark was vibrantly restored in 2016 and has since become a favorite hotel spot for everyone, from politicians to vacationers. The Watergate Hotel's flowing avant-garde architecture was designed to emulate the mighty Potomac River. This bold mid-century modern icon still holds a few relics from its past, namely the staircase in the lobby and the indoor pool, but its extravagant interior has been newly-designed featuring a mix of classic elegance and contemporary luxury. Complementing the hotel's new, modern feel are the retro-chic staff uniforms, made by Mad Men costume designer Janie Bryant.

### DINING

#### Blue Duck Tavern

You'll find this American fare restaurant tucked inside the Park Hyatt Washington D.C. Soft lighting, an open kitchen and unique handcrafted wood furnishings throughout give the restaurant a warm, contemporary feel. Blue Duck's simple, unique dishes sourced from regional farms are not to be missed. American fare is prepared through roasting, braising, preserving and smoking. The tavern has menus for breakfast (jumbo lump Maryland crab cake topped with egg whites), brunch, lunch (suckling pig sandwich), dinner (braised beef rib), dessert and wine. As a way to

recognize the farmers who grow and raise ingredients for their menu, names or locations are provided on the menus for each course. Expert tip: Be sure to try the French fries. You won't be sorry!

#### The Dabney

Housed inside a former row house in Shaw, this intimate dining destination will make you feel like you have walked into an upscale farmhouse thanks to the wood-burning hearth, open kitchen and exposed historic brick walls. Chef Jeremiah Langhorne has focused his menu around sourcing ingredients from Mid-Atlantic farms and purveyors and even growing some onsite on their patio and rooftop garden. You'll find a different menu every day featuring snacks (half dozen white stone oysters), small plates (spicy country sausage toast) and family-style dishes (fried Chesapeake catfish). Don't leave without checking out their drink menu including cocktails, ciders, wine and beer.

### ATTRACTIONS

#### The John F. Kennedy Center for the Performing Arts

Many travelers highly recommend a visit to The John F. Kennedy Center for the Performing Arts, built and named for America's beloved Camelot president. The Kennedy Center houses the National Symphony Orchestra, the Suzanne Farrell Ballet and the Washington National Opera, as well as a number of other theater and musical performances throughout the year. Although ticket prices can run a bit high, you can take in a performance for free on the Millennium Stage. The venue's rooftop terrace offers breathtaking views of the Potomac River and surrounding monuments. To learn about the theater's history and architecture, join one of the building's free guided tours.

#### National Gallery of Art

If you're any kind of art connoisseur, you should make a stop at the National Gallery of Art. Composed of the East Building, which houses the gallery's more modern works (think: Henri Matisse and Mark Rothko), and the West Building, which contains the collection's older works (from Sandro Botticelli to Claude Monet), this museum has enough to fill an entire afternoon; pace yourself



and maybe order a coffee, gelato or lunch at one of the gallery's five bars and cafes. Also, if you're traveling in the summertime on a Friday evening, past visitors recommend heading into the National Gallery of Art Sculpture Garden from 5:30 pm to 8:30 pm to enjoy live jazz music.

# Denver, CO

**Frontier Airlines and United**  
**3h 30m • From \$171 Round Trip**

## HOTELS

### The Brown Palace Hotel and Spa

Located in the heart of the Financial District, the Brown Palace is the city's original luxury hotel, host to everyone from pop stars to presidents. Understated opulence greets you the moment you walk through the doors of the 241-room hotel, where you'll find an eight-story atrium surrounded by ornate cast-iron railings. Luxurious guest rooms and cloud-like beds ensure a good night's sleep, while an on-site spa and the hotel's history are unique to the Denver lodging scene. But ask any longtime local of Denver what they remember about the Brown Palace, and it's probably the afternoon tea. From 12 p.m. to 4 p.m. daily, guests sip tea and munch on cucumber finger sandwiches beneath the hotel's soaring atrium. Devonshire cream is shipped directly from England, a harpist plays music softly in the background, and you're transported to a more civilized, less hurried world.

### Hotel Teatro

Towering bookshelves, comfy leather couches, and abundant reading lights feel like a well-to-do professor's library in this boutique 110-room theater-district hotel. An inviting fireplace seals the deal for city dwellers, business travelers, and couples on a romantic getaway here. The king corner rooms are a treat thanks to floor-to-ceiling windows with city views, and deep soaking tubs to help soothe weary legs. The hotel has spacious, well-styled rooms in an imminently walkable section of LoDo, but beware, you could be tempted to stay

put: The beds are addictively comfortable. A seasonal menu of farm-to-table options at the on-site Nickel restaurant packs a punch, taking advantage of local produce and meats.

## DINING

### El Five

The Edible Beats group is behind some of Denver's most original dining experiences, and this penthouse-level playground for pan-Mediterranean tapas is no exception. Eye-popping decor meets unmatched views of the downtown skyline and the mountains to create an elaborate backdrop for nibbles such as spiced lamb ribs and must-try matzo-ball soup dumplings, as well as a few different types of paella. El Five's crafty and colorful cocktail assortment is sure to please the palate! Insider's Tip: Try the Pineapple Mint Collins. It's absolutely delicious!

### The Wolf's Tailor

At first glance, The Wolf's Tailor looks like countless other contemporary restaurants in Denver with its open kitchen, multi-toned wood and brick. But look a little closer, and you get the sense that something unusual is afoot. Kelly Whitaker, one of Denver's most forward-thinking chef-restaurateurs to date, has pulled together a team of like-minded talents to realize his vision of breaking ground in every sense of the phrase: growing as many vegetables and herbs as possible and utilizing whole animals, all in

service of a zero-waste culinary program. The result? Beautiful cooking that combines Italian, Japanese, and local influences.

## ATTRACTIONS

### Denver Botanic Gardens

Occupying 23 acres next to Cheesman Park, the Denver Botanic Gardens is one of the largest botanical gardens in the United States. The garden emphasizes native plants and sustainable, environmentally responsible practices. However, the various gardens display plants from all over the world. Gravel and stone paths meander through more than 40 types of gardens, from drought-tolerant xeriscaping to a traditional Japanese garden. Some of the highlights include the Japanese Garden; Marnie's Pavilion with orchids, ferns, and waterfalls; and the Boettcher Memorial Conservatory, with exotic tropical and subtropical species.

### Kirkland Museum of Fine & Decorative Art

Unlike other museums in Denver, the Kirkland is organized salon-style, displaying everything from Andy Warhol paintings to chairs designed by Frank Lloyd Wright. The international decorative art collection spans every major design period since 1870, but the museum is at its best displaying the work of Colorado's most distinguished painter, Vance Kirkland (1904-1981).



# What's the news?

## **PETE MOORE AUTOMOTIVE TEAM SENIOR CHILL OUT RECEIVES RECORD ACS AND FINANCIAL DONATIONS FIFTH YEAR IN A ROW**

In an incredible show of support and generosity from the Northwest Florida community, Council on Aging of West Florida was able to collect a record number of ACs and monetary donations during the Pete Moore Senior Chill Out on May 21, 2021. Held in partnership with Pete Moore Automotive Team, WEAR ABC 3, Cat Country 98.7 and Lowe's Home Improvement stores, the single-day solicitation of ACs, fans and cash enables the senior services agency to distribute tangible relief to hundreds of senior adults suffering in the unrelenting and uncomfortable Florida heat. Five Lowe's locations across Escambia and Santa Rosa counties accepted donations totaling 357 ACs and an incredible \$57,587, beating last year's record of 353 ACs and \$23,146. The agency also received 240 fans.

While the weather has been beautiful in Northwest Florida recently, elder adults across the area are dreading



the forthcoming heat. Many live in old homes without central air conditioning, many houses have inadequate insulation, and still others are simply unable to afford the high repair costs of their AC unit. For them, the summer is not a time of relaxation and fun, but of danger and discomfort. It is not unusual for homes in this condition to reach internal temperatures of 90 degrees, a potentially deadly recipe for a population already prone to health risks.

"This community understands the

challenge these senior adults face during the summer, and they rise to the occasion to provide relief and safety for them," said John Clark, President/CEO of Council on Aging. "I am so proud of our agency and our partners for propelling us to yet another record-breaking year. Thank you to the Pete Moore Automotive Team for their title sponsorship, and to all the volunteers, donors and media partners, especially Sue Straughn and the WEAR ABC 3 team, who supported us throughout the day and beyond."

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## **COUNCIL ON AGING SENIOR DINING SITES REOPEN AFTER MORE THAN A YEAR: THOSE 60 AND OVER WELCOMED BACK FOR FOOD, SOCIALIZATION, GAMES, EXERCISE AND MORE**

Most City of Pensacola and Santa Rosa county senior dining sites operated under the Council on Aging

congregate meal program reopened to elders 60 and over May 17. The sites closed March 16, 2020 due to the COVID-19 pandemic. Since then, meals have been available at these sites via a Monday through Friday grab-and-go platform, but now the locations will reopen to 100 percent occupancy so older adults can resume the daytime activities they depend on.

For those who can and enjoy getting out for lunch, the Senior Dining Program is a neighborhood-based

program which offers older citizens the opportunity to share their lunch with others their age. Hot nutritious balanced meals are served to active adults 60 years and older at numerous convenient locations throughout Escambia and Santa Rosa counties. Meals are prepared fresh daily and contain one-third of the required daily allowance (RDA) for adults and comply with the Florida Department of Elder Affairs Guidelines. In addition, participants have an opportunity to join in arts



and crafts projects, play games, and socialize. Serving times and location hours vary by site.

The decision to reopen comes after Florida Governor Ron DeSantis lifted all Coronavirus limitations based on emergency executive order, and local municipalities have followed suit. As vaccination rates continue to increase, COVID hospitalizations remain trending downward, and average infection age drops steadily, Council on Aging's management and board have made the decision to allow seniors to recongregate.

"For decades, we have been preaching the importance of socialization and companionship for our community's elderly," said John B. Clark, Council on Aging president and CEO. "It's good for your mind, your soul and your body. Of course, we had to reverse course during COVID as that physical safety became most pressing, but now we feel that our area is in a safe place to return these elders to a communal setting where they can support and enrich each other and grow together."

#### **Sanitation protocols for the timebeing include:**

- All congregate staff are required to wear face coverings and disposable gloves, hairnets
- Social distancing with staff and volunteers
- Tables set-up at least four feet apart
- No more than three participants at each eight-foot rectangle and no more than four participants at each eight-foot round table
- Tables are to be sanitized with bleach solution, disinfecting work areas, counters, sink faucets, containers, and door handles

- Disinfectant room aerosol provided to spray areas commonly used by participants and staff

#### **The open sites as of May 17 are:**

##### **Bayview Senior Center**

2000 E Lloyd St.  
Pensacola, FL 32503  
(850) 432-1475  
Hours: 9 AM - 1 PM  
Serving Time: 11:30 AM  
Monday through Friday

##### **Cobb Center**

601 E. Mallory  
Pensacola, FL 32503  
(850) 436-5192  
Hours: 8:30 AM - 12:30 PM  
Serving Time: 11 AM  
Monday through Friday

##### **St Jude Thaddeus Catholic Church**

303 Rocky Ave  
Cantonment, FL 32533  
Hours: 9 AM - 12 PM  
Serving Time: 11 AM  
Monday through Friday

##### **Westwood Homes**

4400 Westover Ave.  
Pensacola, FL 32506  
(850) 292-9868  
Hours: 8:30 AM - 12:30 PM  
Serving Time: 11:15 AM  
Monday through Friday

##### **Century Senior Center**

6025 Industrial Boulevard  
Century, FL 32535  
(850) 256-1012  
Hours: 8:30 AM - 12:30 PM  
Serving Time: 11 AM  
Monday through Friday

##### **Bagdad Community Center**

6860 Pooley St., Bagdad, FL 32530  
(850) 983-4500  
Hours: 9 AM - 2 PM  
Serving Time: 11 AM  
Monday through Friday

##### **Chumuckla Community Center**

2355 Highway 182 West, Chumuckla, FL 32566  
(850) 994-8811  
Hours: 9 AM - 12 PM  
Serving Time: 11 AM  
Monday through Friday

##### **Jay Community Center**

5259 Booker Lane, Jay, FL 32565  
(850) 675-0810  
Hours: 9 AM - 12 PM  
Serving Time: 11 AM  
Tuesday through Thursday

##### **Christ United Methodist Church**

5983 Dogwood Street, Milton, FL 32570  
(850) 983-4590  
Hours: 9 AM - 12 PM  
Serving Time: 11 AM  
Monday through Friday

##### **E.H. Pullum Senior Center**

8476 Gordon Goodin Lane. Navarre, FL 32566  
(850) 936-1644  
Hours: 9 AM - 12: PM  
Serving Time: 11:15 AM  
Monday through Thursday Only

Meals must be ordered a day in advance before 12 noon by calling (850) 432-1475. Pre-pandemic, Council on Aging managed 19 senior dining sites in all across the two-county area. As positive trends continue, more sites will be reopened to the public and masking and social-distancing protocols will be relaxed.

# PAUL ANKA

an exclusive interview

by Kelly Oden





Legendary singer and songwriter, Paul Anka was born in 1941, in Ottawa, Canada. Anka knew from a young age that he wanted a life in music. As a boy, he sung in the choir, studied piano and started his own vocal group at the age of 13. From there, Anka honed his talent in amateur shows, eventually winning a Campbell's soup contest that included a trip to New York City. That trip solidified his passion for music and at 15 he headed to Los Angeles where he released his first single, "Blau-Wile Deveest Fontaine," with Modern Records. The song wasn't a hit, but Anka plugged away, sneaking into the dressing rooms of artists like Fats Domino and Chuck Berry and immersing himself in the Los Angeles music scene.

In 1957, he returned to New York City and managed to book a meeting with Don Costa at ABC-Paramount Records. There, he played Costa a handful of songs, including "Diana," which became his first number one hit and made him a teen heartthrob at the age of 15.

From there, Anka's star skyrocketed. He went on to pen and perform countless hits for himself and others. He wrote the theme song for The Tonight Show at the request of Johnny Carson. He wrote Frank Sinatra's signature hit, "My Way" specifically for the crooner he idolized and befriended as the youngest singer in the Vegas circuit in the 60s. Anka has written for, and collaborated with, a parade of stars, both young and old, including Connie Francis, Leslie Gore, Buddy Holly, Peter Cetera and Michael Jackson.

Anka turns 80 this year and he is celebrating with a new album called *Making Memories* and a world tour. The album features new songs written in quarantine as well as a couple of old favorites including "Put Your Head On My Shoulder" with Olivia Newton and the "My Way" with Michael Bublé and Andrea Bocelli.

*Coming of Age* had the distinct pleasure of speaking with Paul Anka about his life and career.

**COA: Thank you so much for taking the time to talk to me. You have this amazing new album called *Making Memories* coming out in August. I got to listen to some of it and it's fantastic. What inspired you to make this album?**

**PA:** I just finished with Michael Bublé on the "My Way" track, and we're all so excited to get it out—Michael, Andrea Bocelli and myself. As far as inspiration, quite simply, like all of us, we were dealing with COVID. We're all confined to our homes. There's an upside and a downside to it. The upside for me was that here I was at home, thankfully, even though I was out of work for about a year and a half, which I still am. But, I was able to spend time with family and my girlfriend. I sat down and said, "What is it that you've done all your life that you never have time to do every day?" And there we go—write songs and record. I expressed my ideas to my record company, Primary

Wave. They said, "Go do it." I sat down and wrote about 20 songs. I was enjoying the success in the midst of that TikTok. "Put Your Head on my Shoulder" had gone through the roof on TikTok, and I got this whole new fan base of 16 to 20-year-olds. I said, "Well, we'll start with that." I wanted to sing it with Olivia Newton-John. She's done amazing things. She's a great woman. So, I started with that. Then I wrote and wrote and wrote. The only other exception is "My Way." I wanted to do that song because the anniversary is coming up with that and I'm turning 80. I also spent quite a bit of time with Andrea Bocelli's family over in Italy last year. I've known them for quite a few years, and I had the idea of let's get Bocelli to sing "My Way" with me. I thought about who the other person could be on that song, and I thought about Michael Bublé. Michael is an old and dear friend. I was part of his career in the beginning,

and we continue to talk and get together. I approached Michael and here we are—the three of us on "My Way." The rest of the songs are me writing about my feelings on life and what I'm observing and just writing as I do. And that was pretty much the motivation for doing that. On the periphery of that, we're meeting with producers to do a documentary. So, all the time off gave me some clarity to focus on those two things—the documentary and the album. Here I am with the finished album, and I'm in the prefacing stages of the documentary.

**COA: Do you have a favorite track on the new album?**

**PA:** All these years I've told people that my songs are like my children. It's tough to like one over another. But, "My Way"—because of that song and the participants—that's probably my favorite track. I think "Put Your Head on my Shoulder" comes

# PAUL ANKA: AN EXCLUSIVE INTERVIEW

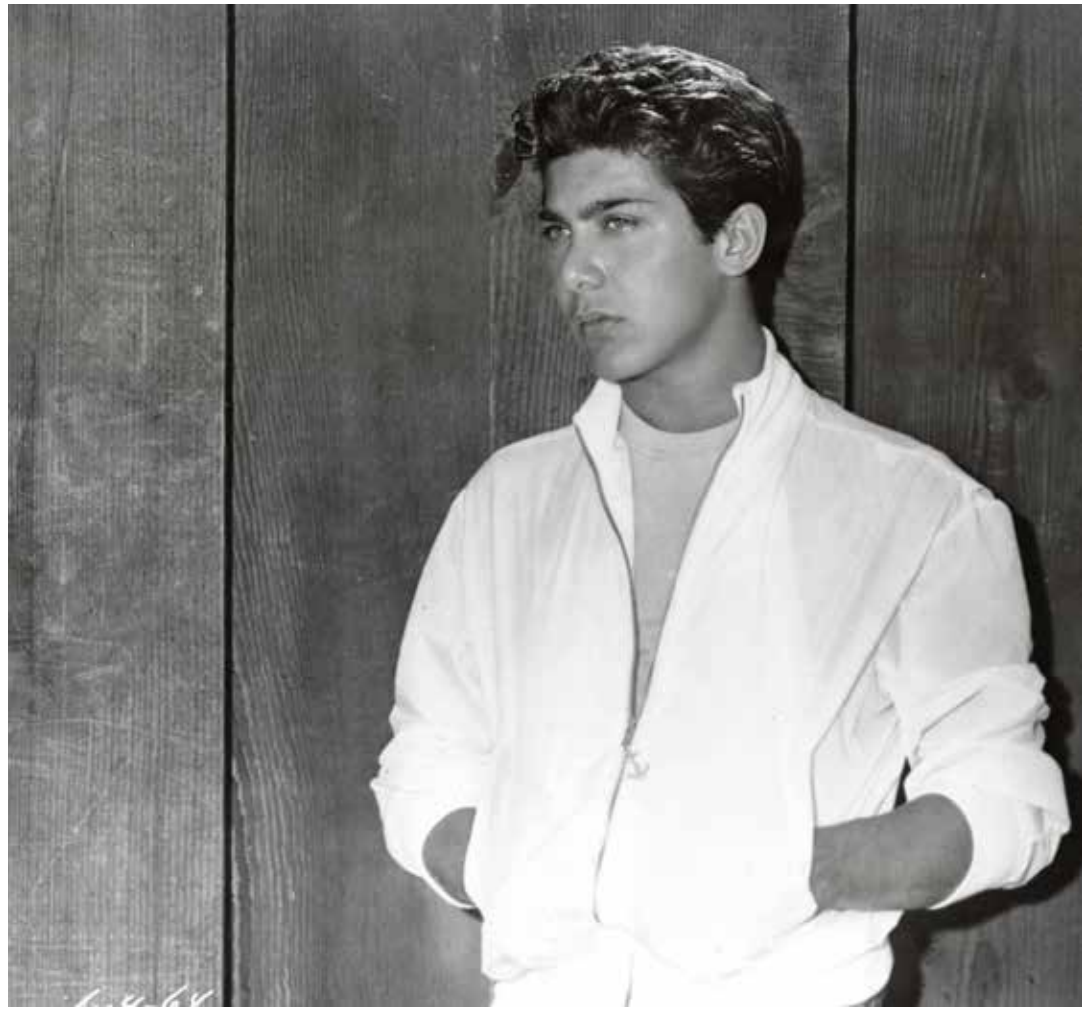
after that. And then “A Fool for Love” would come in third. All the others, I embrace them because they’re also very different, you know.

**COA: I love the video with Olivia Newton-John for “Put Your Head on My Shoulder.” Where did the idea of an animated video come from?**

**PA:** That came from Primal Wave. They are the ones that put it all together. They have a really good team of people over there, and they sent me a rough idea of what their concept was. I stated in the beginning that I wanted to do a video, and understanding that we were all on lockdown, they came up with this. I think it was a great idea.

**COA: How surprised were you when you became a viral TikTok sensation, and how did you find that out?**

**PA:** I have a 15-year-old in the house, Kelly. I got an education on TikTok. As you know, they live on that on the phone. So with all the kids that have come through my house over the last few years, they would come to me. “Oh, Mr. Anka, did you know, did you know?” I said, “No, what is it? I never heard of it.” Then, kids in the neighborhood started to come to the front door singing “Put Your Head on My Shoulder.” So, I got educated very quickly. Was I intellectually wrapped around it from inception? No, I didn’t quite get it. But, once I got a taste of it and got educated, I got the sense of how powerful it was. I was close to tears but also emotionally involved with the power of music—what it has been and hopefully what it will mean. Just randomly, young people pick up a song and they use it in all those



forms and I get discovered with it. Now, I realize that music lives on—it affects people, as it did with this. So, it was all of that with a smile on my face all the time. I go to the grocery store because I love to do my own groceries. Little girls would come up with their parents. “Oh, can I have your autograph?” I’m sitting there signing autographs like I did in *Lonely Boy*. You’ve got to be grateful. It’s all about timing and luck plays a role in a lot of things. I always say we could have been born into different circumstances. People out there are suffering, so it’s something that I’m grateful for.

**COA: How fun was your role on *The Masked Singer*? Did your family know you were doing that?**

**PA:** No. We were all sworn to secrecy. I wanted to surprise them because it was a hot show. I didn’t want to tell them because, you know, they talk and I wanted to play by the rules. So, here I am locked up in the middle of the album, which is really compounding my brain even more—even though I love the isolation when I’m being creative. So they called about doing it, and I know the show because of the kids in the family and it was a popular show. I thought, “Wow, what a way to get out of the house. How fun would that be?” Now, when they put all that costuming over me, I couldn’t breathe. I must have sweat five gallons. It was a good experience, though. I loved it. It was good getting out. It was



also about getting back in action and testing my voice. I start my tour on October 23, and I'm ready and excited.

**COA: You mentioned your upcoming birthday. You're going to be 80 and you're going strong. You just put out an album, you sound great and you look great. Do you have a secret to aging gracefully? What is your routine?**

**PA:** I think one of the words you just said is important—gracefully. I've always told people who have complained to me about the inevitable. Don't think about getting old, just think about getting older. And keep in mind the cliché—it's only a number. I don't live within what a supposed age is. I've been very active all my life. When you are out in Vegas with the Rat Pack and you are watching them drinking and smoking and coughing and going to the doctor, you look at yourself and think, "Don't do that. Do this instead." I was a kid around those guys and I realized that I didn't want to lose what I've been given. I've never been a smoker or a heavy drinker. My girlfriend and I might have some wine, but we're really careful with that choice. I believe in the fruits of plant-based food, and I live with a very strict diet. At some point a few years ago, I just looked at everything and I said, "You know what, Paul? You've eaten enough." I also read a lot and I always have. People have said that growing up, those were simpler times. I say, no, we were simple. The times were what they were. Today there are a lot of smart people. You know we're

exposed to all this data. Today they're able to dig deeper, give us more information about food and nutrition. When you study what's called the Blue Zones, it's pretty logical, when you look at how they eat. For a while, I would get up in the morning, and I would drink a little bowl of olive oil with a little lemon. I'd do that at night, too. When you look at those diets, olive oil is always on the ticket. So, I believe in that. My girlfriend's totally straight with it because she's a health nut, and she looks 25, so there's something to it all. I'm a big believer in berries—especially blueberries. I drink a lot of green tea. I look at the aspect of exercise. I've fallen short recently only because I hurt my knee when I went snowboarding. I don't walk as much as I used to, but I swim and I play tennis with my girlfriend and with Ethan. My son is 15 and they're all saying, "Oh he's got to go pro.

He's so good." So, I'm out there playing with him as a proud father. That's what I do. You've got to look after your body.

**COA: Is there anything besides music that you are passionate about? Do you have specific hobbies or charities that you like to support?**

**PA:** I support charities. I've sung for them and raised money countless times. My passion is my work. I've had it since I was 14 years old. I left home at 15 and I got lucky. That passion still prevails. It's just who I am. It's in my DNA as a musician. So that's my passion. To say there are others, I mean, I like hockey. I played hockey as a kid. I was part of getting the Ottawa Senators to Canada. I watch hockey. My sons are hockey players. I don't know if that's a passion even though I've played it. What comes first is your family. That's what I focus on, but my passion







is making music. You know, I took Frankie Avalon to dinner the other night. We were just talking about where we all wound up. We talked about the differential of how I've lived in my life and conducted it and wrote the music. There's a difference when you're recognized not only for singing, but also for creating. It becomes a passion and you really want to keep going. All the excitement I get back, the receptive dynamic of all of that is still alive for me. That's my passion.

**COA: When I watched *Lonely Boy*, I was struck by how kind you were to the girls that were practically passing out and going into shock at seeing you. Why was being kind to them so important to you?**

**PA:** So, Kelly, what I realize is it all goes back to my childhood. I had a real good family. I lost my mother at the age of 18. That affected me. They always taught me that you have to be nice. When you come from a small town in Canada, and it hits you—your life changes. So, within all of that and earning \$300 a week, you say, "Wow, this is amazing, you better be nice. You don't want to lose it." You make choices. I'm probably one of the first teenage idols, along with the guys out of Philly. We sincerely felt that way, and we were taught to be nice. It's a different scene today with a different group of folks. The arrogance and being cruel to fans, we couldn't even think of that. You know, we realized that they had other choices. You realize through your life that some of us were going to come and some of us were going to go. Being good to those fans is part of you remaining a good person. The sincerity in their faces that you saw on the documentary, you wanted to do everything



that you could deliver to them what they wanted to feel beyond listening to a record, you know?

All those kids have grown up with me now, and when I go on tour, those are the same kids today at my shows. I go to these places all over the country and they come up to me with old pictures and I sit with them outside the dressing room and remember with them. When you're nice to them, they'll support you to the end. I go to Israel, Italy, China—all over the world and it's the same thing. They grow up and they still come to see you.

**COA: Do you mind if I ask you a little bit about your friendship with Frank Sinatra? What he was like as a person?**

**PA:** Sinatra was an idol of mine. Frankie Avalon, Bobby Rydell and Bobby Darin, that was it. Let's remember, before the mid-60s, music was all nice and clean. Then, all of a sudden, these kids come along—Elvis Presley, the devil's music—and these parents

didn't know what the hell to make of it. Right? To us, trying to grow into the 60s, who did we look at? Frank Sinatra and the Rat Pack—tuxedos, Las Vegas, you know. Wow, we wanted to be like them. Keep in mind, there are no Beatles yet. There's no technology yet. Electric guitars were just starting to wind their way in, right? And there's this little cult of guys saying, "God, are we gonna last when so many haven't? What are we gonna do from here? So my whole goal was to sing with Frank Sinatra at the Sands Hotel—and I became the youngest singer in Vegas. My relationship with him, and the rest of them—Sammy Davis, who was amazing—started in the early 60s when I worked there. What was it like? I was scared to death around them. I'd try to be cool, but he didn't like any of this music, and I probably don't blame him when he could sing the phone book and every great American Standard, right? So, after we became friends—after a year or two—he would always tease me about when I was

going to write him a song. What was I going to give him? Puppy Love? So, as I got to know him, he treated me like a gentleman. He was always very gracious. I cannot say enough about Frank Sinatra. He was probably the greatest American artist ever. The way he did his homework—there was so much I learned from him in his preparations of *The Great American Songbook*. He was just the best in my book. Now, ultimately, because of our friendship, when he told me he was quitting show business, it was a shock to me. He had told me in Florida, so I went home to New York and I sat down and wrote “My Way” in five hours. I brought it out to him in Las Vegas, and he just said, “This is very cool, kid. I’m going to do it.” Which he did, and we know the rest of that story. In the interim of it all, every time being around him was an experience. They were so cool—Dean Martin, Sammy Davis. They were very much a part of his life, and they were great artists. But, Sinatra right to the end—I remember visiting him maybe two or three months before he passed and realizing the loss of some of his faculties and just loving this guy. I’ve never met anybody like him since. He was a real man’s man. He’d take a song and study it upside down. When he walked into a studio, everyone in the studio would be watching him. He got “My Way” in one take. Everyone else takes 15, 20, 30—whatever it was. And he just got it. He was the guy. I have nothing but admiration for Frank Sinatra.

**COA: What a life you’ve lived. Do you have any contemporary singers or songwriters that you think are excellent that you admire?**

**PA:** Oh, I think there are some fine writers and singers out there today. The list is longer than short, you know. I’m very proud of Michael Bublé. He’s writing songs, he’s singing, he’s producing—the whole spectrum. He’s a great artist. Adele—amazing voice. Beyoncé—great singer. Bruno Mars—great singer. The Weeknd. There are a lot of very talented young people. The question is who’s going to last? When it hits you—when this gift comes to fruition you’re on this road of success trying to figure out and evaluate what to do, who to trust and how to stay alive. You grind your way on this journey. One day, hopefully, you’re wiser and older, and you can look at it all and go, “Wow, now I get it.”

**COA: I often interview people of your generation and I’m always struck by how they got their start. It often seems like something that just couldn’t happen now. Do you think that you would be a success, starting as a 15-year-old, now?**

**PA:** If I had the same energy, there’s no reason why I wouldn’t. If my DNA was the same, there’s no question about it. But the industry is totally different from what it was. Back then there were three or four major record companies. They supported artists. They were there for you. They helped you grow. Today, they’re the enemy. The record company, they’re not helping a great deal of us. The record companies today—without offending friends—is nowhere near what it was like years ago. So years ago, it was easier, but it wasn’t. You have to remember the equation to today is the public. They’re more knowledgeable because they are watching—every TV show is nothing but music and talent. In the 50s, it was all

new. The television was on at five o’clock and finished at 11 pm. You had Ed Sullivan and then American Bandstand. No one knew what this stuff was unless you spawned from that era. These great artists were putting mileage in for everybody. You just don’t spawn someone like that. It’s taken a lot of mileage. Look at the Beatles and look at the musicians and what they went through—where they moved, what they did. Look at Elton John. He put all those hours in. So, it looked so easy back then. The magic of the Everly Brothers—those harmonies. The magic of Buddy Holly. The magic of Chuck Berry and what he did. We were just a bunch of pioneers singing with our hearts with believability and sincerity. It’s a different ballgame today. Would I have made it today? I would like to think, yeah. But would I be singing, “Puppy Love” or “Lonely Boy?” “I’m so young and you’re so old, Diana?” I don’t think so. It’d be more like “I’m so old and you’re so young.” I don’t kid myself. I’m happy about when it happened because I’ve learned so much—experienced so much. And let me tell you, confidence and experience got me through a lot. It’s like I say to my son: “I want you to learn tennis or anything else that you do for the experience of it, but you need to be confident. Set everything else aside and be confident.” I was a confident kid. Nobody would listen to me. I had to believe in myself. People would leave the room or lock me in a closet. Chuck Berry, when I broke into a rock and roll show—he’s my idol. I went backstage and I sang, and he says, “That’s the worst song ever heard. Go back to school.” It’s in his book. I reminded him of that when I did my first rock and roll show with him, I said, “Hey Mr.



Berry, remember me?" He was with Fats Domino and Fats gave me an autograph that night. Fats became my buddy. He looked after me on tour. He was such a sweetheart.

**COA:** Now, at almost 80, with an incredible career and an incredible life, what is your idea of a perfect day? What brings you happiness?

**PA:** Well, my number one job this year has been health. If I'm working late creatively at night, I'm getting up a little later, but I'm up in time to go with my other half to play tennis with my son. We do a lot at home because I have built the whole year around being conducive to kids. All the kids show up at my house. We haven't really left the house. We've gone to our ranch in Lake Tahoe and things like that. Other than that, I'm being grateful for what I've got, hanging with the family and trying to get my kids out of Europe. I've got three daughters and nine grandchildren in Europe. I haven't seen them in close to two years. I have two here and we try to see each other. My other daughter is very busy because she's married to Jason Bateman. She's involved with the business, they go back and forth to Atlanta a lot.

**COA:** How is it being Jason Bateman's father-in-law?

**PA:** He's so funny. He's such a great guy. He's as sweet as you see. He's as talented as you see, and there are no airs with him. He is what he is. My daughter, I'm very proud of her. She's working with Jennifer Aniston and they're all very good friends. But what is it like? I'm very proud of him. I'm sure he has his own take on what it's like to be Paul Anka's son-in-law.



**COA:** I know you were friends with Donald Trump for many years. Are you still friendly or has that changed?

**PA:** It's okay. It's a tough response for obvious reasons, right? He used "My Way." He wanted me there to do it in the middle of something that I couldn't get away from. Way before he ran for President, Donald Trump paid me to entertain at his place. I saw a side of Donald Trump who was always very good to me. I have to tell it like it is. I have to go on how he treated me. I haven't seen him since he became President.

**COA:** Are you excited about your upcoming tour?

**PA:** You know, I am so longing to get back in front of my fans. This tour starts in October. We're doing Florida, the West Coast, the East Coast and Europe—next year, Asia. I'm coming back out there. The band and I are so looking forward to it. It's a love fest, you know. It's just grown into that for me. We're ready for you. And we want you there. That's really what I want to convey to people. If it's all safe and good, we're ready and looking forward to it. .

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