




January 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Closed for New Year's	3 Carolina Line Dancers 9:45-10:45 Chair Volleyball 1:00-2:30 Acrylic Painting 10:00-12:00	4 The Sewing Circle 9:00-12 Noon Chair Yoga 9:30-10:30 Piedmont Rook 11:00-3:30 Zumba Gold 11:00-12 Noon Knit Pickers 12:30-2:30 Euchre 2:00-3:30	5 Chair Volleyball 9:30-11:00 Basic Spanish 12:30-1:30 Thursday Bridge 1:00-3:00 Mexican Train Dominoes 1:00-3:00	6 Zumba Gold 11:00-12 Noon Closing at 12 Noon
9 Monday Morning Bridge 9:00-12:00 Chair Yoga 9:30-10:30 E-Resource Seminar 10:30-11:30 Monday Afternoon Bridge 1:00-3:30 Video Tai-Chi 1:00-2:00 Bingo 5:00-8:30 Zumba Gold 5:30-6:30	10 Carolina Line Dancers 9:45-10:45 Chair Volleyball 1:00-2:30 Acrylic Painting 10:00-12:00	11 The Sewing Circle 9:00-12 Noon Chair Yoga 9:30-10:30 Piedmont Rook 11:00-3:30 Zumba Gold 11:00-12 Noon Knit Pickers 12:30-2:30 Euchre 2:00-3:30	12 Chair Volleyball 9:30-11:00 Basic Spanish 12:30-1:30 Thursday Bridge 1:00-3:00 Mexican Train Dominoes 1:00-3:00	13 Zumba Gold 11:00-12 Noon Closing at 12 Noon
16 Monday Morning Bridge 9:00-12:00 Chair Yoga 9:30-10:30 Monday Afternoon Bridge 1:00-3:30 Video Tai-Chi 1:00-2:00 Bingo 5:00-8:30 Zumba Gold 5:30-6:30	17 Carolina Line Dancers 9:45-10:45 Chair Volleyball 1:00-2:30 Acrylic Painting 10:00-12:00	18 The Sewing Circle 9:00-12 Noon Chair Yoga 9:30-10:30 Piedmont Rook 11:00-3:30 Zumba Gold 11:00-12 Noon Knit Pickers 12:30-2:30 Euchre 2:00-3:30	19 Chair Volleyball 9:30-11:00 Basic Spanish 12:30-1:30 Thursday Bridge 1:00-3:00 Mexican Train Dominoes 1:00-3:00	20 Zumba Gold 11:00-12 Noon Closing at 12 Noon
23 Monday Morning Bridge 9:00-12:00 Chair Yoga 9:30-10:30 Monday Afternoon Bridge 1:00-3:30 Video Tai-Chi 1:00-2:00 Bingo 5:00-8:30 Zumba Gold 5:30-6:30	24 Carolina Line Dancers 9:45-10:45 "Coffee & Chat For Veterans" 10:00 Chair Volleyball 1:00-2:30 Acrylic Painting 10:00-12:00	25 The Sewing Circle 9:00-12 Noon Chair Yoga 9:30-10:30 Piedmont Rook 11:00-3:30 Zumba Gold 11:00-12 Noon Knit Pickers 12:30-2:30 Euchre 2:00-3:30	26 Chair Volleyball 9:30-11:00 Basic Spanish 12:30-1:30 Thursday Bridge 1:00-3:00 Mexican Train Dominoes 1:00-3:00 2023 Senior Games Kick-Off (Neal Center) 2:00	27 Zumba Gold 11:00-12 Noon 2023 Senior Games Kick-Off (KM) 9:30 Closing at 12 Noon
30 Monday Morning Bridge 9:00-12:00 Chair Yoga 9:30-10:30 Monday Afternoon Bridge 1:00-3:30 Video Tai-Chi 1:00-2:00 Bingo 5:00-8:30 Zumba Gold 5:30-6:30	31 Carolina Line Dancers 9:45-10:45 Chair Volleyball 1:00-2:30 Acrylic Painting 10:00-12:00			



"THE SENIOR INFORMER"

January 2023



Your source of current news and information from The Neal Center, 100 T.R. Harris Drive, Shelby, NC 28150

Something to think about:

**"Never get so busy
making a living that
you forget to make a
life."**

-Anonymous



NEW YEAR PRAYER:

Thank You Lord for giving me
The brand new year ahead.
Help me live the way I should
As each new day I tread.
Give me gentle wisdom
That I might help a friend,
Give me strength and courage
So a shoulder I might lend.
The year ahead is empty,
Help me fill it with good things
Each new day filled with joy
And happiness it brings.
Amen.

From the Executive Director's Desk...

Paulette Putnam, Neal Center Executive Director



Happy New Year!

In January, we are filled with anticipation for what the new year will hold. For many of us, we wipe the slate clean and start over. We may go on a diet, join a gym, clean out our house, closets, etc.

Come visit us at the Senior Center and start something new. Check out our activities, classes, Monday night Bingo, recreation room, outside walking trail or even consider becoming a volunteer. We have many opportunities for volunteering available.

We love to meet new people and make new friends. We look forward to seeing you in 2023.

*Paulette Putnam
Executive Director*

Neal Center Staff and Contact Information

Have a question? A specific need? Not sure what to do?

Neal Center main number: 704/482-3488

Paulette Putnam, Executive Director

Daniel Dedmon, Program Director

Teresia Ladd, Administrative Assistant

Dolores Ashworth, Volunteer Coordinator

Heather Ledbetter, Nutrition Coordinator

Linda Geter, Housing Director/Rental Coor.

Mary Hamrick, Secretary

Charles Walls, Bookkeeper

Stephanie Baxter, Housekeeping

What are the hours for the Neal Senior Center?

Monday-Thursday, 8:30am-4:00pm

Friday, 8:30am-12:00pm

**Not sure if the center is open? Call our
"Weather Line" at 704/481-7398!**



What Went On In.....?

1963

What were some “firsts” in 1963?

- Push-button telephones were introduced.
- Among the new items to appear in the marketplace includes: “Froot Loops” cereal, “Colt 45” malt liquor, cassette decks and cassette tapes, and the “Veg-O-Matic” vegetable slicer.
- ZIP Codes were launched by the US Postal Service in an effort to improve mail delivery across the country.
- Pull-tabs on soda cans were added as an easier way to open the can.
- “The French Chef”, the first instructional cooking show on Public Television, begins and is hosted by Julia Child.
- The sedative Valium (chlordiazepoxide) is developed by Roche labs.
- “Maxwell House” introduces the first “freeze-dried” instant coffee.
- “Weight Watchers”, the first organization for helping those with weight issues, is launched.

What happened in sports?

- The first instant replay system to use videotape instead of film is used by Tony Verna, a CBS-TV director, during a live televised sporting event, the Army–Navy Game of college football played in Philadelphia, United States.

What were the headlines in 1963?

- In January, France and West Germany sign treaty of cooperation, ending four centuries of conflict.
- In February, Northwest Airlines Flight 705 crashes in the Florida Everglades, killing all 43 aboard.
- In April, the 35th Academy Awards ceremony is held. *Lawrence of Arabia* wins Best Picture.
- In May, a smallpox outbreak hits Stockholm, Sweden, lasting until July.
- In June, President John F. Kennedy signs the Equal Pay Act of 1963 into law.
- In October, Hurricane Flora, one of the worst Atlantic storms in history, hits Hispaniola and Cuba, killing nearly 7,000 people.
- In November, in Dallas, Texas, U.S. President John F. Kennedy is fatally shot by Lee Harvey Oswald, and Governor of Texas John Connally is seriously wounded at 12:30 CST. Upon Kennedy's death, Vice President Lyndon B. Johnson becomes the 36th President of the United States. A few hours later, President Johnson is sworn in aboard Air Force One, as Kennedy's body is flown back to Washington, D.C. Stores and businesses shut down for the next four days, in tribute.
- In December, Kenya gains independence from the United Kingdom, with Jomo Kenyatta as prime minister.

What were the Top 10 songs of 1963?

1. “Sugar Shack”, Jimmy Gilmer and the Fireballs
2. “Surfin' U.S.A.”, The Beach Boys
3. “The End of the World”, Skeeter Davis
4. “Rhythm of the Rain”, The Cascades
5. “He's So Fine”, The Chiffons
6. “Blue Velvet”, Bobby Vinton
7. “Hey Paula”, Paul & Paula
8. “Fingertips”, Little Stevie Wonder
9. “Washington Square”, Village Stompers
10. “It's All Right”, The Impressions

What were the Top 10 TV Shows of 1963?

Show	Network	Ratings share
1. “The Beverly Hillbillies”	CBS	39.1
2. “Bonanza”	NBC	36.9
3. “The Dick Van Dyke Show”	CBS	33.3
4. “Petticoat Junction”	CBS	30.3
5. “The Andy Griffith Show”	CBS	29.4
6. “The Lucy Show”	CBS	28.1
7. “Candid Camera”	CBS	27.7
8. “The Ed Sullivan Show”	CBS	27.5
9. “The Danny Thomas Show”	CBS	26.7
10. “My Favorite Martian”	CBS	26.3

YOUR GOOD HEALTH

Choosing a new doctor

Finding a main doctor (often called your primary doctor or primary care doctor) who you feel comfortable talking to is the first step in good communication. How well you and your doctor talk to each other is one of the most important steps to getting good health care. This doctor gets to know you and what your health is normally like. He or she can help you make medical decisions that suit your values and daily habits and can keep in touch with the other medical specialists and healthcare providers you may need. Taking an active role in your health care puts the responsibility for good communication on both you and your doctor. This means asking questions if the doctor's explanations or instructions are unclear, bringing up problems even if the doctor doesn't ask, and letting the doctor know if you have concerns about a particular treatment or change in your daily life.

If you don't have a primary doctor or are not completely happy with the one you currently see, now may be the time to find a new doctor. Whether you just moved to a new city, changed insurance providers, or had a bad experience with your doctor or medical staff, it is worthwhile to spend time finding a doctor you can trust. People sometimes hesitate to change doctors because they worry about hurting their doctor's feelings. But doctors understand that different people have different needs. They know it is important for everyone to have a doctor with whom they are comfortable.

Primary care physicians frequently are family practitioners, internists, or geriatricians. A geriatrician is a doctor who specializes in older people, but family practitioners and internists may also have a lot of experience with older patients. Here are some suggestions that can help you find a doctor who meets your needs.

- **Decide what you are looking for in a doctor.**

A good first step is to make a list of qualities that matter to you. Do you care if your doctor is a man or a woman? Is it important that your doctor has evening office hours, is associated with a specific hospital or medical center, or speaks your language? Do you prefer a doctor who has an individual practice or one who is part of a group so you can see one of your doctor's partners if your doctor is not available? After you have made your list, go back over it and decide which qualities are most important and which are nice, but not essential.

- **Make a list of several possible doctors.**

Once you have a general sense of what you are looking for, ask friends and relatives, medical specialists, and other health professionals for the names of doctors with whom they have had good experiences. Rather than just getting a name, ask about the person's experiences. For example, say: "What do you like about Dr. Smith?" and "Does this doctor take time to answer questions?" A doctor whose name comes up often may be a strong possibility. If you belong to a managed care plan — a health maintenance organization (HMO) or preferred provider organization (PPO) — you may be required to choose a doctor in the plan or else you may have to pay extra to see a doctor outside the network. Most managed care plans will provide information on their doctors' backgrounds and credentials. Some plans have websites with lists of participating doctors from which you can choose. It may be helpful to develop a list of a few names you can choose from. As you find out more about the doctors on this list, you may rule out some of them. In some cases, a doctor may not be taking new patients and you may have to make another choice.

- **What are HMOs and PPOs?**

Members of a health maintenance organization (HMO) pay a set monthly fee no matter how many (or few) times they see a doctor. Usually there are no deductibles or claims forms, but you will have a co-payment for doctor visits and prescriptions. Each member chooses a primary care doctor from within the HMO network. The primary care doctor coordinates all care and, if necessary, refers members to specialists. A preferred provider organization (PPO) is a network of doctors and other health care providers. The doctors in this network agree to provide medical services to PPO health plan members at discounted costs. Members can choose to see any doctor at any time. Choosing a non-PPO provider is called "going out of network" and will cost more than seeing a member of the PPO network.

(Continued on the next page)

- **Gather information from the web.**

The American Medical Association's Doctor Finder website and the American Board of Medical Specialties' Certification Matters database can help you find doctors in your area. These websites don't recommend individual doctors, but they do provide a list of doctors you may want to consider. MedlinePlus, a website from the National Library of Medicine at NIH, has a comprehensive list of directories, which may also be helpful. For a list of doctors who participate in Medicare, visit the Medicare.gov Physician Compare tool. Don't forget to call your local or State medical society to check if complaints have been filed against any of the doctors you are considering.

- **What is a "board certified" doctor?**

Doctors who are board certified have extra training after regular medical school. They also have passed an exam certifying their expertise in specialty areas. Examples of specialty areas are general internal medicine, family medicine, geriatrics, gynecology, and orthopedics. The American Board of Medical Specialties has a database of all board-certified physicians that is updated daily. You can also call to verify a doctor's certification at 866-275-2267. Board certification is one way to learn about a doctor's medical expertise; it doesn't tell you about the doctor's communication skills.

- **Collect information about the doctors you are considering.**

Once you have narrowed your list to two or three doctors, call their offices. The office staff is a good source of information about the doctor's education and qualifications, office policies, and payment procedures. Pay attention to the office staff — you will have to communicate with them often! You may want to set up an appointment to meet and talk with a doctor you are considering. He or she is likely to charge you for such a visit. After the appointment, ask yourself if this doctor is a person with whom you could work well. If you are not satisfied, schedule a visit with one of your other candidates.

- **When learning about a doctor, consider asking questions like:**

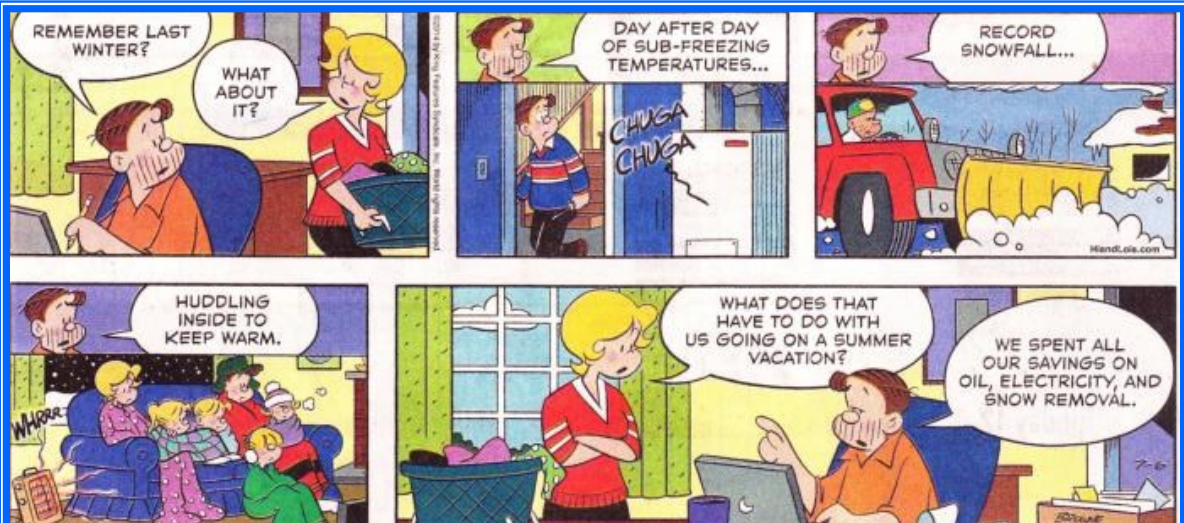
Do you have many older patients? How do you feel about involving my family in care decisions? Can I call or email you or your staff when I have questions? Do you charge for telephone or email time? What telehealth services do you offer? What are your thoughts about complementary or alternative treatments, such as...?

- **Choose a doctor.**

When making a decision about which doctor to choose, you might want to ask yourself questions like: Did the doctor give me a chance to ask questions? Was the doctor really listening to me? Could I understand what the doctor was saying? Was I comfortable asking him or her to say it again?

Once you've chosen a doctor, make your first actual care appointment. This visit may include a medical history and a physical exam. Be sure to bring your medical records, or have them sent from your former doctor. Bring a list of your current medicines or put the medicines in a bag and take them with you. If you haven't already met the doctor, ask for extra time during this visit to ask any questions you have about the doctor or the practice.

**Laff
-A-
Little!**



Getting to Know the Neal Senior Center

Our Senior Center Dance Events

(This is a special article composed by the Neal Senior Center Director, Paulette Putnam).

We enjoy offering our monthly Thursday dance. We are hoping to start back with the dances in February 2023. We will be making some changes to help you get your tickets easier and hopefully, to get more people to attend. Once the dance has been announced, you can mail your check in to purchase as many tickets as you would like. Or, you can purchase them at the Reception Desk. Your tickets will be at the door marked "PAID". We must sell at least 50 tickets before the deadline in order to hold the dance. The cut-off **MUST BE** the Tuesday before the dance that Thursday night.



The Neal Center **will be open** on Martin Luther King Day, Monday, January 16th.

Is there a class or activity you'd like to see the Neal Senior Center offer? Suggestions are welcome!

Talk to us! Share your ideas for activities that you would like to see offered! It can be a craft activity, a new card game, an informative seminar topic... anything seniors aged 50+ might be interested in!

Have a thought? Reach out to Daniel Dedmon, Neal Center Program Director, at 704/481-7387 or ddedmon@agingcouncil.org



BE PREPARED FOR WINTER WEATHER!

Winter weather is here! In case of snow, ice, sleet, or freezing rain, call the Neal Center's "Weather Line" to see if we are open, delayed or closed. Call 704-481-7398 and the information will be updated as conditions change.

ATTENTION NEAL SENIOR CENTER INSTRUCTORS:

Anytime that you must cancel your class due to the weather, illness, or other reasons, it's YOUR responsibility to contact your participants to let them know of the cancellation. Please be sure to have contact information for all of your participants so that they may be notified of any schedule change.

**MONDAY
JANUARY 9**

**LEONA NEAL
SENIOR CENTER
100 T R HARRIS DR,
SHELBY, NC 28150**

*WE WILL ISSUE LIBRARY
CARDS OR UPATE YOUR
EXISTING CARD*

- LIBBY FOR EBOOKS & AUDIOBOOKS
- HOOPLA
- NCLIVE & MORNINGSTAR
- FOLD3

*BRING YOUR DEVICE AND WE
CAN HELP YOU SET IT UP*

BRINGING THE LIBRARY HOME! DIGITAL RESOURCES FROM YOUR LIBRARY TO USE AT HOME

THIS IS A



FROM THE NEAL
SENIOR CENTER



Easier than you might think! We Can Help!



Presented in Partnership by



*Council on Aging
of Cleveland County*



WANT TO START THE NEW YEAR FEELING GOOD ABOUT YOURSELF?



Volunteer income tax preparers are needed to assist with our senior's tax preparation from February 1 through April 15, 2023 at the Neal Center Coffee Shop.

All training is provided free of charge. Computer skills are required. Experience in income tax preparation is a plus, but not necessary.

For additional information, contact Paulette Putnam, Executive Director of the Neal Center at 704/481-7380 or at pputnam@agingcouncil.org

SAVE THE DATE!

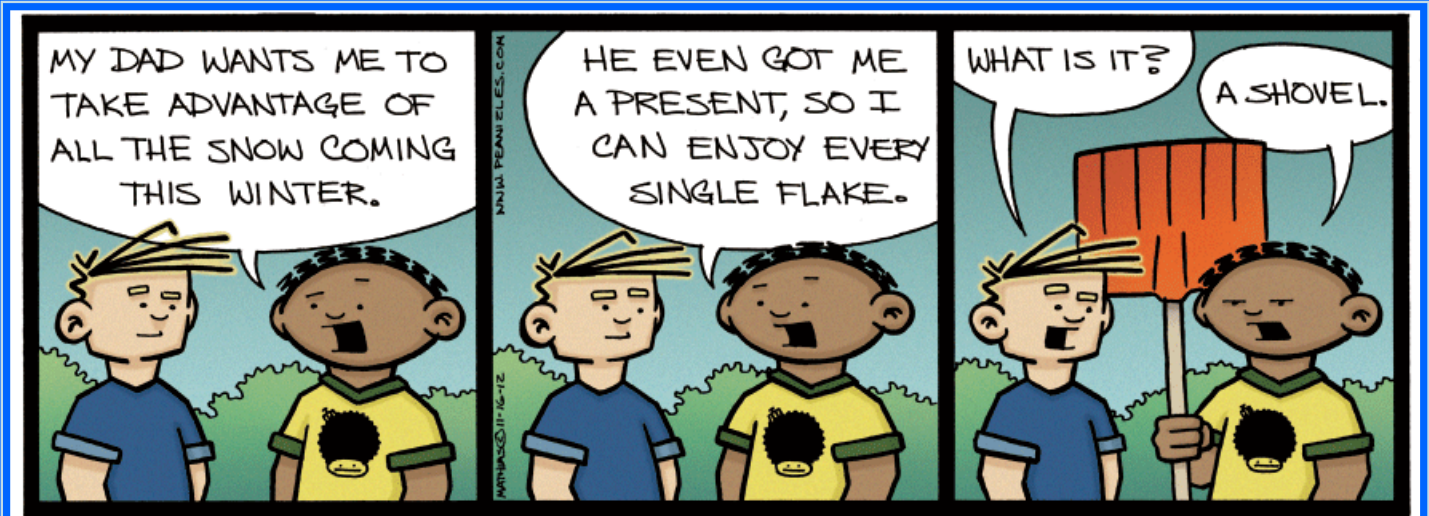
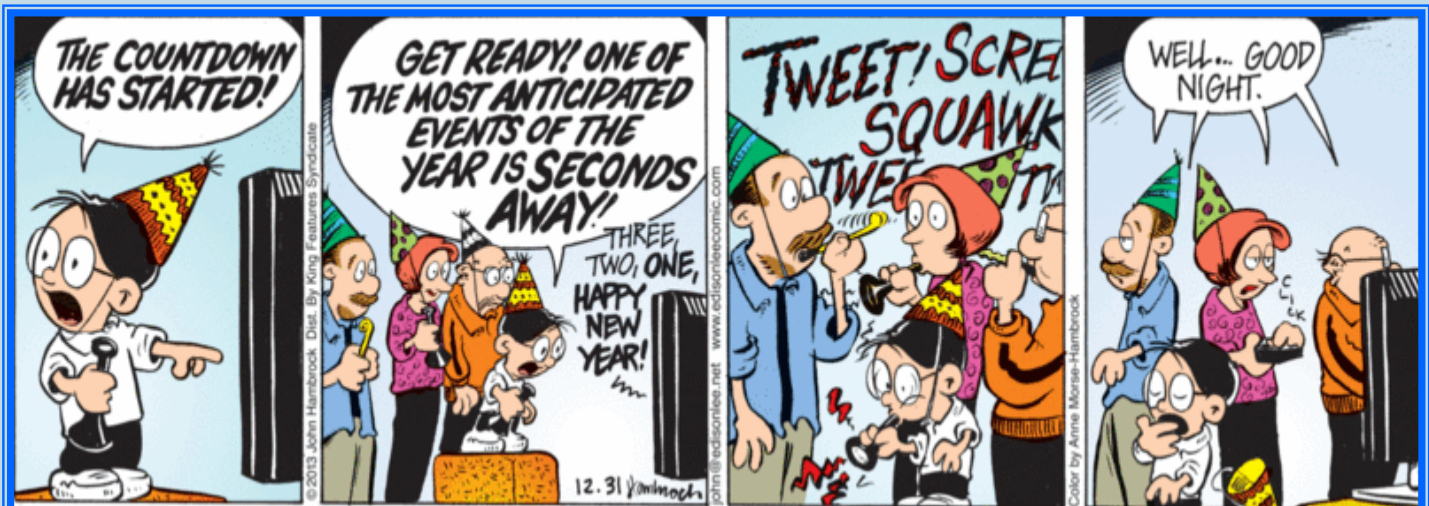
The 2023 Cleveland County Senior Games will have a kick-off at the Neal Center on Thursday, January 26, at 2pm. The Patrick Center will have a kick-off on Friday, January 27, at 9:30am. Please RSVP by contacting Daniel Dedmon, Cleveland County Senior Games Director, at



704/481-7387, no later than Tuesday, January 23! Have your questions ready as we discuss the plans for the 2023 events!



LAFF-A-LITTLE!



Now that the holidays are over, do something before the post-holiday blues kicks in....



BECOME A BINGO VOLUNTEER!



If you can spare one Monday evening per month to assist us with our Bingo games, it would help us **SO MUCH!** It's fun to do, plus you receive a free hot dog dinner in return for your services. You will receive complete training prior to working a Bingo game. We need check runners, floor runners, and kitchen assistance.

To find out more, please contact Dolores Ashworth, Neal Senior Center Volunteer Coordinator at 704/481-7386!

Warming Up the Vintage TV

The show: "HAWAII FIVE-O"

The network: CBS

Broadcast history: September 20, 1968–April 8, 1980

Format: Color/60 minutes

Number of Episodes: 281 total episodes

Produced by: Leonard Freeman Productions & CBS Productions

Where to watch: DVD Boxed Sets, Streaming Media at CBS.com



With our winter weather, doesn't a trip to Hawaii sound wonderful at this time of year? For most people, the next best thing to going to Hawaii is to watch this classic, exciting crime drama, "Hawaii Five-O". Set in Hawaii, the show originally aired for 12 seasons on CBS from September 20, 1968, to April 8, 1980, and continues in reruns. At the time the final episode aired, it was the longest-running police drama in American television history and the last scripted primetime show that debuted in the 1960s to leave the air.

The show starred Jack Lord as Detective Captain Stephen "Steve" McGarrett, the head of a fictional state police task force in Hawaii. The theme music composed by Morton Stevens became especially popular. Many episodes in the series would end with McGarrett's catchphrase, "Book 'em, Danno!"

Created by Leonard Freeman, the title of the show refers to Hawaii's status as the 50th US state. At the time of its premiere, Hawaii had officially been a U.S. state for only nine years. The Five-O team consists of three to five members (small for a real state police unit), and is portrayed as occupying a suite of offices in the Iolani Palace. Five-O lacks its own radio network, requiring frequent requests by McGarrett to the Honolulu Police Department dispatchers. The show was shot on location in Honolulu, Hawaii, and throughout the island of Oahu and other Hawaiian islands, with occasional filming in locales such as Los Angeles, Singapore, and Hong Kong.

There are conflicting stories as to how the show was first developed. One theory was that producer Leonard Freeman moved to Hawaii to recuperate after suffering a heart attack. Another states the idea for the show may have come from a conversation Freeman had with Hawaii's then-Governor John A. Burns. Another source instead claims that Freeman wanted to set a show in San Pedro, Los Angeles, California until a friend, actor Richard Boone, convinced him to shoot it entirely in Hawaii. Still another source claims Freeman discussed the show with Governor Burns only after pitching the idea to CBS. When it was time to cast the show, Freeman offered Richard Boone the part of McGarrett, but he turned it down, as did actors Gregory Peck and Robert Brown. Ultimately, Jack Lord – then living in Beverly Hills – was asked at the last moment. Lord read for the part on a Wednesday, was cast, and flew to Hawaii two days later. On the following Monday, Lord was in front of the cameras. Freeman and Lord had worked together previously on an unsold TV pilot called "Grand Hotel".

Tim O'Kelly originated the role of Danny "Danno" Williams in the pilot episode. Test audiences apparently were not positive on O'Kelly, however, and the producers replaced him with James MacArthur. Kam Fong Chun, an 18-year veteran of the Honolulu Police Department, auditioned for the part of the lead villain Wo Fat, but Freeman cast him in the part of Chin Ho Kelly instead. Freeman took the name Wo Fat from a restaurant in downtown Honolulu. The name Chin Ho came from Chinn Ho, the owner of the Ilikai Hotel where the penthouse shot of Steve McGarrett in the opening title sequence was taken. Actor Richard Denning, who played the governor, had retired to Hawaii and came out of retirement for the show. Zulu was a Waikiki beach boy and local DJ with no acting experience when he was cast for the part of Kono, which he played for the next four years.

Because there was a lack of a movie industry in Hawaii, most of the crew and cast, including many locals who ended up participating in the show, had to learn their respective jobs as they went along. Jack Lord was known as a perfectionist who insisted on the best from everyone. His temper flared when he felt that others did not give their best, but in later reunions they admitted that Lord's hard-driving force had made them better actors and made "Hawaii Five-O" a better show. Lord's high standards helped the show last another six years after Leonard Freeman's death from heart trouble during the sixth season.

To critics and viewers, there was no question that Jack Lord was the center of the show, and that the other actors frequently served as little more than props, standing and watching while McGarrett emoted and paced around his office, analyzing a crime. But occasionally, episodes would focus on the other actors and let them showcase their own talents, such as Danno defusing bombs in one episode. Since Jack Lord had a financial interest in the show, he referred to other regular cast actors in the program as a "with", as in "With James MacArthur"—they were never called "co-stars".

Another legacy of the show is the popularity of the show's theme music. The tune was composed by Morton Stevens, who also composed numerous episode scores performed by the CBS Orchestra. The theme was later recorded by "The Ventures", whose version reached No. 4 on the "Billboard Hot 100" pop chart and was particularly popular with college and high school marching bands. This was especially true at the University of Hawaii, where it has become the unofficial fight song. Because of the tempo of the music, the theme gained popularity in the UK with followers of Northern soul and was popular on dance floors in the 1970's.

Over thirty years later, a remake pilot of the show aired September 20, 2010, on CBS Television. It lasted for 10 seasons until the 240th and final episode was aired on April 3, 2020. This remake version used the same principal character names as the original, and the new Steve McGarrett's late father's vintage 1974 Mercury Marquis was the actual car driven by Lord in the original series' final seasons. The new series opening credit sequence was an homage to the original. Though the theme song was cut in half, from 60 to 30 seconds, it was an otherwise identical instrumentation.

WHATEVER BECAME OF THE ORIGINAL CAST OF THE SHOW?

Jack Lord: After *Hawaii Five-O* ended in 1980, Lord kept a low profile and was rarely seen in public. His final TV appearance was that same year in a failed pilot for a new CBS series called *M Station: Hawaii* which he also directed (it had been filmed in early 1979, immediately before shooting the final season of *Hawaii Five-O*). Lord suffered from Alzheimer's disease for at least seven years before his death, though some accounts have suggested that he may have had the illness as early as the final season of *Hawaii Five-O*, in 1979. He died of congestive heart failure at his home in Honolulu, on January 21, 1998, at the age of 77, leaving an estate of \$40 million. He was a philanthropist and the entire estate went to Hawaiian charities upon his wife Marie's death at the age of 100 in 2005.

James MacArthur: MacArthur guest-starred on such television shows as *Time Express*, *Murder, She Wrote*, *The Love Boat*, *Fantasy Island*, and *Walking Tall*. After taking a one-year break from acting in 1987, he returned to the stage in *The Foreigner*. He continued to appear at conventions, collectors' shows, and celebrity sporting events. MacArthur died on October 28, 2010, at the age of 72 of unspecified causes. On the November 1, 2010, episode, MacArthur's death was mentioned in a short tribute that played before the start of that episode.

Kam Fong: Fong left "Hawaii Five-O" in 1978, after being on the series for ten seasons. In an interview, Fong said he left because he felt the scripts were becoming stale, so the show's writers killed off his character. Fong would sporadically act elsewhere, including two appearances on another Hawaii-set crime drama, "Magnum, P.I.". He reprised his Chin Ho Kelly role in a 1997 "Hawaii Five-O" TV movie, despite the fact that his character had been killed off in the original series. Fong died of lung cancer on October 14, 2002 at the age of 84.

Zulu: Zulu later became an entertainer for several years at Duke Kahanamoukou's in the International Market Place. He also performed at neighbor island hotels and did benefits. In ill health for much of his later life, Zulu suffered multiple heart attacks and strokes, yet managed to continue appearing at "Hawaii Five-O" conventions over the years and played a role in the new Hawaii Five-O pilot that was filmed in 1997. He died in Hilo, Hawaii on May 3, 2004 from complications of diabetes at the age of 66.

BE ON THE LOOKOUT FOR SOMETHING

NEW!

Whenever the Neal Senior Center has a special event that will be available virtually, all the promotional items for the event will contain this logo:



This will be an easy reminder that lets everyone know that they can participate in that event online!

Let's Eat!

- 8 ounces uncooked penne pasta
- 1 pound ground beef
- 6 bacon strips, diced
- 1 can (10-3/4 ounces) condensed tomato soup, undiluted
- 1/2 cup water
- 1 cup shredded cheddar cheese
- Optional: Barbecue sauce and prepared mustard

BACON-CHEESEBURGER SKILLET



Cook pasta according to package directions. Meanwhile, in a large skillet, cook beef over medium heat until no longer pink; drain and set aside. In the same skillet, cook bacon until crisp; remove with a slotted spoon to paper towels to drain. Discard drippings. Drain pasta; add to the skillet. Stir in the soup, water, beef and bacon; heat through. Remove from the heat and sprinkle with cheese. Cover and let stand for 2-3 minutes or until the cheese is melted. Serve with barbecue sauce and mustard, if desired (To make this recipe healthier, use ground turkey breast and low-fat Cheddar cheese). Serves 6.

WHEN THE HOLIDAYS ARE OVER, IF YOU'RE PLANNING TO GET RID OF YOUR CHRISTMAS DECORATIONS....

STOP!



CONSIDER DONATING THEM TO THE NEAL SENIOR CENTER!

IF YOU'VE DECIDED THAT YOU WOULD LIKE A NEW WAY TO DECORATE NEXT CHRISTMAS, THOUGH YOUR CURRENT DECORATIONS ARE STILL IN FINE CONDITION, THE NEAL SENIOR CENTER WOULD **LOVE** TO HAVE THEM! THE CENTER CAN USE MOST ANY CHRISTMAS DÉCOR, EXCEPT FOR CHRISTMAS TREES. ITEMS MUST BE CLEAN AND IN GOOD CONDITION TO BE DONATED. PLEASE CALL THE NEAL SENIOR CENTER AT 704/481-7380 TO ARRANGE A TIME TO BRING YOUR ITEMS. THEY WILL BE **VERY APPRECIATED!**