

SPLENDID SENIORS

Great Lives, Great Deeds by Jack Adler

52 people whose achievements after age 65 remind us that creativity, intelligence, passion & influence can not only flower in later years, but bear delicious fruit.

“A source of inspiration for seniors everywhere., and proof that greatness, creativity, passion, and intelligence can bloom their brightest with age and experience.”

Midwest Book Review

“Imagination grows by exercise, and contrary to common belief, is more powerful in the mature than in the young.”

W. SOMERSET MAUGHAM

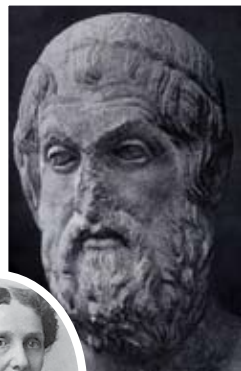
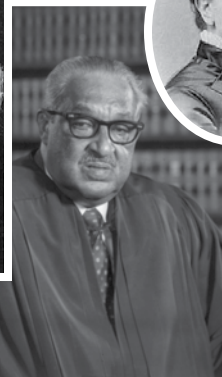
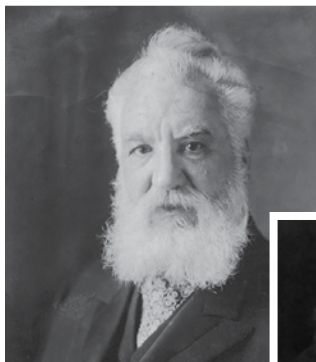
“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face.

You must do the thing you think you cannot do.”

ELEANOR ROOSEVELT

“The longer I live, the more beautiful life becomes.”

FRANK LLOYD WRIGHT



“When one door closes, another opens; but we often look so long and regretfully upon the closed door that we do not see the one which has opened for us.”

ALEXANDER GRAHAM BELL

The inspiring ensemble includes Mary Baker Eddy, who was 86 when she founded the *Christian Science Monitor*; Alexander Graham Bell, who received a patent for his work on a hydrofoil boat at age 75;

Benjamin Disraeli, who became prime minister of England for the second time when he was 70; Susan B. Anthony, who was past 80 when she founded the International Woman Suffrage Alliance; and more.

Original trade paperback | \$18.95 | March 2007

ISBN: 978-159719-007-7 | Pearlsong Press

Available from wholesale & retail vendors worldwide, including

Ingram Book Group & Amazon.com, & directly from

the publisher (wholesale & retail) at www.pearlsong.com | sales@pearlsong.com

P.O. Box 58065 | Nashville, TN 37205 | 1-615-356-5188



Jack Adler *bio*

North Hollywood, CA
818-766-0731
jadler @ prodigy.net

Jack Adler is an author, playwright and screenwriter in North Hollywood, California.

In addition to *Splendid Seniors: Great Lives, Great Deeds*, he is the author of five nonfiction books: *Consumer's Guide to Travel*; *There's A Bullet Hole in Your Window*; *Southern India*; *Exploring Historic California*; and *Travel Safety* (co-authored); as well as the novels *Blackmail High* and *Parthian Retreat*. The Library of Congress selected *Travel Safety* for translation into Braille.

Adler has received a grant from the Yaddo Foundation as a playwright; seven of his one-act plays have been produced Off-Off Broadway, with one of the plays published. A co-authored screenplay was optioned for a feature film.

He has had articles published in *Shape*, *Let's Live*, *Home & Away*, *Journey*, *Off Duty*, *Gentlemen*, *Friendly Exchange*, *Venture*, *Discovery*, *Transitions Abroad*, the *San Francisco Examiner*, *Chicago Tribune*, and *Dallas Times Herald*.

Adler is currently a columnist for *Travel World International*, an electronic magazine, and an instructor in nonfiction writing for the UCLA Extension and Writer's Digest School. He has been the board leader for Internet travel forums for Prodigy and Excite, and currently runs the travel forum on the Aantares bulletin board.

He was a weekly columnist for the *Los Angeles Times* Travel section for almost 15 years, and has also written columns for *Westways* magazine.

Adler is a member of the Society of American Travel Writers and the North American Travel Journalists Association. He is married and the father of two sons.

#

Did You Know These Interesting Facts About Senior Accomplishments?

- **Sophocles** was 89 when he wrote *Oedipus at Colonus*, one of his dramatic masterpieces.
- On the day of his death, at the age of 78, **Galileo** was said to be planning a new kind of clock that would tell time—in minutes and seconds, not just hours—using a pendulum swing instead of movement of water or sand.
- **Isaac Newton**, better known for his scientific achievements, became a scourge of counterfeiters as the Warden of the Royal Mint, a position he held until his death in his mid 80s.
- **Benjamin Franklin** only retired from public service when he was 82.
- **Benjamin Disraeli** was 70 when he became prime minister of England for the second time.
- **Susan B. Anthony** was past 80 when she formed the International Woman Suffrage Alliance.
- **Henrik Ibsen** was 71 when he wrote his last play, *When We Dead Awaken*.
- **Mary Baker Eddy** was 86 when she founded the *Christian Science Monitor* newspaper.
- **Alexander Graham Bell** was 75 when he received a patent for his work on a hydrofoil boat.
- **Sarah Bernhardt** was 78 when she acted in her last stage performance—*La Gloire* by Maurice Rostand.
- **Oliver Wendell Holmes, Jr.** was reading Plato in Greek when he was 92.
- **Ignace Paderewski** was 79 when he retired from playing the piano in concerts.
- **George Bernard Shaw** was working on his last play, *Why She Would Not*, when he was 94.
- **Grandma Moses** received her last commission as an artist when she was 99.

Facts excerpted from **SPLENDID SENIORS: Great Lives, Great Deeds** by Jack Adler
Pearlson Press • March 2007 • ISBN 978-1-59719-007-7 • \$18.95
Reprinting permitted with attribution

- **Robert Frost** was 88 when his last volume of poems, *In the Clearing*, was published.
- **General Douglas MacArthur** was 70 when given command of the United Nations' army in the Korean War.
- **Winston Churchill** was 79 when he received the Nobel Prize for Literature.
- **Igor Stravinski** was 84 when he completed his last work, "Requiem Canticles."
- **W. Somerset Maugham** was 85 when his last book, *Points of View*, was published.
- **Charles DeGaulle** was 75 when he was reelected president of France.
- **Pablo Picasso** produced 347 engravings in his 87th year.
- **David Ben-Gurion** was 84 when he finally retired from political life in Israel.

###

Do You Know A Splendid Senior?

In *Splendid Seniors: Great Lives, Great Deeds*, author Jack Adler recognizes 52 people throughout history who accomplished great things after age 65. In celebrating the publication of this inspiring book, Pearlsong Press would like to honor the many Splendid Seniors still among us. And you can help.

Nominate as a “Splendid Senior” someone whose accomplishments after age 65 warrant special recognition and can serve as an inspiration to others. Creativity, productivity, charity, political action, community involvement—any and all areas of life and personal expression can be reason for nomination.

Do you know someone who had her first art show at age 70? Published his first book at 66? Founded a charitable organization at 80? Was elected to political office at 72? Started a new career at 65? Or has done—or is doing—something we haven’t even dreamed of? Let us know! Nominate a friend, colleague, loved one—even yourself.

Pearlsong Press (publisher of *Splendid Seniors: Great Lives, Great Deeds* by Jack Adler) will honor one Splendid Senior a month for a year, starting in March 2007. The seniors so distinguished will be announced on the Pearlsong Press blog at www.pearlsongpress.com. They will receive a frameable certificate declaring their “Splendid” status and a free autographed copy of *Splendid Seniors: Great Lives, Great Deeds*. Their hometown media and mayor’s office will also be notified of the honor.

“Splendid Senior” honorees will be chosen by Pearlsong Press staff from among the nominees for a month. If more than one deserving recipient is nominated, a recipient will be randomly chosen from among the top nominations. In the event of a surplus of deserving nominations in a month, additional nominees may be honored by listing their accomplishments in the Pearlsong Press blog.

At the end of the promotional period in March 2008, the 12 “Splendid Seniors Among Us” who have been honored over the past year will be included in a special Adobe PDF ebook that can be downloaded free of charge at the Pearlsong Press website and shared at will. Plans are for the ebook to contain a short profile as well as a photo of each honoree. In addition, the ebook will be promoted nationally.

Nominations can be mailed, emailed or faxed. Please include the full name and birthdate (or birth year) of the person you are nominating, his or her mailing address (for the certificate and copy of the *Splendid Seniors* book if he or she is chosen), and, of course, why you believe he or she is a Splendid Senior. A photograph of the nominee can also be sent by mail or email, for possible posting online or use in *Splendid Seniors* publicity as well as the ebook. Submission of a photograph will be understood as permission for Pearlsong Press to publish the photograph.

Nominations must also include the nominator’s name and contact information (address, phone number, email if applicable). The nominee’s and nominator’s information will remain private unless you and/or the nominee give permission for it to be included in press releases for media contact.

See second page for a form you may use to nominate a Splendid Senior Among Us.

SPLENDID SENIORS AMONG US *Nomination Form*

Fill in the blanks with information about the person you are nominating. Please print clearly. You may also type the requested information in an email or in a document that can be printed and mailed to Pearlsong Press at the addresses below.

Name _____ Age _____ Birthdate _____

Street Address _____

City/State/Zip _____

Phone (Day) _____ (Evening) _____

Email (if applicable) _____

Reason for nomination (add additional paper if needed) _____

Fill in the blanks below with your own information (if nominating someone other than yourself.)

Name _____ Age _____

Street Address _____

City/State/Zip _____

Phone (Day) _____ (Evening) _____

Email (if applicable) _____

I affirm that the information in this form is correct. _____

Your Signature

Date

Send your nomination to:

Splendid Seniors Among Us

Pearlsong Press • P.O. Box 58065 • Nashville, TN 37205

Email: splendidseiors@pearlsong.com • Fax: 615-352-4222



ENJOY ENLARGE ENLIGHTEN ENLIVEN *your Self*

FOR IMMEDIATE RELEASE

Media Contact: Joanne Morgan (615) 356-5188
joannemorgan@pearlsong.com or contact@pearlsong.com
Jack Adler (818) 766-0731
jadler@prodigy.net

NASHVILLE, TN—Marc Chagall created great works of art after passing his 80th year. Arturo Toscanini was conducting symphonies when he was in his 80s. Grandma Moses received her last art commission at the tender age of 99.

Leo Tolstoy rode a bicycle for the first time at age 67, and continued riding until he was 80. Dr. Benjamin Spock competed in a rowing contest when he was 82. Oliver Wendell Holmes, Jr. was reading Plato in Greek when he was 92.

The common thread among these notables, whose lives and achievements are celebrated in the inspirational new book *Splendid Seniors: Great Lives, Great Deeds* (Jack Adler, Pearlson Press, March 2007, original trade paperback \$18.95) is a steadfast refusal to let age and health problems in their later years affect their willingness to work in their chosen fields—or even strike out in new endeavors.

As the nation's population ages, many seniors today are also continuing to work—and excel—in their chosen spheres, including Senator (and presidential aspirant) John McCain of Arizona, entertainers Carol Burnett and Eartha Kitt, and the Los Angeles Dodgers' Tommy LaSorda.

“Demographics clearly indicate that the number of people living and working beyond 65, or what the ‘65 marker’ becomes in the future, will steadily increase,” author Jack Adler says. “As diseases are arrested and conquered and lifespans expand, we can help make the most of subsequent years by noting what others have done.”

Splendid Seniors: Great Lives, Great Deeds captures the triumphs and vicissitudes of 52 men and women throughout the ages who withstood any disabilities of age to continue to contribute to society well past their 65th birthdays.

p.o. box 58065 | Nashville, Tn 37205 | 615-356-5188 | Tollfree 1-866-4-A-PEARL
fax 615-352-4222 | www.pearlsong.com | CONTACT @pearlsong.com

Adler chose 65 as the age denoting senior status because that year is a common marker in contemporary Western culture. Applying that criterion to personalities who lived in earlier centuries, when normal lifespans were much shorter than today, makes their achievements even more significant, he notes.

Among the personalities—or role models—whose lives and achievements are depicted in *Splendid Seniors* are Sophocles, Michelangelo, Newton and Galileo from the distant past. Latter-day figures include Benjamin Disraeli, Ignace Paderewski, Louis Pasteur, Susan B. Anthony, Henrik Ibsen, Alexander Graham Bell, Mary Baker Eddy, Sigmund Freud, George Bernard Shaw and Andrew Carnegie. Great leaders include Mohandas “Mahatma” Gandhi, Winston Churchill, Charles DeGaulle, David Ben-Gurion and Mother Teresa.

Enriching the annals of American history—and covering several fields—are such remarkable people as Benjamin Franklin, Mark Twain, Thomas Edison, Robert Frost, Margaret Mead, Reinhold Niebuhr, Thurgood Marshall, John Muir, Eleanor Roosevelt, and Casey Stengel. Distinguished leaders in the world of art include Pablo Picasso, Igor Stravinski, Charles Chaplin, Sarah Bernhardt, Andres Segovia, W. Somerset Maugham, Le Corbusier, Thomas Mann, and W.B. Yeats.

“Although only 52 personalities were selected—one for each week of the year—there are many more people whose lives and post-65 achievements merit great attention,” Adler says.

Adler is an author, playwright and screenwriter in North Hollywood, California. *Splendid Seniors* is his sixth nonfiction book. His other books include *Consumer’s Guide to Travel*; *There’s A Bullet Hole In Your Window*; *Southern India*; *Exploring Historic California*; and *Travel Safety* (co-authored), as well as the novels *Blackmail High* and *Parthian Retreat*. The Library of Congress selected *Travel Safety* for translation into Braille.

Adler has had articles published in *Shape*, *Let’s Live*, *Home & Away*, *Journey*, *Off Duty*, *Gentlemen*, *Friendly Exchange*, *Venture*, *Discovery*, *Transitions Abroad*, the *San Francisco Examiner*, *Chicago Tribune*, and *Dallas Times Herald*. He has received a grant from the Yaddo Foundation as a playwright; seven of his one-act plays have been produced Off-Off Broadway, with one of the plays published. A co-authored screenplay was optioned for a feature film.

Adler is currently a columnist for *Travel World International*, an electronic magazine, and an instructor in nonfiction writing for the UCLA Extension and Writer's Digest School. He has been the board leader for Internet travel forums for Prodigy and Excite, and currently runs the travel forum on the Aantares bulletin board.

He was a weekly columnist for the *Los Angeles Times* Travel section for almost 15 years, and has also written columns for *Westways* magazine.

Adler is a member of the Society of American Travel Writers and the North American Travel Journalists Association. He is married and the father of two sons.

Nashville-based Pearlsong Press, founded by psychologist and journalist Peggy Elam, Ph.D., specializes in books that entertain while expanding perspectives on the self and the world.

#



ENJOY ENLARGE ENLIGHTEN ENLIVEN *your Self*

FOR IMMEDIATE RELEASE

Media Contact: Peggy Elam (615) 356-5188
peggyelam@pearlsong.com or contact@pearlsong.com
Jack Adler (818) 766-0731
jadler@prodigy.net

*Independent publisher Pearlsong Press seeks inspiring senior citizens in contest celebrating publication of **Splendid Seniors: Great Lives, Great Deeds** by Jack Adler.*

NASHVILLE, TN—Do you know someone who had her first art show at age 70? Started a new career at 66? Founded a charitable organization at 80? Or has done—or is doing—something exciting and rewarding after age 65 that others only dream of?

Pearlsong Press wants you to nominate them for recognition as a Splendid Senior Among Us.

In the forthcoming book *Splendid Seniors: Great Lives, Great Deeds*, author Jack Adler recognizes 52 people throughout history who withstood any disabilities of age to continue to contribute to society well past their 65th birthdays. As the nation's population ages, many seniors today are also continuing to work—and excel—in their chosen spheres.

“Demographics clearly indicate that the number of people living and working beyond 65, or what the ‘65 marker’ becomes in the future, will steadily increase,” Adler says. “As diseases are arrested and conquered and lifespans expand, we can help make the most of subsequent years by noting what others have done. Many seniors can also be encouraged to begin new endeavors, perhaps ones they’ve already considered or totally new ones.”

Pearlsong Press is seeking nominations of living seniors whose accomplishments after age 65 warrant special recognition and can serve as an inspiration to others. Creativity, productivity, charity, political action, community involvement—any and all areas of life and personal expression can be grounds for nomination.

One Splendid Senior Among Us will be honored a month for a year, starting in March 2007. The seniors so distinguished will be announced on the Pearlsong Press blog at www.pearlsongpress.com. They will receive a frameable certificate declaring their “Splendid” status and a free autographed copy of *Splendid Seniors: Great Lives, Great Deeds*. Their hometown media and mayor’s office will also be notified of the honor.

*p.o. box 58065 | Nashville, Tn 37205 | 615-356-5188 | Tollfree 1-866-4-A-PEARL
fax 615-352-4222 | WWW.pearlsong.com | CONTACT @pearlsong.com*

There is no fee for nominating a “Splendid Senior Among Us.” Honorees will be chosen by Pearlsong Press staff from among the nominees for a month. If more than one deserving recipient is nominated, a recipient will be randomly chosen from among the top nominations. In the event of a surplus of deserving nominations in a month, additional nominees may be honored by listing their accomplishments in the Pearlsong Press blog.

At the end of the promotional period in March 2008, the 12 “Splendid Seniors Among Us” who have been honored over the past year will be included in a special Adobe PDF ebook that can be downloaded free of charge at the Pearlsong Press website.

Nominations can be mailed to Pearlsong Press at P.O. Box 58065, Nashville, TN 37205, emailed to splendidseniors@pearlsong.com or faxed to 615-352-4222. For more information, see the Pearlsong Press website at www.pearlsong.com.

Nashville-based Pearlsong Press, founded by psychologist and journalist Peggy Elam, Ph.D., specializes in books that entertain while expanding perspectives on the self and the world.

#

valley

magazine

Culinary Adventures

Our annual Restaurant Guide delivers the latest dish on Valley dining.

The Great Outdoors

Gorgeous pools and sound gardening advice make for a beautiful backyard.

WOMEN & CHILDREN FOR SALE

Human trafficking rings may be operating closer than you think.

mandy MOORE

With a new movie in the theaters and a new album on the charts, this former pop princess has graduated to Hollywood "It" girl.

wannabe road warriors

What do you call it when a bunch of guys stay at a deluxe seaside hotel and go riding into the sunset on Harley-Davidsons? It would be the Santa Monica Fairmont Miramar's Man-Cation package. A dream-come-true for hog-lovers (and we don't mean Miss Piggy fans), or men who long to be out on the open road, the Man-Cation promises lots of action and excitement and a plush room to relax in at the end of the day. The all-guy getaway includes overnight accommodations in a deluxe Fairmont room, optional steak dinner with Wild Hog organic wine (\$100 per person + tax and gratuity) and a Harley-Davidson bike (fees paid separately) from Route 66 Riders. Participants receive a discount on the bike rentals, unlimited mileage and a Harley-Davidson jacket/helmet for the duration of the ride. Prices begin at \$379 for the package, based on single or double occupancy. When not in Easy Rider mode, males can bond around the Fairmont Miramar's outdoor heated pool and fitness center. Available Thursday to Sunday, through July 31, 2007, the package can be booked at (310) 576-7777.



gift giving is a piece of cake

Everyone is sure to say, "It's too beautiful to eat,"—and really mean it—when it's time to dig into a Lilyfield Cake. Unlike ordinary bakery cakes, Lilyfield Cakes are a many-layered treat: A moist cake with a signature chewy top arrives in a hatbox container topped with silk flowers. Company founder Heather Stewart's cakes have even more surprises: a fresh flower bouquet is set in the box, the silk flowers outside the box are perfumed, and to make the package even more irresistible, a sterling silver charm bracelet can also be included. Cakes, available in English toffee, country vanilla, French chocolat or exotic coconut, are handmade fresh to order, delivered within 48 hours and serve eight to 10 people. New to the collection is the Four Seasons Restaurant chocolate velvet cake, with a dark chocolate truffle center, packaged in a brown silk hatbox, and Splendor in the Box, which arrives in a chocolate satin box, surrounded by four flavorsome Jaqua Girls spa products, including pink buttercream frosting hand creme and buttercream frosting body butter. To view the collection, visit www.lilyfieldcakes.com, or call (866) 832-0884 for more information.



fast way to a hard body

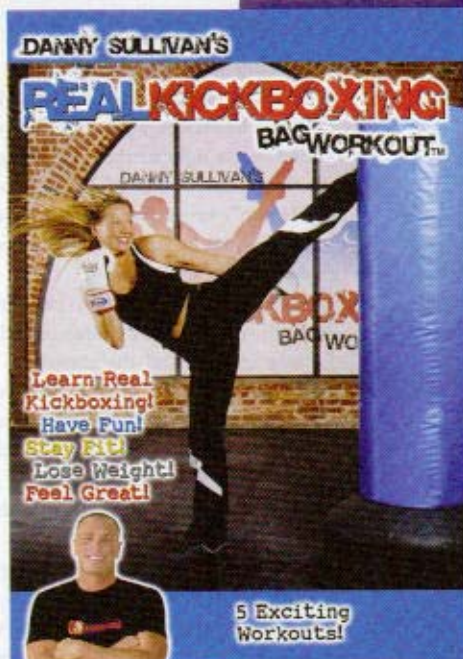
Exercisers who feel like they're going around in circles on their stationary bicycles and getting nowhere on their treadmills will love the adrenaline rush and perceptible results from a kickboxing workout. Without having to step into a studio, it's possible to burn up to 800 calories an hour with "The Real Kickboxing Bag Workout" DVD box set from Danny Sullivan. Sullivan, the kickboxing protégé of martial arts legend Dan Inosanto, is renowned for his OC Kickboxing studio in Irvine. His DVD features a high cardio workout and resistance training to create ready-to-wear bathing suit bods. That means lots of kicking and punching the bag, pushups, rope skipping and authentic Muay Thai kickboxing moves. The four-disc DVD, which retails for \$49.95, includes instructional, beginning, intermediate, advanced and 20-minute workouts. A complete collection with the DVD, freestanding water-fillable

striking bag, leather boxing gloves, hand wraps and a jump rope is \$349.95. To order, go to www.realkickboxing.com or call (866) KICKPUNCH.

senior achievements

While having a senior moment means you may have forgotten something, reading "Splendid Seniors: Great Lives, Great Deeds" is the key to remembering something: the amazing accomplishments made by those over the age of 65. Written by North Hollywood author, playwright and screenwriter Jack Adler, the book recognizes 52 achievers who are recognized for their creativity, political and scientific contributions, personal expression and community involvement. Reading about Alexander Graham Bell, Mary Baker Eddy and Benjamin Disraeli, whose lives were rich with purpose in their later years, is an inspiration to all that it's never too late to pursue a passion. As Frank Lloyd Wright said, "The longer I live, the more beautiful life becomes." Published by

Pearlson Press, the paperback is \$18.95 at amazon.com, bookstores and www.pearlson.com.



SPLENDID SENIORS

Great Lives, Great Deeds



Jack Adler