TOTAL YOU

The chemistry of your body and alcohol

By Kathe Brockman Tracy

Alcohol and food are similar in that, when taken in excessive amounts, both can cause a weight gain and interfere with mental and physical activities. Too, both have psychologically addicting qualities. So the importance of how much you eat and drink, rather than what you eat and drink, must be a prime guideline for healthy living.

Ethyl alcohol, the intoxicating ingredient in beverages such as wine, beer, vodka, whisky, gin, and other liquors and liqueurs, can be deadly when taken in a pure form. The amount of ethyl alcohol in a liquor can be determined by the potency, or proof, of the drink, which is twice the amount of alcohol. So, 151-proof rum, known to make even the strongest of drinkers gasp after swallowing, contains 75.5% alcohol. The proof of a liquor is determined through the distillation process which involves boiling ethyl alcohol and water. At 190 degrees, the ethyl evaporates and the remaining vapors condense to be used as liquor.

Though they contain starches and sugars, alcohols are empty calorie depressants. Alcohol is absorbed directly by the stomach and intestines and changed by enzymes in the liver into a poisonous acid called acetaldehyde. The presence of acetaldehyde in the bloodstream is responsible for many of the physical and behavioral effects associated with alcohol consumption. This acid is then changed by other enzymes in a similar manner into acetic acid, commonly known as vinegar, which is used later by the body, or converted into fat, or cholesterol. Heavy drinkers eventually accumulate acetic acid which causes nausea. With an excess of acetic acid and a continued intake of alcohol, the liver converts the alcohol into cholesterol, causing a fatty liver. The liver loses its ability to function and ultimately deteriorates. Along with your liver goes your eyesight, since the liver synthesizes Vitamin A, which enables you to see.

Hangovers result from dehydration.

Kathe Brockman Tracy is a writer for Forever Fifty. She lives in Costa Mesa.

Los Angeles Times

TRAVEL

Sunday, January 29, [illegible] / Part VI 3

Footprints in the Contadora Sands

By KATHE BROCKMAN

CONTADORA ISLAND, Panama—When I see pearls now I think of Contadora Island. They don't have pearls anymore, not since offshore waters were poisoned during World War II, but at one time the pearl divers would sit on the shores of this tiny Panamanian island and count their day's catch.

That is where Contadora received its name meaning "counting place."

What I counted on Contadora Island were my winnings in the international casino, my scores on the nine-hole golf course and tennis courts, the number of fish caught, the calories I consumed and, or, the male bikinis on the beaches.

What I also count are the memories of Contadora—like the tide that sneaks back a mile out to sea during the night, leaving exposed sand dunes and coral reefs. In the morning you can poke around the exposed rocks and reefs trying to find those tiny slivers of fish that flit away so fast you think you've been seeing things.

Within four hours you can walk around the 3x2½-mile island in a pair of sneakers, sunscreen lotion and bathing suit, without seeing another person. By mid-afternoon the tide comes tumbling in right up to the edge of the Contadora Resort & Casino.

Enjoyable Resort

It's an exquisite resort, with candlelit dinners and flambé entrees and desserts, sporty disco, swim-up palm-tree-shaded bar and star-filled ocean patio. It is like an intoxicating secret love affair that never quite escapes your mind, because Contadora is one of those word-of-mouth hideaways where you can "step out of touch with reality."

The 220-acre resort is surrounded by extensive lawns that intersect the four swimming pools and eight wings of the hotel. Luxurious rooms with ceiling skylights, wide tiled verandas and spacious balconies, wood shingle roofs and wooden rafters are reminiscent of the turn-of-the-century French colonial era.

Miniature deer, white tails bobbing, scurry across the manicured par-three tropical golf course, and resplendent royal peacocks wander throughout the grounds, occasionally poking their heads in doorways to see what's cooking. There are 13 very secluded white-sand beaches lapped by the warm blue and emerald waters of the Pacific. Sometimes, yours are the only footprints on those alabaster shores with the fickle tide.

Around the bend from the resort on Saboga Beach, which is appropriately named for the yachts moored offshore, a large brown pelican with a broken wing waddles up as an escort to the boathouse. The fishermen feed it daily but the long-beaked bird has learned a few tricks, like escorting visitors to pick up extra snacks.

Most travelers know Contadora by name. The late Iranian Shah stayed here during his medical troubles. He knew a safe, secluded island when he needed it, and numerous dignitaries and high-placed business executives meet on Contadora for confidential exchanges.

The Central American peace search group, composed of Venezuela, Mexico, Panama and Columbia, met here last year to form the Contadora Group.

The island is mostly frequented by well-to-do Germans, French, Dutch and Italians (the resort is managed by a Roman named Ralph Turci who come for monthly holidays. Americans come especially for turkey dinner and barbecue flown in on Thanksgiving and July Fourth.

Some say bring your loved one, enjoy Contadora together. Others say Contadora is to be savored alone.

Please see PANAMA, Page 10

K. TRACY

Airstrip cuts Contadora midsection, where planes land after 20-minute flight from Panama City.

Brockman is a San Rafael free-lance writer.

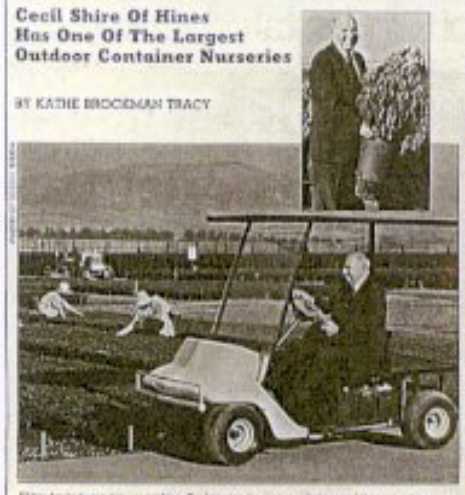
America's Foremost Casting Newspaper

The Hollywood DRAMA-LOGUE

EXECUTIVES IN ACTION

Cecil Shire Of Hines Has One Of The Largest Outdoor Container Nurseries

BY KATHE BROCKMAN TRACY



Shire knows can grow something. By knowing the proper technique and the proper time to prune, stake, feed and water determines the success of your plants.

Cecil Shire has a green thumb. He now cultivates the administrative end of one of the largest outdoor container nurseries in the U.S. with the same meticulous care that he brought to a fledgling 10-acre nursery 21 years ago.

Shire is chairman of the board of Hines Nursery in Irvine, which last year sold close to 10 million plants. Nestled at the foot of the Santa Ana mountains, this Orange County nursery parents 420 acres of environmental outdoor plants which are sold to 4,000 retail outlets, landscapers and department stores throughout the country. Over 1,000 varieties of plants are nurtured to maturity from seeds or cuttings, with Hines horticulturists producing over 90% of the products sold from the premises. The plants are shipped by common carriers to out-of-state accounts, and by Hines' own truck fleet to outlets in California, Arizona and Nevada.

"Anybody can grow something," says Shire, "but knowing the proper technique and knowing the proper time to prune, stake, feed, and water determines the success of your plants." The reason Hines has been so successful, he says, is because of the quality of its plant material. Ten different types of soil are mixed on the site, and cuttings receive bottom heat from a boiler system for faster rooting. The plants are all fed, and the nursery has an on-site $100,000 pesticide facility with a crew of 10 for insect and disease control.

Hines recently switched from rainbird overhead irrigation sprinklers to a drip system through which the plants receive their moisture from underground pipes. Water drips through small tubes with holes that run between the plants, saving 70% of the water previously lost through the overhead system.

The nursery provides the largest shade area in the country at one location, with 50 acres for outdoor plant protection and a 10-acre shade house.

Continued on page 79

EIA *continued*

All operations—from seeding to cutting, feeding to pesticide control, and transporting from the field to dock loading—are performed in assembly-line fashion. "We're really farmers," explains Shire, and Hines' farmers, he says, have a nationwide reputation for getting their products to the consumer in top condition.

The nursery is a seven-day operation. To handle the volume of business, Hines houses an NCR 201 computer for inventory and billings. A large-scale employer in Orange County, Hines employs 400 to 600 persons who work on an incentive plan.

The orderly layout of Hines' acres of plants (something Shire says he is a stickler about) and the size of the operation have made the nursery a popular stop-off point for visiting businessmen and officials.

Hines Nursery sowed its first seeds in Altadena in 1920. James W. Hines moved his operation to Irvine in 1958 and went into partnership with his son, James Hines, Jr. and Cecil Shire. Since then, the nursery has grown at the rate of approximately 20 acres a year from the original 10 acres to its present 420 acres in Orange County. The nursery also cultivates 168 acres of outdoor plants in Vacaville and 200 acres in Houston, bringing its total acreage to 788 acres.

Following the death of James, Sr. and the retirement of James, Jr., the nursery was sold in 1976 to the Weyerhaeuser Co. of Tacoma, Washington, with Shire becoming chairman of the board.

At 66, Shire enjoys his green pastures. He lives in Newport Beach with his wife and two children, but ironically he doesn't fill his home with plants. He laughs. "I'm not really a plant cultivator at home. I have all the greenery I need at Hines."

Orange County Takes

BY KATHE BROCKMAN TRACY

SO. COAST REPERTORY

Public support of the cultural arts continues to grow in Orange County as new theatres and production facilities open doors. The recent successful achievement of the South Coast Repertory to obtain $3.5 million in donations to finance the construction of its new 4th Step Theatre, located across from the South Coast Plaza shopping complex, has been a landmark in Orange County's history. The three-year-fundraising effort is the largest cultural campaign ever undertaken in the county. The SCR is the third largest non-profit professional resident theatre in Southern California and fundraising continues to enable the theatre to expand its program to allow for more guest directors and artists. "The quality of production depends on the amount of money raised," explains Barbara Gerdy, SCR's Director of Development. SCR has already received the L.A. Drama Critics Award, several Drama-Logue awards, and national recognition as a contributing agency in the training of professional American actors. Scholarships are available for their annual summer conservatories and auditions are conducted every six to eight weeks. Contact them for information. Performances scheduled for the 1980 season include *Wild Oats*, *The Seagull*, and *Much Ado About Nothing*.

Orange County Playwrights Awards

The success of a production depends on a variety of elements, first and foremost being the quality of the script. Thereafter, its assured success depends on the direction, casting, choreography, lighting, etc. Teamwork is the key factor, and it starts with the writer of the production.

To stimulate new production ideas and to acknowledge the contribution writers make to the cultural field, Garden Grove recently held its second annual Playwright Awards, sponsored by the Orange County Arts Alliance, in the new GEM Theatre. First place winners will have their works produced in O.C., second place winners received a certificate of recognition and accomplishment.