

ACCENT HEALTHYLIVING

She'll always be Mary Ann

Dawn Wells has lived a 'blessed' life – and is still going strong. Meet the 'Gilligan's Island' star on Saturday at the Life Expo for boomers and seniors.

By Steve Dorfman
Palm Beach Post Staff Writer

The pinnacle of Dawn Wells' career may have happened more than 50 years ago – but not a day passes, the 81-year-old actress says, when she doesn't feel "blessed" to have appeared in all 98 episodes of "Gilligan's Island" as the iconic Mary Ann.

"It was one of the most enjoyable experiences of my life," she says of the show that originally aired from 1964 to 1967 and then became a staple of syndication worldwide (it still airs on Sundays on MeTV Network). "We all knew how special it was at the time."

And on Saturday, she will be holding court at the Free Life Expo for boomers and seniors that The Palm Beach Post is hosting at the Palm Beach Convention Center. Wells will sign autographs, photos and copies of her books ("What Would Mary Ann Do? A Guide to Life" and "Mary Ann's Gilligan's Island Cookbook"), as well



Dawn Wells still acts regularly in theater productions around the country. "I love performing and will never stop doing it," she says. On Saturday at the free Life Expo for boomers and seniors, she will sign autographs, answer questions, pose for photos with fans and discuss the show, her career and more. [CONTRIBUTED]

as talk about "Gilligan's Island," her fellow cast-mates ("We all stayed in touch after the show ended") and "anything else people want to ask me about."

As to why the show's – and Mary Ann's – appeal has endured through the decades, Wells has a few theories.

"First, we all truly did get along off-screen. Alan

Hale, who played the skipper, really was like the leader. And Bob Denver, who played Gilligan, was such a sweet and wonderful man – and was everybody's 'little buddy.' Our producer, Sherwood Schwartz, cast the show brilliantly. He had a vision for these different characters to come together

See MARY ANN, D5



Dawn Wells played Mary Ann on "Gilligan's Island" during the show's original 98-episode run from 1964 to 1967. Since going into syndication, it has aired in 30 different languages around the world and still airs on Sundays on the MeTV Network. [CONTRIBUTED]

BOOMER HEALTH

Meet the professor of happiness



Steve Dorfman

Everyone wants to be happy. And the pursuit of it is so fundamental to the human condition that the Founding Fathers put it right up there at the top of the Declaration of Independence as one of our inalienable rights.

But for too many of us in today's fast-paced world, we don't know how to achieve lasting happiness.

Enter Yale professor of psychology Laurie Santos – who will be speaking on this very topic at Festival of the Arts Boca on Wednesday at 7 p.m.

Her symposium, "Psychology and the Good Life," is a one-hour version of the wildly popular Yale course she created two years ago and which has since become a world-wide phenomenon.

Stressed-out student body

In 2016, Santos – an expert in human cognition, its origins and the evolutionary biases that influence people's thinking – was named the head of Silliman College, one of 14 undergraduate residential colleges at the university.

"When I started living on campus, I saw just how widespread the stress and unhappiness was among students," she said. "They were having a very different college



Yale psychologist Laurie Santos is an expert in human cognition and the evolutionary biases that influence how people think. In 2018, she created a "feel-good" course – Psychology and the Good Life – that became the most popular in the history of the university, with 25% of the student body (some 1,200 students) choosing to enroll. She'll be speaking on March 4 at 7 p.m. at the Festival of the Arts Boca.

IF YOU GO

What: Psychologist and Yale professor Laurie Santos presents a condensed version of her popular semester-long college course, Psychology and the Good Life.

When: March 4, 7 p.m.

Where: Mizner Park Amphitheater (590 Plaza Real, Boca Raton).

Admission: \$35.

For more information: Call 561-300-4138 or visit festival-boca.org/events.

experience than what I remembered having."

Research has also confirmed this.

According to national surveys taken around campuses, 40% of students said they were depressed and hopeless, 60% of them felt anxious and 60% said they felt lonely. To counteract this

trend, Santos created a semester-long course called Psychology and the Good Life.

The goal, she said, was to create a "positive psychology" curriculum that presented students both scientific research and evidence-based, real-world strategies that they could incorporate into their own daily lives.

"I wanted to give them behaviors they could put into practice right away," explained Santos.

The class became the most popular in the university's 300-plus-year history, with 25% of the student body (some 1,200 students) enrolling.

"We had to hold it a concert hall," she said.

Santos explained that many of our intuitions about what will make us happy are incorrect.

For instance, research

See BOOMER, D2



Passengers wear masks in a subway station in Hong Kong in January. [AP PHOTO/KIN CHEUNG]

Health officials to America: Stop buying masks

By Katie Mettler
The Washington Post

The morning after the United States reported its second coronavirus death, health and government officials continued to plead with Americans to stop buying precautionary face masks – unless they are already sick or a health-care worker.

"It's important for folks to know right now their risk as American citizens remains low," U.S. Surgeon General Jerome Adams said on "Fox & Friends" on Monday morning. "There are things people can do to stay safe. There are things they shouldn't be doing. One of the things they shouldn't be doing, the general public, is going out and buying masks. It actually does not help, and it has not been proven to be effective in preventing the spread of coronavirus amongst the general public."

Adams said that as a health-care worker, he has to get "fit tested" when wearing

protective masks, and those who do not wear the masks properly tend to fidget with them or touch their faces – which "actually can increase the spread of coronavirus."

The kind of mask that requires a "fit test" is called an N95 respirator. It should be worn tightly on a person's face and is meant to protect the wearer by filtering out 95% of airborne particles, according to the CDC. The other kind, called a surgical mask, is loose-fitting and is mostly intended to protect the patient or outside world from the wearer's respiratory emissions. It is not considered to provide respiratory protection for the wearer.

The only people who should be wearing masks are healthy people who are taking care of someone who is sick or sick people who are coughing or sneezing when they are in public, according to the World Health Organization.

"Americans get scared when

See MASKS, D3

Husband puts golf outing above celebrating anniversary



Carolyn Hax

Question: “Jake” and I have a 4-year-old and a 1-year-old. About a month out from our fifth wedding anniversary, I said to Jake we should get a sitter and go out. Logistically, having a sitter is difficult due to our remote location, and we often have to drive a distance to pick up/drop off, but I felt this was a worthy occasion. Jake said he had figured we wouldn’t do anything since we had never done anything on our anniversary before, and had made plans for a golf outing with his work friends. Our anniversary date was the “only date” available for all of them.

This is something they do twice a year, an

all-day affair. I’ve never begrudged him this, but I was seriously hurt by his not making an effort to ask prior to committing. In my opinion, he knew I might have an issue with it and agreed without telling me, hoping I wouldn’t bring it up.

I don’t understand why, if other people had conflicts, his had to be the one to go?

Anyway, the day came and he got up early and went. He apparently called a florist on the way out of town.

I was very upset all day, and considered taking the kids to a hotel for the night, but decided against it. Then to top it all off, he had the nerve to come home at 10 p.m. and complain that a couple of guys ruined it for various reasons. I had no sympathy.

I want to move on, but I’m having a hard time overcoming this, and I keep wanting to throw it in his face when we

argue. I need suggestions on how to handle it, and for what I should have done when the issue first arose. — **Hurt**

Answer: Jake screwed up. That’s easy. You don’t book any all-day friend parties without first running them by your spouse and little-kid co-parent, much less on your anniversary. And complaining when he got home? If only tone-deafness could be bronzed and mounted.

However. Assuming I’ve read all the details correctly, Jake’s screwup beyond the not-checking thing isn’t that he “seriously hurt” you either with negligence or intent, but instead that he operated on a set of assumptions that you changed without telling him.

So he was, basically, too much of a doofus (and too invested in the day not mattering, as in past years) to piece together

the various clues this was really important to you.

But that means you, for your part, just gave him clues instead of telling him outright this was really important to you.

I understand, you wanted him to want to be with you.

But also understand that the way he understood it — reasonably so — he would spend the days before and the days after with you as always, so what’s the big deal?

So there’s your answer to what you should have done, or need to do next time you want to be his top priority: Speak. Up. “It’s not OK with me that you made these plans without running it by me first. Yes, we’ve never celebrated our anniversary before, but this one matters to me. And even if it didn’t, it’s a courtesy for each of us to check with each other before making all-day plans.”

And, if he balked:

“Why, if other people had conflicts, yours had to be the one to go?”

As for what you do now to move on: Find a reason to sympathize with what he did, admit to yourself what you did, grant that both of you were trying to act in good faith and simply fell short, and then *let go*.

Something else to consider. Your story leaves room for the possibility that you discussed it a month out; didn’t say explicitly you were upset about the golf and wanted him to prioritize your anniversary; waited from that point till your anniversary, without saying anything more about it, to see if he would figure it out and change his plans; got to your anniversary and watched him leave for golf without telling him how upset you were; and nearly left him over it in a huff while he was gone.

If this is accurate,

then, do you see the problem? Do you see how you basically set him up to fail you?

You let him run up steep, hidden charges unwittingly for a month before presenting him with the bill.

Whenever anything is this important to you, to the point that your love for or devotion to others is riding on it, it’s a profound disservice to keep it from them and hope they guess what you want.

Speak up. Let people know how you feel, especially when the feelings are bigger this time, for whatever reason, than they’ve been before under similar circumstances. Be transparent about the cost as soon as you know what it is.

Write to “Tell Me About It,” *The Washington Post, Style Plus*, 1150 15th St. N.W., Washington, D.C. 20071 or email tellme@washpost.com

Temporal arteritis can cause sudden blindness



Dr. Keith Roach

Dear Dr. Roach: My wife went blind in her left eye suddenly last October, and a biopsy showed temporal arteritis. She was started on high-dose prednisone, and after four weeks they lowered the dosage. Her right eye is blurry, and doctors recommended removing the cataract in hopes of helping her see better. What is her prognosis? Will she always have this? — **J.B.**

Answer: I am sorry to hear about your wife.

Temporal arteritis, also called giant cell arteritis, is the inflammation of large- and medium-sized blood vessels. The exact cause is not understood, but it does seem to have elements of an autoimmune disease; the body attacks its own blood vessels. This can lead to injury of the blood vessel, but in the case of the temporal artery in the forehead, it can lead to the dreaded complication your wife suffered: blindness due to poor blood flow to the optic nerve and retina. The vision loss is permanent. The other eye will be affected 25-50% of the time in untreated patients, which is why she was started on high-dose prednisone. It dramatically reduces

the risk of further loss in the opposite eye.

I’m not sure whether her blurry right eye is due to the temporal arteritis or to the cataract. Even if the vision in her right eye was affected by the arteritis, removal of a symptomatic cataract may help her vision. How effective the surgery will be depends entirely on how large and dense the cataract is. With continued prednisone treatment, the cataract may worsen more quickly than it would without steroids.

Many people have specific warning symptoms prior to vision loss, such as headache or pain in the jaw with chewing, but others have only vague symptoms such as fever, weight loss and fatigue. These specific findings should be brought to medical attention urgently. Unexplained vague symptoms should also be considered as possibly due to giant cell arteritis. A blood test, the ESR, is usually very elevated in giant cell arteritis.

Since disease can flare when the prednisone dose is decreased, her doctor should be monitoring symptoms closely. Most people are eventually able to get off of prednisone treatment after a year or two, but in others it may take longer.

Dear Dr. Roach: I had a kidney transplant in 2015, and twice have had thrombosis. Due to that, I have to take blood thinner tablets. I also have

an open ulcer on my leg, which I am still treating. Can I still get a tattoo with these ailments? Nothing big, something small, like a dog paw. — **F.W.**

Answer: Bleeding is a common concern when people get tattoos, even when they’re not on anti-coagulants (“blood thinners”). The anticoagulant could make your bleeding more significant. While bleeding can certainly be stopped with direct pressure, I do not know how that would affect the pigment’s placement in the skin or the artist’s ability to create an aesthetic dog paw tattoo.

I’m not sure why you have an open ulcer, but that could be due to infection or to poor arterial or venous blood flow. While a tattoo is unlikely to cause problems, in the unlikely event of an infection, the complications could be significant.

A tattoo has higher-than-normal health risks for you. It would be best to get the tattoo after going off the anticoagulants (assuming you are on them for some period of time, not indefinitely). Having a letter from your doctor would help. If you decide to proceed, discuss your issues in detail with the artist beforehand and find an experienced and professional studio that follows best practices.

Write to Dr. Keith Roach at *King Features*, 300 W. 57 Street, 15th Floor, New York, NY 10019-5238

HEALTH NEWS

International Women's Day workout

Sunday: 10 a.m., Mizner Park (327 Plaza Real, Boca Raton); free workout consisting of yoga warmup followed by high-intensity interval training, shadow boxing and then cooldown; post-workout, participants can browse sample booths set up by local vendors; call 561-362-0606. Ongoing support groups: Regents Park Boca Raton (6363 Verde Trail, Boca Raton) offers free weekly support groups: **• Tuesdays, 6:30 to 8 p.m.:** Co-dependency Anonymous 12-Step Program **• Wednesdays, 6:30 to 7:30**

p.m. and 7:30 to 9 p.m.:

Overeaters Anonymous **• Thursdays, 6:30 to 7:30 p.m.:** Overeaters Anonymous **• Fridays, 7 to 9 p.m.:** Overeaters Anonymous. Call 561-483-9282. Faulk Center for Counseling (22455 Boca Rio Road, Boca Raton) offers a weekly LGBTQ support group for men, women and teens at 6 p.m. on Tuesdays, and a support group for widows and widowers at 1 p.m. on Wednesdays; call 561-483-5300. Futures of Palm Beach (701 Old Dixie Highway, Tequesta) hosts a weekly Nar-Anon meeting on Thursdays from 7 to 8 p.m.; call 561-768-3873.

For weekly co-dependency meetings throughout Palm Beach, Martin and Broward counties, visit coda.org Alzheimer’s Community Care hosts the following support groups every month; call 561-683-2700: **• First and third Wednesdays, 10 a.m.,** Advent Square (4798 N. Dixie Highway, Boca Raton); **• First and third Wednesdays, 1:30 p.m.** and first and third Fridays, 1 p.m., Our Savior Lutheran Church (1615 Lake Ave., Lake Worth); **• First and third Wednesdays, 2 p.m.,** Seacrest Presbyterian Church (2703 Seacrest Blvd. North, Delray Beach)

BOOMER

From Page D1

has shown that neither financial wealth nor material acquisitions are good predictors of personal happiness.

“Your circumstances don’t determine how happy you are,” she said. “Your mindset does.”

In addition, the self-imposed pressure students put on themselves to get top grades led to them spending untold hours of stress-filled studying — and missing out on the joys of college life.

Santos explained to them that they had to “rewire their brains” in order to adapt the kind of behaviors that would enable them to experience more happiness.

“I gave them weekly assignments that

were called ‘reWIREments’ instead of ‘requirements.’”

Among them: Write a letter of gratitude.

Perform a daily random act of kindness.

Meditate.

Exercise.

Get at least seven hours of sleep for three nights in a given week.

Reach out to a stranger.

Have more real-world social interactions.

In adopting these new behaviors and trying to turn them into habits, students found that practicing self-care often meant looking outside of themselves.

One of her students told the *Washington Post* on the last day of that inaugural 2018 course, “I feel different physically and mentally — I don’t feel so weighted down by things. It’s something you have

to work on every day . . . If I keep using these skills, they’ll, over time, help me develop better habits and be happier. I hope they’ll stay with me the rest of my life.”

As word about the “happiness class” spread — first around campus and then in the national media — Santos created an abbreviated version of the course called The Science of Well-Being that she made available at the online education site Coursera.org.

To date, more than 516,000 people worldwide have enrolled in the online course.

She also created a podcast called The Happiness Lab that builds on the information first presented in her university lectures.

“Being happy doesn’t just happen,” Santos said. “You have practice the habits that will lead to happiness.”

FEATURING DAWN WELLS
MARY ANN OF GILLIGAN'S ISLAND

BOOMERS AND SENIORS EXPO

Saturday, March 7, 2020 | 10am - 3pm
Palm Beach County Convention Center

Life Expo is the premier resource for all things important to seniors and baby boomers — **real estate, travel, financial planning, shopping (jewelry, fashion, accessories, items for the home), food, entertainment, fitness, health and wellness, health screenings, assisted living, and more.**

FREE ADMISSION

For more information on the event, visit palmbeachpost.com/lifeexpo

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