

what's inside

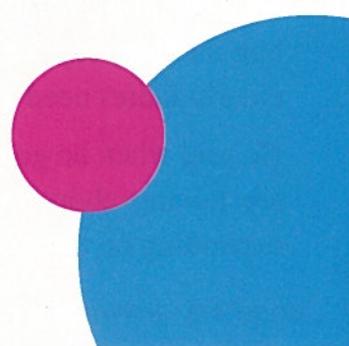
- 4 You Know You're Old When... by Rose-Mary Rumbley
- 6 Kickin' It - by Judy Truesdell
- 10 Celebration Magazine Calendar of Events
- 24 Laughter is Good for the Soul - by Mary Frances Hansen
- 26 The History of the Maypole
- 28 Spring Festivals in Dallas
- 30 I'll See You In My Dreams! Movie Review
- 32 Living Large with the Upswing Band - by Sara Price
- 34 Reflections by Katie Butler Johnson
- 38 Memories in the Making
- 40 Dallas Metro LIFE Music Club
- 42 6 Ways to get Healthy, without Exercising!
- 44 2 Lighter Casseroles for Spring
- 46 Carol's Corner



on the cover

Check out the UpSwing Band on the cover of Celebration Magazine this issue. This band made up of 20 seniors from the Dallas area is sure to knock your socks off.

See the Upswing Band play at The Spectacular Senior Follies in September!





KICKIN' IT ...

by Judy Truesdell

Marge Turano looked up at all the taekwondo belts displayed on the walls at White Tiger Martial Arts School in November, 2011, and wondered whether she had made a terrible mistake signing up for classes. “Maybe I’ll get up to the fourth or fifth belt ... but no higher,” she thought.

She was wrong. On Oct. 11, 2014, Marge passed her first-degree black belt test, which included physical, skills and written tests – and kicking through two boards.

Marge had turned 70 in May.

The City of Wylie accountant is as committed to fitness as she is to a balanced budget. She has kickboxing class on Tuesday, swims or has Zumba class on Friday, and, on Saturday, takes water aerobics or taekwondo leadership class.

Regular taekwondo classes are Monday, Wednesday and Friday nights. It was her daughter Jo Alamares, now 40, who introduced her to taekwondo four years ago, enticing her mother with the free month of classes being offered at the school.

“She said, ‘Come on, Mommy! It’s free! You even get a free uniform!’ She thought I would really like it, and she was right.”

Preparing for the black belt test took a year.

“The physical component was a 3-mile run/walk, 1,000 front snap kicks, 600 pushups, 600 roundhouse kicks – and it all had to be completed on three separate dates,” she explained. The written component included a Korean terminologies test. The two-part skill tests required four months of training forms (defined patterns of defense-and-attack motions), breaking one or more boards (Marge broke two boards with her elbow and two with her foot), one-step sparring and self-defense.

Her official certificate will come later this year from Korea’s Yong In University; Turano will receive it at a ceremony at White Tiger Martial Arts.

Taekwondo is a family affair for Turano; in addition to Jo, she also spars with her son-in-law Karl, 52, and her grandson Peter, age 10. They participate in a family class.

“When Jo invited me to join, she said, ‘We’re doing this as a family, and I would like you to try it.’ I’m so glad I agreed; this is quality time I get to spend with my family members, competing and supporting each other.”

When Turano took her first belt test, at age 67, her instructor said he “admired her courage.”

“Balancing was a little difficult,” she said. “When you kick, you have to balance on the other foot. It’s also challenging to kick high.”

She remembered one belt test when she and Jo failed to kick their way through the required boards. “The instructor turned to the crowd and said, ‘Should we give them another chance?’ The crowd cheered, ‘Yes!’

“We were able to do it the second time!”

Marge Turano is not finished; she’s in training for her second-degree black belt, a curriculum that includes a minimum four months of training at each of six levels. Each level requires two poomsae, or forms, hapkido (a Korean martial art that utilizes jumping kicks and percussive hand strikes at longer ranges and pressure point strikes, joint locks, or throws at closer fighting distances), wrist grabs, breaking boards with the left and right foot, sparring, four leadership classes and writing a leadership essay. “At each level, you earn a star,” she said. “It takes two years to qualify to take the test.”

As for her personal motto or mantra, Turano said, “Keep on moving, be happy and eat healthy as often as you can.”

She also said a little self-pampering never hurts. “Happiness and satisfaction in life come from within. Treat yourself to a facial or a massage; it will make you feel better.”

In addition to her regular fitness regimen, twice in 2014 Turano participated in indoor sky diving at iFly, a facility that creates freefall conditions inside a wind tunnel, enabling participants to experience the feel of sky diving without actually jumping out of an airplane.

“I’m thinking about doing the real thing,” she said. “Someday.”

That will be quite a leap of faith; surely the one she took when she signed up for taekwondo was no less brave. ●

