

## Nutrition governs her life

Carol and Trudy. Her trend toward nutrition began when her curiosity about the composition of foods and their role in building health led her to attend a Long Beach City College lecture series by Adelle Davis and Dr. Michael Walsh.

From 1948 to 1953 she was involved in the child health care program for St. Barnabas Parochial School in Long Beach. She eventually became president of the Parish Council of Women who sponsored and assisted in the program.

This led in 1954 to an assignment as health representative for the Long Beach Parochial Schools. Through the Community Welfare Council and the Harbor Dental Society an effective parent and pupil program in dental health resulted.

During that time she also served as a member of the Board of Managers of the Community Welfare Council, helping to enlarge a health program for the parochial schools in liaison with the Long Beach City Health Department.

This decade of volunteer work led to her employment by the Harbor Dental Society for four years as assistant to the group's executive secretary, prior to the Siipolas moving to Orange.

For the next three years she returned to the volunteer health field, serving with St. Joseph's Hospital in Orange in the fields of fund raising and administrative activities.

Her continuing interest in nutrition began to accelerate with her employment by Coastline Foods, first as clerk and then store manager from 1969 to 1972.

As the trend toward better nutrition began to take hold, courses by authorities in the field presented Adele with fine opportunities for learning. She attended seminars by Drs. Linus Pauling, Carelton Fredericks, Emanuel Cheraskin and others.

In 1972 Hawaii beckoned to the Siipolas. Adele became a sales representative there for cosmetic and health food firms. Within a year she also became manager of one of the newly-formed chain of nutrition stores in Honolulu.

In 1976 Adele and Herb returned to Southern California and moved to Leisure World, having purchased the store which is now Adele's Health Foods on El Toro Road around the corner from Ralph's.

Currently she is attending a Saddleback College course in nutrition and also working toward a bachelor of science degree in that field.

Although the store and her studies occupy much of her time, Adele is moderately active in Leisure World. She is a member of Common Cause, the Sunday Morning Discussion Club, and an active partici-



**Adele Siipola**

pant in the Wellness Associates, the group which last year brought Dr. Pauling and Gayelord Hauser to Leisure World audiences. She also belongs to the Association for Holistic Health and the Price-Pottenger Nutrition Foundation.

Her statement that "good health and happiness are our birthright" sums up her philosophy. She also feels we need to learn more about our bodies and to nourish them in the best way possible.

"But, important as nutrition is, I do not believe it is the end to all things in one's drive for well being," and she ticked off a list of other things necessary to good health and happiness:

"A positive attitude toward life, faith in a supreme being, exercise and good nutrition."

Another goal lies ahead: to become more involved with Leisure World activities on a larger scale on the day when retirement become a reality.