

the great eight

By Jennifer Florendo



Eight Questions with *Olivia* Newton-John

1 In the days of "Grease," you were America's sweetheart. Did you feel any societal pressure to look a certain way?

I don't think so. I was too busy working from when I was 15. Years ago, I don't think that we were so obsessed with looks and image.

2 What is the best advice you could give a young woman now, knowing what you know about life?

Be true to yourself. Don't try to copy anyone else or have to follow the pack. Be true to your instincts and your inner voice. Be authentic.

3 What is your favorite iPhone application?

I get lost, so probably the map.

4 While grocery shopping, what is your stick-it-in-the-cart-when-no-one-is-looking food?

Dark chocolate. But it's good for you with the antioxidants; that's what I tell myself. I'd probably also put some cookies in there, but they would be chocolate; I cannot tell a lie. That would be my guilty pleasure.

5 What do you wake up thinking about?

That I am lucky to be alive. I say, 'Another day? Yes!' If we are home, I think about what I will cook my husband for breakfast.

6 What is your favorite breakfast food?

I love breakfast, it is my favorite meal. I like to make interesting egg combinations and double toasted bagels. I also like to chop up a lot of fresh fruits and nuts and add them to yogurt. I am getting hungry now.

7 What do you do to unwind and relax?

We like outdoor activities: playing tennis, walking the dogs on the beach, kayaking and swimming. Or just plop on the couch and watch reality TV.

8 If you can destroy any grade school photo of yourself, what year would it be and why?

I think that it is cute now, but if you had asked me then...My mother, when I was about five years old, cut my hair with a pudding bowl or something, and it was crooked! I had to go to school like that. Or maybe I cut my own and am pretending that my mom cut it.

The Liv Aid, shown in photo above, comes in the form of a heart shaped thin silicone pillow filled with a non-toxic lubricant. The Aid reduces the friction between the fingers and the breast for ease of movement of the fingers over the breast. For more information visit www.liv.com.