

# SENIOR REPORTER

VOLUME 46, NUMBER 6

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**JUNE 2020**

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## Alex Trebek

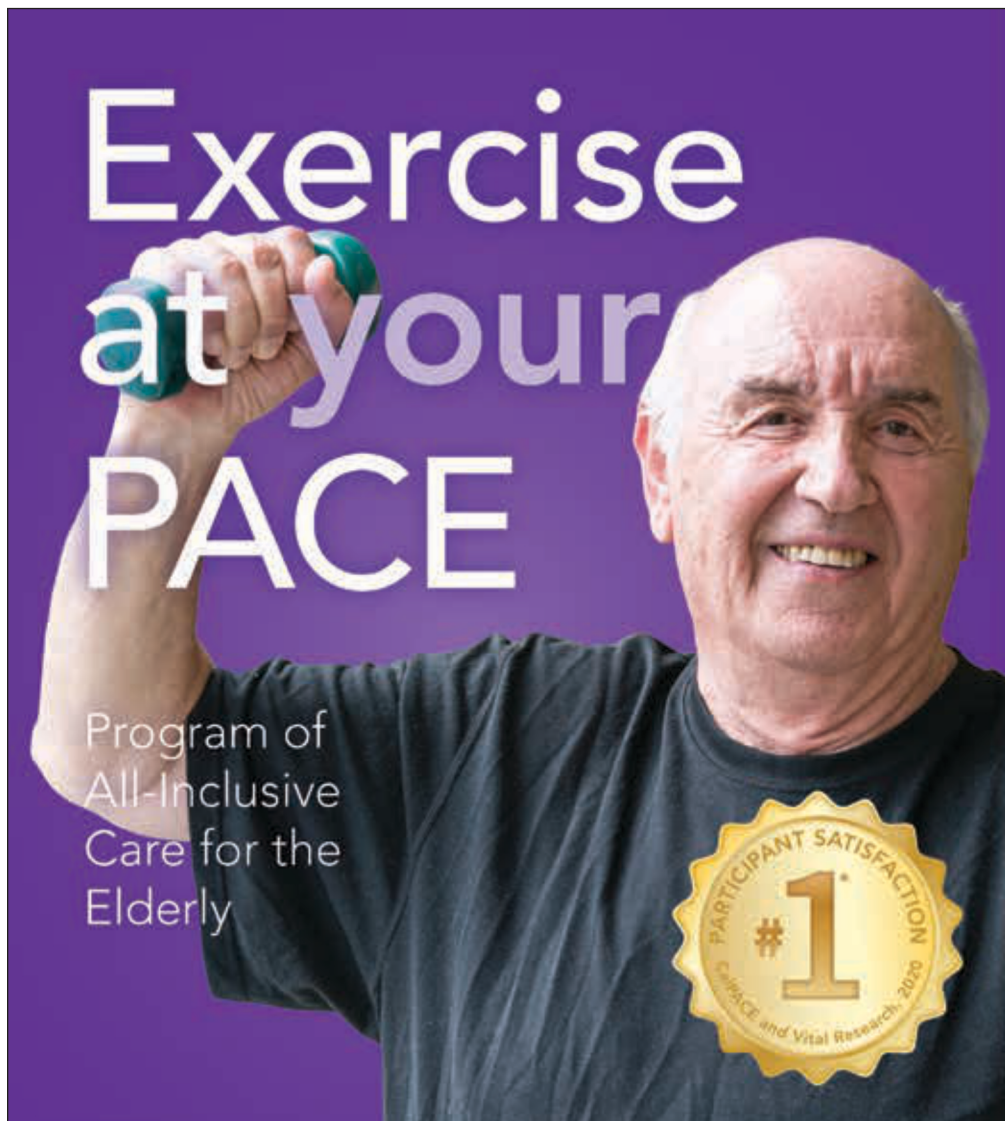
*"I'm curious about everything –  
even things that don't interest me."*

—Alex Trebek

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# You Think You Are Having A Bad Day?

By Jim McDevitt



When I was 10 years old, I was a fan of the “Lone Ranger” though I called him the *Long Ranger*. If someone told me then that when I was 80 years old, I’d be wearing a mask bigger than the “*Lone Ranger’s*” and also rubber gloves when I went out in public, I would have thought they were insane. Today, if I go out, I wear a big mask and rubber gloves. Now I look like one of the bandits the “*Lone Ranger*” was after.

In fact, everyone I see out in public is wearing masks. Being in the house for many days on end with our two dogs, a cat and my wife makes me want to make random phone calls and pretend to be an encyclopedia salesman just to talk to other people. My wife on the other hand talks to our new dog, Koda so much that I do not know when she is talking to the dog and not me. I must clarify and ask in my New York accent, ‘Are you talking to me?’

We made our trip to the eye doctor today for my

macular degeneration shot in the eye. As we drove, the first thing we noticed was that the lady who speaks to us through the GPS was speaking in Spanish. I speak a little Spanish from my one-year course in high school. Why this happened we have no clue. Then the GPS started using kilometers instead of miles. We parked the car in the store parking lot and I sat in the car with Koda, our German shepherd while my wife shopped during the senior hour. My doctor’s appointment was in two hours and we were three blocks away.

After an hour, my wife returned with the groceries and I packed them in our two coolers loaded with ice. I said ice, not lice. My wife walked the dog before we headed to the eye doctor. The last time we were at the eye doctor, there was a chemical spill on the highway and we could not drive home for 6 hours. My wife returned to the car with the dog and I turned on the ignition. You guessed it if you are psychic, the car would not start.

*Continued on page 9*



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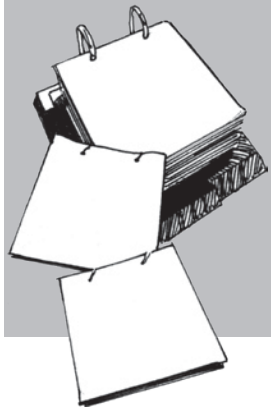
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# June Calendar of Events



*(Editor's Note: Before attending or attempting to attend any or all these events please check with each venue to see if the event (s) are canceled due to the ongoing state-mandated shutdowns associated with the COVID-19 pandemic.)*

## Rare Vintage Air VW Show

**Huntington Beach  
June 2020**

Bring your VW to the Rare Vintage Air VW d 'Elegance to start the Prado and Classic weekends. At, Old World Village, 7561 Center Ave., Huntington Beach.

## Huntington Beach Concours

**Huntington Beach  
June 6-7**

The Huntington Beach Concours is a fun event where car lovers and enthusiasts can enjoy themselves while helping a worthy cause, The Huntington Beach Library Children's Resource Center. At, Huntington Beach Central Park, 7111 Talbert Ave., Huntington Beach.

## Tustin Street Fair & Cook-Off

**Tustin**

**June 7**

**11 a.m. to 6 p.m.**

The event features a one-day chili cook-off, salsa competitions, craft booths, non-profit food vendors, commercial vendors, entertainment, kids area, music, family-friendly contests, wine and beer booths, family plaza, and carnival attractions. Admission is free. At, Old Town Tustin, El Camino Real, and Main streets. Call, (714) 573-3326.

## Celebration of the Arts

**Yorba Linda**

**June 2020**

Dozens of artists exhibit and sales, including paintings, photography, ceramics, mosaics, jewelry, sculptures, wood carving, glass art, mixed media, and cultural activities. A family-friendly event offering free activities for all ages, sharing creativity and talent. Free parking and admission. At, two locations: Thomas Lasorda Jr. Memorial Field House and Hurless Barton Park, Yorba Linda. Call, (714) 996-1960.

## Annual Pier Swim Huntington Beach

**June 13**

**7 a.m.**

Join or watch this annual tradition as groups of swimmers from 12 years old and up to swim around 1/2 mile around the Huntington Beach Pier. \$25 entry fee. At, Huntington Beach Pier, 1 Main St., Huntington Beach. Call, Huntington Beach Community Services Department, (714) 960-8870.

## Chili at the Beach Huntington Beach

**June 2020**

Enjoy the chili cook-off and salsa tasting contest, children's activities with kid's games and entertainment, all benefiting the Boys and Girls Club of Huntington Valley. At, Main Street and Pacific Coast Highway, Huntington Beach. Call, (714) 536-8300.

## Summer Solstice Garden Gala

**Fullerton**

**June 2020**

Guests will enjoy an evening "under the stars" with food, fine wines, and moonlight dancing in the beautiful gardens of the Arboretum at California State University, Fullerton. The annual event raises support for the living

and historical collections of the Fullerton Arboretum. At, Fullerton Arboretum, 1900 Associated Road, on the CSUF campus. Call, (714) 278-4792.

## Outdoor Adventure Day Silverado

**June 2020**

Celebrate Father's Day at Tucker Wildlife Sanctuary with such events as a guided orienteering adventure, outdoor-themed crafts, learning about animal tracks, and making your tracking guide. Children will also receive a free child's compass or wilderness whistle with their paid admission. Cost: \$7 per person. Children 4 years and under free. Guided walks at 9:30 a.m., noon, and 2:30 p.m. At, Tucker Wildlife Sanctuary, 29322 Modjeska Canyon Road, Silverado. Reservations required, call (714) 649-2760.

## Baroque Music Festival Corona del Mar

**June 2020**

Founded in 1981, the event offers five concerts over eight days in late June. This festival provides astounding wealth and diversity of the Baroque era. Large-scale works, with and without singers, are offered during Sunday concerts, while three mid-week programs allow enjoying solo re-

citals and chamber music, all performed by musicians in the historically informed Baroque field. At, Saint Michael and All Angels Episcopal Church, 3233 Pacific View Drive, Corona del Mar.

## A Taste of Greece

**June 2020**

Pastries, dancing, full-scale carnival, boutique, and Greek food including a wine taverna. There will also be cooking demonstrations, Greek folk dancing lessons, church tours, and drawings. At, Saint Paul's Greek Orthodox Church, 4949 Alton Pkwy., Irvine.





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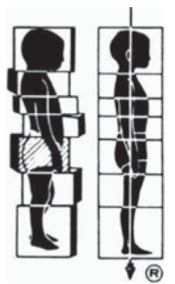
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By Randal C. Hill

## ‘Twistin’ the Years Away’

Though he was never much more than a Rock ’N Roll footnote, Hank Ballard (1927 – 2003) briefly cracked the 1954 Billboard pop charts as the leader of the Midnighters by offering up such raucous R & B ditties as “*Work With Me, Annie*” and “*Annie Had a Baby*.” For the next five years, though, Ballard disappeared from Top 40 airwaves before returning for a few late 1950s/early 1960s hit singles.

The first of these was a now-forgotten 1959 release called “*Teardrops on Your Letter*.” The B side was Ballard’s original version of “*The Twist*,” a dance song in which he based the melody on an obscure 1955 R&B Drifters tune called “*What’cha Gonna Do?*” Stories vary on whether Ballard created the simplistic stage movements or copied them from a group of Tampa teens he saw doing such a dance when he toured the South.

Savvy Dick Clark, who helmed TV’s megahit “*American Bandstand*,” sensed the hit potential of Ballard’s record but wanted to bring “*The Twist*” to a young, mainstream (read: white) audience.

Ernie Evans had attended South Philadelphia High School, the former academic home of “*Bandstand*” idols Frankie Avalon and Fabian.

After school, the outgoing African-American lad plucked chickens in a local open-air market while entertaining amused passersby with imitations of some of the day’s biggest record stars. Clark, a silent partner in Philadelphia’s Cameo/Parkway label, tapped Evans to mimic Ballard’s performance note-for-note. At the recording session, Clark’s wife, Barbara, noticed a physical similarity between Fats Domino and Ernie Evans; with this in mind, she coined Evans’ stage name: Chubby Checker.

Checker’s chart-topping “*The Twist*” spent four months on the 1960 “*Billboard Hot 100*” before fading away. Then something unique happened in the often-bizarre world of Rock ’N Roll: In 1962, Checker’s original version rocketed to the peak of the “*Billboard*” list for an unprecedented second time, followed soon by “*Peppermint Twist*” by Joey Dee and the Starlites, which also grabbed the No. One chart spot and helped to set in motion a massive “*Twist*” revival.

The Peppermint Lounge was a run-down dance dive located in Times Square. When New York society columnist Igor Cassini described in a few puff pieces about the hole-in-the-wall locale becoming a new “hot spot,” it quickly became the social epicenter for cooler-than-cool Big Apple Twisters.

On any given night, it was not unusual to spy, among the hoi polloi, such notable A-listers as Marilyn Monroe, Truman Capote, Greta Garbo, and Judy Garland. (But not, despite persistent rumors, First Lady Jackie Kennedy.)

The second “*Twist*” craze that swept America proved to be even bigger than the first, with over a dozen more dance-related 45s earning places on the “*Billboard*” charts between 1962 and 1964. The year 1961 alone saw three “*Twist*” films in theaters.

On Oct. 11, 2012, 71-year-old Chubby Checker performed “*The Twist*” (for the zillionth time?) and led an estimated 4,000 merry Twisters in a DeLand, Fla., street party, an event that earned a mention in the “*Guinness World Record*” book.

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## Bad Days

*Continued from page 3*

I popped the hood and talked to the engine which did turn a few heads of people passing. I was civil which was good. I phoned for roadside assistance to get my battery jumped. I was told it would be 55 minutes before help arrived. We decided I would walk to the eye doctor while my wife waited for the roadside assistance. I took my mask and gloves out. I put on my gloves but as I tried to pull the rubber bands over the back of my head for my mask behind my ear, the bands got snagged on my glasses and somehow pulled my right hearing aid out my ear.

My wife thought this was very funny and started laughing uncontrollably as I searched for my hearing aid in the narrow strip between the emergency brake and my seat. Soon my body was crushed under the steering wheel as I knelt on the cement beside my car looking frantically under the seat. I moved the seat forward and backward, removed old leaves and clumps of dirt from under my seat while my wife said we must get the car cleaned.

After repeated searches by both of us, we gave up. I bought my hearing aids at a place where they will repair or replace them if lost for up to 3 years. I

thought I should be covered for the loss. That I told myself was good although though I may have been questioned on how I could lose them in my car just like that. With that, I put my gloves back on, took off my glasses, and picked up my mask to put on. There hanging on the edge of the mask was my hearing aid. I walked to the doctor, got my shot, and called my wife. She had gotten the jump and kept the car running. On the way home, I stopped at my mechanic and had a new battery put in for \$113. Who knows what will happen on my next visit to this eye doctor?



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The Planes of Fame Air Museum was founded in 1957 by Edward Maloney. It is the oldest independently operated aviation museum in the United States.

The museum collection spans the history of manned flight from

*Continued on page 16*

## CHINO, CA VALLE, AZ PLANES OF FAME AIR MUSEUM

### 2020 SCHEDULE OF EVENTS

(See our website [www.planesoffame.org](http://www.planesoffame.org) for more information)

JANUARY	4	Living History Flying Day featuring: the Focke-Wulf Fw-190 Germany's 'Butcher Bird', Student Art Contest Awards
FEBRUARY	1	Living History Flying Day featuring: the F4U-1A Corsair
FEBRUARY	15	Special Presentation: The Strategic Bombing of Europe During World War II: A Look at the 91st Bomb Group
MARCH	7	Living History Flying Day featuring: the P-38 Lightning, presentation by Francis Gary Powers Jr.
MARCH	21	6th Annual Hangar Dance with Big Band Orchestra
APRIL	4	Living History Flying Day featuring: the B-25 Mitchell, presentation by Jonna Doolittle Hoppes
APRIL	18	Special Presentation: The Incredible True Story of Douglas "Wrong Way" Corrigan
MAY	2	Planes of Fame Air Show May 2-3 2020, Chino Airport
MAY	10	Mother's Day - Moms Admitted FREE!
JUNE	6	Living History Flying Day featuring: the P-47 Thunderbolt, D-Day presentation
JUNE	20	Special Presentation: The Story of Edwards AFB, To Push the Outside of the Envelope
JUNE	21	Father's Day - Dads Admitted FREE!
JULY	4	Living History Flying Day Featuring: the Curtiss P-40 Warhawk
AUGUST	1	Living History Flying Day featuring: the North American P-51 Mustang
AUGUST	15	Special Presentation: Blazing New Trails: Diversity in Aviation
SEPTEMBER	5	Living History Flying Day featuring: the Douglas AD-4 Skyraider
OCTOBER	3	Living History Flying Day featuring: the F-86 Sabre, Junior Aviator's Day: Kids Get In Free!
OCTOBER		13th Annual "Taste of Flight" Gala (Date TBD)
NOVEMBER	7	Living History Flying Day featuring: World War One, presentation by Christina Olds
NOVEMBER	11	Veterans Day - Veterans Admitted FREE!
DECEMBER	5	Living History Flying Day featuring: the Mitsubishi A6M Zero
DECEMBER	5	Pearl Harbor Hangar Dance with Big Band Orchestra

Living History Flying Days are held on the 1st Saturday of each month, and begin with a presentation at 10:00 AM by a panel of featured topic experts. Event concludes with a flight demonstration by the featured aircraft (whenever possible).

All events are at Planes of Fame Air Museum, Chino Airport, unless otherwise noted. Event schedules may be subject to change. (Special additional events are noted in blue.)

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# Alex Trebek

By Les Goldberg

If your family is like my family, watching “Jeopardy” on TV every evening is as routine as waking up in the morning and going to sleep at night. You could always count on the host Alex Trebek to visit your living room or wherever you may be with your TV or mobile devices to educate and entertain with a barrage of encyclopedic questions for very smart contestants.

Lately, however, our routine faces the possibility of an abrupt change as Trebek faces a major health challenge that threatens to take him off the air for good.

As you may recall, he announced a year ago last March that he had been diagnosed with stage 4 pancreatic cancer. At that time, he told his social media followers that his prognosis was “not very encouraging,” but vowed to fight to beat the odds.

## Determination

Since his diagnosis, Trebek has continued his regular host-

ing duties on “Jeopardy!” In January, he hosted the prime-time special event “The Greatest of All Time,” uniting the game show’s highest money winners to compete against one another.

At the first anniversary of the diagnosis, he issued the following statement:

*“Hi, everyone. If you’ve got a minute, I’d like to bring you up to date on my health situation. The one-year survival rate for stage 4 pancreatic cancer patients is 18 percent. I’m very happy to report I have just reached that marker.*

*“Now I’d be lying if I said the journey has been an easy one. There were some good days but a lot of not-so-good days. I joked with friends that the cancer won’t kill me, the chemo treatments will. There were moments of great pain, days when certain bodily functions no longer functioned, and sudden, massive attacks of the great depression that made me wonder if it really was worth fighting on. But I brushed that aside quickly because that would have been a massive*

*betrayal, a betrayal of my wife and soulmate, Jean, who has given her all to help me survive.*

*“It would have been a betrayal of other cancer patients who have looked to me as an inspiration, and a cheerleader of sorts, of the value of living and hope, and it would certainly would have been a betrayal of my faith in God and the millions of prayers that have been said on my behalf.*

*“You know, my oncologist tried to cheer me up the other day. He said, ‘Alex, even though the two-year survival rate is only 7 percent,’ he was certain that one year from now, the two of us would be sitting in his office celebrating my second anniversary of survival. And you know something, if I, no, if we — because so many of us are involved in this same situation — if we take it just one day at a time, with a positive attitude, anything is possible. I’ll keep you posted.”*

## Positivity Personified

That positive attitude is what Trebek has carried with him during his entire 79 years of life and 50 years as a game show host.

A native of Canada, he was described at a very early age as being bright and curious.

Following high school in his hometown of Sudbury, Ontario, he went to the University of Ottawa where he earned a degree in philosophy in 1961. At the time, he was interested in a career in broadcast news, and before completing his degree, Trebek began his career working for the Canadian Broadcasting Company (CBC) where, as he said, “I did everything, including reading the national news and covering a wide range of special events.”

Trebek’s first hosting job was on a Canadian music program called “Music Hop” in 1963. In 1966 he hosted a high school quiz show called “Reach for the Top.” From 1967 to 1970 he was a host for the CBC classical music station. He also

hosted “Strategy,” a weekday afternoon game show.

In 1973, he moved to the United States and worked for NBC as host of a new game show, “The Wizard of Odds.” A year later Trebek hosted the popular game show, “High Rollers,” the short-lived CBS game show “Double Dare” and “The \$128,000 Question.”

## TV Icon

Like other hosts of the day, Trebek made several guest appearances as a panelist or player on other shows.

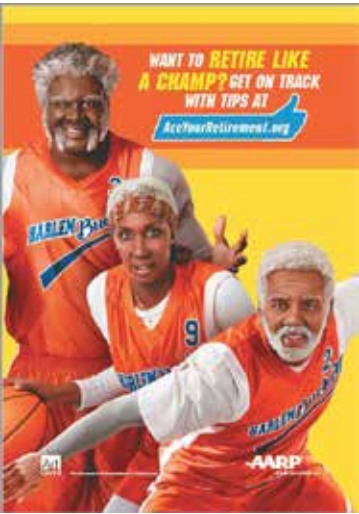
After “High Rollers” was canceled in 1980, and several hosting jobs with shows that would eventually be canceled after short runs, Merv Griffin asked him to audition for the pilots of a new “Jeopardy,” which originally had been hosted by Art Fleming.

When the pilot sold, he began hosting the revival in 1984 and has hosted ever since.

Trebek has become a fixture of daytime TV and movies. His appearances including shows like “Classic Concentration,”

*Continued on page 20*





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# The Gadget Geezer

By Les Goldberg

Oh, what a relief it is!

In years past, the word ‘relief’ usually meant no more school, summer vacations, warmer weather, and ‘Happy Days.’ How things have changed! Now, relief means avoiding the pandemic, staying safe and sound in your home, and finding things that promise to help reduce stress and eliminate boredom.

To give you some ideas of just how to do that, I have put together a few unique and innovative products for your consideration. Look:

## Foot Insoles

Acupressure insoles from Mindinsole are designed to relieve pain in your feet, leg joints, and back.



As one satisfied customer said: “I have been suffering unbearable pain in my back due to disc damage from osteoporosis and osteoarthritis. Medication has not given me complete relief, but with the help of Mindinsole I am almost pain-free. They (the insoles) have changed my life.”

Designed by a leading traditional alternative medicine expert, the Mindinsole insoles are most effective for those suffering from lack of heel and arch support and ankle core stability.

Each breathable insole can be trimmed to your feet’s shoe sizes – size 6 to 12 for men; 7-12 for women. Price: \$39 per pair at [www.mindinsole.com](http://www.mindinsole.com) or [amazon.com](http://amazon.com).

## What Did They Say?



I am sure you suffer from the frustration of living in a society where several languages are spoken and you cannot understand a word except in English. Thanks to technology, that problem is coming to an end.

New devices like the Ambassador Interpreter make it easy to understand 20 different languages without picking up a copy of Rosetta Stone or sitting through a foreign language class. How?

Like a hearing aid or headphone, the Ambassador is worn over the ear and pairs with your smartphone to allow natural and seamless translation of languages that include Spanish, French, Japanese, Cantonese, Chinese, Mandarin, Hindi, Hebrew and more.

All you must do is pair two

Ambassadors to the device – one for you and one for the person you are speaking with – and begin talking. The translation occurs in real-time for both parties in either listen, lecture, or conversation settings on the accompanying phone app. Price: \$100.

## Germes Go Away!

By now, you are probably well-stocked with the usual household disinfectants and



are diligently spraying and wiping everything in sight. Right?

But if you really want to show off your germaphobia in a big way, you might want to try the Sterilize-X disinfection lamp.

“Just turn it on and leave the room,” states the manufacturer, adding, “its scientifically proven UV-C light technology efficiently kills up to 99 percent of bacteria, viruses and other microorganisms in the surrounding area.”

According to the company, it is unlike liquid-based sanitizer products that leave residue or secondary pollution, and it will cleanse a room in a 360-degree

radius, including all corners. Price: \$250.

## MedWand

Does anybody remember the tricorder from “Star Trek,” a handheld medical device that can scan a person and diagnose diseases and other ailments?

While the tricorder is science fiction, the next best thing may be the MedWand, which is awaiting approval from the

Food and Drug Administration (FDA).

About the size of a computer mouse, it is a portable diagnostic tool that lets a doctor remotely assess a patient.

The MedWand has 10 scopes and sensors, including a blood pressure monitor, a dermascope for skin exams, an electrocardiograph, and ophthalmoscope for eye exams, an otoscope for ear exams, a pulse monitor, stethoscope, thermometer, and throat illuminator.

## Pooch Relief



If you are a dog walker, you know that it is often stressful to be unable to relax your grip on your leash.

*Continued on page 15*

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## Creating a Chef-Inspired Kitchen

Cooking like a professional doesn't have to mean a kitchen full of expensive gadgets, but you do want one where prepping, cooking and cleaning is seamless and comfortable. That requires considering design details that enhance the workflow. Consider these helpful hints:

### Smart Storage

Items that are used frequently should be kept together and conveniently at hand. Use hooks, magnets and utensil holders to keep favorite knives, pot lids, spatulas and the like within easy reach. A lazy Susan can help spices stay properly sorted.



*A well-organized and appointed kitchen may help you cook better—and enjoy it more.*

### Bright Ideas For Lighting

Choose lighting that maximizes cooking efficiency and comfort. Task lighting should include overhead stove lights and under-cabinet fixtures so cooking and food prep area are properly lit. For dining, overhead chandeliers may be best.

### Everything—Especially The Kitchen Sink

While shiny appliances, countertops and beautiful backsplashes may get all the attention, the sink and its surrounding area are the most used in the kitchen and deserve special consideration.

Position the sink with as much prep space around it as possible. For the sink itself, look for efficiency and functionality. For example, the new BLANCO IKON Apron 33" 1 3/4 sink is designed with a convenient low divide that makes it easier to handle large pots and baking sheets. Another advantage of its apron front design is that it's installed further forward with no countertop. This

means less strain on cooks and dishwashers because they don't have to lean over as much. What's more, it's made with nonporous, easy-to-clean Silgranit composite patented material and comes in eight trending colors.

Optional accessories help enhance the workflow and include a floating grid that provides an extra level within the sink, to further ease the strain of handling heavy pots. A floating cutting board fits right on top of the sink to instantly create more workspace.

### Faucets To Favor

Faucets designed with a higher arc and a pulldown spray head make rinsing dishes, filling pots and cleaning the sink faster and simpler. The new

BLANCO RIVANA collection includes semi-pro, high arc with pulldown and bar faucet options. A coordinating soap dispenser is also available. The convenient Solenta Senso works hands-free. "Handy" when your hands are full—or very dirty.

### Learn More

For further facts and tips on kitchen design, visit [blancoamerica.com](http://blancoamerica.com).





# Fabulous Finds

By Debbie L. Sklar

If you have been lacking in your grooming routine since the mandated quarantine, you might want to try some of these great new Fab Finds to look your best even if you must stay at home. Since salons and spas closed, we are unable to treat ourselves to typical professional services so these might be the answer to looking and feeling better. From lash extensions to plumping treatments, and sanitizers here are some great at-home alternatives to try during this time.

## Ballsy Men's Products

Ballsy, the maker of men's grooming products is bringing their balls out attitude to safety and sanitizing. In response to consumer demand, it has debuted the Plague Slayer hand sanitizer. It has 70 percent Ethyl Alcohol, soothing Aloe, no fragrance, and has super fun packaging. Plus, a portion of all profits is being donated to support healthcare workers. Visit Ballsy.com

## Aú Natural Skinfood Manuka Honey Hand Cream

Your hands will love this soothing, and healing hand cream that combines the antibacterial properties of Active Manuka Honey 16+ with anti-inflammatory Manuka Oil to help heal and protect the skin from infection. Visit aunaturalskinfood.com

## Almond Zum Rub for Hands

Sweet, with a lovely, delicate scent that's a cross between creamy mascarpone and delicious macaroons, this rub is guaranteed to please. Featuring deep moisturizing goat's milk and shea butter salve, it is perfect to rub on elbows, frizzy hairs, lips, heels, cuticles, tattoos, anywhere that is dry, damaged, or where your body needs it moist. And wherever you rub it, you will always finish with a happy ending. Ingredients: Certified organic sunflower oil, grapeseed oil, coconut oil, beeswax (natural, not refined or bleached), carnauba wax, goat's milk, shea butter, fragrance (natural almond fragrance and essential oils), and vitamin E. Visit [www.indigowild.com](http://www.indigowild.com)

## Frankincense and Myrrh Zum Bar Goat's Milk Soap



Made from Indigo Wild it will not only clean hands, but it also moisturizes and leaves a lotion-like feeling after use. It surrounds you in a magical veil of aromatherapy. Zum Bar Soap ingredients infuse whiffable gifts into olive, coconut, and castor oils with goat's milk to amplify the frankincense and myrrh soap. Boost your mood and try this heady Frankincense and Myrrh Zum

Bar Goat's Milk Soap. Visit [www.indigowild.com](http://www.indigowild.com)

## Noshinku



Noshinku is good for your skin, keeps your hands clean, and smells fresh. It is a pocket-sized sprayer, premium scented hand sanitizer spray derived from organic ingredients including sugar-cane-based alcohol, rosehip seed, jojoba, and Italian bergamia oil. Noshinku is bottled in a soft-to-the-touch black matte mister that fits neatly in your pocket for clean and fresh hands anywhere. Each Noshinku pocket sprayer provides 300+ spritzes compared to the 15 average uses from a comparably sized gel container. Visit [www.noshinku.com](http://www.noshinku.com)

## Extract Labs CBD Muscle Cream



This cream is amazing for any hand pain from typing. Extract

Labs' full-spectrum, CBD-rich body care products are made with a combination of simple, all-natural ingredients, and are gently whipped together to preserve the properties of the creams, instead of traditional heating methods. CBD Muscle Cream comes in a 2.95oz (84g) tin with 1500mg full spectrum CBD. Extracted and formulated in Boulder, Colorado from American Hemp. Visit [extractlabs.com/product/cbd-muscle-cream/](http://extractlabs.com/product/cbd-muscle-cream/)

## New Rodial Dragons Blood and Snake Jelly Eye Patches



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Price: Singles \$9, Box \$39; Available at [Bluemercury.com](http://Bluemercury.com) and [Rodial.co.uk](http://Rodial.co.uk)

## Lash and Brow Booster

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*Continued on page 15*



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## Fabulous Finds

*Continued from page 14*

tively protects, reduces redness and firms for a smoother, plumper, more youthful-looking complexion. The bestselling product out of our Dragon's Blood range, this is ideal for those with stressed or sensitive skin and who wish to achieve firmer, lifted facial contours.

Price: \$108; Available at Blue-mercury/bluemercury.com and Rodial.co.uk

## The Gadget Geezer

*Continued from page 12*

Enter the Safety Dog Leash. It is an attachment that allows the user to momentarily let the leash dangle from the wrist, freeing both hands to text, tie shoes, place hands in your pockets during winter, or reattach the leash to a chair at an outdoor café or park bench.

The company also says the products are assembled in America by seniors and veterans. Price: \$16.95.



## Making Life Better

# Turn Your Summer Vacation Into a Staycation

For many people, social distancing brings concern about summer plans. In previous years, summertime was when families planned their vacations. The kids would be out of school, the weather could be fantastic, and the days are longer—allowing optimal time to venture to new places, catch some sun and spend more time with friends and families.

Since you may have already been spending a lot more time with your family than you ever imagined due to coronavirus outbreak, you may be looking for ways to keep your family entertained. Between possibly working from home, man-



*You and your family can have a fun vacation without ever leaving home*

aging your kids' schoolwork and maintaining a functioning household, this time probably hasn't felt much like a vacation.

Social distancing guidelines are likely to remain in effect in many places during the summer. Activities and entertainment options, lodging, and dining will be affected. The good news is, you really don't have

to totally give up on enjoying the summer at home with your family. Here are some tips to make your staycation exciting for the whole family:

### Fit Focused Days

Plan hiking trips or long walks or bike rides close to home. Enjoy nearby parks and take time to look over the architecture in your neighborhood. A quick Google search of interesting facts can help you to plan what you want to go to see. Being a tourist in your own community will help you have a greater appreciation for the place. Challenge your kids to identify certain plants, landmarks or wildlife when you're

out walking. It will make the walks more engaging. Having prizes helps with motivation, too. Additionally, backyard games can be a blast—sprinklers, hula hoops and jump rope are things kids love.

### Embrace The Farmers Markets

A trip to a farmers market is not just a treat, it's a great way to shop locally. Many of them have adopted social distancing guidelines, so they can be safe for family outings. These markets usually have beautiful fresh and seasonal options to explore, and perhaps find some fascinating new fruits and veg-

*Continued on page 17*



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*Continued from page 9*

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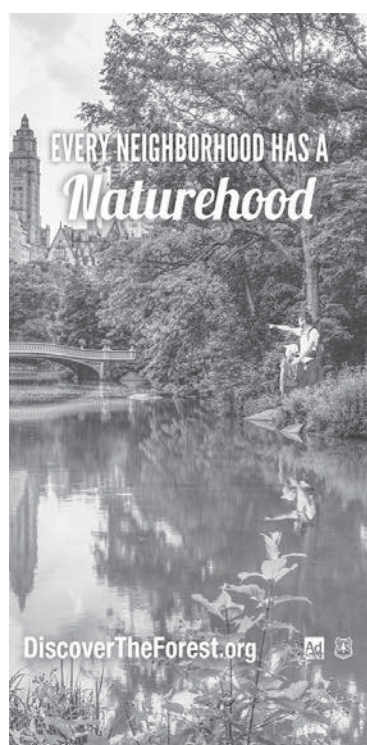
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## 'Mama Told Me (Not to Come)' Three Dog Night

By Randal C. Hill

"Mama Told Me (Not to Come)" raised many an eyebrow in 1970, when the drug scene was relatively new to middle-class American youth and nobody could recall such a tune wafting out of radio speakers before.

The song is told from the point of view of an obviously naive young man, who declares at a social gathering:

*This is the craziest party  
That could ever be*

He goes on to explain further  
*That cigarette you're smokin'  
Bout to scare me half to death*

As well as  
*I'm lookin' at my girlfriend  
She's passed out on the floor*

And concludes with  
*I seen so many things  
I ain't never seen before*

Analyzing his lighthearted reflection on the party-till-you-drop Los Angeles music scene of the late 1960s, composer Randy Newman explained in a "Rolling Stone" magazine interview, "It's a guy going to a party, and he's a little scared. The first line — 'Will you have whiskey with your water or sugar with your tea' — was a vague connection to acid. I don't remember being thrown off by that stuff then. If I was that unsophisticated, which is possible, I wouldn't admit it."

Three Dog Night wasn't the first to release Newman's clever creation; that honor goes to Animals leader Eric Burdon, who included it on his 1967 solo album "Eric is Here." P. J. Proby ("Niki Hoeky") offered his own version later that year.

By that point in time, the Ray Charles-influenced songwriter/singer Newman had yet to release any solo material. By the time he did begin recording on his own in 1968, many of his songs had already been covered by other artists, including Petula Clark, Gene Pitney, the Fleetwoods, and Pat Boone (!).

Other than featuring the now-classic "I Think It's Going to Rain Today," his debut "Randy Newman" album proved to be inconsequential. But his second LP, "12 Songs," included his own version of "Mama Told Me (Not to Come)," presented as a rollicking mid-tempo tune that went nowhere in terms of record sales. Newman's song was released at around the same time as Three Dog Night's. The latter, a raucous outing fueled by a melodramatic lyric reading, was the more commercial and consequently became the bigger hit. How big? The TDN version climbed to the peak of the "Billboard Hot 100" chart and became their first of three

chart-toppers, the others being "Joy to the World" (1971) and "Black and White" (1972).

Newman's work became the very first No. One hit on Casey Kasem's "American Top 40" syndicated radio program, and the song also appeared later the soundtracks of "G. I. Jane," "Boogie Nights" and "The Sweetest Thing."

Newman, who once dismissed Three Dog Night as teenyboppers, experienced a change of heart when massive royalty checks began to roll in. He called Corey Wells, one of Three Dog Night's members who had pressed the others to record Newman's tune. "I just want to thank you," the musician chuckled over the phone, "for putting my kids through college."

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## Staycation

*Continued from page 15*

etables. Also, getting the kids involved in selecting ingredients for your meals may help spark their interest in healthier eating. Breaking your usual grocery shopping routine by browsing the stalls in beautiful weather can help spark a vacation vibe.

### Create Your Own At-Home Retreats

With a little planning, you can make your own backyard or home feel like an enchanting vacation spot. For a spa weekend, buy or make your favorite products, and set up time to relax and treat yourself. Turn off all your tech distractions, set up a space outside or in a quiet room. You can even make spa water by cutting up some cucumber or fruit to flavor the water. Consider creating your own yoga retreat. Turn to your favorite online trainer, set up your mat in a designated space, light some candles or incense, and be sure to practice daily, with relaxing music. It's all about being creative.

### Travel With Your Cooking

With travel on the back burner, consider themed cooking nights to help transport your taste buds to any destination. It can be really fun to make drinks, shakes and meals with ingredients from places that are on your future travel list. Enjoy a nice Italian spritzer with your pasta one night, try cooking a beautiful curry meal or ordering take-out from a restaurant you've never tried before. Take it a step further

and print out some fun-facts you can find online or rent a movie about the particular culture you'll be indulging in that night; it's a great opportunity for your family to learn about other cultures through food.

Finally, take time to plan out your staycation in the same way you would with a travel vacation. Having an itinerary of what you want to do helps to prevent the lazy, do-nothing blues from taking over. A vacation is about rest, relaxation, discovery and recreation—all of those things can be accomplished right where you are. Studies have shown a positive correlation between taking vacation time and an overall feeling of well-being, so no matter what's on your itinerary, make sure to thoroughly enjoy yourself.



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## News of Older Americans

# Shoppers Save Big On Groceries With Healthy Savings® Powered By AARP Foundation

Good nutrition is important at any age. But for older adults on a tight budget, regular access to nutritious foods can be limited—and expensive.

A new program aims to change that by making it easier to get healthy foods at the local grocery store for an affordable price. With Healthy Savings® powered by AARP Foundation, shoppers pay a small fee of \$4.99 per calendar year for a card that can save them up to \$200 a month on groceries.

The program is part of AARP Foundation's work to help



*Older shoppers can save big on groceries with a new program that lowers costs and identifies healthful options right in the store*

people over 50 with limited income eat more nutritious foods, ultimately improving their well-being. Research shows that more than 10 million older adults don't get enough nutritious food on a daily basis, most often because they can't afford it.

Eating healthy is about more than affordability, however. Not only does Healthy Savings reduce costs, it also identifies healthy options in the store. All products available through Healthy Savings are scored against the USDA's Healthy Eating Index to make sure they qualify as nutritious. The index makes it convenient to choose the healthiest foods, which include lean meats, eggs, yogurt, whole grains, and a wide range of other options.

The typical over-50 diet scores low in key food groups like whole grains and dairy. By encouraging the purchase of more of these nutrients through coupon discounts, Healthy

Savings can help older adults:

- Lose weight or maintain a healthy weight.
- Reduce the risk of developing chronic diseases such as high blood pressure, diabetes and heart disease.
- More easily manage a chronic disease.
- Increase or maintain energy levels.

Shoppers who sign up for Healthy Savings receive a card in the mail and can download a mobile app, both of which can be used at 22,000 grocery stores across the U.S. for instant savings at checkout. The savings come on top of any from store loyalty cards and manufacturers' coupons (so long as coupons don't add up to more than the price of the item).

Each week, new coupons are automatically loaded onto the card and app—no coupon clipping required. Over the course of a year, Healthy Savings can save shoppers as much as \$2,400.

More information, including recipes and tips for shopping smart, is at [aarpfoundation.org/save](http://aarpfoundation.org/save).

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Photo © David Scheraga

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# Anxiety

By Robert E. Horseman, DDS



A recent issue of TIME was devoted to understanding anxiety, citing the 9/11 disaster as an exacerbating factor in correctly labeling us a nation of anxious worriers. “We live in a particularly anxious age, TIME says, noting that *all* animals appear to feel anxious, that being Nature’s way of preventing us from feeling too safe. If true, then animals have handled their concerns with much more aplomb.

Take dogs for example. A dog has only two anxieties: when his next meal is scheduled and whether he has recently placed his “mark” on every one of the 10,000 opportunities he considers his territory during his last daily visit. An adult human will worry about whether the meal is nutritionally sound, if it’s free of botulism and trichinosis that will land her in the ICU. An adolescent’s scope is larger, he will eat anything that tastes good and can be had as fast as a microwave can warm it. This will be way beyond what his medical insurance will pay for plus boost his cholesterol completely off the scale. Feeling “too safe” is something he has never known.

You never hear anything about Father Nature. No, it was Mother Nature who decreed that women would be genetically superior as wor-



riers, thus ensuring the species would endure rather than be left to males who, if they worry at all, do so about the wrong things. If this sounds a bit sexist, remember Mother Nature knows best. Males, to their credit, have graciously acceded their rights to women in all categories except sports and internal combustion engines. It is no coincidence that dogs have been called “man’s best friend.” They are so much alike.

Having said that, it is necessary to point out that anxiety can be a useful tool in focusing the brain on potential dangers like losing your mind when *she* takes 3 hours trying on shoes and doesn’t like any of them. What is important is to distinguish clinical anxiety from just run-of-the mill fretting. Let us examine some of the manifestations:

**\*PANIC DISORDER**—An attack of acute anxiety such as awakening in the middle of the night by the whole house shaking with symptoms of what may very well be the

arrival of the long-promised BIG ONE. And you are forced to run out on the street in front of the neighbors dressed in these dog-chewed slippers, your most ill-chosen PJs and needing something nicer than a hard hat to cover a bad hairdo.

**\*OBSESSIVE-COMPULSIVE DISORDER**—Thanks to the pharmaceutical industry and the cosmetic surgery profession both genders are constantly worried about facial wrinkles, receding hairlines, dark skin spots and the sudden appearance of a face and body that have seen better days. Worrying about this is as useless as telling someone not to.

**\*POST-TRAUMATIC STRESS DISORDER**—defined as a repeated, anxious reliving of a horrifying event over an extended period of time. This nation has been at war, declared or otherwise since WW I when the name of the condition was “Shell-Shock”, Psychologists feared that was a little too harsh, so after WWII (the war to end all wars) they softened it to “Battle Fatigue,” That didn’t help much either and now “PTSD” currently is the name of something that can’t be buried under new acronyms.

Continued on page 26

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Age-related macular degeneration (AMD) is the leading cause of blindness in people 55 and older, sadly robbing sight and independence. It is a chronic disease affecting over 10 million Americans, and early detection is key to saving your sight.

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# Help During The Health Crisis

To help the growing numbers of older adults who have questions or need support as the nation weathers the COVID-19 crisis, the Eldercare Locator stands ready to connect people with nearby aging resources available in their communities. Older adults, concerned family members, caregivers and professionals can contact the Eldercare Locator to find information about local aging programs and services that can help address a variety of needs during this national health crisis.

One call to the Eldercare Locator at 800-677-1116, or a visit to the website at [eldercare.acl.gov](http://eldercare.acl.gov), can connect you to aging services that can help ensure that older adults can continue to live safely at home during the COVID-19 national health crisis. For more than 20 years, the Eldercare Locator has connected older adults, caregiv-

*Older adults and caregivers can contact the Eldercare Locator for information on tools they can use to cope with loneliness and accessing vital nutrition programs during the COVID-19 crisis.*

ers and the professionals who work with them to local programs that can help meet their needs.

The Eldercare Locator is a free public service of the U.S. Administration for Community Living and is administered by the National Association of Area Agencies on Aging. Find the Eldercare Locator online at [eldercare.acl.gov](http://eldercare.acl.gov) or at 800-677-1116



## Alex Trebek

*Continued from page 10*

*"To Tell the Truth," the "Pillsbury Bake-Off," "Good Morning America," "The X-Files," "Wheel of Fortune," "Jimmy Kimmel Live," "How I Met Your Mother" and "Hot in Cleveland."*

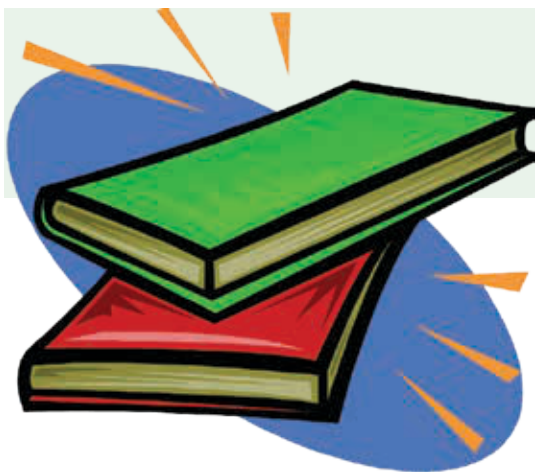
Not surprisingly, Trebek holds the *Guinness World Record* for most episodes of a game show hosted, with 6,829 episodes at the time. Of course, that number is much higher now.

His most recent notable appearance occurred in January when ABC ran a special of Michael Strahan interviewing him for a behind-the-scenes look at the taping of *"Jeopardy."* It was an exclusive interview at home with Alex and his wife, Jean; a look back at the show's most memorable moments and contestants.

He and his second wife Jean Currivan, a real estate project manager from New York, have two children, Matthew and Emily.





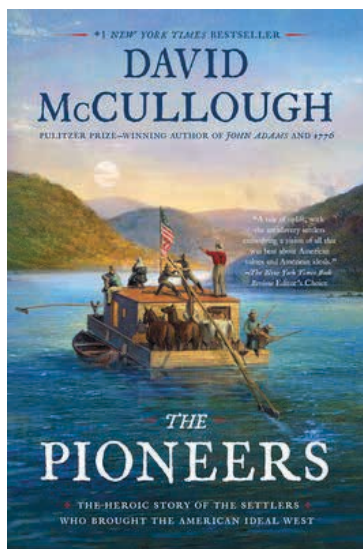


# June Book Club

If you are looking for a good read while you are shut-in at home there are several great options to keep you busy and entertained. Check these out below and download them on your e-Reader or digital device.

## *The Pioneers*

*The Heroic Story of the Settlers Who Brought the American Ideal West*  
By David McCullough

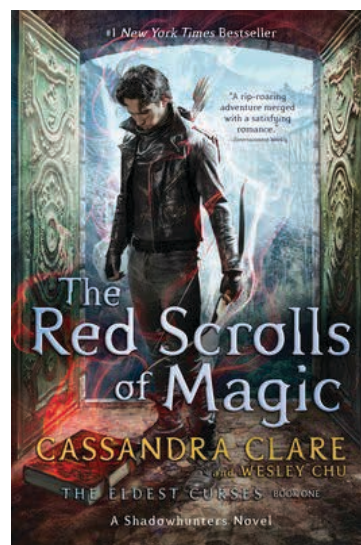


“As part of the Treaty of Paris, in which Great Britain recognized the new United States of America, Britain ceded the land that comprised the immense Northwest Territory, a wilderness empire northwest of the Ohio River containing the future states of Ohio, Indiana, Illinois, Michigan, and Wisconsin. A Massachusetts minister named Manasseh

Cutler was instrumental in opening this vast territory to veterans of the Revolutionary War and their families for settlement. Included in the Northwest Ordinance were three remarkable conditions: freedom of religion, free universal education, and most importantly, the prohibition of slavery. In 1788 the first band of pioneers set out from New England for the Northwest Territory under the leadership of Revolutionary War veteran General Rufus Putnam. They settled in what is now Marietta on the banks of the Ohio River.

“McCullough tells the story through five major characters: Cutler and Putnam; Cutler’s son Ephraim; and two other men, one a carpenter turned architect, and the other a physician who became a prominent pioneer in American science. “Drawn in great part from a rare and all-but-unknown collection of diaries and letters by the key figures, *The Pioneers* is a uniquely American story of people whose ambition and courage led them to remarkable accomplishments. ‘A tale of uplift’ (‘The New York Times Book Review’), this is a quintessentially American story, written with David McCullough’s signature narrative energy,” according to Publisher Simon and Schuster.

*The Red Scrolls of Magic*  
*Book No. 1 of The Eldest Curses*  
By Cassandra Clare and Wesley Chu

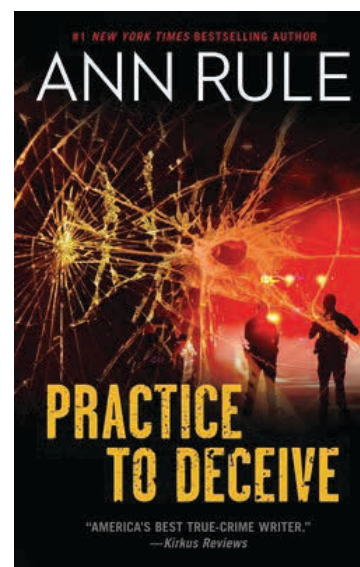


“All Magnus Bane wanted to be a vacation — a lavish trip across Europe with Alec Lightwood, the Shadowhunter who against all odds is finally his boyfriend. But as soon as the pair settles in Paris, an old friend arrives with news about a demon-worshipping cult called the Crimson Hand that is bent on causing chaos around the world. A cult that was apparently founded by Magnus himself. Years ago. As a joke.

“Now Magnus and Alec must race across Europe to track down the Crimson Hand before the cult can cause any more damage. Demons are now dogging their every step, and it is becoming harder to tell friend from foe. As their quest for answers becomes increasingly dire, Magnus and Alec will have to trust each other more than ever — even if

it means revealing the secrets, they’ve both been keeping,” according to publisher Margaret K. McElderry Books

*Practice to Deceive*  
By Ann Rule



“Nestled in Puget Sound, Whidbey Island is a gem of the Pacific Northwest. Accessible only by ferry, it is known for its artistic communities and stunning natural beauty. Life there is low-key, and the island’s year-round residents tend to know one another’s business. But when the blood-drenched body of Russel Douglas was discovered the day after Christmas in his SUV in a hidden driveway near Whidbey’s most exclusive mansion — a single bullet between his eyes — the whole island was shocked. At first, police suspected suicide, tragically common at the height of the holiday season. But when they found no gun in or near the SUV, Russel’s manner of death became homicide.

“Brenna Douglas, Russel’s estranged and soon-to-be-ex-wife, allowed him to come home for a Christmas visit with their children. The couple owned the popular Just B’s salon. Brenna’s good friend Peggy Sue Thomas worked there, and Brenna complained often to her that Russel was physically and emotionally abusive. Peggy Sue’s own life has been one of extremes. Married three times, hers is a rags-to-riches-and-back-again tale in which she is played many roles, from aircraft mechanic to ‘drop-dead gorgeous’ beauty queen as a former Ms. Washington. But in 2003, her love affair with married guitarist Jim Huden led the two Whidbey Island natives to pursue their ultimate dreams of wealth and privilege — even at the expense of human life.

“Unravel the tangled web woven by Russel Douglas’s murder in ‘Practice to Deceive,’ a heart-pounding true-crime tour de force,” according to Publisher Gallery Books.

*Backlash*  
*A Thriller*

*Book No. 19 of The Scot Harvath Series*  
By Brad Thor

“In ancient texts, there are stories about men who struck from the shadows, seemingly beyond the reach of death itself. These men were considered part angel, part demon. Their

*Continued on page 23*



# Dreams of Special Places: Coachella Valley, Indio & Surrounding Area

Story by Ronnie Greenberg • Photos by Joe Hilbers

Coddled at the base of five rugged, serene, and sometimes snow-capped mountain ranges, the Coachella Valley is set in a dramatic desert-scape that is smudged with soft pastels and muted shades of earth tones.

It was named in the 1800s by the Southern Pacific Railroad Corp. and has an age-old history with Native Americans. Here, whispers of the wind whip across the Pacific tip of the awesome Colorado Desert rich with flora, fauna, and natural wonders. The diversified valley extends southeast from Riverside County to the Salton Sea.

Indio is one of the eight unique and spectacular desert resorts in the center of one of the largest date-producing areas in the United States. Blending the sophistication of the famed Palm Springs and the charm of early-California, a visit to the region will have you infused with the magical sensation that has lured presidents, barons, and moguls.



*Front of Fantasy Springs Resort & Casino*

## Where to Stay

Reflecting on the tranquility and spirituality of the desert the discreet charm of the Fantasy Springs Resort Casino offers a taste of everything luring you to stay longer. For a fun-filled getaway, stay in one of the resort's 250 luxurious rooms or suites, indulge in fabulous dining, and enjoy world-class entertainment. In addition to exciting Vegas-style gaming options, the resort offers a fitness center, crystal-clear 103-foot swimming pool, a Jacuzzi for soaking, and a tanning pool.

For entertainment and recreation there's Fantasy Springs Special Events Center that plays host to headliners, comedy shows, and live music; The Fantasy Lounge a more intimate concert venue; and the Fantasy Lanes Bowling Center, a 24-lane entertainment facility for the entire family featuring a video arcade and pro shop. There is also a snack bar and lounge.

Resort dining has a spectrum of tempting dining options from fine dining to a casual meal. These always have delicious offerings waiting for you at The Bistro; Joy Asian Cuisine; Pom; The Fresh Grill; Pizza Kitchen and Lique.

Fantasy Springs Resort Casino is located at 84-245 Indio Springs, Parkway in Indio, CA. For information and reservations [www.fantasysprings-resort.com](http://www.fantasysprings-resort.com)

Located 120 miles from Los Angeles, and 30 minutes from the Palm Springs Airport. To

get to the resort Exit I-10 at Golf Center Parkway in Indio.

## Coachella Valley Attractions

The Cabazon Band of Mission Indians has a rich history that predates the Spanish and Anglo arrivals in the region by thousands of years. Their ancestors were primarily Cahuilla Indians (pronounced Kah-we-ah) who thrived in the Coachella Valley, and the surrounding passes and mountains by fishing in the now-dry Ancient Lake Cahuilla, gathering acorns and other seeds and hunting on the steep slopes of the mountains.

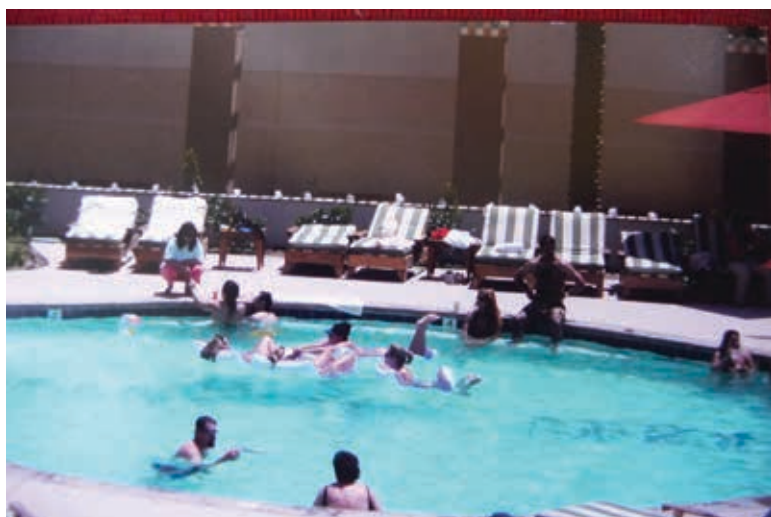
They survived the dry unyielding land by digging wells, and when the Spanish arrived in 1776, they proved to be adept traders. Today there are fewer than 50 members of the Caba-



*Desert Cactus*

Powwow to honor, help preserve and introduce others to Native American culture.

The Cabazon Cultural Museum, celebrating a heritage more than 2,500 years old, preserves the Cabazon history, traditions, and culture. As part of the commitment to cultural preservation, the museum is open to the public free of



*Pool at Fantasy Springs*



*Fresh Grill Buffet at Fantasy Springs*

zon Band, and the reservation covers 1,450 acres in parcels spread over 16 miles. Each Thanksgiving weekend, the Cabazon Band hosts the Indio

charge and invites everyone to "Walk in the footsteps of the ancient Cahuilla people." The

*Continued on page 23*



## Dreams of Special Places: Coachella Valley, Indio & Surrounding Area continued



*Desert Adventure Red Jeep Tours*

museum also has modern relevance with exhibits focusing on contemporary history. The museum is located across from The Fantasy Springs Resort Hotel at 84-245 Indio Springs Parkway.

For an incredible adventure take one of the Desert Adventure's Red Jeep Tours. The San Andreas Fault Adventure, that explores a "desert badlands" landscape in the strange and eerie world of the San Andreas Fault at Desert Adventures Ranch. Steep canyons dwarf you as you wind through the tortuous terrain created by its awesome power. Geology and jollity mix as you tread through the tormented landscape, warped, and bent by the powerful movement of the Earth's crust.

The Indian Cultural Adventure takes you to an authentic Native American archeological site on the San Andreas Fault, to learn how Indians survived. Marvel at the contrast of a natural palm oasis and narrow dry-

wavy canyons. The Mystery Canyon Adventure: thrust up by tectonic collisions and cut into endless mazes by erosion, these steep-walled canyons offer spectacular scenery. This tour includes hiking geared to ability. The Night Watch Adventure provides guests with a nocturnal voyage among surreal shadows and darkness on a cooling desert landscape. For information and reservations [www.red-jeep.com](http://www.red-jeep.com)



*Desert Springs*

Take a fascinating trip back in time with Indio's Historic Murals Project where the colorful scene from the region's past adorns Old Town buildings, along historic Route 99. The

murals tell the history of the Cabazon Indians, transportation, electricity, agriculture, and water.

In contrast, relatively new to the area is the Coachella Valley Brewing Co. focusing on the uniqueness of the Southern California Desert.

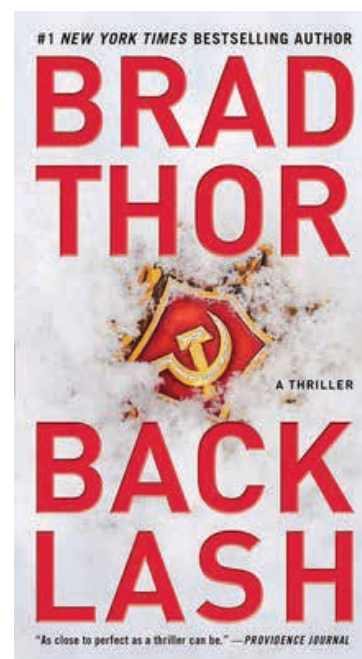
Balloon Above the Desert and greet the sun or bid it farewell as you drift in beautiful desert skies while floating effortlessly in a colorful hot air balloon. Sip champagnes while enjoying the view and soar above vineyards, polo fields, and exotic orchards. For reservations [www.balloonabovethedesert.com](http://www.balloonabovethedesert.com)

Outdoor enthusiasts will enjoy golf at over 120-area golf courses including close by Landmark Golf Club, built

class tennis facilities. Hiking enthusiasts have hundreds of trails to choose from including, the desert mountains that offer exciting adventures and sights. You will thrill to the speed and grace of the magnificent horses at the Empire Polo Club and Eldorado Polo Club, two of the country's finest polo facilities.

Indio the vibrant City of Festivals is host to the National Date Festival, International Tamale Festival, Southwest Arts Festival, Indian Powwow, and Indio Desert Circuit Horse Show. For information on Indio visit its website at [www.indio-chamber.org](http://www.indio-chamber.org)

### June Book Club *Continued from page 21*



loyalty was to their families, their friends, and their kings. You crossed these men at your peril. And once crossed, there was no crossing back.

"They were fearless; men of honor who have been known throughout history by different names: Spartan, Viking, Samurai.

"Today, men like these still strike from the shadows. They are highly prized intelligence agents, military operatives, and assassins.

"One man is all three.

"Two days ago, that man was crossed — badly.

"Now, far from home and surrounded by his enemy, Scot Harvath must battle his way out.

"With no support, no cavalry coming, and no one even aware of where he is, it will take everything he has ever learned to survive.

"But survival isn't enough. Harvath wants revenge.

"In the most explosive novel Brad Thor has ever written, page after captivating page of action, intrigue, loyalty, and betrayal will keep you hooked until the very last sentence," according to Publisher Pocket Books.



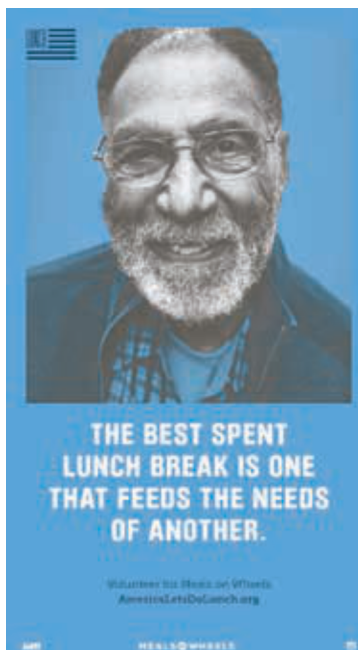


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## Technology in Our Lives

# Smart Factories With A Human Feel

Future smart factories may look like something out of a science-fiction movie but they'll also contain a familiar element: people.

The idea is to improve flexibility and efficiency between humans and machines as they work in harmony. Instead of being isolated in steel cages, collaborative robots or "co-bots" will work side-by-side with humans.

"Humans aren't going away," says Ian Simmons, Magna Vice President of Business Development and R&D. "There is enough of a shortage of manufacturing labor that you can augment assembly and manual tasks with robotics and use people where they are best used—assembling things that require dexterity and intelligence. Robots will do the dirty and dull tasks."

These advanced manufacturing plants may also feature:

- Advanced robotic systems performing complex assembly tasks.
- Automated intelligent vehicles that completely handle material flow through the plant.
- Predictive analytics used to schedule repairs and maintenance before machines break down.
- Artificial intelligence providing real-time data, so managers can immediately react to a concern or quality issue.
- Drones flying above assem-



*In smart manufacturing plants, robots do the dull and dirty work, leaving humans free to do the things that require intelligence and dexterity.*

bly lines, checking inventory and mapping heat loss with infrared cameras.

"Certain aspects are coming soon," Simmons says. "Are we seeing a whole variety of applications for smart-factory technology to increase productivity and profitability? Absolutely."

### Advanced Robotics Preview Industry 4.0

Conventional industrial robots can't perform complex tasks on the assembly line. But Magna's advanced robotic system is taking robots to the next level. Corporate R&D developed the Core Advanced Robotics Technology for high-volume auto production. The first industrial application was launched at Magna's Vehtek Systems in Ohio, where the advanced robotic system features human-like robotic operations. Camera systems let these robots identify components, pick them up and understand where they must be placed.

"We could not see any platform or technology like this coming from our traditional suppliers and production equipment and line integrators," says Alex Zak, the Director of R&D who is leading the Advanced Robotics and manufacturing initiative.

"It's a platform technology that is used in academia and one-off complex robotics systems, such as the NASA space program."

### Wearable Tech Can Improve Manufacturing

Smart watches, tablets and virtual reality (VR) headsets are previewing the future of smart factories at a Magna Mechatronics division.

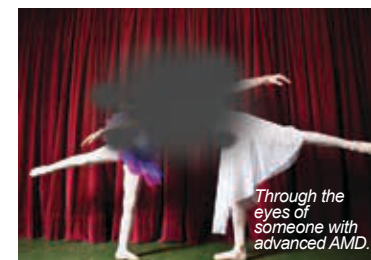
Dortec Industries is conducting a pilot project providing approximately 200 employees with wearable technology.

Wearable tech can:

- Reduce Downtime: Instant messaging replaces inefficient paperwork, intercoms and walkie-talkies.
- Improve Training: Virtual reality headsets let operators practice hand motions in the classroom.
- Improve Communication: Wearable tech is on the person at all times.
- Improve Quality: Bottlenecks and issues are easier to track. Data and analytics ensure that every assembly line has the support it needs.

- Boost Efficiency and Productivity: Response time increases and downtime decreases.

"The workforce loves it—even the people who have never owned a smartphone," says Andrew Lukachko, a Maintenance Supervisor at the plant. "In the past, it was all paperwork and hard to manage. Now, we have a new tool to record completed work and receive requests. It gives us a direct line to each other."



### The AMD Effect: Ruining Your Granddaughter's Ballet Recital

Age-related macular degeneration (AMD) is the leading cause of blindness in people 55 and older, and early detection is key to saving your sight. Don't wait to notice the warning signs, like blurry central vision or difficulty seeing fine details.

Contact the Foundation Fighting Blindness for a free info packet on preventing and managing AMD.

888-345-2473  
FightBlindness.org/AMDinfo

FOUNDATION FIGHTING BLINDNESS



# Stories and Songs Matter More Than Ever Right Now

Here's a thought that may make you feel like singing: In times like these, when so many people feel like little islands, connecting with other people to share stories and songs takes on a special significance.

It's long been popular. For much of human history, the center of people's light and life was the humble campfire. It was a place to teach, share, connect, and give thanks. It was the hub of culture, where our ancestors gathered nightly to fight back the dark with their myths, stories, and the joy of their voices raised in song.

Stories and songs are basic units of shared culture that remain, even as the source of flickering light changed from fire to screens. These days, many social networks and streaming services are reporting global spikes in member activity.

For example, on the "stories" side, nearly 16 million new people joined Netflix during the first part of the year, which was twice as many as expected. Other streaming services have seen rises as well, including Disney+. And underscoring the many benefits of engaging in these libraries of "once upon a time," watching streaming video has quickly become the #1 leisure activity for people at home.

On the "songs" side, social



singing network Smule has also seen a significant rise in new users joining in from all over the world. Smule is a global online community of music lovers where millions of people from all over come together each day to sing along with millions of popular songs, often with other people—and sometimes with the stars who first sang the songs—plus make new friends, cheer each other on, and simply have fun. Your singing ability doesn't matter; the thing all the members have in common is a love for singing, and a love for connecting with other people through the shared experience of performing songs together.

It's somewhat like Snapchat and YouTube, mashed up with an automated sound and video recording and effects studio. You can sing or record songs on video with new friends, karaoke by yourself, or sing a cappella. Members include people from all walks of life, including real-life superstars, such as Lewis Capaldi, who upload recorded versions of their top hits for other members

to sing along with and repost to the network and other social media platforms. Fans can even sing along with Disney characters such as Moana to the hits from popular Disney films.

Thousands of independent singing communities and teams have sprung up around the world, using Smule as the platform to showcase their singalongs.

One such community, Apex Team, is a group of 46 young, talented and dynamic voices from all parts of the world who came together as a virtual choir that inspires online audiences with their enjoyable musical performances. Apex produces more than a hundred group collaborations a year, including a phenomenal performance of "Fight Song," by Rachel Platten and Dave Bassett—edited into a "Thank You" to frontline professionals in the fight against COVID-19.

Meanwhile, some things haven't changed. Shared light is better, stories and songs still matter.

To learn more, go to [www.smule.com](http://www.smule.com) or get the app at Google Play.



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## Moving Tips

# Tips For Staying Safe and Connected During a Move



Planning a move can be stressful, but planning a move in the midst of an unprecedented pandemic brings a new set of challenges. Stay safe and connected with some smart pre-move planning; here are some tips:

### Follow Approved Protocols—

If you can't postpone your move, take extra precautions before moving in to ensure your new place is clean. Follow general disinfecting guidelines set forth by the Centers for Disease Control and Prevention (CDC). Among other surfaces, disinfect doors, door handles, bathrooms, kitchen appliances, countertops and—something many people don't really think about—cabinet and doorknobs as well as light switches.

**Safely Stay Connected**—New work-from-home protocols and online schooling mean reliable Internet connectivity is more important than ever. Prior to your move, SmartMove can connect you to your local provider and help arrange new Touchless Installs that let you

safely connect your tech services yourself. Cable companies deliver equipment with step-by-step activation information so you can set up your system on your own, or with support over the phone, online, through chat functionality or video tutorials. In most cases, no technician will need to enter your home.

### Keep in Touch & Maintain Daily Routines—

You may be staying in more, but don't forget to take a break from unpacking boxes. Use your new online connection to find delivery services to help stock your pantry and fridge and refill prescriptions. Your new house will feel more like home if you take time to watch your favorite shows, maintain your exercise program or explore online courses that can help you discover new talents or resume old hobbies. Don't forget to connect with friends through group video chats or viewing parties—you can even take your friends and family on a virtual tour of your new place!



## Anxiety

*Continued from page 19*

**\*GENERALIZED ANXIETY DISORDER**—Characterized by excessive anxiety or worry that occurs more days than not for periods 20 years or more. We all have it. Disturbed as I am with vicissitudes and yin and yang of my life, I have personally adopted the attitude that if there is nothing I can do about a problem, I won't worry about it. I'm sure my deceased parents, unworried about anything wherever they are, would respond with,

“Well, you sure as hell can TRY!” Actually, with the assistance of the MEDICAL/DENTAL PROFESSIONS, I do try, but the human body is such a complex machine that runs night and day for 85 years or so without stopping, worrying about it and its million parts is just part of a day's work.

Take a red blood cell, for example. You have a lot of them and each one makes 1,440 circuits of your body head-to-toe every day delivering oxygen and energizing you to get out of bed. They live for about 40 days before being replaced by a younger one who can look forward to 60,000 trips around your body before his replacement arrives to do the same thing.

Since red blood cells are bereft of wings, feet or fins, it's your heart's duty to pump them along in the more than the 2,000 gallons of blood they came in on at the rate of 100,000 beats a day.

Look around; are you the same person you were 10 or 20 years ago? Not a chance! Your body cells are regenerating themselves every single day without even being asked, I'm not making this up. This means you have an entirely new set of taste buds every ten days, new nails every 6-10 months, new bones every ten years and a new heart every 20 years along with an optional new mate That's why you hear your doctor say after an examination, “You're border-line on a couple of things, Universal Stress, probably. Lot of that going around, keep up with your insurance premiums.”

Your brain doesn't stop working. It puts about the same effort dreaming as it does thinking the 50-60 thousand thoughts that pass through it every day on average, What's it thinking about 35-48 thoughts every minute? Who knows? Even the owner who makes an effort to not think a single thought when he tries to overcome insomnia can't stop thinking about *not* thinking.

Complex machine, indeed! Try not to worry too much about the Golden Years, because we're all really a miracle, Don't regret growing older, it's a privilege denied to many.





# June Crossword Puzzle

## Across

1. Agitate
5. Seed vessel
8. Gyro bread
12. Raise to third power
13. Trims
15. Radiate
16. Work without \_\_\_\_
17. Me too
18. As far as
19. Citizenship
22. Alley-\_\_\_\_
23. Commandment word
24. Seemingly forever
26. Head cases?
29. Nimble
31. Definite article
32. Peruvian peaks
34. Register as a participant
36. Enervates
38. Flip out
40. Mozart's "\_\_\_\_ kleine Nachtmusik"
41. Made a mistake
43. Salty
45. Unmatched
46. Judicial decision
48. Buffoons
50. Underworld river
51. Affirmative vote
52. Hot diamonds
54. Ill-fated
61. Hamlet, e.g.
63. Due (to)
64. It may turn
65. Bluesy James
66. Do not disturb
67. Energy units
68. No. 2
69. Yr.'s end
70. Stink

## Down

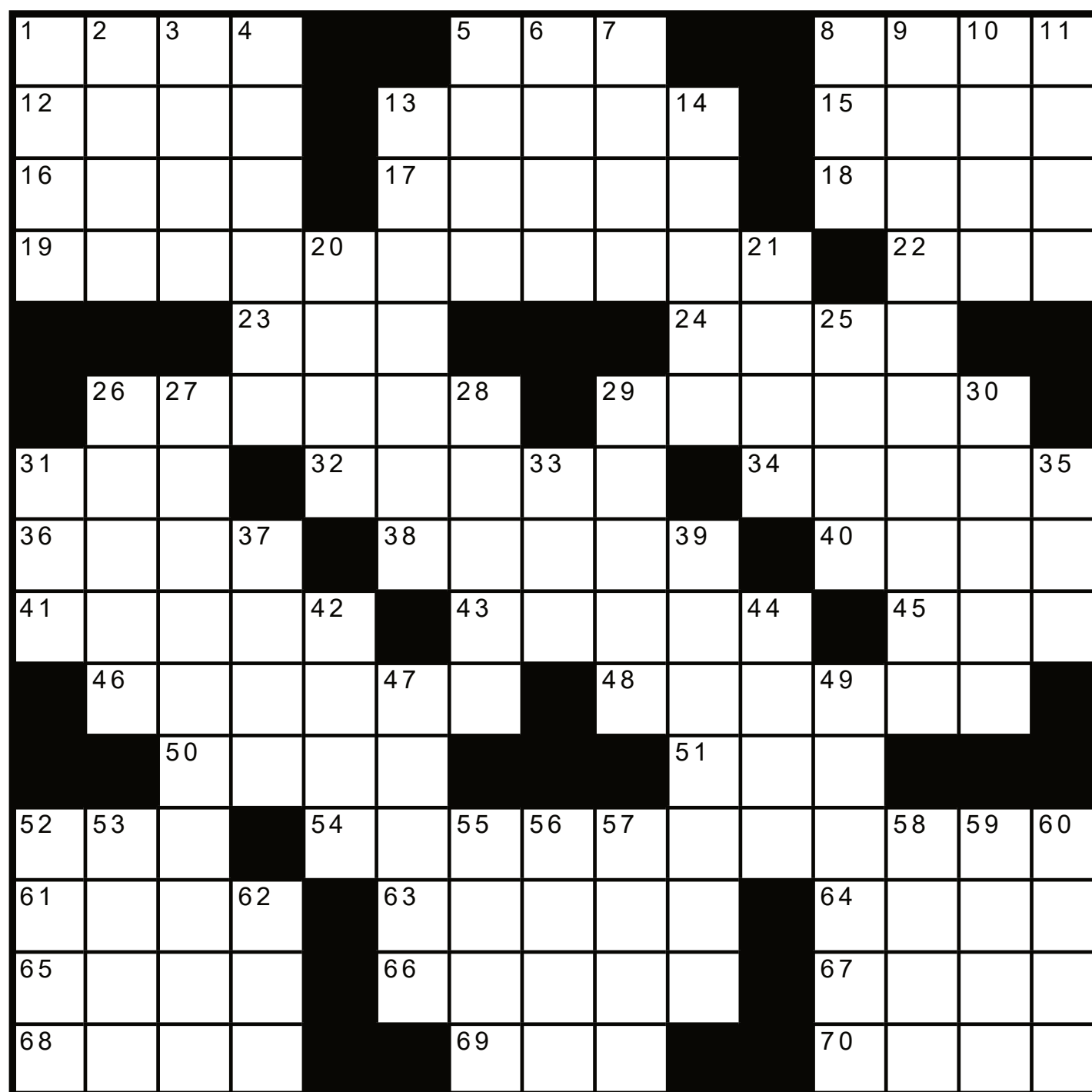
1. Examine, search
2. "Chicken of the sea"

3. Yeah, right!
4. Eye membrane
5. Que \_\_\_\_?
6. Like some history
7. Moore of "G.I. Jane"
8. Little, in Lille
9. Burden
10. Bandleader Puente
11. Perched on
13. Gasping
14. Located

20. The last Mrs. Chaplin
21. Long ago
25. Zilch
26. Beet variety
27. Stands for
28. Sun-dried brick
29. Savory jelly
30. Looks after
31. Lao-\_\_\_\_
33. Van Gogh had one lat life

35. Blushing
37. Faction of a group, often religious
39. Blow up
42. Prohibitionists
44. It's used to walk the dog
47. Sing the praises of
49. Veer toward the sunset
52. Brainchild
53. Burmese, Manx, and Scottish Fold

55. Overwhelmed
56. Confirmation, e.g.
57. "Power Lunch" network
58. Beget
59. Periphery
60. Writing table
62. Gobble up





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## Your Yard

# Make Your Garden Count For Butterflies

In this season of social distancing, many Americans are turning to gardening, finding joy and peace in an outdoor activity that can be safely enjoyed from home. “What all gardeners know, and the rest of you may discover, is that if you have even the smallest space, a pot on a window ledge, a front step, a wee yard, there is no balm to the soul greater than planting seeds,” recently wrote Charlotte Mendelsen for The New Yorker. If you haven’t gotten your hands a little dirty yet, now could be the time.

### More Milkweed for Monarchs

This spring, you can help feed both your soul and butterflies across the country by planting monarch habitat, including milkweed and other flowers that provide nectar. Milkweed in particular provides an essential source of food and is the only place monarch butterflies will lay their eggs.

Supporting monarchs is critical, as they face many health challenges including climate change, drought and habitat loss. However, anyone can help by planting milkweed and other brightly colored, pollinator-attractant flowers in the garden or even on the balcony.

There are 12 states that monarchs tend to visit during their annual migration. Those who live there can do their part by

planting milkweed and recording their efforts in the HabiTally app. These states are:

- Illinois
- Indiana
- Iowa
- Kansas
- Michigan
- Minnesota
- Missouri
- Nebraska
- Oklahoma
- Ohio
- Texas
- Wisconsin

Until May 31, any monarch habitat planted in these states and recorded in the app will be taken into consideration by the United States Fish and Wildlife Service (USFWS) as it evaluates recommending that monarchs join the list of animals protected under the Endangered Species Act. With the help of your conservation efforts, monarch health may become secure enough to not need this designation.

### Other Flowers That Butterflies Love

For people who don’t live in one of those 12 states, there are many other flowers they can plant to support butterflies, bees and other pollinators’ health while adding beauty to the garden with bright, happy blooms. These 10 plants attract butterflies and make vibrant, fragrant additions to any garden:



- Sunflowers
- Lavender
- Asters
- Coneflowers
- Black-eyed Susans
- Verbena
- Catnip
- Rosemary
- Sage
- Salvia

Whether you already find solace in gardening or are looking for a new hobby, you can help make a difference. So, plant a few flowers to see what gardening can do for you—and for butterflies—this spring.

### Learn More

Because monarch butterflies are an important pollinating insect that contribute to both agriculture and biodiversity, the Bayer Bee Care Program is committed to supporting their health, as well the health of other pollinators. You can download the free HabiTally app and get started by visiting the Apple App Store. To be sure you’re planting flowers that are best adapted to your region, visit [www.Pollinator.org](http://www.Pollinator.org).





ADMIT  
ONE

By Randal C. Hill

# Movie Preview

## 'Top Gun - Maverick'

After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell (Tom Cruise) is where he belongs — pushing the envelope hard as a test pilot and dodging an advancement in rank that would ground him. A commanding officer (Ed Harris) growls to Maverick, "You can't get a promotion, you won't retire, and despite your best efforts, you refuse to die. You should at least be a two-star admiral by now, yet here you are, captain. Why is that?"

Maverick can't resist a smirked response: "It's one of life's mysteries, sir."

Are you ready to feel the need for speed again? "*Top Gun: Maverick*" zooms onto the scene before long, 34 years after the first box-office smash of "*Top Gun*" that cemented Cruise's status as a bona fide movie star.

Cruise, still looking "*GQ-magazine*" striking at age 57, again dons his cooler-than-cool aviator sunglasses and leather jacket, although now he's a flight instructor rather than a hotshot pilot, a hands-on teacher who silences the smug young recruits seated before him in a classroom by challenging two at a time to practice dogfighting with him.

But Maverick must also confront past ghosts, and he is inexorably drawn into a confrontation with his deepest fears. This culminates in a mission that demands the ultimate sacrifice for those who will be chosen to fly it.

Along the way, we are treated to several reminders of the 1986 breakout flick. Pilots sing at a bar. An occasional fistfight erupts. Sports are played on the beach (football, not volleyball, this time). And Maverick roars down the highway on his motorcycle, an action that almost seems to be mandatory for every film Cruise shoots. There's also a cameo appearance from Cruise's original rival, Tom "Iceman" Kazansky (Val Kilmer).

"*Top Gun: Maverick*" spends more time than before with Cruise in the cockpit. We see him going through some impressive — and risky — flight maneuvers as a voiceover explains to the training program's students (and to the viewing audience, as well) that Maverick is one of the finest pilots to ever emerge from the prestigious Top Gun flight academy.

Six IMAX-quality cameras in the cockpit depict the cast members enduring flight

training alongside U. S. Navy pilots. "Everything you see in this film," Cruise reportedly told people at the latest Comic-Con convention. "I wanted to give you an experience of being inside that aircraft."

New cast members include comely Jennifer Connelly (who replaces Kelly McGillis as Maverick's love interest), Jon Hamm, Miles Teller, and Anthony Edwards.

"*Top Gun: Maverick*" releases in June.

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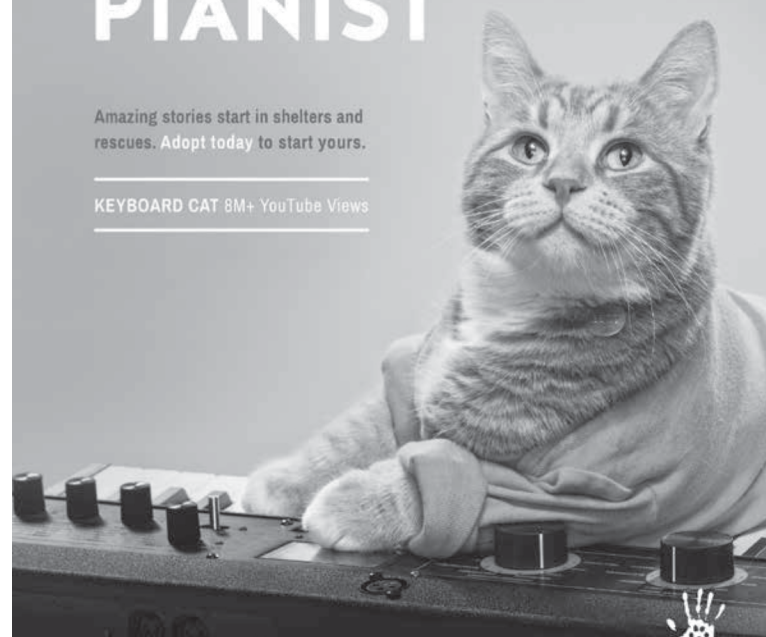
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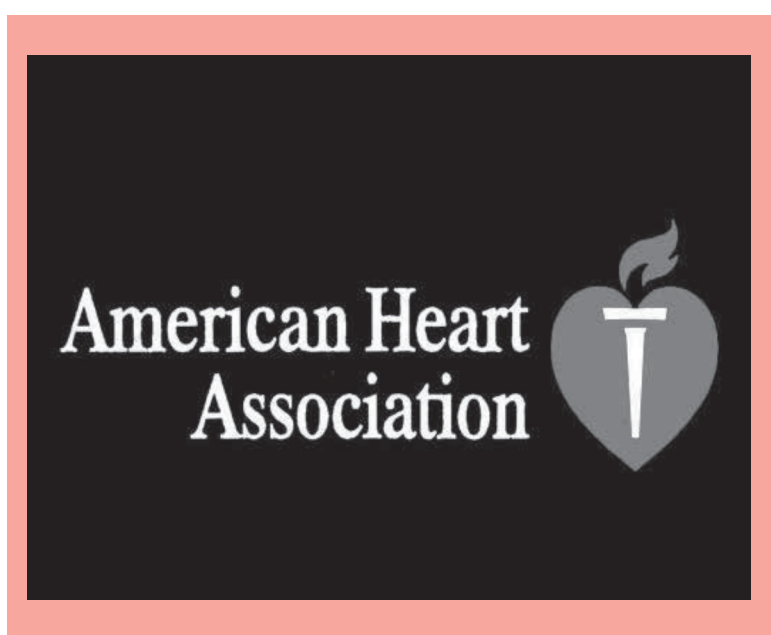
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## Health Awareness

# You Could Be Part of The 33 Percent

Look around the next time you're in a crowd. One-third of everyone in there with you is at risk of developing dangerous kidney disease.

### Kidney Disease Facts

In the United States, 37 million adults are estimated to have chronic kidney disease—and more than 90% aren't aware of it. Often there are no symptoms; they won't find out until their kidney's fail. Kidneys are vital organs—as important as your heart, liver or lungs—that work 24/7 to clean toxins from your body. No one can live without functioning kidneys. When kidneys fail, only immediate dialysis or a transplant can save you.

### A Solution

The National Kidney Foundation (NKF)—the largest, most comprehensive, and longstanding patient-centric organization dedicated to the awareness, prevention, and treatment of kidney disease in the U.S.—wants to change the odds. Every adult in the United States needs to know the risk and can find out with a simple, one-minute online quiz rolled out for National Kidney Month in March that can let you know if you're in the 33 percent—and what to do about it. "We have a public health crisis that needs to be addressed by all Americans," said NKF CEO and kidney transplant recipient Kevin Longino. "We will never give up trying to find ways to reach people,



slow or stop the progression of this disease and lessen the burden for patients. Early testing and interventions are the key."

### What To Watch For

Risk factors for kidney disease are:

- High blood pressure
- Heart disease
- Diabetes
- Obesity
- A family history of kidney disease.

### What To Do

If you have one or more of these factors, you should to go to MinuteForYourKidneys.org to find out what to do next and how to talk to your doctor about it.

Life-threatening kidney disease can strike anyone, young or old, and has many causes, but early intervention can make a difference. Lifestyle changes and a healthy diet can sometimes slow the progression of the disease when caught in the early stages, and sometimes can stop kidney failure.

The first step to preventing kidney failure is knowing your risk, then getting tested. Two simple tests, one blood and

one urine, can let your doctor know how your kidneys are doing. It's easy to get tested yet the results can save your life.

### Learn More

For further information about NKF, visit [www.kidney.org](http://www.kidney.org).





# Busy Boomers

By Les Goldberg

## You're Never Too Old To Fulfill Your Dream

If you are reading this column, you are most likely in the twilight of your career or you are “retired,” enjoying a life of leisure and living off your retirement income, pensions, and Social Security.

Or you also might be in another category: entrepreneur.

According to recent studies on aging by several well-known organizations, the notion that most people who start their businesses are young tech-savvy innovators is a myth.

The Kauffman Index of Start-up Activity identified that the highest rate of entrepreneurial activity in the U.S. is among the 55 to 64 age group. This has been the case for the past 15 years, and the trend shows no sign of slowing down.



A study by the research firm of Merrill Lynch found that older folks are tossing away their traditional retirement plans and entering the world of entrepreneurship at a rate three times faster than young people.



“These new entrepreneurs,” the study says, “are optimizing their life and work experience to build everything from simple craft companies to multimillion-dollar technology businesses.

According to Babson College’s Study of Small Business In America, more than half of all-American small business owners are 50 years old or more. Significantly, the study revealed that senior entrepreneurs are 70 percent more likely to remain in business, compared to 28 percent of their younger counterparts.

All of these studies cite only one basic negative about senior entrepreneurship – fear of failure. Let’s face it, no matter how smart you are or how confident you feel about your particular specialized area of expertise, pouring your life savings into a startup is risky.

To overcome that fear, there is help in many places, including your local library, the Internet, community college, and yes, your small business loan officer at your favorite bank.

One of the country’s best resources for budding businesses is the Global Institute for Experienced Entrepreneurship and its Experience Incubator program.

“We exist to boost confidence by helping people understand how they have been thinking and acting entrepreneurially all their lives: in their work, managing a home, raising a family, and so much more,” said Elizabeth Isele, CEO of the institute. “We help people decode their entrepreneurial experiences decade by decade and learn how to translate those skills to optimize a business startup.”



### Experts

What advantages do you as “seniors” have to bring to the entrepreneur table?

1. Experience – you know what works and what doesn’t because you have seen more ideas, more products and services introduced that have either succeeded or failed.



2. Resilience – you have overcome many obstacles by weighing a lifetime of trial and error to make wise decisions to develop successful conclusions.

From a purely economic standpoint, the studies show that senior entrepreneurs stay engaged in living longer, stay healthier, and make fewer demands on social service and entitlement programs.

Also, by starting their businesses they create jobs for themselves and others, thereby boosting their local and national economy.

“The senior entrepreneurs of the future will redefine work and life across all generations, cultures, and geographic boundaries,” Isele said. “These generations will create a whole new paradigm for aging and retirement – as well as a growth sector for our economies.”

Take the case of Doreen Anderson, 62, of Long Beach, for instance. She opened a bed and breakfast when she was 51 after a long career as an airline customer service representative. “I’ve had this yen my entire life,” she says, “I’m an ear-

ly riser, cooking is my passion and I enjoy serving customers. And honestly, I hated being an employee. I wanted to be the boss.”

She is not alone. Seventy-five percent of those who took that Guidant Financial/Lending Club survey reported an eight to 10 satisfaction level on a scale of 10. That’s on a business level – but even more on a personal level.



In almost every case, the answers were the same when asked if they had any regrets about starting their businesses. Regardless of their doubts and hesitancy, they said it was what they wanted to do most – something more meaningful, more satisfying, and more rewarding.

The bottom line of entrepreneurship: It isn’t work when you love what you are doing.





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## Four Ways To Remain Mentally Sharp In Retirement

Many retirees share a fear of gradually losing their ability to think as clearly as they used to or remember simple information such as other people's names. And while everyone has the occasional "senior moment," medical research indicates that aging by itself is generally not a cause of cognitive decline.



*You can keep your brain sharp and supple, when you put your mind to it*

"Studies have shown that you can help prevent cognitive decline and reduce the risk of dementia with some basic good health habits," according to Harvard Medical School's Healthbeat newsletter.

Here are four simple steps to keep your mind sharp at any age:

**1. Exercise:** It's important to stay physically active. Simple routines such as taking exercise classes at your health club or taking walks in your neighborhood every day can do wonders for your mental health. Just get moving. "The cognitive benefits of exercise have been understood for so long," notes the Center for Retirement Research at Boston College.

**2. Serve:** Research published by the American Psychological Association found that volunteering in later life "is associated with significant psychosocial, physical, cognitive and functional benefits for healthy older adults." Science

is now confirming what many have learned by experience: People often feel better after they have served others and enjoyed the time spent helping someone else.

**3. Learn:** Experts think that ongoing education and learning new things may help keep you mentally sharp simply by getting you in the habit of staying mentally active. Take a class from a senior center or community college, make it a habit to visit the library and pick up a new book each week. "Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them," according to Harvard Medical School.

**4. Finances:** A study published by The Journals of Gerontology found that "financial strain was a strong and robust predictor of worsening mental health" among older adults, including anxiety and depression symptoms. Another way to help keep yourself mentally

*Continued on page 34*

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## Booktrib's BookBites

# Four Powerful Stories Of Love, Growth and The Soul

## "Rachael's Return" by Janet Rebhan

Caroline Martin has everything but the thing her soul craves most: a daughter. During a routine hysterectomy, she unwittingly aborts the little girl she's always longed for, leaving the unborn baby's soul in limbo. She shares a hospital room with a pregnant woman who's just been shot by her boyfriend. Her unborn child is barely hanging on—and the soul of Caroline's hovering baby cannot resist the urge to rebirth via this unclaimed fetus.

In the aftermath, two engaging heavenly guides struggle to find a way to help Caroline and her would-be daughter forge the link always meant to be between them—before the child's brutal father makes good on his vow to steal the girl and disappear with her. Purchase at <https://amzn.to/2X4W5qZ>.

## "Big Wild Love" by Jill Sherer Murray

Jill Sherer Murray lived in a dead-end relationship into her 40s before she finally let it go. She was like millions of women who struggle with whether to stay in a loveless marriage, a bad relationship, or give up on dating altogether, believing love isn't in the cards. You may even know someone struggling with a similar decision.

With warmth and honesty, Murray shows how letting go can free you from a life that isn't serving you.

She knows this is true, because she did it herself—and ultimately attracted the love and life she wanted. "Big Wild Love" shows how to find the way back to the self once thought lost. Purchase at <https://amzn.to/34aBnHy>.

## "Finding Venerable Mother" by Cindy Rasicot

When Cindy Rasicot moves to Thailand with her husband and teenage son, she finds herself strangely adrift in a foreign culture, unprepared for the challenges she encounters. On an impulse, she signs up for a conference where she unexpectedly meets a Thai Buddhist nun, Venerable Dhammananda Bhikkhuni, who leads her on a spiritual journey from which there is no turning back.

This soulful and engaging memoir is the story of one woman's journey of physical, emotional, and spiritual healing through her connection to a loving Buddhist teacher who fully accepts and nurtures her in a way her own mother never did. Purchase at <https://amzn.to/2R5CLWL>.

## "Broth From the Cauldron" by Cerridwen Fallingstar

A collection of "teaching stories," this is a literary Wiccan



soup for the soul. It is a distillation of the wisdom Cerridwen Fallingstar has gathered from her journey through life and from her 40 years as a Shamanic teacher and Wiccan Priestess.

At turns poignant and humorous, it chronicles her trajectory from a Republican Cold War upbringing to Pagan Priestess, offering a portrait of a culture growing from denial to awareness. Accessible to any audience interested in personal growth, "Broth from the Cauldron" is for everyone who's ever stood at the crossroads wishing a fairy godmother would come along and show the path. Purchase at <https://amzn.to/2XaGAOm>.

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## Four Ways

*Continued from page 32*

healthy in retirement is to make sure you have ample cash on hand to help pay off unexpected health care bills or fund any renovations that might need to be made to your home. Many seniors are surprised to learn that one potential asset for generating immediate cash is a life insurance policy.

A life insurance policy is considered your personal property and—as such—you have the right to sell that policy anytime you like. When a consumer sells a policy in a “life settlement” transaction, the policy owner receives a cash payment and the purchaser of the policy assumes all future premium payments—then receives the death benefit upon the death of the insured. Candidates for life settlements are typically aged 70 years or older, with a life insurance policy that has a death benefit of at least \$100,000.

To learn more about life settlements, visit [www.LISA.org](http://www.LISA.org) or call the LISA office at (888) 672-3917.



# Are You Seeking a Care Facility For Your Loved One?



*Matt Posselt, owner of Ivy Glenn Terrace; Melissa Schusler, Residence Care Placement Specialist; Polly Ambrose, care facility resident, and Pia the caretaker*

Take it from me, if you answered “yes” to the question above, it can be a daunting – and often very frustrating task. In my case, our family endured the experience twice – within a 4-year span -- when my mother and father who had been living with us for 7 years finally reached the stage where highly professional daily care was necessary.

Unfortunately for us, finding a well-managed, highly qualified care facility involved hours of knocking on doors, numerous phone calls, visitations, interviews and negotiations. If only there was a service available then like Orange County-based Residential Care Placement Specialist (RCPS).

Founded in 1997, the company has developed close working relationships with state-li-

censed assisted living facilities and organizations dedicated to board and care, memory care, hospice care or respite care. It also has close ties with the Alzheimer’s Association, Council on Aging, Home Care Agencies,

Veterans resources, Adult Protective Services and Social Services.

To learn more about this unique service, we asked Melissa Schusler, placement specialist with RCPS, to answer some key questions typically asked by families and friends who are in similar situations:

**SR:** I know this is a basic question, but why does RCSP exist?

**MS:** We take the load off our clients and their families to narrow down the search to a few homes we feel are appropriate. We then schedule tours with the families. Whether the transition needs to take place immediately or within a week or months, we will successfully handle the entire search.

**SR:** How do you determine what level of care is required for each resident?

**MS:** Initially, we assess each unique situation, and get to

know the family and the resident. The more we know about them, the better we can offer our expertise for assistance. After we assess the resident’s care needs, personality and preferred locations, we work with the family budget to ensure appropriate placement.

**SR:** What steps do you take to find a facility that is the right fit?

**MS:** We pre-tour every home or facility to assess their care plans, to see what types of caregivers are on duty and their training. We look at the quality of their meal plans, medication management, and activities and programs offered. We also ensure that the facilities have hospice waivers and have passed State of California inspections.

**SR:** What is the cost of using RCPS services?

**MS:** Our services are free to those who need them. We receive our commission directly from the facilities after a transition has been made and the clients and families, facilities and owners are all comfortable, safe, content and happy.

One such satisfied customer is Ginny from Lake Forest who told Schusler: “I am so grateful to have found you. Not only did you find a home quickly, but you knew immediately what I wanted for Mary who has Alzheimer’s.”

Another is the Ambrose family in San Clemente: “Thank you for all the hours of searching and getting to know Polly, her needs and the needs of our family. The confidence and experience you shared with us helped us believe it was possible.”

And the vice president of development for the Alzheimer’s Association said this about RCSP:

“Thanks for your help. Those we serve found a window of hope.”

According to Schusler, “We at RCSP take pride in searching for That Age In Place Home. We have the knowledge and resources to support all unique needs, preferences and desires of our clients and families. We offer suggestions and support during all types of transitions.”

For more information about RCSP, you are invited to call Schusler at the office (949) 413-4582, her cell (949) 412-5947 or toll-free (800) 763-1433. Her email is [mel4seniors@gmail.com](mailto:mel4seniors@gmail.com)

*See our ad on the back cover*





# In The Spotlight

## ‘Bubby Linda’ From TV’s ‘Bubbies Know Best’ Recovers from COVID-19

Looks like everyone and their grandmother – literally – has been affected by the COVID-19 pandemic.

Meet Linda Rich *aka* ‘Bubby Linda’ who is in her early 70s and one of the stars of “*Bubbies Know Best*,” which airs on Jewish Life Television/JLTV, North America’s premiere 24-7 Jewish-themed television network.

She was recently recovered from COVID-19 and has fully recovered after testing positive for the virus as has her husband Phillip.

“*Bubbies Know Best*” is a dating show with a Jewish twist, where three Jewish grandmothers select a couple to go out on a date. Young and old. Straight and gay. Jewish and non-Jewish. The Bubbies are making matches.

“A week after I attended a public function with over 100 people in early March, I started to feel feverish and achy. After I started having difficulty breathing, I finally went to the ER,” she said.

Rich told the hospital that someone at the function had tested positive for Coronavi-



rus and was having difficulty breathing and I was a senior. “They said I had bronchitis and denied my request for a test, I was shocked. Three days later, only after my symptoms got worse did, I finally got a test and two days later, I learned the test result was positive,” she continued. “By the time I got my positive test results, my symptoms were improving. I was relieved but still so scared. So many seniors have been dying from Covid-19.

“If it will help, I would be glad to donate my antibodies to help others that are in much worse shape than I was and who are fighting for their lives,” she said.

Rich encourages all others who may have had COVID-19 and have recovered to do the same.

Besides herself, husband Philip who is in his 80s became concerned when he started to feel symptoms like his wife’s by late March. He was ul-

timately administered a COVID-19 test on March 31, which came back negative on April 2.

The medical professionals found the negative result implausible, given that he had not been isolated from his wife during the entire month of March.

“As my symptoms were improving, my husband, who is over a decade older than me, started to feel ill. His first Covid-19 test came back negative, but we were convinced that had to be wrong since we had not isolated from each other,” she said.

Philip was given another test on April 3, which came back positive on April 5.

“My husband’s second test came back positive. I was petrified, given how coronavirus has killed so many older adults. Fortunately, my husband did not get the worst of the illness and he has fully recovered,” Rich said.

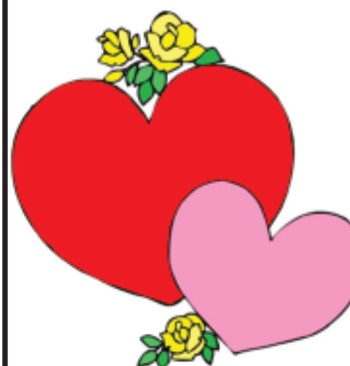
“*Bubbies Know Best*” recently finished its first season. During the first season, the Bubbies made promotional appearances on “*Access Hollywood*,”

“*Daily Blast Live*,” “*Home & Family*,” “*The List*,” “*The Steve Harvey Show*,” “*TMZ*” and more.

“*Bubbies Know Best*” is currently in pre-production on its second season, whose ultimate launch date has been postponed due to the Coronavirus. The Bubbies are currently preparing to launch a podcast version of “*Bubbies Know Best*.”

More cultural than religious, JLTV airs in over 45 million homes through DirecTV, Comcast, Spectrum, Bell, and other video providers.

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# How Americans Get Enough Protein While Eating Less Meat

If you're eating meat on a daily basis, it appears you may be in the minority—according to new research. A survey of 2,000 Americans examined respondents' eating habits and found that less than half (47 percent) said meat is a major part of their diet.

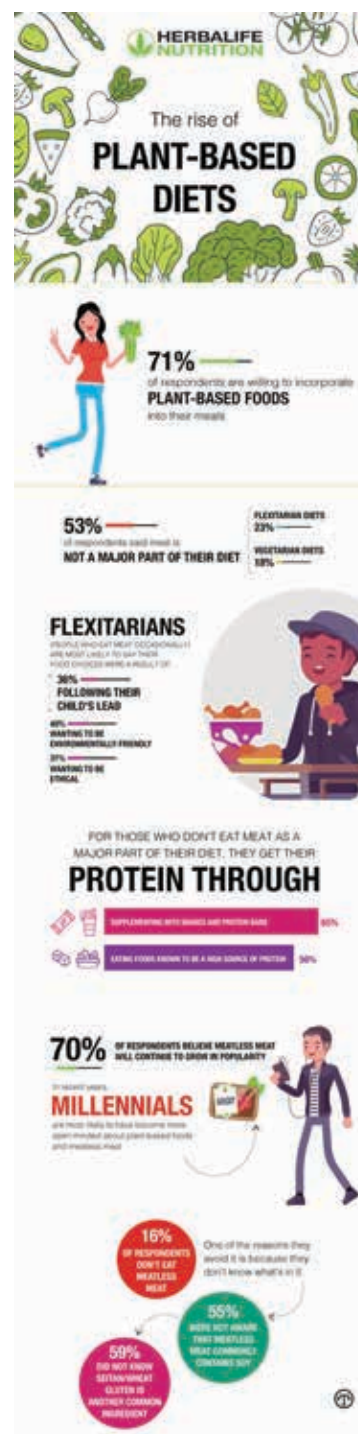
Instead of chowing down on pork and beef for dinner, 71 percent of respondents are open to including more plant-based foods in their diet, with 25 percent choosing to follow a flexitarian diet—a semi-vegetarian diet that focuses on healthy plant proteins and other whole, plant-based foods but encourages meat and animal products in moderation—according to the survey commissioned by Herbalife Nutrition.

The change in diet isn't a huge surprise, as beef and pork consumption has been steadily falling since 1975, according to the USDA.

## What Are Americans Eating?

For those who don't consume meat as a major part of their diet, they shared that they supplement their protein intake with shakes and protein bars (65 percent), as well as by eating food known to be a high source of protein (56 percent)—foods such as soy, peas, beans and rice.

Many dietitians agree that the USDA's minimum recommended daily consumption of protein is just that, a minimum, and not enough for optimal



*Plant-based diets are growing in popularity*

performance. Instead, multiplying one's weight by .7, will get individuals closer to their actual daily protein needs in grams. For example, a 100 pound person should consume 70 grams of protein a day.

"Protein is an important component of every cell in

the body, helping to support healthy bones, muscles and organs," says Susan Bowerman, registered dietitian and senior director of Nutrition Education and Training at Herbalife Nutrition. "So, whether you obtain your protein from shakes, bars, animals or plants, your focus should be on the quality of the source, to help ensure your body is receiving maximum benefit."

In recent years, additional plant-based protein options, such as "meatless meat," have been growing in popularity and have become mainstream. The trend, according to the study, is driven by Millennials and accepted equally all generations.

"For those who want to eat more plant foods but don't want to give up the taste of meat, there are plenty of 'meatless meat' options," continues Bowerman. "While bean and grain-based burgers have been around for some time, there are newer products made with plant protein powders that provide the taste and texture that meat eaters crave."

## Why Are People Changing Their Diet?

There are numerous reasons people make changes to their diet. According to the study findings, those who identified as flexitarians stated that their food choices were a result of wanting to be healthier (52

*Continued on page 37*

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*The individuals pictured above are models and are not actual therapist and patient.*

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## Less Meat

*Continued from page 36*

percent), wanting to be environmentally-friendly (40 percent) and ethical (31 percent). Youth are helping drive the change to more plant-based meals; as 36 percent of flexitarians said they follow the lifestyle because their child(ren) had requested the change.

### Plant-Based Proteins: A Sustainable Alternative

According to Food and Agriculture Organization of the United Nations, raising livestock for meat, eggs and milk generates 14.5 percent of global greenhouse gas emissions, the second highest source of emissions and greater than all transportation combined.

Furthermore, the American Society of Clinical Nutrition states that worldwide shortages of cropland, fresh water and energy resources already require most people to live on a plant-based diet.

Consuming plant-based protein is something that's already widespread. More people now understand that plant-based diets are not devoid of protein—in fact, plant-based proteins, as opposed to animal protein, are naturally cholesterol-free and they are relatively low in saturated fats.

From a sustainability standpoint, plant-based proteins—especially soy—are the smart way to go because when comparing the amount of protein produced between soy crops and livestock, the soy uses less water than pork or beef, requires less land and produces less carbon pollution.

# As World Faces Health Crises, New Report Finds Trust Is Vital

Recently, health experts gathered online to forecast the future of medicine. One theme: the increasing frequency of global crises.

Now, COVID-19 has brought this hypothetical threat to life, and a report by the U.S. Pharmacopeia (USP), an independent, nonprofit, scientific organization dedicated to improving public health through public standards and related programs that help ensure the quality, safety and benefit of medicines and foods, and the MIT Center for Collective Intelligence can help. Called “Trust or Consequences 2040: Will Innovations in Health and Medicine Deliver?” identifies what may happen in the future and explores the role that trust will play in helping people live longer and healthier. It identifies likely drivers of change, such as big data, artificial intelligence (AI), gene editing, risks to health systems and medicine supply chains and opportunities to improve global health. Four scenarios surfaced:

**Scaling the tried and true:** Rolling crises spur effective global collaboration to address health concerns. Medical advances based on big data and AI are implemented gradually. The focus is on baseline healthcare for all.

**Dangerous uncertainty:** Problems with big data and AI lead



*A new report looks at the future of trust in medicine*

to devastating healthcare failures. Unequal access to innovation means only the rich receive advanced treatments; people turn to folk medicines, science-based medicine is questioned.

**A world of difference:** The success of big data and AI in healthcare leads to rapid advances in personalized medicine and prevention. Not everyone can access this and disparities between and within countries perpetuate a “haves” versus “have nots” dynamic.

**Solving tomorrow's problems:** Smart innovation is widely distributed. Big data and AI create inexpensive diagnostic tools. Diseases become more predictable and healthcare emphasizes prevention. New treatments and technological advances curb costs.

The report also suggests how public quality standards for medical products could help promote trust in health and medicine in the future—as they have for 200 years.

“Many of the challenging issues we face in healthcare are recurring and persistent.

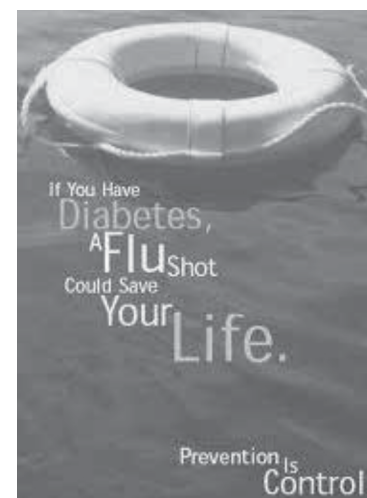
‘Trust or Consequences 2040’ points out that we must plan for the future we want, or we risk failure and an erosion of trust. Standards offer a proven approach to building trust and ensuring as many people as possible benefit from promising innovations in health and medicine,” said Ronald T. Piervincenzi, Ph.D., CEO of USP.

Read the report at [www.usp.org/trustorconsequences](http://www.usp.org/trustorconsequences). Share your opinion on social media using #TrustTomorrow.

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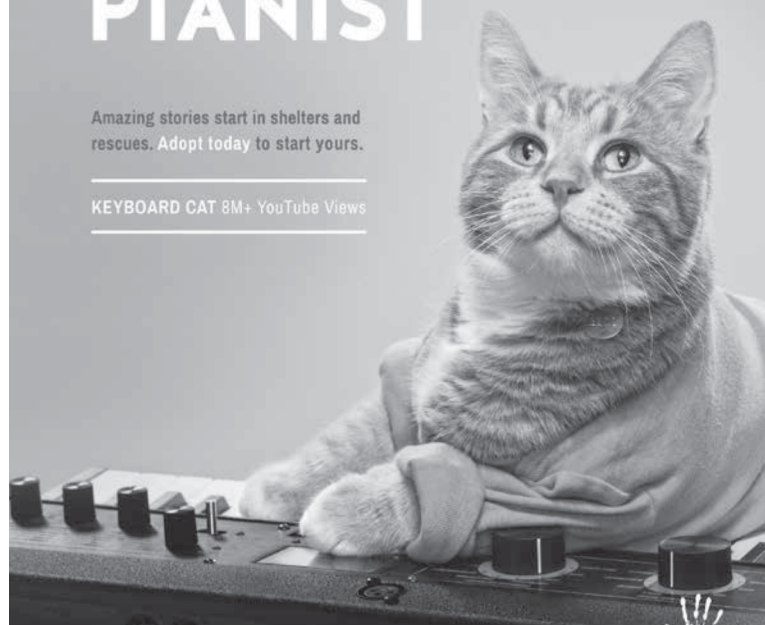
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### Crossword Puzzle Answers from page 27

1	S	2	T	3	I	4	R			5	P	6	O	7	D		8	P	9	I	10	T	11	A
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# JUST JUDITH

By Judith A. Rogow

## It Is Not Just Us

We have been quarantined for so long that we may have overlooked the impact on others.

The Class of 2020, be they kindergartners or those receiving PhDs, are all missing graduation ceremonies of some sort. Many have missed senior prom and other traditions; some were unable to finish their exams or prove their prowess in specialized areas. Some have been unable to return home as public transportation methods have been curtailed or stopped altogether.



One of the latter, my grandson, Nick, finally flew from Florida to Massachusetts last week. I asked him about the flight and about the certification he had been working toward.

He replied in an email I am adding to this article (lightly edited):

*For the most part, the experience was not too bad. Getting to the airport and going through security was a breeze, I may have seen 20 people be-*



*fore I got to my gate. When I reached the TSA scanners there were only three people in front of me and it took no time at all to get to my gate. Since I had planned for more delays I had left early and got to my gate over an hour early. No food or drink was available at the airport.*

*Then my flight was delayed, for reasons that were not specified, for 30 minutes which was not ideal but was not that big an inconvenience for me.*

*Most of the people waiting to board the plane were wearing masks but once they boarded everyone was instructed that they had to wear a mask at all possible times and masks could be requested. They announced: 'if someone has a problem with wearing a mask see the flight attendants.' It was not a full flight and everyone was spaced out by at least one seat in between them.*

*They did not serve their usual food and drink options but came by once with Terra Chips, Cheezits, and a small bottle of water in a Ziploc plastic bag for each of us. During the rest*

*of the flight, I did not see them much, they just did two or three passes through the plane to collect trash. It seemed to be busier at the Boston airport when I arrived. However, it was what I expected while traveling during this time.*

*Overall, through the pandemic. I am not as concerned as most people. I am healthy with no contraindications for COVID and in an age group that is not affected as much as some others.*

*I am hoping that it ends soon. I want to resume activities like going to the gym, running, and eating at restaurants with my friends. I miss the social contact.*

*The biggest thing that is keeping me sane during this pandemic is that the golf courses are open. I have gone golfing moreover this pandemic then probably in the past year. Down where I have been living, I have been able to get almost any groceries that I need or wanted (after the toilet paper and paper towel crisis). I planned, before this pandemic started, to get a strength coach certification around this time, but I am unable to because all the testing centers are closed. This is slowing down my life when it comes to bettering my knowledge and career.*

From what I've heard from local friends, his thoughts are

shared by many, missing social contact and not being able to further their studies, be it by summer classes or the experience gained from summer jobs, is a huge disappointment.

Hopefully, by the time you read this, things will have eased up and we will have returned to something approaching normal.



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# As The Cost of Long-Term Care Increases, It Pays To Know Your Options

According to AARP, there are 10,000 people turning 65 every day—a figure that is expected to be consistent until 2030. As these Americans continue to prepare for and enjoy their retirement years, more and more are factoring the cost of aging into their financial plans. For good reason: The Administration for Community Living, a part of the Department of Health and Human Services, estimates about seven in 10 people turning 65 will need some type of long-term care services either at home, in their community, or in a facility.

Long-term care can be costly and it is an expense many people have not planned for. “Long-term care expenses are generally not covered by health insurance and coverage provided by public programs is limited, so an unexpected need for care can create a large financial burden and put other savings and assets at risk,” said Aaron Ball, Senior Vice President, New York Life Insurance Company. “Fortunately, Americans have several options to ensure they have more control over how and where they age,” adds Ball.

## Long-term care planning options

There is no one-size-fits-all solution when it comes to planning for a long-term care event, so it’s important to know what options are available to determine what will meet your unique needs.



*Chances are you or someone you care about will need long-term care at some time*

**‘Pay your own way’:** Often referred to as self-funding or self-insuring, this option relies on using existing money or assets to fund long-term care needs out-of-pocket.

**Medicaid:** Although Medicaid does cover long-term care services, it’s an assistance program for people with limited incomes and minimal assets. It’s important to determine whether you qualify before depending on this option.

**Private insurance:** There are several types of private insurance products designed to help cover the costs associated with a long-term care need:

- Standalone or traditional long-term care insurance offers the most comprehensive long-term care benefits, covering a wide range of services including care at home, in the community, or in a facility.

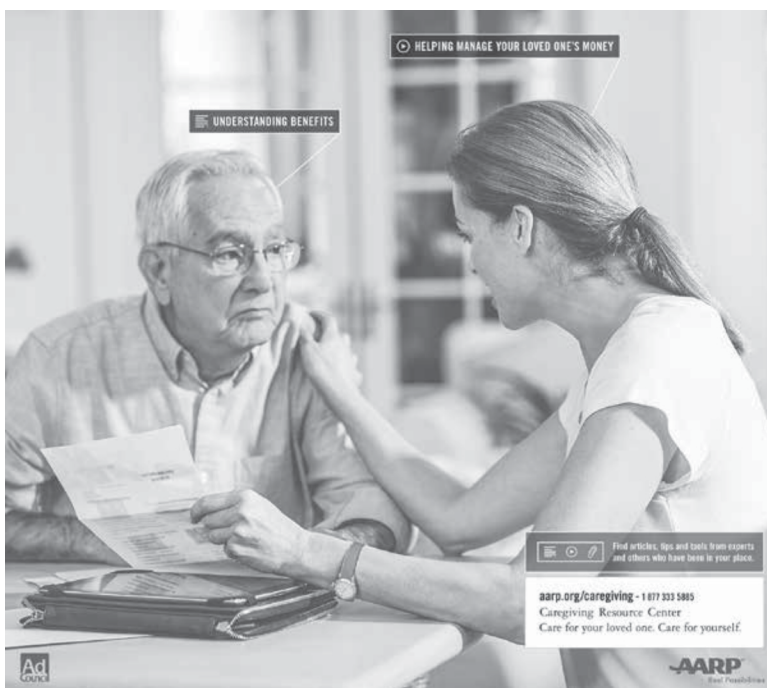
- Linked benefit products (also known as hybrid or combo products) allow people to combine two or more coverages in

one policy—most commonly life insurance with long-term care coverage. As you are paying for both coverages, you generally receive fewer long-term care benefits for your premium dollar when compared to a standalone policy.

- Riders, such as chronic care riders on life policies, offer the most basic coverage, allowing a portion of the policy’s death benefit to be accessible should you become chronically ill.

“It’s important to evaluate your financial picture as well as your desires for how and where you might receive care if and when a long-term care event occurs,” explains Ball. “For many people, even a small standalone long-term care policy can provide access to important benefits that can help manage a long-term care event and avoid spending down assets that would otherwise be used to help fund retirement.”

Whether you decide to pay for long-term care out of pocket, rely on Medicaid, or purchase private insurance, it’s important to make your plan sooner than later. Insurability for private options is based on your health and medical history and is usually subject to underwriting. Locking your insurability in at a younger age and lower rate is likely to give you the most bang for your buck.





# Tinseltown Talks

By Nick Thomas

## Kelly Stewart Remembers Dad Jimmy Stewart

If you don't think Jimmy Stewart put the classic in 'classic movies,' consider these titles in which he starred: *"It's a Wonderful Life," "The Philadelphia Story," "Mr. Smith Goes to Washington," "Rear Window," "Vertigo," "Harvey,"* and the list goes on. No wonder Stewart appears near the top of just about every list of all-time most popular classic film actor.

With such a resume, it is hard to imagine the man did not develop an ego the size of the famous Hollywood Sign on Mount Lee in the Santa Monica Mountains. But according to his daughter, Kelly, the respectable, unpretentious, all-American guy he often portrayed on film was also the real Jimmy Stewart.



*Jimmy Stewart in Harvey, 1950. - publicity still, Universal Pictures.*

Married to his beloved Gloria for 45 years, the Stewarts had two sons (one killed in Vietnam) and twin daughters. Like her siblings, Kelly never took up acting (she became an anthropologist).

"The life of an actor didn't



*Jimmy Stewart takes high school daughters on a trip to British Columbia to look at colleges. Judy and Kelly, R. Photo provided by Kelly Stewart.*

really look like that much fun to me," she said. "We went to dad's set a couple of times (and) it looked very tedious to me – short takes, just a few minutes long, after which people come rushing up to you, touching up make-up and hair, hovering and fussing and looking. I remember thinking, I could never do this."

Growing up, Kelly recalls her father preparing for roles at home.

"Dad sat in a big comfy armchair that had a matching footrest and no one else ever sat in that chair when (he) was home! When he was working on a movie, he would sit with the script in his hands and his lips moving saying his lines to himself. He never said anything out loud. I have that image of him burned into my mind. We never read any of the lines with him. Except for that, he rarely brought his work home with him."

His trademark slow drawl, says Kelly, was no act. "He loved to tell stories about his own experiences and he had great timing. He just took a long time to come out with the punch line!"

Although not a traditional father in some ways, she still gives him high praise. "He wasn't a hands-on dad – he didn't help us with our homework and I doubt he ever changed a diaper. But he taught by example and just had a very quiet way about him."

Not surprisingly, Kelly remembers her dad as being gracious with fans.

"I've had people come up to me and tell me they wrote him a letter when they were in high school and got a personal response back. He had a secretary helping him, of course, but he signed all the letters. I never saw him say 'no' to an autograph seeker, even when there were crowds of people. It was actually a kick to get that glimpse of dad's fame."

When Stewart's wife died in 1994, Kelly remembers him retreating into great despair.

"I think he had just had enough of the world. Dad was the most stubborn person I have ever met and was going to do what he wanted – to hunker down

inside his beloved home, with his two dogs. At the end, I believe he appreciated his wonderful life and knew he was loved."

*This interview for Father's Day was condensed and edited from the author's book "Raised by the Stars."*

*Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 800 magazines and newspapers.*

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# Life After Mother

By Lyn Jensen

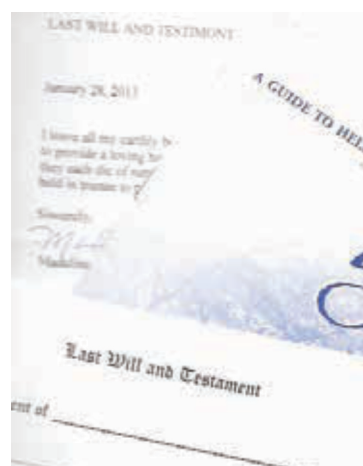
*A new column explores navigating probate and estate issues from personal experience.*

## No Will, No Way

My mother and father made what they considered wills, and no one could tell them otherwise. What they did was print out simple statements on their home computers, signed the papers, and that was all they bothered to do about their hard-earned property.



My father never stopped his profane tirades about lawyers and money and how he did not have to do all that. At least his signed and dated printout listed his accounts and such.



My mother, a lifelong procrastinator, simply evaded the subject, until her mind was incapable of handling it. Only after her death did I find she'd made a printout, too, dated 2013. She never shared or discussed it, not with me anyway — maybe it went down her mind's memory hole.

The first sentence said she would leave everything to me, provided I take care of — she named her cats, without explaining they were her cats.

'If she does not wish to do this the estate should be held in trustee to pay for their care' was the second and last sentence. Who would hold the "trustee" and disburse the money and care for the cats wasn't explained.

You cannot set up a 'trustee' that way. Under California law, if you want to write, sign and date what you call a will and stash it away, to be valid it has to be handwritten entirely by you, not even marked by a witness, and not altered by so much as a staple pull. My parents couldn't even get their acts together that simply.



If my father had written his so-called will in his own hand, I might have been able to stop some women from plundering his property while he lay dying. When I tried to recover the property after his death, I

learned that lacking any valid will, I had no case.

My father left perhaps \$35,000, counting every car, every item of value, most of it in two credit union accounts, minus what those women took. I just had to deal with the credit unions and dispose of his personal property.



My mother left a house real estate agent beg for, its rooms crammed with valuables (and/or junk). I am still discovering various financial accounts that must be dealt with in complex ways — all because she did not by hand what she wanted for me — and her cats.





## Protecting Our Environment

# What Others Are Doing, How You Can Help

The global pandemic brought home to many people just how interconnected the world has become. This is true about the need to protect the environment, as well.

According to the National Institutes of Health, the way to preserve human health is by maintaining the environment because polluted air, water and land encourages such sicknesses as asthma and lead poisoning, while global warming fosters the spread of disease.

Fortunately, throughout the country, efforts large and small are helping to resolve this.

### What's Being Done

For example, one major American corporation with a long, proud history of environmental sustainability and a strong track record of action and success has raised the bar on its environmental commitments and accelerated the progress of short- and long-term goals that meet or exceed environmental regulations. As Marc Bitzer, Chairman and CEO of Whirlpool Corporation put it. "As we continue to navigate the impact of COVID-19, the health and safety of our employees and communities remain our priority. We strongly believe that our sustainability efforts are as important now as ever. These efforts are guided by a clear mission to earn trust



*Protecting the environment can go a long way toward protecting humans from disease*

and create demand while in constant pursuit of improving life at home." To that end, the company has:

- Reduced its absolute plant emissions by 18% by investing in efficiency and renewable energy;
- Achieved zero waste to land-fill in eight plants across three regions;
- Accomplished a global waste-to-recycling rate of 96%; and
- Developed an innovative solution to reuse water from an existing chiller that saves 31 million gallons of water each year.

### What You Can Do

For your part, you can help the environment these four ways:

- 1.Get your car a tune-up. Properly maintained vehicles get better gas mileage and emit fewer pollutants.
- 2.Plant a tree. Trees absorb carbon dioxide, a greenhouse gas.
- 3.Run the dishwasher and clothes washer only when you have full loads.
- 4.Don't let the water run while you shave or brush your teeth.

### Learn More

For further facts, visit [www.whirlpoolcorp.com](http://www.whirlpoolcorp.com) and [www.epa.gov](http://www.epa.gov).

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Until Every One Comes Home®

# DID YOU KNOW?

A good health reset can happen any time of the year. It simply takes a commitment to making small, sustainable changes that add up to impactful, healthy habits, advises Dr. Samara Sterling with The Peanut Institute. For delicious and healthful recipes, visit [www.peanutinstitute.com](http://www.peanutinstitute.com).

Great reading ideas for fans of horror, thrillers and satire include "Monsterland" and "Monsterland Reanimated" by Michael Okon, "The Kill Club" by Wendy Heard and the audiobook "The Optimist" by Roy E. Schreiber. They're all available through BookBites. Visit [www.BookTrib.com](http://www.BookTrib.com) and subscribe to the weekly newsletter.

Since 1999, the Ticket to Work program has helped over one million Social Security disability beneficiaries find their path to financial independence. To learn more, call 1-866-968-7842 or 1-866-833-2967 (TTY) Monday through Friday, 8 a.m. to 8 p.m. ET or visit <https://choosework.ssa.gov>.

A recent national survey by the National Association of Productivity and Organizing Professionals (NAPO) found 31 percent of respondents, especially women, put "getting organized" on their list of New Year's resolutions. For hints on how, go to [www.napo.net](http://www.napo.net).

Regular self-care can have a strong effect on mental health, prevent burnout, reduce the negative effects of stress and help you refocus, say the experts at Each Mind Matters, California's Mental Health Movement. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org).

If you're like most car owners, you want your vehicle's cabin to feel as cozy as your living room. That's where Magna FREEFORM™ comes in. It's an innovative seat technique that improves comfort with contours that hug the human shape. Learn more at [www.magna.com](http://www.magna.com).

An important step toward college, the PSAT/NMSQT reflects what students learn in the classroom, and measures the skills and knowledge necessary for post-secondary success. It's also great practice for the SAT and a possible route to scholarships. Learn more at [www.psat.org](http://www.psat.org).

There's a growing trend toward greener burial options. For example, Better Place Forests incorporates ashes into the base of beautiful trees in permanently protected forests. The company performs spreading ceremonies in the forest, where families can gather to say goodbye. For further facts, visit [www.betterplaceforests.com](http://www.betterplaceforests.com).



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