

# SENIOR REPORTER

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APRIL 2020

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## Barbara Eden

*"Please hold the elevator!"*

—Barbara Eden



### What's Inside....

Calendar of Events	5
Classifieds	6-7
Barbara Eden	10
Gadget Geezer	12
Fabulous Finds	14
Book Club	21
Rocky Mountain Grandeur	22
Busy Boomers	31
In The Spotlight	35
Tinseltown Talks	41





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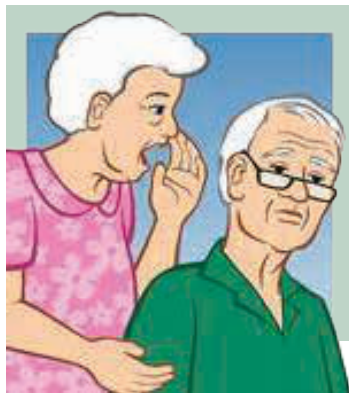


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# The Voices

By Jim McDevitt

It was a Sunday and I was at a family gathering at my son's home in North Hollywood. My wife's sister from New York was visiting. We all had a bite to eat together and then sat down to chat and catch up on what was going on in our lives. The grandchildren were moving quickly to their iPods and I was enjoying a nice cup of hot coffee. At that moment my wife's cell phone in her purse started ringing and she picked it up and walked into another room down the hallway. Everyone continued their conversations.

Her sister was telling me about her new hearing aids and since I have a pair also, we were comparing how they made a difference in our hearing sounds we hadn't noticed before. Suddenly, her expression changed to one of shock and she said, 'I'm hearing voices.'

At first, I wasn't too concerned since a lot of people were talking all at the same time. There was a pause in the conversations and my wife's sister said, 'I'm hearing a conversation with the voices.'

Now keep in mind the sister had never mentioned before hearing voices. I was trying to make sure I understood her and I said, 'You are hearing voices in your head?' She answered, 'Yes.'

I don't know any psychiatrist otherwise I would have recommended a good one. I myself must say for the record I have never heard voices in my head.

Now to say this was unusual would be a big understatement. Everyone had stopped talking and started listening to my wife's sister. Many appeared to be in shock. I was about to ask her what the voices were saying when she said the voices stopped. That was good news as far as I was concerned. I didn't want to be the one to tell her sister to try on this straight jacket. At about that moment my wife walked back into the room with her purse and I informed her that her sister was hearing voices. Her sister's expression changed from one of shock to one of all-knowing.

'I know who it was,' her

*Continued on page 20*



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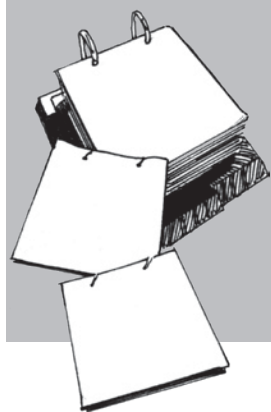
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# April Calendar of Events



*Editors Note: Before attending or attempting to attend any or all of these events please check with each venue to see if the event (s) are canceled due to the COVID-19 pandemic.*

## Annual Gardenfest

**San Clemente**

**April 18**

**8 a.m. to 2 p.m.**

Hosted by the San Clemente Garden Club, admission is free. Families are welcome. This year's highlights include annual Plant Sale and Garden Flea Market, exhibits demonstrating sustainable practices for the garden, garden-related opportunities in the community, and more. At, San Clemente Community Center Avenida Del Mar at Calle Seville.

## Pet Expo

**Costa Mesa**

**April, 24-26**

A giant animal entertainment and education festival. It's the largest pet and pet product expo in the world, according to planners. See more than 1,000 animals that will entertain you in stage shows, competitions, and demonstrations including dogs, cats, birds, fish, reptiles, rodents, goats, pigs, llamas, rabbits, miniature horses

and more. There will also be pet adoptions, pet products for sale, petting zoo, how-to workshops and advice from animal experts. It is presented by a nonprofit organization to promote responsible pet care. Please do not bring your pets. At, OC Fair & Event Center, 88 Fair Dr., Costa Mesa.

## Chance Theater presents: "Yellowman"

**Anaheim**

**April 24 - May 24**

"Yellowman" is a celebration of language and the human spirit. It's an exquisite and provocative exploration of racism within the black community. Alma, a dark-skinned African-American woman, and her childhood friend Eugene, a light-skinned African-American man, have been life-long friends — yet when their friendship turns to love, the different colors of their skin raise obstacles that become insurmountable. Are we on the inside what we appear to be on the outside? Are we ultimately victims of the biases and prejudices of our parents, our community, no matter what color our skin? Recommendation: Ages 13 and up. It contains adult language and subject material. At, Chance Theater @ Bette Aitken Theater Arts Center, 5522 E. La Palma Ave., Anaheim.

## Bolsa Chica's Earth Day Festival

**Huntington Beach**

**April 25**

**10 a.m. to 3 p.m.**

Join the Bolsa Chica Conservancy for free family fun, as it celebrates its annual Earth Day Festival. The festival will include educational activity booths, tours, food, and more. Celebrate the eco-friendly fun sponsored by the Bolsa Chica Conservancy and the Amigos de Bolsa Chica. At, Bolsa Chica Conservancy Interpretive Center, 3842 Warner Ave., Huntington Beach. Public parking across the street from the Interpretive Center.

## ACES Hot Rod

**Resurrection Car Show  
Huntington Beach**

**April 25**

**10 a.m. to 3 p.m.**

ACES Car Club is hosting its annual Aces Hot Rod Resurrection and the event is open to pre '65 traditional hot rods, customs, and vintage/classic bikes only, and being held at Old World, Huntington Beach. Old World offers a traditional German village backdrop for the unique collection of traditional hot rods and customs, combined with food, drink and live music. \$20 per ride; the spectator's admission and parking are free. At, Old

World Village 7561 Center Ave., Huntington Beach. Call, for additional information and to RSVP, or visit [www.aces-carclub.com](http://www.aces-carclub.com) or call 949-547-7269.

## Doheny Wood

**Dana Point**

**April 25**

The show is free to Woodie owners and spectators. The state beach does have a park entry fee. Over 150 classic wooden cars, surf wagons will be on display. At, Doheny State Beach [south end of the park]. Call, 714-968-9798.

## Floral Park Home & Garden Tour

**Santa Ana**

**April 25-26**

**10 a.m. to 4 p.m.**

The Floral Park Neighborhood, recipient of Neighborhoods USA's "Neighborhood of the Year," will be hosting its annual Home and Garden Tour. Whether it's a stroll through the beautiful vintage homes and gardens, searching for treasures at the Antique and Collectables Sale, viewing the classic automobiles or enjoying concessions, you will leave the Floral Park Home & Garden Tour with nostalgic memories.



## Taste of Huntington Beach

**Huntington Beach**

**April 26**

**Noon to 4 p.m.**

A unique sampling of local restaurants in Huntington Beach, paired with the finest wines in California, in the name of charity. Proceeds benefit the children's wing of the Huntington Beach Library. At, Sports Complex at Talbert and Goldenwest, 18100 Goldenwest, Huntington Beach. Call, 714-375-5023.

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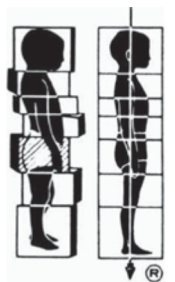
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By Randal C. Hill

## 'Iacocca's Little Secret'

The debut of the Ford Mustang — named after the famed WWII P-51 Mustang fighter plane — took place at the New York World's Fair on April 17, 1964. That same day, 22,000 people, undoubtedly fueled by ads on all three TV networks and in 2,900 newspapers, bolted to their local dealers to secure a shiny new 1964½ Mustang for themselves. The car became such an overnight hit that a New York diner posted a sign in its window that read: OUR HOTCAKES ARE SELLING LIKE MUSTANGS!

In 1959, after Ford's Edsel died a quiet death (the automaker had failed to accurately gauge the potential market for such a vehicle), the company honchos were determined not to repeat such a costly blunder. By the early 1960s, a young Princeton-educated Ford executive named Lee Iacocca had become the head of the product development division and supervised a 20-person market-research group with its eyes fixed on the prize.

"We have experts who watch for every change in the customer's pulse-beat," Iacocca explained, adding, "For a long time now, we have been aware that an unprecedented youth boom was in the making."

It was obvious to Iacocca that Ford needed to offer a 'youth car' — something stylish yet affordable — aimed squarely

at the upcoming generation that longed to own a car that was different from that of their parents. It was almost as if Baby Boomers were saying, 'Please, we don't want another ho-hum four-door sedan. Give us something exciting! Something unique! Something for us!'

Related statistics revealed other important data to Iacocca. The number of women drivers had soared 53 percent between 1956 and 1964, and recent college grads were now making 46 percent of all new-car purchases.

Iacocca's team knew that its product must offer a sporty look, be an early type of 'muscle car,' be appealing to women and, perhaps most important to Iacocca, be affordable.

The Mustang's style had been influenced by low-slung British roadsters such as the MGB and the Sunbeam Alpine, and Ford's product offered a comparable elongated hood and a chopped rear deck. The Mustang could seat a family of four (OK, so it offered only a token back seat) and it was affordable, priced at \$2,368 for the basic models. To lower costs, Mustangs were built on the same platform as Ford's boring old Falcon, which lent its engine — and a host of other items — to the new vehicle. Customers could choose from a list of 50 different — and seductive — options.

Mustangs graced the covers of "Newsweek" and "Time." Assembly plants ran 24-hour shifts — and still couldn't keep up with the demand. By 1966, 1 million Mustangs had found their way into the garages of enchanted owners. Not since the 1928 Model A had Ford hammered such a sales home run.

Yet for a long time, Iacocca kept silent about something: The Mustang couldn't be too idiosyncratic. "The American public doesn't [really want] a sports car," he said. "It wants one that looks like a sports car."

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## Health Awareness

# Manage Your Blood Pressure And Protect Your Kidneys

Did you know if you have high blood pressure you are at increased risk for chronic kidney disease?

High blood pressure, also called hypertension, is the second leading cause of chronic kidney disease in the United States. About 1 in 5 adults with high blood pressure may have chronic kidney disease, according to the Centers for Disease Control and Prevention.

Blood pressure is the force of blood pushing against the walls of your blood vessels. If your blood pressure gets too high, the blood vessels in your body—including those in your kidneys—may become damaged. This damage makes it harder for the kidneys to filter blood and remove wastes and extra water from the body. Kidney disease can get worse over time, and if not treated it can lead to kidney failure.

And while high blood pressure can lead to kidney disease, the reverse is also true: kidney disease can lead to high blood pressure. Simple tests can tell you whether you have high blood pressure or kidney disease. Ask your health care professional if you have been tested for high blood pressure and kidney disease.

Many people with kidney disease don't know they



*Getting your blood pressure checked regularly can go a long way toward protecting you from kidney disease*

have the disease until their kidneys begin to fail. Research suggests that fewer than 1 in 10 people who have kidney disease are aware they have the disease. This is because kidney disease often doesn't have any symptoms early on.

The good news is that you can help protect your kidneys by managing high blood pressure with healthy lifestyle habits.

"Our research continues to uncover the complexities of the link between high blood pressure and kidney disease," says Griffin P. Rodgers, MD, director of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health (NIH). "And what we are finding supports the message that you can help protect your kidneys by managing high blood pressure with healthy lifestyle habits."

Adopting healthy lifestyle habits that help you manage your blood pressure will also help to keep your kidneys healthy. You can prevent or slow kidney disease progression by taking the following steps to lower your blood pressure:

Take medicines as prescribed. Blood pressure medicines often play a key role in lowering blood pressure.

Aim for a healthy weight. If you are overweight or have obesity, reducing your weight may lower high blood pressure.

Select healthier food and beverage options. Follow a healthy eating plan that focuses on heart-healthy foods such as fruits, vegetables, whole grains, and lean meats that are low in sodium.

Stop smoking. Smoking damages blood vessels, increases your risk for high blood pressure, and worsens problems related to high blood pressure. For help quitting, call 1-800-QUITNOW or go to Smokefree.gov.

Get enough sleep. Lack of sleep can have an adverse effect on your blood pressure and metabolism. Aim for 7 to 8 hours of sleep each night.

Manage stress and make physical activity part of

*Continued on page 11*

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The museum collection spans the history of manned flight from

*Continued on page 16*

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**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 A6M5 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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# Barbara Eden

By Les Goldberg

If you are reading this, you are most likely old enough to remember watching *"I Dream of Jeannie"* on TV, starring the effervescent Barbara Eden, one of Hollywood's busiest actresses since the early 60s.

The *"Jeannie"* show became an instant hit, ran for five seasons and has been airing continuously on cable and in syndication worldwide for more than 50 years. Since then, her career has amassed more than 25 feature films, five network TV series, 19 made-for-TV movies and hundreds of guest appearances on film, TV, stage and concert halls throughout the world.

What I remember most about one of America's most endearing and enduring stars is my personal meeting with her in the Dorothy Chandler pavilion in 1971. I had just completed my work interviewing the winners and nominees of the Academy Awards for the former *"Los Angeles Herald-Examiner,"* and was walking to the elevators.

Just as the elevator doors were opening, I heard the distinct click-click-click of high heels as a tight evening gown-clad woman rushed as fast as she could down the long hallway. As she got closer, I turned around to recognize Eden who yelled, *"Please hold the elevator!"* There I was, alone in the elevator with Barbara Eden, talking small talk and trying to keep my cool as a professional journalist. After we parted ways, I became one of her biggest fans.

Born as Barbara Jean Morehead in Tucson, Ariz., she moved with her parents to the Bay Area where she went to Abraham Lincoln High School, San Francisco's City College, the San Francisco

Conservatory of Music and Elizabeth Holloway School of Theatre. While her aspirations as a singer motivated her during her early years, her starring role in *"I Dream of Jeannie"* catapulted her into instant fame as an actress.

Before *"Jeannie,"* she was selected for roles in several motion pictures, including *"Flaming Star"* with Elvis Presley, *"Voyage to the Bottom of the Sea,"* (1961) *"The Wonderful World of the Brothers Grimm,"* (1962), *"Five Weeks in a Balloon,"* (1962), *"7 Faces of Dr. Lao,"* (1964) and *"The Brass Bottle,"* (1964).

In television, Eden made her first featured appearance on *"I Love Lucy: Country Club Dance"* in 1957 and immediately landed a starring role in the television version of *"How to Marry a Millionaire,"* where she portrayed the same character role, originated by Marilyn Monroe. Another memorable appearance came on *"The Andy Griffith Show: The Manicurist."*

After 139 episodes of *"Jeannie,"* she went on to star in many other comical and family productions, like *"Harper Valley P.T.A.,"* (1978) and *"Chattanooga Choo Choo,"* (1984).

Outside of her film and television roles, Eden headlined most of the major hotel resorts and casinos including Lake Tahoe, Atlantic City, and Las Vegas. She also was the star attraction at the MGM Grand, Harrah's, Caesar's Palace as well as on concert stages and in legitimate theaters across the country.

Utilizing her singing ability, Eden released an album titled *"Miss Barbara Eden"* in 1967. She has been a musical guest

star in a wide range of variety television shows, including 21 Bob Hope specials, the *"Carol Burnett Show,"* *"The Jonathan Winters Show,"* *"The Sonny and Cher Show,"* *"The Jerry Lewis Show,"* *"This Is Tom Jones,"* *"Tony Orlando and Dawn"* and *"Donny and Marie."*

To celebrate the 2002 Holiday season, she sang *"Have Yourself a Merry Little Christmas"* at the annual White House *"Lighting of the National Christmas Tree"* event. There she also hosted the show and pageant with President and Mrs. George Bush.

Eden also toured with various stage productions like Neil Simon's *"Last of the Red Hot Lovers,"* (1972), *"The Best Little Whorehouse in Texas,"* (1982), *"Annie Get Your Gun,"* (1967), *"Wild Pacific,"* (2009) and *"Nite Club Confidential,"* (1996). Other appearances included *"Love Letters,"* (1983)

*Continued on page 14*



## Blood Pressure

*Continued from page 9*

your routine. Healthy stress-reducing activities and regular physical activity can lower blood pressure. Try to get at least 30 minutes or more of physical activity each day.

“You can manage your blood pressure and its complications through healthy lifestyle habits, which include exercise, following a healthy eating plan and taking blood pressure medication as prescribed by your doctor,” says Gary H. Gibbons, MD, director of the National Heart, Lung, and Blood Institute (NHLBI). “It’s important to know your numbers because controlling or lowering your blood pressure can prevent or delay serious complications like kidney disease and heart disease.”

For more information, visit the NIDDK website at [www.niddk.nih.gov](http://www.niddk.nih.gov).

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# The Gadget Geezer

By Les Goldberg

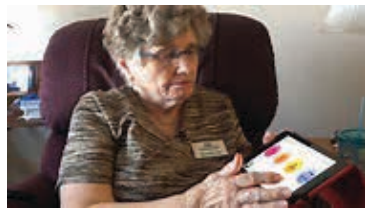
## Senior Tech Getting Easier Than Ever

### The GrandPad

While we as seniors have become more familiar with technology over the past two decades, the evolution of innovation is so fast and seemingly more complicated to grasp, many people remain in a time warp, frantically trying to catch up with every new device, app, and digital development.



Fortunately, the problem is being addressed by one 6-year-old local company, GrandPad Inc. of Orange. The company makes computer tablets for seniors. It weighs only 16 ounces, and costs \$10 per month



for 20 months, or \$200 upfront with the \$40 monthly subscription plan that includes unlimited data use, music streaming and video calling.

Among the functions built into the tablet are a connection to Lyft so seniors have quick access to safe transportation. The company also plans to introduce a remote care device in partnership with Home Instead, operators of 1,200 independently owned senior care locations. Using the attached sensors, the product is intended to keep seniors in their homes longer.

The 8-inch wireless device features large, easy-to-read keys to help the user to access email, photos and other standard functions.

According to company CEO Scott Lien, the GrandPad features “no confusing buttons, no passwords or pop-up ads. Wireless connectivity and security are built into the device, eliminating the risks of scams and hacks.”

Lien said the company works with a team of GrandAdvisors who are 85 years or older, and whose job it is to make sure the tablet is functioning correctly for them.

The GrandPad is now available in Target stores and through Consumer Cellular.

### Safe365

Out of San Francisco comes the news that a company called Safe365 has launched what it calls the “first free mobile telecare application (app) for seniors.”

“Through the app, family members know at all times where their loved ones are, if they have arrived safely home or at their destination, or if a confused senior loved one may have wandered away,” according to Guillem Viladomat, CEO.

“We are not following trends,” he added, “but rather we are the first to develop an app for the elderly in an engaged, social and emotional way. Busy schedules sometimes keep us from remembering tasks involving elderly family members and make us feel guilty.

“With Safe365 it feels like you are connected to your family 24/7. It helps extend years of self-reliance for our loved ones, even delaying expensive senior housing solutions.”

Among the app’s functions include an emergency button for the senior to get help, automatic notifications when there are family member movements, a low battery alert and a notification for when Internet access is available or disconnected.

The app is free in the Google Play Store for Android devices and the App Store for Apple iOS devices. More information is available at [www.safe365.com](http://www.safe365.com).

### Mobile Klean

Are you running out of paper towels, cleaning wipes and other standard sanitary products? Here’s one electronic device that can nip that problem in the bud.



The Mobile Klean, introduced at this year’s Consumer Electronics Show (CES), uses a flash of ultraviolet light to eliminate virtually all bacteria and viruses, including pathogens, viruses and other common contaminants, according to company spokespersons.

It can be used on all sorts of surfaces within the home, such as laptop keyboards and smartphones, cutlery and even toilets.

Using the same natural UV light that hospital use, the Mobile Klean can greatly minimize the growth of E. Coli, H1N1, and other harmful pathogens. It is compact and cool-looking, and can be carried in a purse, coat pocket or overnight bag. Cost: \$43.94 at [www.mobileklean.com](http://www.mobileklean.com).

### The Dartle

Do you have trouble using a mobile phone keyboard? The keys are too small for your fingers and your eyesight?

If your answer is yes, then you need The Dartle.

*Continued on page 23*

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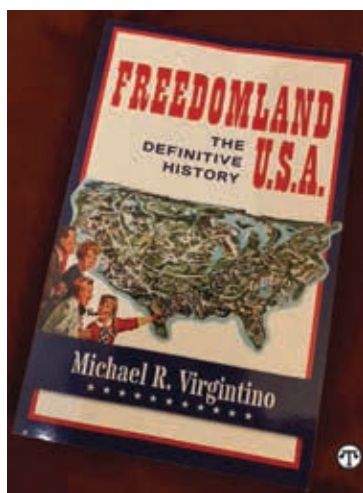
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## A Look Back At America's History-Themed Park

Take a ride through history in a new book about a theme park that opened 60 years ago—and was secretly doomed from the start.

“Freedomland U.S.A.: The Definitive History,” by Michael R. Virgintino, documents the entire story from conception to bankruptcy of one of the most innovative and beloved theme parks in America. Published by Theme Park Press, the book features first-time interviews with park employees and never-before-published photographs.

Freedomland U.S.A. was celebrated as the “Disneyland of the East.” Visitors came from across the country and



*A new book reveals the story of a delightful—but doomed—theme park featuring U.S. history*

around the world. While it survived only five seasons—before the northeast Bronx marshland where it was built became a housing development and a shopping center—to this day the park generates fond

memories among those who enjoyed its history-themed attractions.

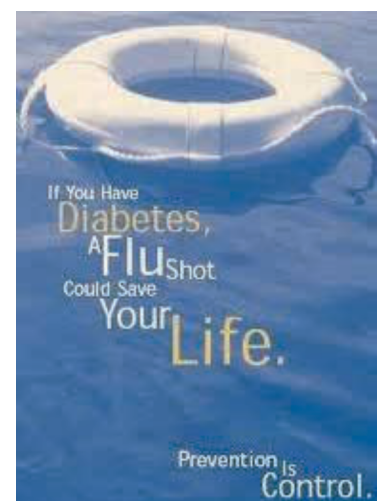
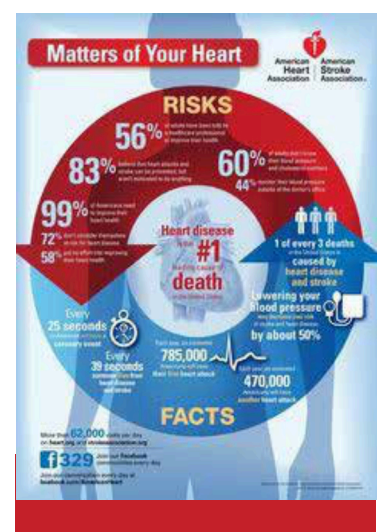
The park was conceived to tell the story, in an entertaining way, of America's history. Unknown at the time, however, landowner William Zeckendorf, Sr., local politicians, city planners and construction unions considered the park a “placeholder” until property variances permitted construction of the largest cooperative housing community in the world.

“Co-op City was on New York City's blueprints before the first shovel of dirt was turned to build the park,” explained

Virgintino. “Freedomland U.S.A. was doomed to fail before the first guest entered the park.” The book puts to rest the urban legend that the demise of Freedomland U.S.A. was caused by the New York World's Fair.

The book can be enjoyed not just by those who recall Freedomland, but by anyone who appreciates history or themeparks, since it thoroughly showcases a park created and built by C. V. Wood, the man who built Disneyland, Six Flags Over Texas and several other venues.

It's available on Amazon at <http://amzn.com/1683901770>, eBay and Goodreads.





# Fabulous Finds

By Debbie L. Sklar

Fab Finds for April include fun cosmetics and lotions to get you ready for looking great this spring. Go ahead and get rid of your winter regime and look for something bright, new and different for the new season.



## Lime Crime

### Body-Lite

Make your skin beam with **Lime Crime Body-Lite** body high-lights in fairy bright

colors that dry down to a shimmering finish. This creamy and lightweight formula contains Vitamin E to soften skin and turn you into a silky sprite. Illuminate all day with glints of color – now that's magic! Available in three shades: Lunar: pink lavender with silver shimmer; Enchantress: champagne gold with gold shimmer; Supernatural: minty green with silver shimmer. Price: \$25, available on LimeCrime.com.



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ed eyeshadows will make you feel light, free and fearless! Brighten eyes with a sunlit sparkle or a moonlit radiance with a bouncy, suede-like formula that is soft and lightweight to the touch. Lid-Lite gives you a shimmery metallic

finish in one swipe. Available in six shades: Midsummer: icy lavender; Airy: frosted champagne; Majestic: indigo blue; Lily pad: golden mint with lavender shimmer; Lotus: mauvy pink; and Gold Road: 24k gold. Price: \$16, available on LimeCrime.com.

## Garnier Fructis Treat Shampoo & Conditioner



Garnier is committed to developing beauty products that are good for you and the planet. In 2020 Garnier unveiled **Fructis Treat Shampoo and Conditioner**, the brand's first-ever collection of vegan shampoos and conditioners that are formulated with 98% naturally derived ingredients and free of silicones, parabens, and artificial colorants. \$7.99, Available nationwide at drug, food and mass-market retailers and garnierusa.com.

## Fabulous Frédéric Fekkai



Frédéric Fekkai, legendary hairstylist and fierce advocate of environmentally conscious practices has taken his passions and channeled them into

his new haircare range - **FEKKAI**. The high-performance salon-tested collection includes fifteen new shampoos, conditioners, and treatments, addressing various hair types and concerns. Every bottle is made with 95% high-grade repurposed plastic and is 100% recyclable. Each product is free of parabens, sulfates, silicones, phthalates and 100% vegan and gluten-free. \$20 each, Fekkai.com, Target.com, and select Target stores.

## Bliss Spa Squad Mask Kit



A foursome of Bliss' most popular **spa-powered masks** for bright, replenished smooth and clear skin no available. This set includes the Bliss Mighty Marshmallow Bright & Radiant Whipped Mask, What A Melon Reviving & De-Stressing Overnight Mask, Pumpkin Powerhouse Resurfacing & Exfoliating Enzyme Mask, and Green Tea Wonder Overnight Mask. Price: \$12, available at Target/Target.com.

## goop GOOPGLOW 15% Glycolic Acid + Fruit Extracts Overnight Glow Peel



This intense, exfoliating overnight acid peel refines, re-texturizes, and brightens skin while you sleep. Powerful levels (15%) of glycolic acid plus potent fruit extracts (mango, banana, yellow mombin, and Australian Kakadu plum) work together with naturally moisturizing hyaluronic acid so you wake up with fresh, soft, smooth, beautifully glowing skin. The **GOOPGLOW** Glycolic Acid Peel is inspired by professional chemical peels, so it's made with 15% glycolic acid for powerful, clinically proven, noticeable results. The peel leverages a new, dual-textured pad that slips over your fingers—a decidedly more luxurious experience. Price: \$45//\$125; 4 pack// 12 pack. Available at goop.com.

## Barbara Eden

*Continued from page 10*

movie with co-star Larry Hagman, Neil Simon's *"The Odd Couple: Female Version,"* (1985) and TV series, the *"All-Star Blitz,"* (1985), *"Entertainment Tonight,"* (1981) and *"Larry King Live,"* (1985).



In 2011, Eden's memoir, *"Jeannie Out of the Bottle,"* debuted at No. 14 on the *"New York Times Best Seller List,"* and on *"Australia's Best Seller List."*

Her accolades are many and include being named "One of America's 200 Greatest Pop Icons of the 20th Century" by *"People"* magazine. She has also been honored with a star on the Hollywood Walk of Fame near the Grauman's Chinese Theatre; named one of TV Guide's Most Popular Comedy Stars, is a recipient of Lifetime Achievement Awards from the Broadcasters Hall of Fame, The Hollywood Chamber of Commerce and the TV Land Television Network.



Eden resides with her architect/real estate developer husband Jon Eicholtz in Beverly Hills.





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## Help For The Self-Employed

Whether you run a part-time business, do freelance work, or own your own business, you're in good company. About 16 million adults in America work for themselves, and nearly half that number are baby boomers.

Even though self-employment comes in many forms, with a wide range of specific needs, some of the challenges are universal—including taxes. If you're new to the self-employment journey, you'll need to be prepared for some financial adjustments.

### Avoiding Surprises at Tax Time

Older adults who have spent most of their careers benefit-



*Managing your self-employment taxes just became easier with AARP Foundation Self-Saver*

ing from the services of a human resources department are often caught off guard by the tax requirements for self-employment.

Instead of the familiar W-2 from a single full-time job, self-employed adults may find themselves juggling mul-

iple 1099s, wrestling with the time-consuming work of tracking expenses learning how to plan, save and submit quarterly tax payments.

If you work for yourself, you may need a resource that can help you handle multiple self-employment tax requirements. AARP Foundation Self-Saver is an online tax-tracking resource that allows you to connect your bank account and automate your self-employment tax withholding and payments.

As user Connie Johnson explained, "I'm an AARP member and I just happened onto Self-Saver. I felt like a miracle

had happened. I had no idea I had to pay self-employment tax because as a contractor you're considered self-employed, so that was a little bit of a shock. I feel peace of mind knowing that has been taken care of."

### AARP Foundation Self-Saver

Self-Saver saves you time and money with a set of tools that make tax time simpler, automated and less of a surprise.

By syncing to your bank account, Self-Saver informs you automatically about self-employment income received and expenses paid. The program provides an estimated tax rate based on factors that adjust as your income and other statuses change.

Self-Saver also gives you the option to automate your tax withholding, storing the right amount in an FDIC-insured bank. At the end of the quarter, Self-Saver submits your quarterly tax payments to the IRS automatically.

### Learn More

For additional self-employment education or to sign up for a FREE account, go to Self-Saver.org. Sign up before 04/15/2020 and Self-Saver will always be free!





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## Planes of Fame Air Museum

*Continued from page 9*

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## 'Let It Be' The Beatles

By Randal C. Hill

"Let It Be" offered a "heads up" message for Beatle fans worldwide: The group is breaking up, and nothing can stop its eventual demise.

Those in the know really weren't surprised. John, enamored with Yoko, had basically lost interest in the band. George's spiritual studies had brought him a whole other life. Ringo was developing a film career and enjoyed becoming his own man. Only Paul was in agony — he admitted to feeling insecure and wounded — about holding history's most important rock band together.

In McCartney's official biography, *"Many Years from Now,"* he told writer Barry Miles, "One night during this tense time, I had a dream I saw my mum, who'd been dead 10 years or so. And it was so great to see her because that's a wonderful thing about dreams: You actually are reunited with that person for a second ... It was so wonderful for me, and she was very reassuring. In the dream, she said, 'It'll be all right.'... So that got me writing the song 'Let It Be.'... The song was based on that dream."

Many listeners interpreted McCartney's lyrics as a Virgin Mary reference. Had Paul meant for his song to be quasi-religious? "You can take

it that way. I don't mind. I'm quite happy if people want to use it to shore up their faith ... I think it's a great thing to have faith of any sort, particularly in the world we live in."

Mary McCartney had been a devout Catholic who had Paul and his younger brother, Michael, christened in her religion, although neither stayed involved in Catholicism later as teenagers or adults.

"Let It Be" was recorded in January 1969, during the sessions for The Beatles (better known as *"The White Album"*), with final touches being added to the tune in January 1970. Paul was backed on the song by the other three Beatles, as well as organ/piano superstar Billy Preston and McCartney's wife, Linda, as an uncredited vocalist. Uncredited also were two trumpeters, two trombonists, a sax player, and a cellist.

"Let It Be" would, of course, also become the name of the final album of the Beatles' career.

Aretha Franklin, the Queen of Soul, released her own version concurrently with that of the Beatles; Franklin's version never charted, though, while the Beatles' original hit the top of the singles charts.

The tune has lived on in interesting ways. Sesame Street

used it as a song called *"Letter B,"* with McCartney's lyrics being altered to list words that begin with B. Ike and Tina Turner, Joan Baez and John Denver would later cover the classic as album tracks.

*"Let It Be"* was played at Linda McCartney's funeral in 1998.

"Looking back on all the Beatles' work, I'm very glad that most of it was positive and has been a positive force," McCartney once said. "I always find it very fortunate that most of our songs were to do with peace and love and encourage people to do better and to have a better life."

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### Easter Bunny

The Easter Bunny (also called the Easter Rabbit or Easter Hare) is a folkloric figure and symbol of Easter, depicted as a rabbit bringing Easter eggs. Originating among German Lutherans, the "Easter Hare" originally played the role of a judge, evaluating whether children were good or disobedient in behavior at the start of the season of Eastertide.

The Easter Bunny is sometimes depicted with clothes. In legend, the creature carries colored eggs in his basket, candy, and sometimes also toys to the homes of children, and as such shows similarities to Santa Claus or the Christ-kind, as they both bring gifts to children on the night before their respective holidays. The custom was first unreliable source mentioned in Georg Franck von Franckenau's *De ovis paschalibus* ('About Easter Eggs') in 1682, referring to a German tradition of an Easter Hare bringing Easter eggs for the children.

## The Senior Reporter

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adopted 06-18-11

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# Dust Your Ducts

When you breathe a sigh of relief after giving your home its annual thorough cleaning, you may be breathing in more dust, dirt, and pollution than you realize—unless you’ve also gotten the HVAC system cleaned.

## A Hidden Problem

Through normal living, people generate a great deal of contaminants, such as dander, dust, and chemicals. These get pulled into the HVAC system and re-circulated five to seven times a day, on average. Over time, this causes a build-up of dirt in the duct work.

Some people are more sensitive to these contaminants than others. Allergy and asthma sufferers, as well as young children and the elderly, tend to be more susceptible to the types of poor indoor air quality that air duct cleaning can help address. Also, some homes may be more susceptible to certain pollutants, including places with pets, smokers, or remodeling projects.

## An Answer

Fortunately, it’s easy to deal with. The experts at the National Air Duct Cleaners Association (NADCA) say HVAC systems should be inspected and cleaned regularly by a reputable, certified HVAC professional.

The ones who are NADCA members possess general liability insurance, are trained and tested regularly, sign on to a code of ethics, and must

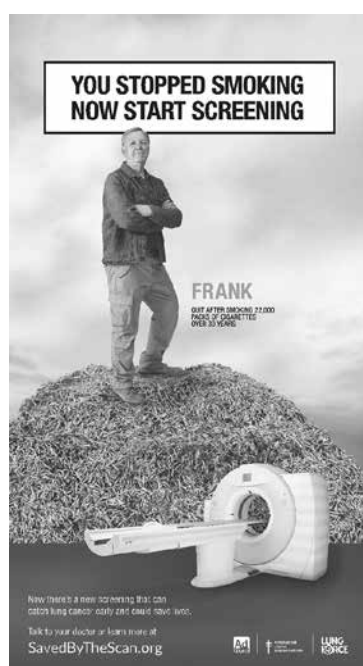


*To make it easier to breathe clean at home, have your HVAC system inspected regularly*

clean and restore your heating and cooling system in accordance with NADCA standards, so they provide a high level of security.

## Learn More

For further facts on having healthy air in a healthy home, visit [www.BreathingClean.com](http://www.BreathingClean.com). To find a NADCA member nearby, go to <http://nadca.com/en/prosearch/all> and enter your zip code.



## Health Awareness

# Six Top Wellness Trends to Watch For

According to the National Institutes of Health, only about 20 percent of your life expectancy is dictated by your genes; the rest depends on your lifestyle. Increasingly, people look to improve the length and quality of their life through certain products and habits. Here’s a look at six popular roads to wellness:

**1. Back to nature.** Dr. Chloe Evans of the Shetland, Scotland National Health Service says getting out into nature can help alleviate conditions ranging from high blood pressure to depression. “The benefits [of nature] are that it is free, easily accessible, allows increased connection with surroundings which hopefully leads to improved physical and mental health for individuals,” she says.

**2. Personalize nutrition.** When it comes to maintaining a healthful weight and well-being, foods that are good or bad for one person may not be for another. Personalized diets can help.

**3. Dress for health success.** New technologies may let clothes correct your environment. Engineers from MIT created a “smart” jacket that automatically adjusts itself to suit your body temperature, the outside temperature and your movements.

**4. CBD is in.** No longer illegal under the Controlled



*Natural supplements are increasingly popular ways to take health into your own hands, says Dr. Michael Murray, N.D.*

Substances Act, cannabidiol (CBD)—which doesn’t induce a psychoactive effect—is increasingly used to target specific ailments.

**5. Aromatherapy makes scents.** At the Cleveland Clinic’s Innovations Lab, researchers came up with plant-based aromatherapeutic solutions to treat specific symptoms, such as pain, nausea and anxiety. Recent studies of people with knee replacements suggest the right scent can reduce pain and relieve anxiety.

**6. Be smart about supplements.** “High-quality supplements and vitamins, herbs and homeopathy, and sports nutrition products can be trusted partners in your natural wellness lifestyle,” explains Michael Murray, N.D. Dr. Murray is considered one of the world’s leading authorities on natural medicine. He has published more than 30 books including “The Textbook of Natural Medicine,” used by hundreds of thousands of healthcare professionals the world over.

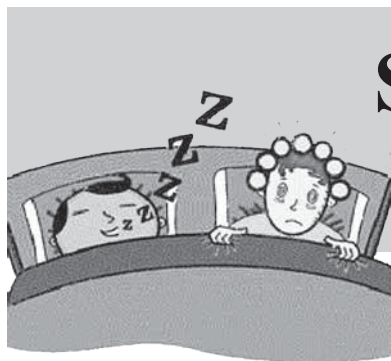
Wellness solutions for just about all the key aspects of

your life are available through iHerb, a leading wellness destination serving 150 countries for over two decades. Based in the U.S., iHerb’s quality control includes product testing by a third-party lab for ingredients, purity and labeling; climate-controlled warehouses and distribution centers; and assurance of freshness and transparency with close expiration date monitoring. The company is committed to offering the best overall value, guaranteeing unparalleled quality and easy product comparison.

For more information visit [www.iherb.com](http://www.iherb.com).







# Snore

By Robert E. Horseman, DDS



What is the greatest scourge known to mankind besides the common cold? We have given up on the common cold except as source of revenue for manufacturers of sneezing, coughing, runny nose, fever and malaise medications. Long after even the cockroaches have departed this earth, the common cold will still be with us, defying nuclear holocaust, Armageddon and black holes to eradicate it.

The scourge I refer to is snoring, the cause of more marital discord than indiscriminate channel changing or wrong end of the toothpaste squeezing. Snoring has sold more twin beds and peopled more two bedroom homes than has ever been recorded.

At night I lie in my customary fetal position, blankie drawn up snugly about my ears I receive a sharp poke between the shoulder blades.

"Stop snoring!" my helpmate demands.

"Snoring? Who's snoring? I'm wide awake," I point out.

"You're snoring," she insists. I deny even the possibility of this and return to my meditations only to receive, 2 minutes later, another blow, con-

siderably sharper than the first. This tableau has become a nocturnal ritual, leaving me with enough contusions to qualify for abused spouse protection.

I decided to do some research on snoring to buttress my position. Centuries ago, it seems, snoring was thought to be the result of demons within the skull trying to get out at night. To test the validity of this theory, snorers frequently had their skulls clove by dedicated researchers and, sure enough, the snoring stopped as the demons escaped.

More recent studies have shown that snoring is the direct result of breathing and scientists discovered that if you could stop a snorer from breathing long enough, the problem would disappear. Also disappearing is the stereotype of the typical snorer; a man (women do not snore as they do not sweat as they do not grow hair in their ears) lies flat on his back, mouth open, from which arises a line of little "z's" terminating in a balloon containing a log being cut by a saw. The descriptive words for this act look something like "snor r f," "bla a ff" and sometimes "y o on n k."

Meet the new breed of snorer. Contrary to the stereotype, I can demonstrate the ability to snore while lying on my side, mouth clenched shut while

thinking that I am wide awake. If I apparently can't distinguish between being awake or asleep, I may have a problem more serious than just snoring. Besides my sounding like an International Harvester during the height of the season, my bride claims that occasionally I go for long minutes without breathing at all, followed by an explosive snort to make up for lost time.

My research shows this to be a phenomenon known as *sleep apnea* and is considered by students of sleeping disorders to be a serious problem. Having always been the type of person who will face his problems whenever there appears to be no other way out, I have sent away for a device known as an *oral proprioceptive stimulator*. This is a plastic appliance to be worn in the palate at night and resembles a flipper without teeth, but with a movable flap at the distal of the soft palate that pushes the base of the tongue down while the wearer attempts to keep his dinner down.

The theory behind its operation is something I don't have time to understand, nor the capacity to do so. I bought it as an anti snoring machine and although the jury is still out, I think the portents are good. My wife says she thinks it

*Continued on page 26*

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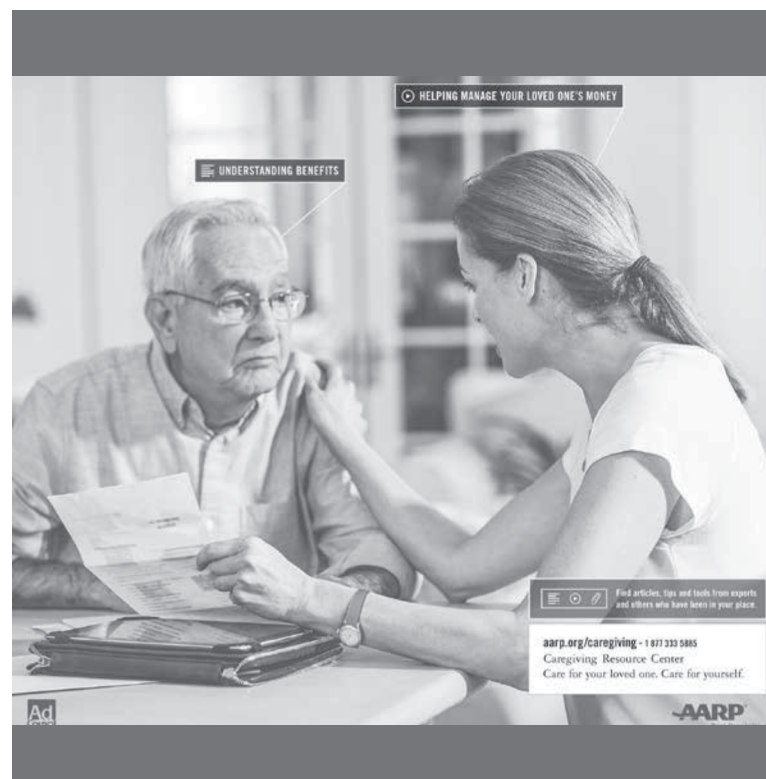
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## Try This Treat

Here's an exotic twist that transforms everyday cheesecake into something sophisticated, elegant and worthy of your holiday table. Pureed sweetpotatoes, five spice powder and candied ginger star in a dessert that's easy to make and can be enjoyed year-round. The sweetpotatoes not only provide luscious texture and flavor, they prevent the cake from cracking—so it's deliciously decadent and practically fool-proof. Give it a try.



*This sweetpotato cheesecake with gingered whipped cream is a terrific treat for family and friends.*

### Sweetpotato Cheesecake with Gingered Whipped Cream

*Serves 10 to 12*

8 oz gingersnap cookies  
4 tbsp butter, melted, plus more for pan  
3 8-oz packages cream cheese  
1 ¼ c sugar  
2 tsp ground ginger  
½ tsp Chinese five-spice or pumpkin pie spice blend  
¾ tsp salt  
3 large eggs  
3 c orange-fleshed sweetpotato puree  
½ c sour cream  
1 tsp vanilla extract  
2 c whipped cream  
¼ c chopped candied ginger

Preheat oven to 350° F. Butter bottom and sides of 9-in springform pan. In food processor, pulse cookies until finely ground. Add butter and pulse until blended. Transfer to prepared pan and press into bottom. Bake 10 minutes.

Set aside to cool. Use an electric mixer to combine cream cheese, sugar, ground ginger, spice blend and salt, beating until smooth. Beat in eggs. Add sweetpotato puree, sour cream and vanilla, beating just until smooth. Pour mixture into cooled crust. Place springform pan inside larger pan and pour very hot tap water into larger pan, to reach 1 inch up springform pan. Bake until edges are set and center is slightly wobbly, 45 to 50 minutes. Remove springform pan from larger pan and cool to room temperature. Cover and refrigerate until thoroughly chilled. Fold candied ginger into whipped cream. Serve cheesecake with gingered whipped cream.

To learn more you can visit [www.casweetpotatoes.com](http://www.casweetpotatoes.com).



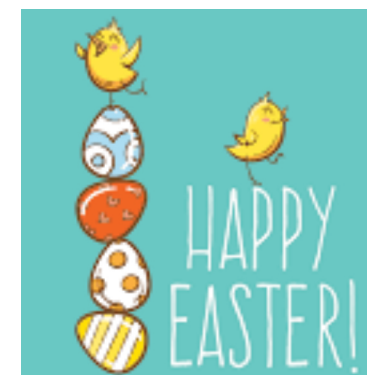
## The Voices

*Continued from page 3*

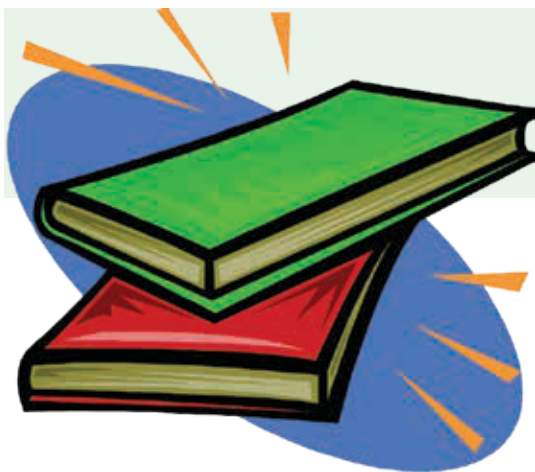
sister said. 'It was you on your cell phone talking to Sean in the next room.'

But I wasn't talking loud,' my wife replied. 'You were talking to your son, Sean in Oregon about his car,' she replied like she was a psychic. How could this be? My wife would have made a good detective because she quickly solved the puzzle. 'It must have been my Bluetooth. Your hearing aids must have picked up their frequency.' Maybe I should tip off our intelligence agencies to a new tool to eavesdrop on clandestine conversations.

So now when my wife tells me I'm acting crazy, I can retort by saying, 'Well your sister hears voices.' The moral of the story is if you hear voices and you have hearing aids, you may not need medical treatment, it may just be someone on a cell phone who has Bluetooth. Fortunately, my hearing aids do not pick up my wife's conversations on her cell phone or anyone else so far.





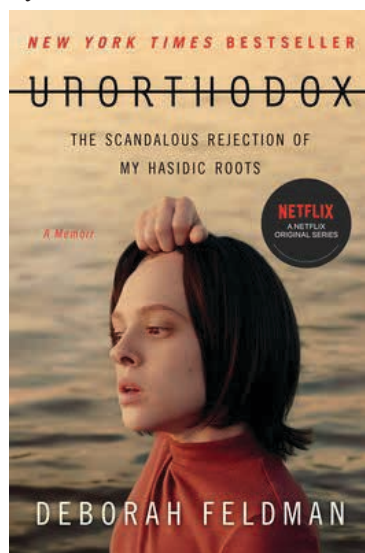


# April Book Club

If you are stuck inside you might set aside some quality time to read a good book and we have some suggestions below. These titles might help pass the time and entertain as well during this difficult and uncertain time.

## *Unorthodox: The Scandalous Rejection of My Hasidic Roots*

By Deborah Feldman

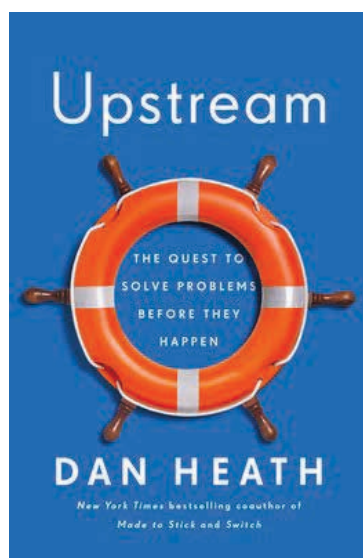


“As a member of the strictly religious Satmar sect of Hasidic Judaism, Deborah Feldman grew up under a code of relentlessly enforced customs governing everything from what she could wear and to whom she could speak to what she could read. Yet despite her repressive upbringing, Deborah grew into an independent-minded young wom-

an whose stolen moments reading about the empowered literary characters of Jane Austen and Louisa May Alcott helped her to imagine an alternative way of life among the skyscrapers of Manhattan. Trapped as a teenager in a sexually and emotionally dysfunctional marriage to a man she barely knew, the tension between Deborah’s desires and her responsibilities as a good Satmar girl grew more explosive until she gave birth at nineteen and realized that, regardless of the obstacles, she would have to forge a path — for herself and her son — to happiness and freedom,” according to Publisher Simon and Schuster.

## *Upstream: The Quest to Solve Problems Before They Happen*

By Dan Heath



“So often in life, we get stuck in a cycle of response. We put

out fires. We deal with emergencies. We stay downstream, handling one problem after another, but we never make our way upstream to fix the systems that caused the problems. Cops chase robbers, doctors treat patients with chronic illnesses, and call-center reps address customer complaints. But many crimes, chronic illnesses, and customer complaints are preventable. So why do our efforts skew so heavily toward reaction rather than prevention?

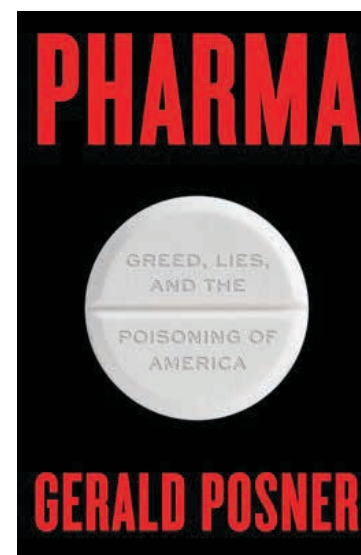
“‘Upstream’ probes the psychological forces that push us downstream—including “problem blindness,” which can leave us oblivious to serious problems in our midst. And Heath introduces us to the thinkers who have overcome these obstacles and scored massive victories by switching to an upstream mindset. One online travel website prevented twenty million customer service calls every year by making some simple tweaks to its booking system. A major urban school district cut its dropout rate in half after it figured out that it could predict which students would drop out — as early as the ninth grade. A European nation almost eliminated teenage alcohol and drug abuse by deliberately changing the nation’s culture. And one EMS system accelerated the emergency-response time of its ambulances by using data to predict where 911

calls would emerge—and forward-deploying its ambulances to stand by in those areas.

“‘Upstream’ delivers practical solutions for preventing problems rather than reacting to them. How many problems in our lives and in society are we tolerating simply because we’ve forgotten that we can fix them?” according to Publisher Avid Reader Press/Simon and Schuster.

## *Pharma: Greed, Lies, and the Poisoning of America*

By Gerald Posner



“Pharmaceutical breakthroughs such as anti-biotics and vaccines rank among some of the greatest advancements in human history. Yet exorbitant prices for life-saving drugs, safety recalls affecting tens of millions of Americans, and soaring rates of addiction and overdose on pre-scription opioids have caused many to lose faith in drug companies. Now, Americans are demand-

ing a national reckoning with a monolithic industry.

“‘Pharma’ introduces brilliant scientists, in-corruptible government regulators, and brave whistleblowers facing off against company executives often blinded by greed. A business that profits from treating ills can create far deadlier problems than it cures. Addictive products are part of the industry’s DNA, from the days when corner drugstores sold morphine, heroin, and cocaine, to the past two decades of dangerously overprescribed opioids.

“‘Pharma’ also uncovers the real story of the Sacklers, the family that became one of America’s wealthiest from the success of OxyContin, their blockbuster narcotic painkiller at the center of the opioid crisis. Relying on thousands of pages of government and corporate archives, dozens of hours of interviews with insiders, and previously classified FBI files, Posner exposes the secrets of the Sacklers’ rise to power — revelations that have long been buried under a byzantine web of interlocking companies with ever-changing names and hidden owners. The unexpected twists and turns of the Sackler family saga are told against the startling chronicle of a powerful industry that sits at the intersection

*Continued on page 25*



# Rocky Mountain Grandeur

Story by Ronnie Greenberg • Photos by Joe Hilbers

The natural aura of Colorado Springs dry climate, clear cool mountain air, and wild west ambiance have been luring guests since the turn of the 19th century. The ease of access to the Rocky Mountains outdoor activities is virtually unlimited. In the winter there's skiing, snowmobiling, sledding or ice fishing within a two-hour drive. During spring and summer there's a rich network of paths and trails that's a natural choice for walking, hiking, mountain climbing, and biking, while the rivers and lakes lure kayakers, boaters, river-rafters, and fishing.

## Where to Stay

The Broadmoor with the soul of a legend has been indulging the known and unknown alike in pampering and superior service since 1918. The "Grande Dame" cradled at the foot of the dazzling Cheyenne Mountains is built around the blue-green waters of the lake. The timeless charm and modern amenities of the resorts spacious 700 rooms and suites provide a relaxing and luxuri-



*Entrance to Broadmoor*

ous ambiance. Windows and balconies provide front-row seats to spectacular scenery, glorious sunrises and fiery sunsets

Championship golf ranks as the favorite recreational pursuit and golf lovers can start their day taking a swing at the two 18-hole courses, the West course, or the East course. For tennis buffs, the tennis complex features three cushioned hard courts, three Har-Tru courts, and three pickleball courts. Work out to your heart's content at the fitness center and then indulge yourself at the full-service spa, or

enjoy zip-lining and falconry.

**Dining** choices run the gamut from fine dining to casual and everything in between in the resort's 10 restaurants and 10 additional cafes and lounges. The Broadmoor's extensive wine list ranks among the finest in the world. The Summit is a freestanding restaurant where Executive Chef David Peterson features a menu of American Brasserie; The Penrose, Forbes' only Colorado Five-Star and Five-Diamond restaurant; The Golden Bee an authentic 19th-century pub; Ristorante del Lago; La Taverne and Restaurant 1858, among others.

**The Broadmoor** is located at One Lake Ave. in Colorado Springs. For reservations and special Great Escape Packages, romantic getaways, holiday celebrations, and galas, phone: (800) 755-5011 or visit [www.broadmoor.com](http://www.broadmoor.com)



*Broadmoor rear view*

## Area Highlights of the Springs & Pikes Peak Region

There is something magical about **Pikes Peak** the star attraction of the area that was sighted by Zebulon Pike in 1806. But it wasn't until the late 1850s that attention was focused on this symbol of the American frontier. The slogan "Pikes Peak or Bust" became a rallying cry during the gold mining boom, when the landmark was used as a beacon for the prospectors. Katherine Lee Bates enraptured by the purple mountain majesty penned "*America the Beautiful*" well over a century ago.

Today, the awe-inspiring Pikes

lands, mountain reservoirs, and wildlife habitats with Rocky Mountain bighorn sheep, beyond the timberline and over the clouds. From the Summit House, thrilling 360-degree panoramic vistas overlook the Continental Divide, the Sangre de Cristo Mountains, and the Great Plains.

**Seven Falls** is located within a natural box canyon that terminates dramatically at a 181-foot waterfall cascading seven distinct steps of a sheer granite cliff. Visit [www.sevenfalls.com](http://www.sevenfalls.com)

**Cheyenne Mountain Zoo**, America's only mountain zoo is famous for its diverse



*Pikes Peak*

Peak is the crown jewel of the Pike National forest. From the gateway at 7,400 feet to the 14,110-foot summit, it is accessible via a 12-mile hike up the Barr Trail, a 19-mile scenic journey by car, or the Pikes Peak Cog Railroad.

Wind through alpine wonder-

and exotic collection of more than 650 animals from around the world. All your favorites are here from elephants to lions and monkeys, hippos and bears. It's also a rare opportunity to feed the world-famous giraffe herd, come nose-to-nose with lions and great apes,

*Continued on page 23*



# Rocky Mountain Grandeur continued



*Manitou Springs*

and get to see more than 30 endangered species including the Amur tiger, Mexican wolf, and Black-footed ferret. [www.cmzoo.org](http://www.cmzoo.org)

## Manitou Springs

The charming Victorian town of Manitou Springs located 4 miles west of Colorado Springs, is forever likened to its natural drinking springs. Long before Easterners traveled here, the Ute, Cheyenne and many other natives considered this area spiritual and sacred and it is now a National Historic District.

Pikes Peak Cog Railway in ser-

vice since 1891 is the world's highest cog railroad. It has taken millions of people on an unforgettable thrilling trip from



*Garden of Gods entrance*

the depot in Manitou Springs to the 14,110-foot summit of

America's mountain, in comfort and safety. Reservations can be made by visiting [www.cograilway.com](http://www.cograilway.com)

**Garden of the Gods**, a true geological experience, is set in 1,300-acre park at the foot of Pikes Peak, surrounded by 20 spectacular towering red sandstone formations. There are eight miles of trails to hike, bike, or ride horseback, leading to scenic views, nature walks and places to settle in for a family picnic. Everyone will enjoy viewing the fast-paced 12-minute multi-media

adventure using time-lapse photography, four screens, and the spine-tingling finale of "America the Beautiful" sung by the U.S. Air Force Cadet Choir. Visit [www.gardenof-gods.com](http://www.gardenof-gods.com)

## Canon City

It's all aboard the **Royal Gorge Route Railroad** for a fascinating two-hour train ride that follows the most famous portion of the old Denver & Rio Grande Western train line. On

a roundtrip from Canon City to Parkdale, you get to go through the "Grand Canyon of the Arkansas" and under the famous Hanging Bridge, which clings precariously to the steep granite walls of the Royal Gorge towering 1,000 feet above. From the train, you'll experience scenery, wildlife, red-tailed hawks and eagles, and get to watch the rafters riding in the churning Arkansas River. You'll have your choice of the Coach, Club-Class, gourmet lunch or dinner cars riding through the Royal Gorge in style. For reservations visit [www.royalgorgeroute.com](http://www.royalgorgeroute.com)

For more information, guides and brochures contact: The Colorado Springs Convention & Visitors Bureau at [www.visitcos.com](http://www.visitcos.com)

Pikes Peak Country Attractions at [www.pikes-peak.com](http://www.pikes-peak.com) Manitou Springs at [www.manitousprings.org](http://www.manitousprings.org)



## The Gadget Geezer

*Continued from page 12*



What is it? It replaces any keyboard using Bluetooth to connect with any mobile device or computer.

With The Dartle your device keyboard is projected onto any surface, and you simply move your fingers to use mouse actions, manipulate images, or even draw and, of course, type quickly and efficiently. The 8-inch wireless device features large, easy-to-read keys to help the user access email, photos, and other standard functions. The device is the size of a deck of cards and as light as a mouse. The simple one-touch power button makes it look like something out of "Star Wars."

Cost: \$200, but on sale now for \$99 at [www.dartletype.com](http://www.dartletype.com).



*Grounds of the Broadmoor*





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## Health & Well-Being

# Get the Facts on Eating for Health And Boosting Your Immune System Naturally

Registered dietitian for California Strawberries, Colleen Wysocki, explains what factors play a role in immunity, eating for health, and how to boost immune systems naturally:

### Factors Influencing the Immune System

Factors that can influence immunity include:

- Diet
- Sleep
- Stress
- Exercise
- Microbiome
- Germs

### Eating for Health

Eating for health means increasing whole foods while cutting back on processed foods high in sugar, salt, and saturated fats. People are cautioned not to look for a single “super food” to prevent illness, but rather, start eating a balanced diet to build a strong immune system over time.

The Dietary Guidelines for Americans promotes the “My Plate” method of eating for health:

- ½ of your plate: Colorful fruits and non-starchy vegetables
- ¼ of your plate: Lean protein
- ¼ of your plate: Whole grains or starch
- Low-fat dairy is also encouraged at each meal for those who tolerate lactose.



*Eating protein and foods high in vitamin C such as strawberries is key. Try this recipe for Strawberry & Tuna Kebabs on [californias-trawberries.com](http://californias-trawberries.com)*

Consistently building your plate this way prepares the body to fight illness and stress. Eating for health is a long-game; popping a few berries in your mouth when you start to feel a cold coming on will have limited effect. However, if you eat a variety of fruits and vegetables each day, your cells will be better prepared to overcome viruses and infections when your body does encounter them.

### The Rainbow of Fruits and Vegetables is at the Heart of Immune-Boosting Foods

Eating the rainbow of fruits and vegetables every day is key to increasing immune cell responses to bacteria and viruses. The phytochemicals in fruits and vegetables that promote health depend on the color of the food.

For instance, red, blue, and purple fruits provide antioxidant and antimicrobial activity. These immune-boosting

foods help protect cells from damage and may reduce the risk of diabetes, cancer, stroke, and heart disease.

Green vegetables, on the other hand, are recognized as foods good for the immune system and they have anti-cancer properties and protect against neural tube defects in pregnancy.

It's important to strengthen the body against non-communicable diseases with a variety of fruits and vegetables first; then when contagious germs enter the body, its defenses will be available to fight them off.

Eating a single color in the diet is like going to school and learning a single subject. If first graders were only taught physical education—that would be important, but they would miss out on learning how to add, subtract, read, and write. Similarly, if a person were to only eat one color of fruits and vegetables (such as greens), they risk missing out on nutrients that may promote a more complete immune response.

### Protein is Vital for Repair and Recovery from Illness

Protein is also essential for growth and illness recovery. Protein repairs cells and DNA damage caused by illnesses. Skinless poultry, fish, yogurt,

*Continued on page 26*

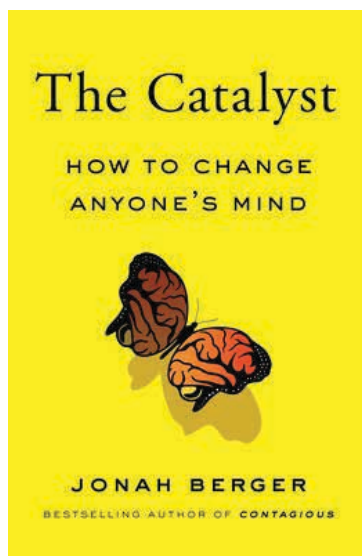


## April Book Club

Continued from page 21

of public health and profits. 'Pharma' reveals how and why American drug companies have put earnings ahead of patients," according to Publisher Avid Reader Press / Simon and Schuster.

***The Catalyst***  
***How to Change***  
***Anyone's Mind***  
By Jonah Berger



"Everyone has something they want to change. Marketers want to change their customers' minds and leaders want to change organizations. Start-ups want to change industries and nonprofits want to change the world. But change is hard. Often, we persuade and pressure and push, but nothing moves. Could there be a better way?"

"This book takes a different approach. Successful change agents know it's not about pushing harder, or providing more information, it's about being a catalyst. Catalysts remove roadblocks and reduce the barriers to change. In-

stead of asking, "How could I change someone's mind?" they ask a different question: "Why haven't they changed already? What's stopping them?"

"The 'Catalyst' identifies the key barriers to change and how to mitigate them. You'll learn how catalysts change minds in the toughest of situations: how hostage negotiators get people to come out with their hands up and how marketers get new products to catch on, how leaders transform organizational culture and how activists ignite social movements, how substance abuse counselors get addicts to realize they have a problem, and how political canvassers change deeply rooted political beliefs.

"This book is designed for anyone who wants to catalyze change. It provides a powerful way of thinking and a range of techniques that can lead to extraordinary results. Whether you're trying to change one person, transform an organization, or shift the way an entire industry does business, this book will teach you how to become a catalyst," according to Publisher Simon and Schuster.



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## Get the Facts

*Continued from page 24*

eggs, low-fat cheese, and milk are great sources of protein. If you choose vegetarian protein, pair it with vitamin C-rich foods such as strawberries. Iron from plant protein is difficult to absorb without vitamin C.

### Foods High in Vitamin C

Food sources of vitamin C are more effective at strengthening immunity and overall health than supplements. In addition, fruits and vegetables such as strawberries offer much more than vitamin C; all of their micronutrients work together to help prevent and fight disease. One serving of eight strawberries provides all the vitamin C you need for a day. Oranges, red peppers, cantaloupe, papaya and kale are also foods high in vitamin C.

### How to Boost Immune System Naturally

•**Exercise's Role in Immunity.** For those who want to know how to boost the immune system naturally, after diet, physical activity is key. Exercise is another long-term approach to building strength against germs and disease. Working out not only builds muscle, it also reduces abdominal fat, high blood pressure, cholesterol, and stress—all risk factors for disease. It can help you sleep better and decrease symptoms of depression and anxiety.

The American Heart Association recommends adults get at least 150 minutes of moderate

cardio exercise and at least three days of strength-building exercises per week.

•**Sleep and Stress.** Increasing sleep and decreasing stress are also on the list of how to boost your immune system naturally. Do your best to get adequate sleep (7+ hours each night).

During stressful times, techniques to help manage anxiety may include talking to someone, checking in on loved ones, exercise, sleep, and eating a nutritious diet.

### •Microbiome and Germs.

Don't neglect the role bacteria play in spreading harmful germs. While you can wipe out germs and bacteria on surfaces, it's critical to feed your gut good bacteria.

Pre- and probiotics are immune-boosting foods because they feed the good bacteria in the gut. Prebiotics include fiber from fruits and vegetables, while probiotics include strawberries, apples, kefir, kombucha, sauerkraut, pickles, miso, tempeh, kimchi, sourdough bread, and some cheeses.

For more strawberry nutrition information and recipes, visit [californiastrawberries.com](http://californiastrawberries.com).

## Snore

*Continued from page 16*

may be working. She came in from the other room and woke me up to tell me this. I was pleased, as you can imagine I would be to be awakened at 2 A.M. with this kind of information. As it turns out, being aroused periodically is not a bad idea if you wish to avoid one other nocturnal problem, that of drowning in your sleep. My salivary glands, which seem to be the last of my glands to show the ravages of time, are producing upwards of 50 gallons of saliva every night in a frantic effort to wash out the appliance before morning.

I think young people who are out tom catting around all night when they have the natural ability to sleep straight through from 10:30 P.M. until 9 A.M., would do well to listen to the laments of their elders who can never remember having had this blessing once. Grab as many zeds as you can while you're young, kids, there will be plenty of time at night later to consider other pursuits like wondering if there is any Alka Seltzer in the cabinet or trying to determine what time the luminous dial on the clock says without finding your glasses first.





# April Crossword Puzzle

## Across

1. Rubberneck
6. Breakfast brand
10. Common article
13. Hermit
14. Flood survivor
15. Outer garment
16. Unpaid
17. Medicine
18. Horne solo
19. Gyro bread
20. Dancing party
22. Meddle
24. Hate
28. Wide of the mark
31. Conger catcher
32. North American buffalo
34. One of the Four Forest Cantons
36. Hard to find
37. Slippery swimmer
38. Summons
41. Boy king
42. Inter \_\_\_\_
44. Film director Lee
45. Seraglio
47. Ornamental coronet
49. Add fizz
51. Marsh plants
53. Picks
56. Like rushing water
59. Mutual fund fee
61. Light gas
64. "\_\_\_\_ grip!"
65. Relish
66. Unseat
67. Metric unit of mass
68. Academy award
69. Monopoly quartet: Abbr.
70. Quick sharp bark
71. Noodles?

## Down

1. Swill
2. Namely

3. Writer Loos
4. Christens anew
5. Unit of energy
6. "Bewitched" witch
7. Clotted blood
8. Showy trinket
9. 1977 George Burns film
10. Rocky pinnacle
11. Yes, in Yokohama
12. Zeta follower

15. Easy gallop
20. Rupture
21. Teensy
23. No \_\_\_\_!
25. Delight
26. \_\_\_\_ cholesterol
27. Waste allowance
29. Elbow
30. Numerical prefix
32. Give a false impres

33. Greek epic poem
35. Breathe in
37. Vittles
39. Kind of finger
40. Movable barri
43. Silvery white
46. Person who li seclusion
48. \_\_\_\_ Lingus
50. Overhaul

52. Soaked
54. Puccini classi
55. The devil
57. Parched
58. Romance lan
60. Actress Diana
61. Hide-hair link
62. Where It.'s at
63. Old spy org.
65. Lump
- Answers on Page 38

1	2	3	4	5		6	7	8	9			10	11	12
13						14					15			
16						17					18			
19						20					21			
	22			23					24			25	26	27
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69					70					71				



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## Booktrib's Bookbites

## More Great Reading Ideas: Unlikely Relationships And Light-Hearted And Harrowing Memoirs

### "Wounded Angels"

by Chuck Miceli

Maureen Bower remembers the Fourth of July when she was 14—the day her father walked out of her life forever. She struggles with her fear of abandonment until Frank Russo enters her life. Together, they overcome family prejudices, separation, war, and loss. Their life becomes full until the unthinkable happens. Maureen's fear of abandonment rises to the surface and consumes her.

Enter Doris Cantrell, the product of an abusive childhood, a troubled marriage and estrangement from her own daughter. Maureen finds her fascinating. Neither the inconsolable widow nor the uncontrollable social misfit have the energy or the inclination to save anyone, but could their wounds be the key to supporting and even healing each other? Buy at <https://amzn.to/2E8eh8n>.

### "The Parrot's Perch"

by Karen Keilt

"In January 1976, I was a bliss-filled, 23-year-old newlywed. Three months after our wedding, my husband and I were awakened at 3:00 a.m. by men with guns. We feared we were being kidnapped by hardened criminals. Kidnaping is a common occurrence in Brazil. As we were driven from our home, fearing death or worse, my husband and I knew our lives would never be the same."



Karen Keilt offers a brave account of how she and her husband were illegally incarcerated on trumped-up drug charges, tortured for 45 days by the Brazilian police and then forced to rebuild their broken selves without retribution from Brazilian authorities or answers from her own complicated family. From She Writes Press. Purchase at <https://amzn.to/38cPXQu>.

### "Evergreen"

by Mya O'Malley

June is the rich girl next door who finds herself fulfilling her passion of caring for homeless animals by volunteering at the local animal shelter.

Unlucky in love, she sets her sights on finding the one—the perfect canine companion, that is—meant just for her.

Things get complicated when an interesting man, Graham, delivers an enormous Great Dane to the doorstep of the shelter. The dog remains a mystery, appearing out of thin

air, as if destined to try to bring Graham and June together. The question is, will their relationship survive, or are the obstacles set before them too much to overcome? Buy at <https://amzn.to/34cWk33>.

### "Mostly True: Short Stories"

by Arlene Cohen

"A person who never made a mistake never tried anything new." So notes Arlene Cohen within her collection of short stories presented as slices of her life that describe a constant, curious struggle to understand the world around us and the people within it.

Good intentions often backfire in this potpourri of humorous, sometimes-outrageous episodes involving actors, travelers, storytellers, madmen, hikers, hippies, flappers, boy-friends, cookies, castles, and credit cards.

Cohen writes in a simple style that is easy to process. Each vignette does not hit readers over the head with a hard message but rather allows them to process the various lessons and relatable feelings that they generate. Purchase at <https://amzn.to/2t8hQcu>.

• BookBites is a continuing series bringing readers information and ideas for their next read. For more reading ideas, visit BookTrib.com and subscribe to the weekly newsletter.





ADMIT  
ONE

By Randal C. Hill

# Movie Preview

## 'No Time to Die'

An Aston-Martin sprays bullets from Gatling gun headlight cavities. Powerful motorcycles leap over low walls and roar across rooftops. Speeding high-end cars sail dramatically in slo-mo off steep cliffs.

This can only mean one thing: It's time for another James Bond adventure, one again replete with high-speed chases, menacing futuristic gadgets, mind-bending stunts, amazing explosions and breathtaking European locales.

In *"No Time to Die,"* James Bond (Daniel Craig) has retired and is living in a remote waterfront home in Jamaica. But an old friend, CIA agent Felix Leiter (Jeffrey Wright), drops by with a request. "I need a favor, brother," Leiter says. "You're the only one I trust for this." Leiter needs to find a kidnapped scientist of maximum importance to world safety. Bond reluctantly accepts the assignment, not knowing that his mission will be far more treacherous than expected.

Bond's old love interest, Dr. Madeleine Swann (Lea Seydoux) returns, as does James's old nemesis, the disfigured supervillain Bloefeld (Christopher Waltz). Before long, we meet a new agent, the stunning

Nomi (Lashana Lynch), who surprisingly has been given Bond's old number. Nomi's broad smile belies her words when she says, "The world has moved on, Commander Bond. Stay in your lane." The pair ends up forming an uneasy alliance.

A new villain appears via the mysterious Safin (Rami Malek), who is actually more sinister than Bloefeld and is armed with treacherous new technology. "License to kill ... history of violence," Safin sneers through a Phantom of the Opera-type mask. "I could be speaking to my own reflection."

Bond retorts, "History isn't kind to men who play God." The 2020 Bond is a bit more human than his all-but-perfect predecessors. He is shown here less as an immortal Superhero than as someone who makes errors in judgment, asks for help when needed, and often seems just plain exhausted from his daily grind of helping to rid the world of bad guys.

Producer Barbara Broccoli says, "[Daniel] has been the most extraordinary Bond. When you trace the evolution of the Bond character from [2006's] *"Casino Royale"* to now, it feels very epic. This film feels like a culmination."

*"No Time to Die"* is the 25th movie featuring James Bond in the series created by British writer Ian Fleming. Fleming penned his first 007 thriller in 1952.

The movie is directed by Cary Joji Fukunaga, with a screenplay by Neal Purvis, Robert Wade, Scott Z. Burns, and Phoebe Waller-Bridge.

This will mark the fifth and final Bond film by 51-year-old Craig.

The onscreen action detonates nationwide on April 8.

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## Health Awareness

# News For Noses

Nasal congestion is nothing to sneeze at. It affects roughly 20 percent of the population and is associated with reduced quality of life, difficulty sleeping, reduced daytime performance, and increased need for healthcare. In addition to the physical misery, it has been estimated that the financial impact of chronic congestion is more than \$5 billion to \$10 billion annually. Fortunately, scientists are coming up with new and better ways to deal with the problem.

## New Device

That's good news since, until recently, most of the current treatments for nasal congestion and rhinitis were drugs that must be regularly ingested in the form of nasal sprays (decongestants or steroids), pills (decongestants or antihistamines) or uncomfortable nasal irrigators, each of which has its own side effects and risks. In addition, current treatments provide only partial or temporary relief.

Now, however, there's a patents-pending device that uses a combination of gentle acoustic vibrations and light, resistant pressure to help open nasal breathing and relieve nasal congestion, naturally—in as little as three minutes.

Called SinuSonic, it consists of a fully disposable medical-grade silicone nosepiece on a resin body. A flutter



valve on top creates gentle, self-guided oscillating expiratory resistance.

A recent study published in the prestigious International Forum of Allergy and Rhinology (IFAR)—the official journal of the American Rhinologic Society (ARS) and the American Academy of Otolaryngic Allergy (AAOA)—found the relief from chronic nasal congestion can be life changing. Eighty percent of participants enjoyed a clinically relevant improvement.


## Doctor's Opinion

"We were excited to see measurable positive changes in both objective nasal airflow as well as patient-reported symptom scores and quality of life," said Dr. Rodney Schlosser, an internationally known sinus specialist and one of the lead researchers on the study. "Our initial results demonstrate that SinuSonic is a safe and effective treatment alternative to conventional pharmacologic and surgical treatment for these patients."

## Learn More

To see the device in action or purchase online, go to [www.SinuSonic.com](http://www.SinuSonic.com).





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# Understanding Parkinson's Disease

60,000 people are newly diagnosed with Parkinson's disease (PD) each year. Nearly fifty percent of those newly diagnosed with Parkinson's and their care partners leave the doctor's office following a diagnosis without educational resources or information on what the future holds.



*If you or a loved one is ever diagnosed with Parkinson's disease, you should know you're not alone*

The Parkinson's Foundation aims to connect with those newly diagnosed with PD earlier and more frequently to provide ongoing support throughout their entire journey with the disease. Newly Diagnosed: Building a Better Life with Parkinson's Disease, is a new program designed to arm people who are newly di-

agnosed with the knowledge, tools and resources they need to navigate life with the disease.

The Parkinson's Foundation also offers educational programs that focus on care and research; digital resources; topical podcasts; and an online community to connect with others living with the disease and care partners and be part of a network of support.

If you or a loved one has been diagnosed with Parkinson's disease, you are not alone. Call the toll-free Parkinson's Foundation Helpline at 1-800-4PD-INFO (473-4636) or email [Helpline@Parkinson.org](mailto:Helpline@Parkinson.org). Order your free Newly Diagnosed kit today at [Parkinson.org/NewlyDiagnosed](http://Parkinson.org/NewlyDiagnosed).

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# Busy Boomers

By Les Goldberg

## Easy, Fun Getaways for Spring/Summer

I am, by nature, a very optimistic soul, so I am going to persist with high hopes that we're all going to be rid of this scary scourge of the Coronavirus, aka COVID-19, in a few weeks rather than months, and be free to resume our normal lives.

As seniors, we are considered the most vulnerable to this and other contagious diseases so I am writing this column to provide you with a helpful guide to what is possible post-pandemic. When we do get the 'green light' to leave our locked-down or quarantined quarters, we no doubt will be asking ourselves: 'What shall we do now?' and 'Where can we go to have some fun?'

Try these destinations on for size: They are all within a short driving distance from your homes in Long Beach and Orange County.

### Long Beach Shoreline Village



Home to a range of shops and boutiques, restaurants, bars, cafes and entertainment, Shoreline Village is a pleasant place to enjoy the Southern California lifestyle combining outdoor shopping and dining.

### The Queen Mary



If you haven't yet set foot aboard one of the most iconic transoceanic cruise ships the world has ever known, here's your chance to experience life as it once was in the early 1900s. You can dine in one of the three award-winning restaurants with Pacific Ocean views and vintage Art Deco interiors.

### The Aquarium of the Pacific

Located on Rainbow Harbor, the aquarium is home to more than 11,000 animals, fish, and marine life, with 50 exhibits that include the Shark Lagoon and the June Keyes Penguin Habitat. It offers several educational activities such as workshops and seminars.

### Long Beach Antique Market

On the third Sunday of each month, the Long Beach Antique Market is a traditional flea market that is home to more than 800 vendors and sellers of vintage collectibles spread over 20 acres around the city's Veteran Stadium.

### The Catalina Express

"Twenty-two miles across the sea, Catalina Island is waiting for me..." And it is waiting

for you once you board the Catalina Express on one of its daily board trips. The journey takes an hour and you land in another world that resembles a far-away Mediterranean port city.

### Orange County

There are too many attractions in Orange County to list here, including the most famous – Disneyland and Knott's Berry Farm -- but here are a few that are easy to navigate and much less expensive:

### Dana Point Harbor



While it is undergoing a massive renovation, Dana Point Harbor is a great way to spend a weekend. From the Farmers Market to viewing the beautiful yachts and boats along the marina, it is an ideal destination for active seniors. You can spend the day fishing or whale watching, strolling the marina walkways or dining at the many restaurants.

### Richard Nixon Museum

Priced at only \$8.50 for seniors, Southern California's only Presidential museum offers a glimpse into history during the turbulent 60s and during the time of Pres-



Nixon Library



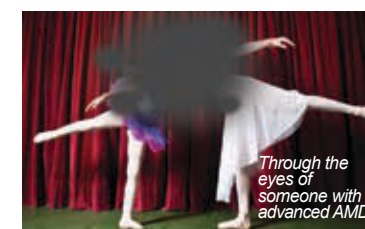
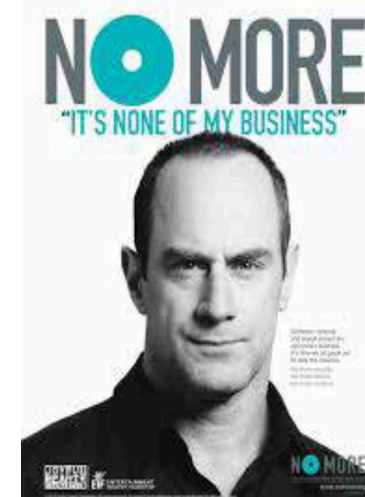
Lawn Bowling Club

ident Nixon and First Lady Pat Nixon. The lush gardens, the presidential helicopter, the president's home, the Oval Office replica and other artifacts are among the many reasons to visit the museum in Yorba Linda.

### Newport Harbor Lawn Bowling Club

The beautiful beachside city of Corona del Mar is the site of the world-famous Newport Harbor Lawn Bowling Club with its affordable membership, free lessons and instructions, games, a sense of community and a place to socialize. During the weekends, the club organizes a "Social Bowl" in which members enjoy "pot luck" snacks.

It's always good to think ahead to happier times. Meanwhile, let's do our part to shorten the cycle of this killer disease by staying home, avoiding social gatherings, washing our hands and following the directions of our doctors and medical experts.



### 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.

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## News for Older Americans

# Hints To Help You Stay On The Road To Safe Driving

For many older adults, retaining the ability to drive is very important. It means independence and makes it easier to do shopping, see friends and family, and keep medical appointments. It's not always a safe option, however.

Physical and mental changes related to aging can affect your ability to drive safely. If you're alert to these changes and manage them carefully, you may be able to continue driving safely for some time.

To keep your skills as sharp as possible, consider following these suggestions from experts at the American Geriatrics Society (AGS), healthcare professionals dedicated to improving the health, independence, and quality of life of older people:

**Check your eyesight** to keep it as sharp as possible by getting a complete annual eye exam once you turn 60. Test yourself to monitor your vision:

- Do you have problems reading street signs?
- Are you having difficulty seeing road or pavement markings, curbs, or other vehicles or pedestrians, especially at dawn, dusk, and nighttime?
- Is glare from oncoming headlights making it hard to see when driving at night?

**Assess your physical fitness** to drive by asking yourself:

- Can I comfortably turn my neck to see over my shoulder when I change lanes?
- Can I easily move my foot from the gas pedal to the brake? Can I easily turn the steering wheel?
- During the past year, have I fallen one or more times?
- Do I regularly walk more than a block a day?
- Can I raise my arms above my shoulders?

**Perform a reality check** on your attention span and reaction time:

- Are you overwhelmed by signs, traffic signals, and car and pedestrian traffic, especially at busy intersections?
- Does it seem harder to merge into traffic on the highway?
- Do you take any medications that make you sleepy, dizzy, or confused?
- Do you feel less confident about driving at highway speeds?
- Do you react slowly to cars entering your roadway, or to cars that have slowed or stopped in front of you?

**Pay attention to changes** and warnings:

- Have friends or family members expressed worries about your driving?
- Have you ever gotten lost on familiar routes or forgotten how to get to familiar destinations?
- Has a police officer pulled



*With age, your ability to drive may diminish—but you can get help to maintain your independence longer.*

you over to warn you about your driving?

- Have you been ticketed for your driving, had a near miss, or a crash in the last three years?
- Has your healthcare provider warned you to restrict or stop driving?

### Consider Getting a Professional Driving Assessment

If you've experienced driving problems like these or are worried about your ability to be a safe driver, consider getting a professional assessment of your skills.

Occupational therapists trained as driving rehabilitation specialists can evaluate your driving skills and strengths, as well as any physical, visual, and cognitive challenges you may face. They can also evaluate your ability to operate a vehicle safely and, if needed, recommend ways to reduce your risks.

Driving rehabilitation specialists are trained to evaluate older drivers for:

- Muscle strength, flexibility, and range of motion

*Continued on page 41*



**Don't let a homebound senior go hungry. Make a lifesaving difference.**

At Age Well Senior Services, our vital Meals on Wheels program delivered nearly 500,000 meals to seniors in need last year. We're a nonprofit organization that relies on donations to provide services, and we need your help to avoid having to turn away requests for meals from homebound seniors. Curtailing service would be a tragedy on several levels, including overall wellness, as visits from our volunteer drivers are often the only social contact some seniors have.

Many senior citizens right here in your area, wonder where their next meal may come from. If you or someone you know can help, please take the time to learn more and donate.

visit [www.MyAgeWell.org](http://www.MyAgeWell.org)  
or call (949) 855-8033

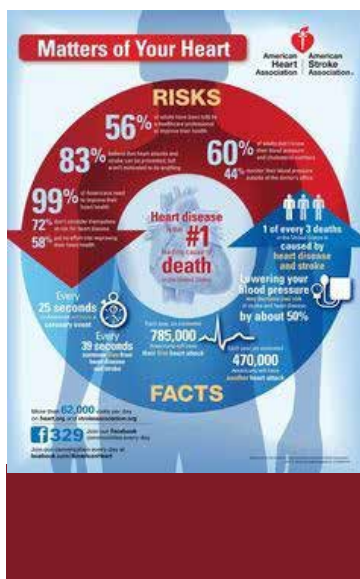
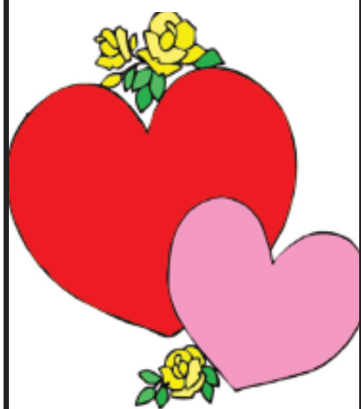
**Age Well**  
**Senior Services**

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS





## With A Heart for Seniors



# 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.”

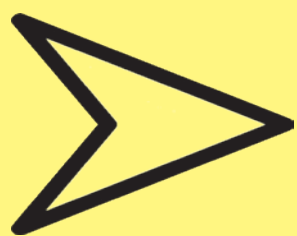
According to Schusler, “We at RCSP take pride in searching for That Age In Place Home. We have the knowledge and resources to support all unique needs, preferences and desires of our clients and families. We offer suggestions and support during all types of transitions.”

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

*See our ad on the back cover*



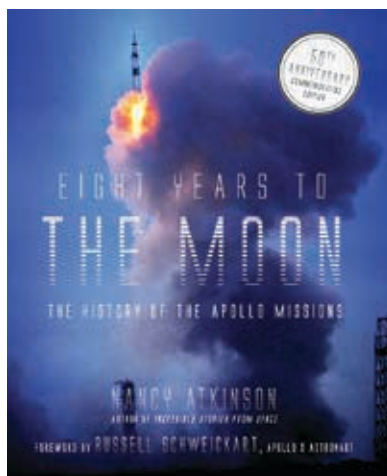




# In The Spotlight

## ‘Eight Years to the Moon’ Author Shares Insight

*“Eight Years to the Moon: The History of the Apollo Missions”* by Nancy Atkinson tells the behind-the-scenes stories of over 50 Apollo engineers and scientists, many who have never had the chance to share their insights of those remarkable, and the unparalleled days of the 1960s, which was an incredible period of science, engineering, and cultural history.



Here’s more from Atkinson about her book and a love of space.

### Q: Why Space?

A: I’ve always been interested in space exploration! I was 9 years old when Apollo 11 landed on the Moon and the astronauts first set foot on another planetary body besides Earth. I remember watching the entire Apollo 11 mission with my family in our living room and I was absolutely transfixed. That was the beginning of my love of space, and even though it was a bit of a circuitous route, that love eventually led me to start writing about space and astronomy in 1999.

Q: Tell us a little bit about your first book.

A: *“Incredible Stories From Space: A Behind-the-Scenes Look at the Missions Changing Our View of the Cosmos”* takes an inside look at nine NASA robotic missions to ex-

plore the solar system and beyond. These are missions like the Hubble Space Telescope, the Mars rovers, the New Horizons mission that went to Pluto in 2015 (and is still traveling through the Kuiper belt) and several others. These spacecraft have specialized cameras and scientific instruments on board to allow us to “travel” to other planets in our solar system and see distant stars and galaxies, all from the comfort of Earth! So, while there are no people on board these spacecraft, each mission requires numerous people to operate and care for the spacecraft from Earth, as well as scientists to monitor the data and select targets for study.

Q: With so many books about Apollo 11 publishing this year, what did you do to really set this one apart?

A: You’re correct about several books coming out this year, plus there were already over a hundred books previously written about the Apollo program! I knew I had to do something different. So, I decided to do what I love most – talking to people who work behind the scenes and normally don’t receive any accolades for their work. Most previous books on Apollo focus on the astronauts, NASA leaders, and politicians.

I wanted to talk to the people who helped design and build the spacecraft and all the various parts and components that were needed to accomplish all the incredible things that had never been done before. I also wanted to share the untold stories of the ordinary, everyday people who worked on such a historic part of our country’s story.

Q: What was your favorite story/interview?



A: There are a few that stood out. I feel fortunate to be able to tell the stories of two of the very few women engineers at NASA during those days. They were sort of ‘hidden figures’ who worked behind the scenes. One of them Dottie Lee worked on designing the heat shield, the part that protects the spacecraft reentering the atmosphere.

Another woman is Cathy Os-

good, who was a member of the team that figured out how to do rendezvous in space, which is figuring out how two spacecraft can meet up and come together in space, and that was a huge challenge for NASA.

Both these women were gifted mathematicians who started as the human computers --the people who did the calculations for the trajectories and all the possible outcomes for a launch or rendezvous. Later they became known as math aids but these two women

grew into their jobs as engineers because they were so talented and because NASA needed for talented people to do these new kinds of jobs.

Q: Were there any California connections that helped make the program a success?

A: The Jet Propulsion Laboratory in Pasadena helped with the design of the communication system, the Unified S-Band which allowed for all the data from the spacecraft and the communications between the astronauts and Mission Control, as well as the TV signals from the surface of the Moon to be sent to Earth. JPL also sent robotic missions to orbit and land on the Moon so that scientists could under-


The eight years from President Kennedy’s challenge in 1961 to the first Moon landing in 1969 are filled with stories of the dedication and perseverance it took to overcome the challenges, hurdles, and conflicts of doing things that had never been done before.

Through interviews and research, she uncovered little-known details about the Apollo program, including a potentially catastrophic event that could have ended the Apollo 11 mission in disaster.


The book is filled with insights from rocket scientists, MIT computer engineers, NASA contractors who built the spacecraft and systems, mathematicians who figured out the intricacies of rendezvous in space, and engineers who concocted ways to simulate space travel on Earth.

*Continued on page 36*





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

## Spice Up Your Life With Easy-To-Enjoy Jambalaya

For a fast, easy and delicious one-pot meal, few dishes can beat a jambalaya. Created by the unique blend of cultures that make up New Orleans cuisine, jambalaya is both satisfying and simple to make using whatever you happen to have on hand (thus excellent for that “end-of-week-clean-out-the-fridge-meal”). Known for its bold flavor and versatility, there’s no wrong way to make this crowd-pleaser.

“Jambalaya is a one-pot meal that combines elements of our French, Spanish, African and Acadian heritage,” explains New Orleans culinary authority and cookbook author Poppy Tooker. “Every jambalaya starts with what is often called the ‘trinity’ of seasoning vegetables—celery, onion and bell pepper—and, of course, rice and signature spices. Where you go from there is really up to you. Add seafood, smoked sausage, chicken or whatever you have on hand.”

Try this recipe for Classic Jambalaya:

### Original Jambalaya

Use Zatarain’s Jambalaya Rice mix as the quick starter base then just add any combo of smoked sausage, chicken, ham, shrimp and vegetables. Feeding a crowd for tailgating or a football watching party? Double the batch, as hungry mouths always want more!

*Prep Time: 5 minutes*

*Cook Time: 25 minutes*

2 ½ cups water  
1 package (8 ounces) Zatarain’s® Original Jambalaya Mix  
1 pound smoked sausage, thinly sliced\*

1. Mix water, Rice Mix and meat of your choice in large saucepan until well blended. Bring to boil. Reduce heat to low; cover and simmer 25 minutes or until most of the water is absorbed and rice is tender.

2. Remove from heat. Let stand 5 minutes. Fluff with fork before serving.

*Makes 6 servings.*

For richer flavor: Add 1 tablespoon vegetable oil with the water.

### \*Suggested Substitutions:

1 pound cubed, cooked or rotisserie chicken, cubed ham or peeled and deveined shrimp, cut into bite-size pieces (add shrimp during the last 10 minutes of cooking time and cook just until shrimp turn pink.). Stir in sautéed vegetables like bell pepper, tomatoes, and sliced green onions just before serving.

### Learn More

Jambalaya is known for its versatility. You can find other flavorful jambalaya recipes like Slow-Cooker Chicken and Shrimp Jambalaya along with



*Whether you want to please a crowd or create a great week night meal for your family, jambalaya is a delicious answer*

facts and tips at [www.zatarains.com](http://www.zatarains.com).

## In The Spotlight

*Continued from page 35*

stand more about the lunar surface

Other California companies/ places that helped with Apollo: The second stage of the Saturn rocket was made by North American Rockwell in Seal Beach.

The third stage of the Saturn rocket was made by Douglas Aircraft (later McDonnell Douglas) in Huntington Beach. The F-1 (first stage engine) and J-2 (second and third stage) engines for the Saturn rocket were built in Canoga Park.

“Eight Years to the Moon: The History of the Apollo Missions” is available on Amazon and published by Page Street Publishing; Commemorative edition (July 2, 2019).



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# “Yes, We Have No Bananas”

By Rosemary Lewallen

The lyrics to the 1923 novelty song, “Yes, We Have No Bananas,” by Frank Silver and Irving Cohn invaded my brain after a stressful weekend grocery shopping during this new coronavirus pandemic. This song is way before my time, but my mother used to sing it and other silly songs around the house when I was growing up. The Louis Prima jazz version was very popular.

On Saturday, I went to Smart n’ Final to buy my usual groceries. The first thing I noticed was that finding a parking place was challenging. People in cars were literally stalking people emerging from the store and following them in order to take their parking slot.

First on my shopping list was bananas, a staple in our household. The place where the bananas usually reside was empty except for one sad, semi-bruised banana, which I hurriedly scooped up.

Next on my list was ground turkey, chicken thighs and fish. There was no ground turkey nor chicken left. The remaining fish was too expensive, not the reasonably priced tilapia, cat fish or salmon I usually find there.

Now I was getting competitive and desperate. Perhaps I could at least get more peanut butter, another family mainstay and a good source of protein. I sped

down the peanut butter and bread aisle. There was none left of either item.

Not one to give up, I quickly searched the canned meat and fish aisle. I now felt like a hunter circling her prey. My eyes locked on two small cans of tuna in water and one larger can of salmon. I grabbed them before the next shopper could. A dinner of salmon patties and a lunch with tuna sandwiches was now secured.

Meandering down the row where paper goods usually were stacked was a shock. It looked like it had been ransacked by an invading army. There were no paper towels or toilet paper left. People must be anticipating bouts of diarrhea with this virus, although I don’t think that’s a common symptom.

On Sunday I went to Stater Brothers and the nearby 99 Cent Store, but still could not find eggs, bananas, bread, chicken thighs or ground turkey. Thankfully, I still had a few raw eggs in the fridge and a few hard boiled ones.

I’ve never seen anything like this, but, then, I’ve never lived through a pandemic before. The anxiety level reminds me of how we felt right after 9/11, but this is different. This enemy is invisible and novel, so the fear factor of the unknown is predominant. Testing for this virus has been slow in the United States. There is

no vaccine and it is expected that hospitals will not have the capacity to treat the number of patients they will receive. Schools have closed. Business meetings have been cancelled. The stock market has been lurching downward and people have been asked to work from home, if possible. None of this is reassuring.

As an older adult who just turned 70, I’m in the vulnerable population at risk for the coronavirus. People age 65 and over have been advised by the Governor to self-quarantine at home. That’s not easily done when you can’t find the food your family needs at the stores. I plan to look into having food delivered to my home from a grocery store, if that’s still an option. I feel like I have a large bull’s eye target on my back. I obviously did not isolate myself this last weekend when I was tracking down bananas in three stores and last Wednesday we attended a live cabaret show at the Carpenter Center.

My adult children have instructed my husband and I to “hunker down” at home. I didn’t attend church on Sunday as I usually do, but watched a service on television. My church choir has disbanded for now, so all the music we were preparing for Lent and Easter cannot be learned or performed. My other singing group, the Cypress Choraliers, have suspended rehearsals for two weeks and have cancelled



many scheduled gigs. It’s sad, but many in our group are 70 or older, so they should avoid group gatherings. Today I contacted my friend and let her know that my husband and I would not attend tonight’s vigil for her mother-in-law who recently died because we were self-quarantined.

I’m personally tired of church people spouting platitudes, like, “Be not afraid.” Yes, as people of faith, we should trust in God, but I notice that many of these spiritual leaders are not older adults. I agree that people shouldn’t panic. Neither should they fail to take precautions or deny the seriousness of this pandemic with the theory that God will protect us. God gave us brains to act with common sense and follow the recommendations of scientific experts. Faith doesn’t necessarily protect you from a virus or any evil. My Jewish ancestors who fled Russia and Poland are testament to that.

Perhaps we don’t really need bananas. We just ate the last one this morning. My husband, age 79, is diabetic, so he has to limit his fruit consumption and all sources of sugar or carbohydrates. I don’t relish

going out again to see if the grocery stores have restocked their food.

One of the TV news people this morning suggested that we journal our thoughts as a way to relieve our anxiety. Writing this story has made me feel better. Perhaps I’ll get a good night’s sleep tonight for a change. Hopefully, this difficult episode in history will end soon. Anyway, I know I will never take bananas for granted again!

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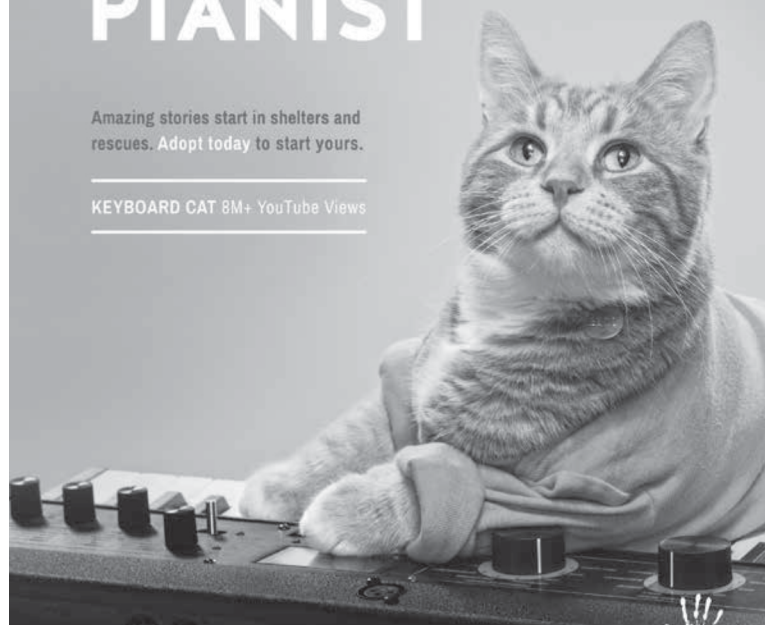
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### Crossword Puzzle Answers from page 27

1	S	2	T	3	A	4	R	5	E		6	E	7	G	8	G	9	O			10	T	11	H	12	E
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69	R	R	S						70	Y	E	L	P				71	B	E	A	N	S				



# JUST JUDITH

By Judith A. Rogow

## Pandemic and Pandemonium

There's an old saying that March 'comes in like a lion and goes out like a lamb,' and this season has certainly proved that right.

Between the weather, politics and the Coronavirus, the month that is ending as I write this has been, as a friend put it, '50 Shades of Crazy.'

Someone became ill on the other side of the world and people mobbed their local supermarkets and Big Box stores buying paper goods and bottled water. Admittedly, that's a gross oversimplification of the events, and, in a lot of ways, it is 'whistling in the dark' as we know we are among the most vulnerable to come down with the disease.

We have been through epidemics and pandemics before. We've survived Swine flu, West Nile virus, Bird flu, E. coli, Anthrax, Ebola, Zika, SARS, Y2K, and a few armed conflicts, but I don't recall this level of insane hoarding ever happening before.

One thing I *have* noticed is that the people stockpiling toilet paper and canned vegetables tend, at least from what is shown on the evening news, to be younger families. It seems that people nowadays shop on payday and buy for the coming week or two. Their pantries

are stocked with snacks and sodas, peanut and other nut butters, gourmet jams, and spaghetti sauce while their freezers contain concentrated juices, 'flash frozen' main dishes, various types of pizza and the latest slow-churned, vegan, non-GMO, non-gluten, low-calorie (and totally tasteless) treat.

We who have been through this in the past could probably survive quite handily for several weeks on what we already have on our shelves. Dried pasta, jars or cans of spaghetti sauce, baked beans, soups and stews, even dried soup ingredients like split pea or 15-bean with packages of onion soup mix to add flavor are usually found lurking amid the cans of tuna, corn and fruit plus boxes of cake or brownie mix and rolls of plastic or foil wraps in cupboards and pantries.

The thing I really cannot understand is the mad stampede to clear shelves of toilet tissue! Hand sanitizers, cleansers, paper towels, Kleenex, this I can



see, but . . . Toilet paper? And, it's not just a package of six or eight rolls, people are filling carts, car trunks and SUVs with as much as they can grab.

One theory, one of the few that makes any sense, is that toilet paper is something that has been a constant in our lives since we can remember.

Another constant is water and while our sources and delivery are said to be safe and sanitary there's always a nagging 'what if?' lurking.

Even worse, however, is the price gouging and reselling that is the unfortunate offshoot of panic buying. The news is full of barely (or decidedly *un*) legal sales of items grabbed from store shelves that they

*Continued on page 41*

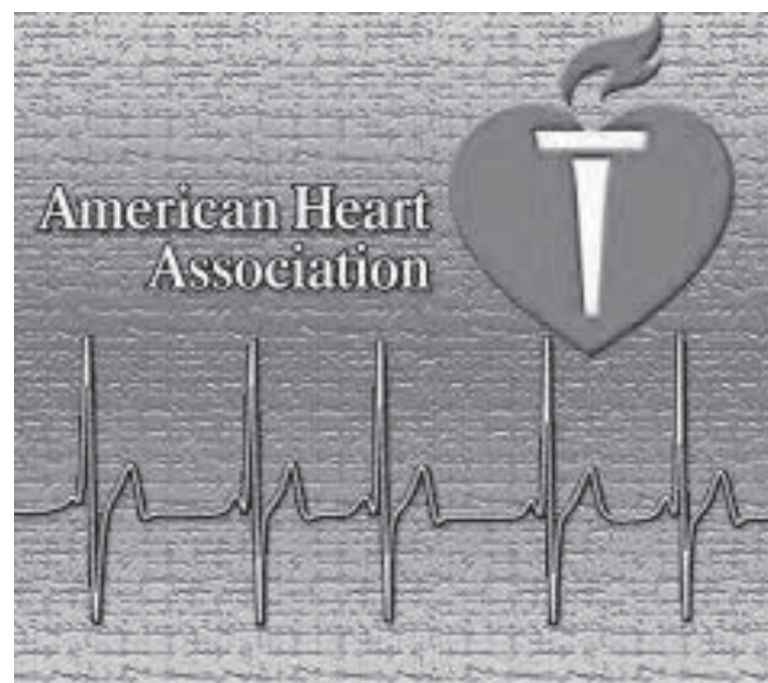
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## Health Alert

# Cold Medicine Ingredients Can Raise Your Blood Pressure

There's a reason it's called the "common" cold: Adults have an average two to three colds per year and children even more, according to the Centers for Disease Control and Prevention.

### The Problem

Most people recover from a cold within a week to 10 days. But decongestants may raise blood pressure or interfere with the effectiveness of some prescribed blood pressure medications, according to the American Heart Association.

### Read The Label

Be sure to read labels on over-the-counter (OTC) medications, especially if you have high blood pressure (HBP). Some contain decongestants such as oxymetazoline, phenylephrine and pseudoephedrine.

You should also look for warnings related to high blood pressure or HBP medication and talk to your health care professional before taking OTC medications or supplements. And don't stop taking prescribed medications without talking to your doctor.

Some OTCs are also high in sodium, which can raise blood pressure. So look at the active



*Treating the common cold can have uncommonly dangerous effects on people with high blood pressure. But some simple precautions can prevent problems*

and inactive ingredients lists for the words "sodium" or "soda." If you have high blood pressure, you should consume less than 1,500 mg of sodium a day from all sources—and one dose of some OTCs can contain more than a whole day's allowance.

### Be Careful With Supplements Or Natural (Naturopathic) Remedies

Special pills, vitamins or drinks don't substitute for prescription medications and lifestyle modifications. Talk to your health care provider before taking any OTC drug or supplement that claims to lower your blood pressure. They may not work as advertised and may interfere with other medications. Some, like natural licorice and diet pills, can even raise your blood pressure.

### What Else To Watch For

Other drugs and substances

that can raise your blood pressure include:

- Alcohol
- Amphetamines
- Antidepressants
- Atypical Antipsychotics (such as clozapine and olanzapine)
- Caffeine
- Oral Contraceptives
- Non-Steroidal Anti-Inflammatory Drugs (NSAIDs: ibuprofen and naproxen sodium, for example)
- Illicit Drugs
- Systemic Corticosteroids (for example, prednisone and methylprednisolone)

### Learn More

For more information about keeping your heart healthy, go to [www.heart.org/hbp](http://www.heart.org/hbp). The maker of Coricidin HBP, Bayer Healthcare LLC, is a proud sponsor of the American Heart Association's High Blood Pressure Effort.





# Tinseltown Talks

By Nick Thomas

## Tinseltown Talks: France Nuyen's Amazing Hollywood Journey

France Nuyen remains astonished not only by her successful Hollywood career, but by her very survival.



France Nuyen in the 1968 *Star Trek* episode, *Elaan of Troyius*-NBC

Turning 80 last year, Nuyen is still beloved by “*Star Trek*” fans for her role of Elaan, the obnoxious princess Captain Kirk attempts to tame in the third season episode “*Elaan of Troyius*.” But her journey to the 60s classic sci-fi series and Hollywood almost never happened.

Born in France, she was abandoned by her father and still remembers the harrowing days growing up in her occupied homeland.

“There were times we only had beans or lentils to eat which the merchants mixed with dirt so they would weigh more when we bought it,” she recalled from her home in Beverly Hills. “At the end of the war, my mother weighed only 38 kilos with eyes sunk into her face. To make matters worse, she looked Jewish so the Gestapo was always harassing her. It’s an absolute miracle I’m alive, much less became an actor.”

As a teenager, Nuyen moved to New York with her mother and was working for a top modeling agency in the 50s

when she was discovered and given a small role in 1958’s musical “*South Pacific*” playing a barefoot island girl.

Joshua Logan, the film’s director, immediately went on to direct the Broadway production of “*The World of Suzie Wong*” and wanted Nuyen for the title role. It ran for over 500 performances from 1958 to 1960 and co-starred a young Canadian actor named William Shatner.

“He was very professional and eager to make a career for himself,” she recalled. “I still only spoke French and just memorized my lines in English, so Shatner and I had very little communication off stage because his French was Canadian which was really a foreign language to me.”

Although she never worked on Broadway again, Nuyen appeared in numerous films and TV shows including with Shatner again a decade later in “*Star Trek*.”

“Playing the spoiled alien prin-



William Shatner and France Nuyen in the 1968 *Star Trek* episode, *Elaan of Troyius*-NBC

cess was a role that had authority and rage – I was throwing knives around the set – quite different to other parts I had played and opened up a new range of acting emotions for me,” she explained. “I must have done a good job because I’ve met people who think I’m really that kind of person!”

She said she especially admired the show’s costume designer, Bill Theiss.

“He did miracles with a tiny budget-making clothes out of plastic table placemats,” she recalled. “He cut them into squares and put glitter on one side so when they were clipped together it looked like metal. But they looked beautiful and expensive.”

Later in life, Nuyen earned a degree in psychology and worked with abused children, prisoners, and veterans.

“It was a tremendous enrichment of my mind and heart to help people who were neglected by society,” she said, cred-

iting her own early hardships for creating the desire to help others and shape the person she became.

“I was born the day France declared war on Germany and that’s how I got my name,” she added. “The priest in my town baptized all the children born that day – boys and girls – ‘France.’ My name is my precious possession that symbolizes survival and the spirit of freedom.”

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

### JUST JUDITH

*Continued from page 39*

foresee as being needed and reselling them at insane mark-ups.

Fortunately, Amazon and eBay quickly moved to stop the scammers and their attempts to sell \$2 bottles of hand sanitizers for \$80, as widely shown on newscasts. It’s hard not to enjoy seeing someone with a storage unit full of things that cannot sell, knowing they didn’t make a profit from fear.

Yes, there is reason for concern, although I have hope things will be better by the time this issue of the “*Senior Reporter*” is published, but it’s also a reason for keeping in

## Hints

*Continued from page 33*

- Coordination and reaction time
- Judgment and decision-making skills
- Ability to drive with special devices that adapt your vehicle to your needs.

The specialist may recommend ways for you to drive more safely after the evaluation. Suggestions may include getting special equipment for your car or helping you sharpen your skills.

If you’re not sure how to find a driving rehabilitation specialist, you can talk to your healthcare provider or ask the American Occupational Therapy Association for a directory.

For more safe driving resources for older adults and caregivers, visit the AGS’s public education website, <https://www.healthinaging.org/driving-safety>.

touch with family and friends and looking out for each other. A phone call or email can brighten up the day for someone who is missing their usual socializing.

American Heart Association





## Healthy Living

# Ignite Immunity, Clean Naturally

If you're among the increasing number of Americans keen on natural solutions to boost immunity these days, you may be glad to know the answer may be right in your refrigerator—or should be. Loaded with vitamin C and zinc, and with key antioxidant qualities, Limoneira Lemons can play a vital role in helping the immune system adapt to new threats and conditions.

Experts have cited lemons as a way to “reduce the risk of complications from a cold or flu, and reduce inflammation in the body.” Experiments have also found that lemon juice can destroy the bacteria of malaria, cholera, diphtheria, typhoid and other deadly diseases.

Lemons are also a boon to any kitchen or DIY beauty routine—plus, they're a handy sustainability tool. Use them to make life simpler without investing in potentially toxic chemicals or overpriced solutions. In fact, beyond their immunity-boosting benefits, lemons provide natural antibacterial and antiseptic properties that let you clean and disinfect your home, naturally.

Here's how to create a useful all-purpose cleaner for your kitchen and bathroom that can



*When life gives you lemons, use them to boost your immune system and clean and disinfect your home*

help your house smell spring fresh all year: Combine equal parts lemon juice and water in a spray bottle. You can use it nearly anywhere. For wood surfaces, create a polish by mixing one cup of olive oil and one-half cup of lemon juice. Test it first on a small spot.

For other “green cleaning” with lemon tips, visit [www.Limoneira.com/cleaning](http://www.Limoneira.com/cleaning).

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# Life After Mother

By Lyn Jensen

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

My mother left me utterly alone with her complicated estate. For many years she resisted all pleading, from me, from my father, from by-phone solicitors, to make out a will or trust or anything remotely resembling one.

Like my father, my mother died intestate. Unlike my father, her estate was greater than \$166,250 and subject to probate and all its complications.



She also had a life-long habit of being secretive — to the point of dysfunction. When she was married to an alcoholic husband, it was understandable, but the secrets continued long after she divorced him. Any attempt by me or anyone else to discuss her finances was met with hysteria and ‘None of your business!’ and outright denial, even though her situation wasn't that big a mystery. It wasn't like I hadn't seen much of what she possessed with my own eyes, heard about it with my own ears, during my six decades of life with her.

Her secretiveness and hostility mounted as she refused to accept the diagnosis of dementia that haunted her final years. She never gave up insisting she re-



main independent. Like many in a similar situation, she clung to a foolish notion that she could just die in her house, alone, end of discussion. Life just doesn't go according to that kind of plan. Attempts to place her in board-and-care and/or find a live-in caregiver were not for the squeamish.

Finally came a day last June when I found her on her bathroom floor, no longer capable of understanding the situation. First responders rushed her to the hospital and, this time — heavily sedated — she was released into a board-and-care facility. Barely more than a month later, she was taken to the ER for puffiness in her ankles — edema — a sign of lacking oxygen. She was put on a respirator and died within hours.



So now I have to go through probate and arrange disposition for her house — and the furniture, the valuables, the bank and credit union accounts, the stocks and bonds, and care for her cats, too, from scratch. Navigating my life after my mother resembles an an-

thropological study. I'm constantly reshaping my own life as I go, and I invite others to accompany me and discover what I find and learn, month by month.

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## Gift Ideas

# Making Birthday Celebrations Even Better

Birthdays: we all have them, and we all have a chance to make them memorable for the people we care about. From unique ideas for celebrating to top birthday gifts at any age, here are some ways to put the happy in these special occasions, turning every birthday into a “birthYAY!”

### A World of Birthday Wishes

No matter how you express it, the love you feel when wishing someone a happy birthday is universal. So the next time a friend or family member’s big day comes around, surprise them by saying it in a different language. Strut your international style by reciting your best Bosnian, “Sretan ro?endan”, or Bulgarian, “Chestit Rozhden den.” Or show off those superior language skills in Swahili, “Siku ya kuzaliwa ya furaha,” or Swedish, “Grattis på födelsedagen.” Get the whole list online and get ready to send your best birthday wishes!

### Making the Most of Milestones

We all know that one person who loves to stretch their day of celebrating into a whole week...or even a month! And while any age is worth recognizing, milestone birthdays are the perfect opportunity to get a little carried away. How about welcoming each new decade with a unique way to celebrate? Turning 30? Think of 30 fun things to do, however big or small. Feeling adven-



*Add a special flourish to your loved ones' birthday celebrations with flowers and plants*

turous? Go skydiving, bungee jumping or rock climbing with a few of your closest friends. Like to keep it low key? A new hairstyle, massage or treating yourself to a gift of flowers or chocolates is a great way to go. Check out more awesome ideas and start planning.

### Now Trending: Buzz-

#### Worthy Birthday Surprises

Speaking of birthday gifts, nobody knows more about finding the right one than the team at 1-800-Flowers. Which gifts rise to the occasion? Truly original is the way to go, and their very own decorative birthday flower cakes take the cake. New to the collection is a vibrant floral cake creation, designed to brighten their celebration at any age.

Fall is a popular birthday season, the perfect time for sending their new Harvest Glow Bouquet, a farmhouse-style design full of rustic charm. And because you can never go wrong with a classic, their exclusive Magnificent Roses—in radiant red or passionate purple—leave a lasting impression.

Plants are having their moment, and 1-800-Flowers is now offering more green and blooming beauties than ever. Try a unique, new glass succulent terrarium, or their best-selling Happy Birthday Succulents by Lula’s Garden. And because birthdays were made for indulging, 1-800-Flowers is serving up some exclusive hand-dipped strawberries from the newest addition to their family of brands, Shari’s Berries.

So there you have it! The scoop on making birthdays special, straight from the experts. For more on sending smiles for birthdays, or any day, call 1-800-FLOWERS, visit [www.1800flowers.com](http://www.1800flowers.com), or visit a retail store. To find one nearby, visit [florist.1800flowers.com](http://florist.1800flowers.com).

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