

SENIOR REPORTER

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MAY 2020

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Michael J. Fox—



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** CalOptima PACE is a member of the California PACE Association. The association works with Vital Research, an independent research firm, to conduct the survey. Results were published in January 2020 in the I-SAT Participant Satisfaction Report, Page 56.*

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Coping with Coronavirus



By Jim McDevitt

Like many Californians, my wife and I have been staying home in place except for a rare trip out for groceries. We have watched so much television that we are both now cross-eyed. Most of our friends are seniors just like us and are doing the same thing. We have watched the news with horror as the number of people infected with the virus has shot up. Of course, we were disgusted with the news that people were hoarding almost anything they could get their hands on.

But for us, even a \$99 airfare for a nonstop flight from LAX to JFK was not a temptation. I have played solitaire so often that my new nickname should now be Solitaire Man. We do have a freezer in addition to our refrigerator so we have been able to keep enough food on hand to sustain us for at least a month if we could not go out at all. The grocery stores are a distance away from us so we always tried to make fewer trips but when we did go, we loaded up. We did our tax returns early, so we do

not have to worry about that.

We stay in touch with our friends and discuss things over the phone. We are all appalled by the behavior of a small number of individuals. Fighting over toilet paper makes no sense to me. Now when I do go to the store for food, I wear a mask and rubber gloves. Most of my doctor appointments have been rescheduled for about four months from now. One appointment, however, has been scheduled for Monday over my wife's cell phone with my doctor from UCLA. My wife was walked through downloading something called My Chart which I must log on to 10 minutes before my phone appointment.

We old folks are learning new tricks. However, one thing that has upset all my friends is the visions of people in stores on television hoarding anything in sight. We saw one man exiting a store with enough toilet paper to equip a small country for a year while other people left the store empty-handed because the shelves

Continued on page 11



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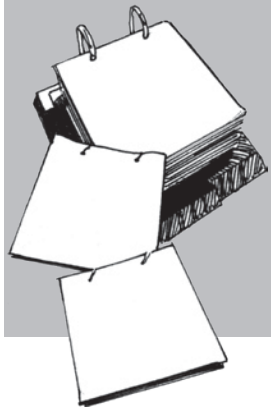
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May Calendar of Events



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

Discovery Cube's Annual Rocket Launch Huntington Beach

May 9

9 a.m. to 2 p.m.

Located on campus at The Boeing Co. in Huntington Beach, this event offers hands-on activities for all ages and includes a competition where you'll design, build and launch a 2-liter bottle rocket with pressurized air and water. Rockets with the longest "hang time" will be awarded prizes. Rocket Launch is a free community event available to science, rocket and engineer enthusiasts of all ages. At, The Boeing Co., 5301 Bolsa Ave., Huntington Beach.

Rose Garden Tour Laguna Niguel and Portola Hills

May 9

10 a.m. to 4 p.m.

The Rose Society of Saddleback Mountain sponsors garden tours featuring four unique and private gardens in south Orange County. The self-guid-

ed tour offers visitors a look at floral and plant displays, garden architecture, and ideas for environmentally-friendly garden practices. RSSM funds horticulture and plant science-related scholarships for college and university students. Call, 949-837-2141.

Open Garden Day Santa Ana

May 9

10 a.m. to 4 p.m.

Experience the neighborhoods of West Floral Park and Jack Fisher Park in North Santa Ana. You are invited to stroll through the various gardens throughout the day. Tranquil spaces, innovative planting ideas, and inspiring yard designs are open for your viewing. The one-day community event offers an array of activities: gardens to tour, water-wise front yard sidewalk tour, garden expert talks and demonstrations, vintage cars, vendors selling unique garden treasures, and gourmet food trucks. This year marks the 10th annual Open Garden Day. Cost: \$15 presale tickets/person (day of event ticket prices are \$20). Presale tickets can be purchased online. At, neighborhoods of West Floral Park and Jack Fisher Park in North Santa Ana. Call, 714-836-9777.

Mariachi Festival San Juan Capistrano

May 9

10 a.m. to 4 p.m.
The festival will include entertainment "Battle of the Mariachis" and authentic Mexican food. Mariachi performers will compete for cash prizes. At, Mission San Juan Capistrano, El Camino Real/Ortega Hwy., San Juan Capistrano. Call, 949-234-1321.

Best of SoCal, Presented by Porsche Irvine

Irvine

May 16

7 p.m. to 10 p.m.

Enjoy an evening of celebration while sipping, savoring and mingling with SoCal's elite. Enjoy live entertainment, giveaways, specialty cocktails, wine tasting, international brews, local restaurant fare and a special exclusive unveiling of the new 2020 Porsche Taycan. *All attendees must be 21+ with an ID. Use Code OCNET for \$10 off. At, Porsche Irvine, 14500 Scientific, Irvine.

Anaheim Children's Festival

Anaheim

May 16

11 a.m. to 4 p.m.

Take the grandkids an enjoy free arts and crafts, dance

lessons and performing arts classes. More than 50 organizations, and city departments, etc., will bring art projects to the park atmosphere and invite the kids to "try art." Food is available at a nominal cost, art activities are free to the participants and include arts, crafts, dancing lessons, art lessons, plus performing opportunities. At, Pearson Park, Anaheim.

Tustin LobsterFest

Tustin

May 16

Gates open at 4 p.m.

An afternoon for all filled with entertainment, games, music, and prizes. The Tustin LobsterFest is an annual fundraiser event that provides financial support for the programs and services sponsored by the Tustin/Santa Ana Rotary Club. All net proceeds from this event help pay for local Rotary programs throughout Tustin and Santa Ana. At, Peppertree Park at the corner of First and C streets, Tustin.

Annual Muckenthaler Motorcar Festival

Fullerton

May 16-17

Featuring car rally, motor movies, and Concours d' Elegance and horseless carriage tour. Live performances in the outdoor amphitheater by "The

Pleasure Tones" on Saturday and "Janet Klein and Her Parlor Boys" on Sunday. Proceeds benefit youth arts education and outreach programs. At, the Muckenthaler Cultural Center, 1201 W. Malvern Ave., Fullerton. Call, 714-738-6595.

Brewer Brothers Model Kit and Hobby Expo

Huntington Beach

May 17

9 a.m. to 3 p.m.

For model kit and hobby enthusiasts, Old World Village will have various model kit vendors lined up this year. Also, traditional model "makes and take" for first-time builders to educate and instruct future model builders of America. Tickets are \$6 at the door and children under 12 are free. Parking is free. At, Old World Huntington Beach, 7561 Center Ave., No. 49, Huntington Beach.

Balboa Island ArtWalk Balboa

May 17

9 a.m. to 5 p.m.

The Balboa Island ArtWalk is a showcase for talented local artists and marks the start of Balboa Island's summer season. This fine art show features 100 artists exhibiting paintings, fine jewelry, blown

Continued on page 14

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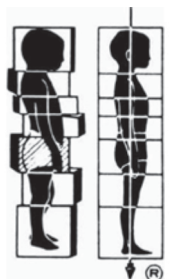
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‘What’s the Skinny on Twiggy?’

By Randal C. Hill

“I looked more like a young boy than a girl model.”

—Dame Lesley Lawson (aka Twiggy)

She became one of the world’s early supermodels, known by her first name only and possessed of a unique look that defined the later 1960s fashion world.

Born Lesley Hornby in September 1949, she was the youngest of three daughters from Neasden, a working-class section of London. Her natural gauntness earned her the cruel childhood nicknames of “Olive Oyl” and “Twigs.” (Her first manager later promoted the name “Twiggy.”)

Her mother had taught her to sew, and Twiggy used that skill to make her own in-style clothing. She and her fashion-conscious friends would spend their weekdays planning what they would wear on a Saturday night out. Weekends found her at work at a London hairdresser’s while attending art school.

In January 1966, she had her hair colored and clipped short at the chic salon Leonard of Mayfair. Leonard himself had been seeking models to promote a new crop haircut of his. He hired a photographer to take head shots of the 16-year-old for his salon walls.

Before long, a fashion journal-

ist from London’s “Daily Express,” the biggest newspaper of the day, noticed the pictures and asked to meet the young lady. A few weeks later, the newspaper published numerous photos of Twiggy, with the bold headline “THE FACE OF ’66.” She left school, became a full-time model and created a sea change for a fashion renaissance in the UK.

Twiggy was always defensive about her natural thinness, and when asked what she ate, she always gives the same terse response: “Food.”

Nothing about her was typical. She was short for a model (5’6”), weighed only 91 pounds and had vital statistics of 30-22-32 figure. (“I was a skinny schoolgirl, stuffing tissues in my little bra.”) Her androgynous sex appeal quickly brought her renown throughout the United Kingdom, where she modeled top designers’ clothes and adorned the covers of high-fashion magazines. Twiggy earned more in an hour than her carpenter father earned in a month.

Her followers eagerly emptied store shelves of Twiggy lunchboxes, pens, cosmetics, dolls, bedding, and dresses. She glided through London traffic in a Rolls Royce, and restaurant patrons sometimes offered a standing ovation when she went out to dinner.

In 1967, Twiggy pushed past her British boundaries to become a modeling sensation around the world. She experienced Beatle-like frenzy in America when the “New Yorker” magazine devoted nearly 100 pages to the short-haired, mini-skirted teenager who sported three sets of false eyelashes.

The remainder of the 1960s swirled by for Twiggy amid photo shoots, personal appearances, and interviews. She retired from modeling in 1970 to do more than pose for a camera and remained an English icon after establishing an award-winning career in dramatics and recording albums of pop music.

In 2019, she received one of the UK’s highest honors awarded to citizens in public service when she became a Dame Commander of the Order of the British Empire.

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Health and Wellness

Get Stronger Every Day With At-Home Workouts

These days, people are navigating unprecedented times that have them rethinking how they live and work. While big shifts to normal, daily habits can be unsettling, this also provides an opportunity to start new routines and make positive changes.

Many are spending more time at home, so adding structure is more important than ever—especially when it comes to staying active. Studies have shown that exercise can help boost your mood, productivity and immunity.

According to Tom Holland, exercise physiologist, Bowflex fitness adviser and host of iHeartRadio's Fitness Disrupted podcast, it takes most people a minimum of two months to form a new habit. He recommends making the most of your time at home to establish healthy routines.

To help you get started, Holland offers these simple tips to add at-home fitness into your daily routine:

Connect with a Coach: When motivation wanes, there are plenty of subscription services and online resources. For example, there's the Bowflex JRNY app (<https://www.bowflex.com/jrny-app.html>), which features a personal fitness coach who gives spoken

instruction and encouragement as you push through your custom workouts—available on the Bowflex Max Total (<https://www.bowflex.com/max-trainer/>) and Bowflex BXT216 treadmill (<https://www.bowflex.com/treadmills/>).

Start small: You don't have to commit to an hour or more; aim for several micro workouts of 5, 10 and 15 minutes throughout the day; those add up and count as much as one long workout.

Put it on the Calendar: Keep exercise at the top of your to-do list by scheduling a daily walk or run or streaming a yoga class.

Multi-task: Connect to streaming content and sweat through your favorite daytime show, or catch up on the news.

Home Gym Essentials: Holland recommends including one piece of cardio and one piece of strength equipment in your home gym.

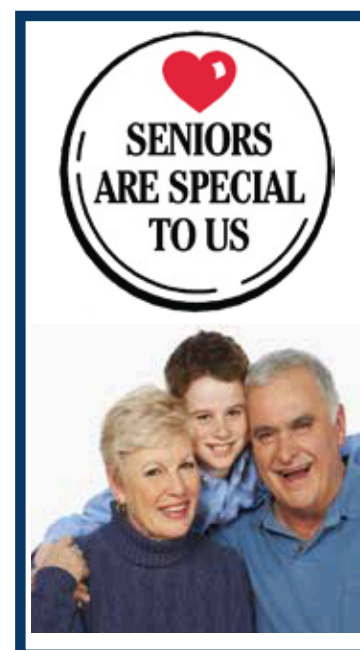
If space is limited, two good cardio-strength options are the Bowflex Max Total (<https://www.bowflex.com/max-trainer/>) and Bowflex 840 kettlebell (<https://www.bowflex.com/selecttech/>).

Creating healthy habits now can carry you through the



Staying active at home is easier with the Bowflex Max Total, which offers personalized workouts and coaching technology that can keep you motivated over the long term.

current times, and help set you on a path to finish up the year feeling healthy and stronger than ever.



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Continued on page 16

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PLANES OF FAME AIR MUSEUM

2020 SCHEDULE OF EVENTS

(See our website 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.)

FREE ADMISSION TO MEMBERS!

Michael J. Fox

By Les Goldberg

There are so many things we may not know about one of the most familiar faces in Hollywood – Michael J. Fox.

For instance, did you know that Fox, who was born in Edmonton, Alberta, Canada, to William and Phyllis Fox in 1961, adopted the “J” as his middle name (his real middle name is Andrew) in honor of his favorite character actor, Michael J. Pollard?

In an interview, he said he tried to register with the Screen Actors Guild as “Michael Fox” but the name was already taken. So, he replaced the “A” with a “J” because he “didn’t want the teen magazines to use headlines such as “Michael A. Fox!”

Did you know that he dropped out of high school in his senior year? It was a “stupid youthful mistake,” he admitted later, and as a result, his kids were forbidden to quit high school and advised to attend at least one or two years of college.

Did you know that his youngest of three sisters, Kelli Fox, also is a stage and TV actress?

Of course, we all know this forever youthful actor will be

remembered most for his roles as Alex P. Keaton in the situation comedy “*Family Ties*” in 1982, and for playing Marty McFly in the classic film, “*Back to the Future*” (1985) and its two sequels in 1989 and 1990.

Looking Back

At age 10, Michael and his family moved from Edmonton to Vancouver, British Columbia, when his father, a sergeant in the Canadian Army, retired. For the next few years, he developed a desire to become an actor. By age 15, he had landed a role in a 1978 TV series, “*Leo and Me*,” which gained the attention of TV and movie critics.

At 18 he moved to Los Angeles and was offered a few TV series roles but those opportunities got fewer and fewer.

To pay the rent, Fox sold his furniture and books and asked to borrow money from his parents. Then, in 1982, his agent called and told him he had passed his audition to play Alex P. Keaton in “*Family Ties*.”

In his biography, he reportedly negotiated his contract from a phone booth outside a restaurant in Hollywood because he had no phone at his apartment. Fox was told the network would need to call, and he said he was only home between 4 and 5 p.m. He waited for the call, and fortunately, he was there to answer it and secure the role.

Onward & Upward

“*Family Ties*” was the beginning of a long and successful journey to stardom. In 1985, he cemented his fame by playing McFly in “*Back to the Future*.” Evidence of his rising popularity can be found in his bank account where his salary in the original version, \$250,000, jumped to \$5 million for each of the next two sequels.

His credits for movies and TV include: “*The Michael J. Fox Show*,” “*The Good Wife*,” “*Curb Your Enthusiasm*,” “*Designated Survivor*,” “*Bos-*

efforts from Sweden’s Karolinska Institute, the same organization that awards the Nobel Prize in medicine.

ton Legal,” “*Stuart Little*,” “*The American President*,” “*Doc Hollywood*,” “*Tales from the Crypt*,” “*For Love or Money*” and “*Spin City*.”

While filming “*Doc Hollywood*,” Fox noticed his finger twitching. He was unable to control it and when he went to the doctors, they diagnosed it as Parkinson’s disease. During his run on “*Spin City*,” he often hid his left hand in his pocket.

At the time of his diagnosis, Fox told interviewers: “People always ask me if I say to myself, ‘why me?’ and I tell them, ‘why not me?’ He has since formed the Michael J. Fox Foundation, which donates money to help find a cure for the disease, and has received an Honorary Doctorate for his

And, for someone who never graduated from high school, he also possesses honorary degrees from New York University, the University of British Columbia, and John Dewey High School in Brooklyn. In addition to his many honors, his star is on the Walk of Fame in Hollywood and Toronto.

He and his wife, actress Traci Pollan, who he met on the set of “*Family Ties*,” have a son and three daughters, including twins.

Coronavirus

Continued from page 3

were bare. It makes you feel bad for these people who cannot even buy one roll of toilet paper while some jerk walks out with enough toilet paper to last 30 years even if he had a constant problem.

My neighbor's nephew went shopping for his parents. He was an off-duty LA Police officer. As he approached a store with his parent's shopping list in hand, he was appalled to see a young man in the parking lot pushing two shopping carts stuffed with toilet paper to about 7 feet high. So, he quickened his pace and caught up to the guy and said, 'Sir, you ought to be ashamed of yourself. What about all the people who can't even find one roll to buy?' The guy paused from pushing his cart and turned around and answered, 'Sir, if you're finished, I'd like to finish my delivery to the store.'

I realize of course that could have been me saying the same thing to this guy because that is something I would do.



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The Gadget Geezer

By Les Goldberg

Converting Videotapes As Easy As 1-2-3

If you are like me, you have got a bunch of old videotapes stashed away, many filled with memories and nostalgia that is part of your life. You are not ready to toss them out, but you probably got rid of those broken VCRs used to play them on.

And, there is the sad reality that all those homemade movies of weddings, graduations, baptisms, bar mitzvahs, etc. could deteriorate as the videotapes lose their magnetic signal, sharpness, quality, and color with age. Even worse, the tape can grow brittle and break as it is played.

A few years ago, when digital compact disks (CDs), MP3 players and other devices

emerged onto the entertainment and home theater landscape, there were a handful of specialized studios that could convert your videotapes and cassettes to the digital format – at a premium price.

Fast forward to today: You can take your tapes to three of your nearest major retail stores – Costco, Walgreens, or Walmart.

1. Costco



Costco offers a digital transfer service through its Photo Center. You can transfer several types of videotapes to DVDs, including VHS and S-VHS, Beta, VHS-C, Hi8, Digital 8,

8mm and MiniDV. Also, the service will transfer film reels, 35mm slides, photo prints and memory cards to DVDs.

After placing your order on the Costco website, you drop off your tapes at your local store. Each transfer costs \$19.99. When completed you will receive two personalized DVDs with intelligent chapters, personalized themes, and custom music. If the footage on your tape exceeds the two-hour limit, the content will be split onto two DVDs and you are being charged for two separate orders.

Every transfer also comes with your own private online account at no extra cost if you use the account at least once per year.

2. Walgreens



Walgreens offers most of the same services as Costco, but the pricing is more complex. For instance, one videotape transfer costs \$24.99, and you are charged \$9.99 for the DVD itself. If you want the Blu-ray format, you pay \$20. Movie films cost \$19.99 for 50 feet of film, plus \$9.99 per DVD and are only accepted in 8mm, Super 8 and 16mm formats.

The retailer also offers cloud

storage for a \$4.99 monthly fee (the first month is free), allowing you to share or watch your films with anyone, anywhere, at any time.

3. Walmart



Not to be outdone, Walmart offers the same DVD transfer services. Each VHS tape transfer will cost you \$24.96. However, transferring a movie film is cheaper than at Walgreens – the first 100 feet of film is \$24.96 and 0.20 cents for each additional foot. Additional DVDs and Blu-rays cost \$9.96 and \$13.96, respectively.

One service that Walmart offers exclusively is VHS tape repair. So, if you still have working VCRs and want to hold on to your tapes, you can get them fixed for \$19.96 each.

DIY?

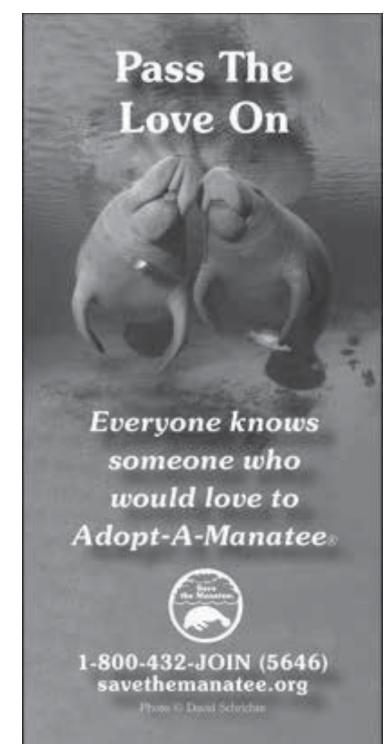
Of course, there is always the option to take on the VHS transfer task yourself.

If you have the required DVD recorder and VCR combo units, you can record up to six hours of footage onto a DVD at a big savings.

Either way, you will be preserving your memories for a long time, adding needed space in your closets, drawers, and cabinets, and bringing



your entire video library into the 21st century.



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Connecting Veterans And Volunteers Nationwide

If you would like to help a veteran, if you are a veteran who needs extra help, or know of one in your community, here's good news. There's a new, nationwide resource that makes it easy to match civic-minded individuals with those who need a little assistance. The database, called VolunteerforVeterans.org, was created by DAV (Disabled American Veterans), a nonprofit charity that helps veterans get their benefits and services.

Here's how it works. Veterans, as well as their caregivers, can use the site to seek assistance by entering the type of help they need, from basic tasks such as yardwork, help with



Veterans and volunteers can get together to get things done.

errands or other services. Neighbors or friends who know of a veteran in need of help can step in to coordinate requests on their behalf. On the flip side, volunteers who are interested in giving their time can use the site to look for and respond to requests for help.

Using the site is easy, and at no cost to veterans or volunteers. Go to www.VolunteerforVeterans.org.

VolunteerforVeterans.org, click on the "sign up" icon and indicate whether you are a veteran or caregiver who needs help, a friend or neighbor making a request on someone's behalf, or a volunteer willing to give support. Choose your state and the screen will populate with requests.

There is no minimum time requirement for volunteering, and groups, such as the Girl Scouts and Boy Scouts, can participate. Volunteer opportunities are updated daily, so individuals and groups are encouraged to check back often.

Ways to help. Opportunities to volunteer vary from

activities that require special skills to basic assistance around the house, such as fixing and serving a meal, home maintenance, laundry, cleaning, grocery shopping, paperwork, carpentry, automotive repair and more.

Become a volunteer driver.

One important and growing need, particularly for the aging veteran population, is transportation to medical appointments. At one time, the federal government provided assistance for veterans to help them access the care they earned. Unfortunately, that program was stopped in 1987. Since then, DAV has stepped in to coordinate no-cost rides through volunteer drivers to

get ill and injured veterans to their scheduled care at VA medical facilities.

Drivers are provided training and use DAV-donated vehicles for transporting veterans. Volunteers may select the days that best fit their schedule.

"Giving even just a few hours of time a month can make a huge difference in the lives of veterans who need help," says John Kleindienst, DAV's National Voluntary Services Director. "VolunteerforVeterans.org makes the process of providing and receiving life-changing help easy."

To find out about volunteering, or if you are a veteran in need of assistance, go to www.VolunteerforVeterans.org.

Fabulous Finds

By Debbie L. Sklar

We all might be shut-in at home but at some point, the mandates will be lifted and we can hopefully go on with our lives. There are some fun new beauty products to check out to consider for when you venture back out.

Lime Crime Body-Lite



Make your skin beam with **Lime Crime Body-Lite's** body highlights in fairy bright colors that dry down to a shimmery 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; and Supernatural: minty green with silver shimmer. Price: \$25, Available on LimeCrime.com.

Lime Crime Lid-Lite



Lid-Lite single-pan, high-pigmented eyeshadows will make you feel light, free and fear-

less! 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.

Lime Crime Fairy Garden Wet Cherry Lip Gloss



Pixie up your lips with **Lime Crime's Fairy Garden Wet Cherry**. This gloss packs in iridescent pearls to light up your pout while giving you the dripping wet reflection of a maraschino cherry. Glide on these special shades for a next-level shine that's lightweight and comfortable. **Wet Cherry** comes in a chubby tube with an oversized doe-foot applicator to load on the sweetly cherry-scented shine. Available in two brand new shades: **Fairy Cherry**: iridescent blue lavender; and **Minty Cherry**: sparkly mint. Price: \$18, Available on LimeCrime.com.

IT Cosmetics Your Skin But Better Setting Spray +



Your Skin But Better Setting Spray+ is your 2-in-1 skin-loving setting spray and hydration mist. Infused with Hyaluronic Acid, coconut water, and aloe vera extract, this product can be used to refresh, revitalize and hydrate your skin, and set your makeup. It provides up to 16-hour wear and controls oil and shine. A blend of long-wear polymers that provides strong, yet flexible all-day hold while mattifying powders transparently coat the skin to absorb excess oil and prevent your makeup from melting. Your **Skin But Better Setting Spray+** is suitable for all skin types. Price: \$28, Available at ITCosmetics.com.

Peter Thomas Roth Pro Strength Lactic Pore Treatment

This highly concentrated 30 percent lactic acid treatment in recyclable packaging helps purify and reduce the look of enlarged pores, while witch hazel works to clarify and clear away excess oil. **Peter Thomas Roth Pro Strength Lactic Pore Treatment** is 5 percent glycerin and helps combat any post-treatment dryness to leave the skin feeling hydrat-

ed and balanced. Price: \$88, Available at Sephora.com.

Mineral Sun Defense Moisturizer Broad Spectrum Sunscreen SPF 30



A unique all mineral, broad-spectrum sunscreen and moisturizer that offers complete UV/UVB sun protection with a universal tint for all skin types. Price: \$34. Available at Sephora.com



Until Every One Comes Home®

May Calendar

Continued from page 5

glass, sculpture, and photography. Spectators will enjoy live music throughout the day. At Balboa Island.

Strawberry Festival Garden Grove May 20-25

The festival is a parade and carnival celebrating the city's strawberry-growing history. Free admission. At, Euclid St. and Main streets, Garden Grove. Call, 714-638-0981.

Scottish Fest Costa Mesa Memorial Day Weekend

The event features hundreds of bagpipers and drummers, Scottish and Irish food and vendors, Scottish clans, Highland dancing and traditional Scottish feats of strength like the hammer throw, putting the stone and caber toss. Part of the United Scottish Society, the festival was established in 1932 and was called a Highland Games in the tradition of Scottish heritage. At, OC Fair and Event Center, 88 Fair Dr., Costa Mesa.



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balanced lifestyle, it's a role that easily crowds out other important areas of life, including personal and professional relationships, and generates high levels of stress that could lead to serious health problems long-term if not managed.

Caregivers should feel empowered to adopt the following tactics to lighten the burden, and achieve a renewed sense of control:

Remember your own health:

It's important to not lose sight of your physical and mental health during particularly stressful times. Improve your energy level with smart eating choices: plan easy, healthy recipes that take less than 30 minutes, schedule grocery deliveries, or subscribe to meal kits. And, committing to just 10 minutes a day of moving your body will help you feel energized, while boosting your mental health. Exercise is also a good way to engage with your loved one—join them for a walk or even a water aerobics class.

Be transparent with your employer about your role as a caregiver:

Burning the midnight oil to meet your caregiver and professional responsibilities doesn't do you, your loved one, or your career any favors. Speaking candidly about the pressures you face as a caregiver with your employer can help relieve stress in the long run. Discuss options such as flexible work hours or working remotely, and set realistic expectations for yourself.

Continued on page 16

Energy Matters

Save Money And Power

(NAPSI)—The U.S. Department of Energy estimates 25 to 40 percent of the energy used for heating or cooling a home is wasted. Contaminants in the heating and cooling system cause it to work harder, and shorten its life. Even with filters, the HVAC system still gets dirty through normal use.

A clean system doesn't have to work as hard to maintain the temperature you prefer, it uses less energy and you save money while breathing clean.

So it pays to get your heating and cooling system cleaned regularly. More than just duct cleaning, this involves all the components the air stream

touches throughout the system.

According to the National Air Duct Cleaners Association (NADCA), proper cleaning of an entire system takes technical skill and attention to detail. That's why it's important to find a contractor specifically trained and experienced in this type of cleaning. NADCA members possess general liability insurance, are trained and tested regularly, sign on to a code of ethics, and must clean and restore your heating and cooling system in accordance with NADCA standards.

To learn more, visit www.BreathingClean.com. To find a NADCA member nearby,



go to <http://nadca.com/en/prosearch/all>. To see more money-saving ideas, watch the video at <https://youtu.be/hIm-vxVyZvQE>.



Caregivers, Take Care: How To Keep Your Caregiving Duties From Overwhelming You



Caregiving for a loved one can be a fulfilling, yet overwhelming experience. Forty million Americans provide care for their aging loved one each year, and spend an average of 24.4 hours per week doing so. Try as one may to create a

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Planes of Fame Air Museum

Continued from page 9

the Wright Flyer to the space age Apollo Capsule. We house over 150 Aircraft and displays. Many of the Aircraft are flyable, including the P-51 Mustang, F4U Corsair, P-47 Thunderbolt, P-40 Warhawk, B-25 Mitchell, P-38 Lightning, F-86 Sabre & Russian Mig 15.

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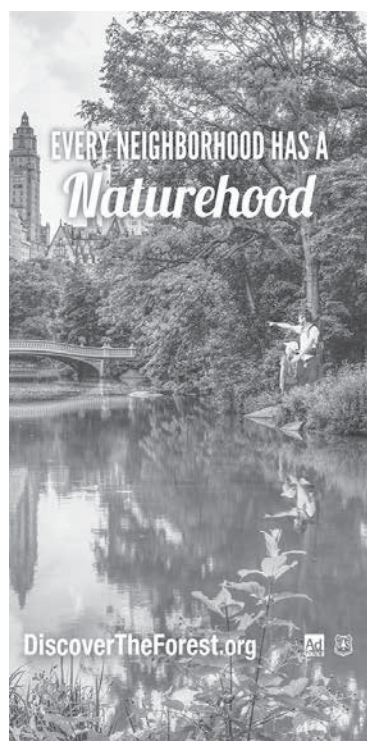
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Caregivers

Continued from page 15

Leverage technology: Utilize tools that offer you visibility into your loved one's health status and simplify the complexities of coordinating care. These solutions allow you to refocus your attention on the key moments that matter most with your loved ones, while offering the peace of mind of knowing your loved one will have 24/7 access to help. For example, Philips Cares is a mobile application that enables you to easily form and activate a care circle of trusted family and friends, access meaningful insights into your loved one's wellbeing, and manage your Philips Lifeline personal alert service. It helps you and your care circle be there for your aging loved ones, easing and enriching their aging journey.

To learn more about the latest technology helping to ease caregivers' burdens, visit <https://philips.to/2MGDqLm> or call (855) 223-7395



By Randal C. Hill

'Everything is Beautiful' Ray Stevens

It is hard to imagine a million-selling 1970 song opening with the voices of a second-grade class singing:

*Jesus loves the little children,
all the little children of the world*

*Red and yellow, black and white,
they are precious in His sight*

*Jesus loves the little children
of the world*

But that is precisely what happened with a man who had gained renown during the 1960s for recording clever novelty ditties.

Ray Stevens began life as Harold Ray Ragsdale in 1939 in Clarkdale, Ga. During his childhood, he was influenced by music from the family radio and from 45s blasting from the jukebox at the local swimming pool where Stevens and his pals spent their summers. From the time he began taking piano lessons at age seven, he knew that he would follow music as his career path. Nothing else interested him.

After graduation from high school, Stevens enrolled at Georgia State University, where he studied classical piano and music theory. But he dropped out during his junior year after being offered a contract with Mercury Records

as a pianist arranger and a recording artist. (He had quite a fine voice.) What followed was a series of catchy novelty and radio-friendly original singles such as "Ahab the Arab," "Harry the Hairy Ape" and "Guitarzan."

Nothing Stevens had recorded, though, had ever reached the top of the "Billboard Hot 100." That was about to change with the new decade.

In 1970, pop singer Andy Williams launched the Barnaby record label, and Stevens became its first artist after he had won praise singing on Williams' NBC-TV variety telecast. The Georgian was also offered "The Ray Stevens Show" as a summer replacement broadcast.

"I needed a very special tune for the program," Stevens recalled on mybestyears.com. "I went down in my basement for about three days. I had crumpled paper all over the place. And suddenly the idea for the song came to me. I wrote it in maybe 45 minutes. It was a very special song and one that a lot of people still remember and sing along with when I do it in shows."

He recruited his two daughters and the second-grade class at Nashville's Oak Hill Elementary School to introduce his creation, which segued into

Stevens's uplifting melody that included such significant lyrics as:

*We shouldn't care about the
length of his hair*

Or the color of his skin

*Don't worry about what shows
from without*

But the love that lives within

Dismissed by some naysayers as cornball pap, "Everything is Beautiful" nonetheless reached the peak of the "Billboard" chart and earned Stevens a Male Vocalist of the Year Grammy Award. For years, it was his signature song.

In 1974, lightning struck a second time for Stevens when he read about streaking, a college-campus fad in which students would strip naked and run past slack-jawed onlookers. He was thus inspired to create his second Barnaby Records winner, "The Streak," a novelty that streaked to the pinnacle of the "Billboard" hit list.

Bibliography Book:

Bronson, Fred. *The Billboard Book of Number One Hits (Third Edition)*. New York: Billboard Books/Watson-Guption Publications, 1992.

Internet:

"Everything is Beautiful." <https://en.wikipedia.org>.

"Everything is Beautiful" by Ray Stevens. <https://www.songfacts.com>.

"Ray Stevens." <https://raystevens.com>.

Seniors Have A Lot To Smile About

Healthy teeth and gums are an important part of overall well-being. However, as people age, they become more prone to gum disease and other oral health problems. With regular dental check-ups and proper care, your smile may never get old.



Visit your dentist annually to keep your teeth and gums strong and healthy

Smile, California, the Medi-Cal Dental Program's campaign to improve oral health among its members, wants seniors to know that they can see the dentist for an exam and cleaning once a year. This dental visit can help keep their gums and teeth healthy, strong and pain-free.

"Medi-Cal Dental covers routine, preventive and restorative care for more than 13.5 million members in California. In January 2018, California Senate Bill 97 restored optional adult dental benefits for members ages 21 and older with full-scope dental coverage, making it easier for eligible seniors to receive free or low-cost dental care," said Alani Jackson, Chief of the Medi-Cal Dental Services Division within the California Department of Health Care Services.

Use of the Medi-Cal dental benefit is important because, according to the Centers for Disease Control, approximately one in five seniors lives with untreated tooth decay; and about 68 percent of adults age 65 or older have gum disease.

To help keep your smile healthy and strong, the American Dental Association offers these additional tips:

- See the dentist on a regular basis, even if you have dentures.
- Brush and floss, or clean your dentures, daily.
- Watch for changes in your mouth. Your risk for oral cancer increases as you age. If you see any changes in your mouth, it's important to get them checked out by a dentist or doctor.
- Talk to your dentist or doctor about dry mouth. Dry mouth can make it hard to eat, swallow, or talk. It can also lead to tooth decay or infection.
- Practice healthy habits such as eating a balanced diet, limiting sugary foods and drinks, and avoiding cigarettes and other tobacco products.

Visit SmileCalifornia.org to learn more about covered services and to find a dentist near you.

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Money Matters

Fraud And Coronavirus

The warning bells are ringing. From regulators, law enforcement agencies and consumer organizations around the globe, the message is clear: Fraudulent schemes related to the coronavirus (COVID-19) pandemic have arrived, and they are coming in many forms, from investment fraud to fake CDC emails to phishing scams.

Job loss, financial strain, and social distancing are conditions that present fraudsters with an opportunity to pounce. A study by the FINRA Foundation, the BBB Institute for Marketplace Trust, Stanford, and the Federal Trade Commission found that social or physical isolation can increase anyone's susceptibility to schemes.

In times like these, it can be difficult to separate fact from fiction. Now is the time to move slowly, pay attention to details and not make rash decisions. Dramatic news coverage of viral outbreaks and pandemics can be an opportunity for scammers to pump inaccurate information into the marketplace to try to manipulate markets and investors. Following these hints can help you keep your money and personal information safe:

Tips for Avoiding Coronavirus Scams

1. Ask and Check. Before you make any investment decision, ask and check to verify information about any individuals



Don't let fraudsters take advantage of the health crisis to cheat you out of your money

you are dealing with and any investment product you are considering. You can use FINRA BrokerCheck, a free online tool, to get information on brokers and investment advisers.

2. Be skeptical. If an unknown company becomes the subject of press releases, emails, and promotional materials hyping the company and its products to cure the latest pandemic, hit pause. Be wary if you are flooded with information over a short time, especially if the communications only focus on the upside with little or no mention of risk.

3. Read a company's SEC filings. Check the SEC's EDGAR database to find out whether the company files with the Securities and Exchange Commission. Verify these reports against promotional information put out by the company or third-party promoters. Exercise caution if they don't align. And be suspicious of solicitations to invest when products are still in the development stage, where no actual products are on the market, or if the company's balance sheets only show losses.

4. Question companies new to the "cure" market. Changes to the name or business focus of a company to capitalize on pandemic fears may be a sign that a company is engaged in, or the subject of, a potential fraud. These changes can turn up in company press releases, Internet searches and, if the company files periodic reports, in the SEC's EDGAR database.

5. Run it through the Scam Meter. Before you make any investment decision, the FINRA Scam Meter can help you tell if an investment you are thinking about might be a scam.

Reliable Resources on Scams and Coronavirus

Fortunately, there are a number of resources that provide accurate, unbiased information to help you spot and avoid coronavirus-related scams:

- FINRA
- Securities and Exchange Commission
- Federal Trade Commission
- Consumer Financial Protection Bureau
- Better Business Bureau.

Learn More

For further ideas on how to protect your money, or to file a complaint or a tip, visit www.FINRA.org/LearnMore.

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—HARPER adopted 08-18-09

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Photo © David Scheraga

American Heart Association

No Boop Zone

By Robert E. Horseman, DDS



The only thing containing more information than Google and Wikipedia is a dog's nose. There are up to 300,000,000 olfactory receptors imbedded here. This is where from puppyhood onward a dog is storing valuable info to his well being and safety.



He recognizes every dog he's ever met, every human member of his family and any other individual who has passed within 50 feet from him. He can tell the difference between Goodyear and Firestone, cabbage from kibble.cookies from cadavers. His nose is the most delicate of instruments even if he seems to poke it into places he shouldn't without harm. With the exception of the skunk for whom Nature has provided something else as compensation, every Pekinese to Greyhound, every Great Dane and Dachshund has crammed in and categorized as many of these receptors as he has had time for.

Admirers of these marvelous animals have become aware of a simple gesture intend-



ed as a reward for a task well done. An elderly woman living alone in Idaville, IN with her faithful companion, a 12 year-old mixed Beagle named Cecil, got in the habit of gently bestowing upon the tip of his nose a moistened forefinger tap and uttering the word BOOP!, an expression she apparently made up to show their mutual love for one another.

Cecil put up with this precious routine for three months until it became clear the previous M & M treat thing was over and he had taken so many BOOPS on his nose, his whole organization of about 73 million receptors was completely in chaos. Recidivism caused a return to wee-weeing on the broadloom and a request to the SPCA for an intervention. Establishment of NO BOOP ZONES has attracted the attention of the ACLU and there will be protest marches scheduled for this weekend.



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Expressing Sympathy During This New Normal

While experiencing the loss of a loved one is always difficult, these days in the environment of social distancing due to COVID-19, it can be particularly so. If someone you care about is mourning, it's still the time to connect to family, friends and co-workers.

While many people are adapting to new everyday routines, the etiquette of expressing sympathy by and large has not changed.

What You Can Do

Here are a few helpful tips from the experts at 1-800-Flowers.com:

•Even if you don't know the person well, saying "I'm sorry for your loss" is always appropriate and meaningful. It's acknowledging what has happened in an honest and direct way. And it lets the person know they have permission to experience any uncomfortable emotions. You can find more tips on how to comfort someone who is grieving.

•Regarding social media etiquette, follow the lead of the person who is grieving. If they haven't said anything on Facebook, neither should you. But if they have posted about it, it is appropriate to comment. For more about the dos and don'ts on expressing condolences on social media.

•Due to the regulations on large



When you can't be there to support those in mourning, a thoughtful food basket, plant or flowers can help

gatherings in many places due to COVID-19, many funeral services are being postponed or livestreamed over the Internet, making it an extraordinarily stressful time for the immediate family. If you aren't able to express your condolences in person at this time, a delivery of a gourmet food basket, houseplant or sympathy flowers to their home is an appropriate way to let them know you are thinking of them. You can find many sympathy gifts and more for home delivery.

•Remember to also support those who have experienced the loss of a loved one, perhaps not so recently, and may be feeling a bit more aware right now, be it due to social distancing or an upcoming important date or anniversary. To help, Rebecca Soffer, co-founder of Modern Loss, provides some additional thoughts. You can also explore complimentary sentiment ecards for Thinking and Sympathy to let them know you are thinking about them.

Learn More

For additional resources on sympathy and remembrance, visit www.1800flowers.com/

sympathy-articles. If you are in need of expressing your condolences and not sure what to send, 1800Flowers.com sympathy specialists can help. To reach them, call 1-866-538-2259.

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**American Heart
Association**



May Book Club

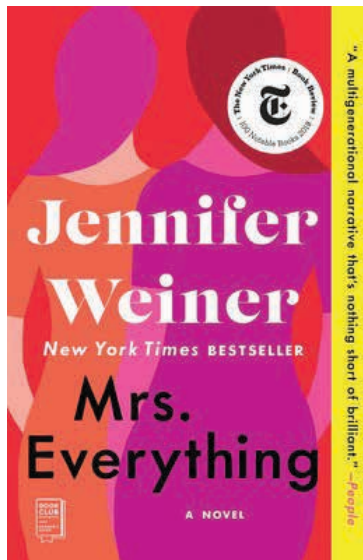


Now more than ever it is a good time to choose a good book and hunker down. Reading can pass the time, as well as keep the mind active. Here are some new titles to consider while you are shut-in at home.

Mrs. Everything

A Novel

By Jennifer Weiner



“Jo and Bethie Kaufman were born into a world full of promise.

“Growing up in 1950s Detroit, they live in a perfect ‘Dick and Jane’ house, where their roles in the family are clearly defined. Jo is the tomboy, the bookish rebel with a passion to make the world fairer; Bethie is the pretty, feminine good girl, a would-be star who enjoys the power her beauty confers and dreams of a traditional life.

“But the truth ends up looking different from what the girls imagined. Jo and Bethie survive traumas and tragedies. As their lives unfold against the background of free love and Vietnam, Woodstock and women’s lib, Bethie becomes an adventure-loving wild child who dives headlong into the counterculture and is up for anything (except settling down).

“Meanwhile, Jo becomes a proper young mother in Connecticut, a witness to the changing world instead of a participant. Neither woman inhabits the world she dreams of, nor has a life that feels authentic or brings her joy. Is it too late for the women to finally stake a claim on happily ever after?” according to Publisher Washington square Press.

The Summer Guests

By Mary Alice Monroe

Foreword by Katherine Kaneb Bellissimo

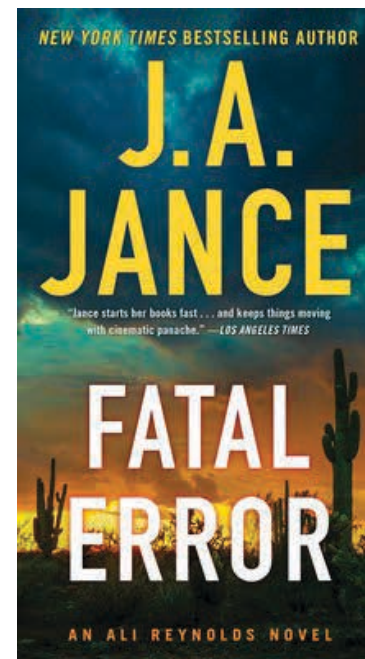
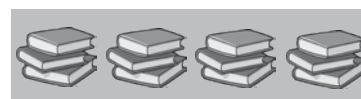
“Late August is a beautiful time on the Southern coast—the peach trees are ripe, the ocean is warm, and the sweet tea is icy. It’s the perfect time to enjoy the rocking chairs on the porch. But beneath the calm surface bubbles a threat: it’s also peak hurricane season.

“When a hurricane threatens the coasts of Florida and South



Carolina, an eclectic group of evacuees flees for the farm of their friends Grace and Charles Phillips in North Carolina: the Phillips’s daughter Moira and her rescue dogs, famed equestrian Javier Angel de la Cruz, makeup artist Hannah McLain, horse breeder Gerda Klug and her daughter Elise, and island resident Cara Rutledge. Strangers to all but the Phillips, they must ride out the storm together.

“During one of the most challenging weeks of their lives, relationships are put to the test as the evacuees are forced to confront the unresolved issues they have with themselves and with each other. But as the storm passes, they realize that what matters isn’t what they brought with them to the mountains. Rather, it’s what they’ll take with them once they leave,” according to Publisher Gallery Books.



Fatal Error

An Ali Reynolds Mystery

Book #6 of Ali Reynolds Series

By J.A. Jance

“Ali Reynolds begins the summer thinking her most difficult challenge will be surviving a six-week-long course as the lone forty-something female at the Arizona Police Academy—not to mention taking over the 6 a.m. shift at her family’s restaurant while her parents enjoy a long overdue Caribbean cruise. However, when Brenda Riley, a colleague from Ali’s old news broadcasting days in California, shows up in town with an alcohol problem and an unlikely story about a missing fiancé, Ali reluctantly agrees to help.

“The man posing as Brenda’s fiancé is revealed to be Richard Lowensdale, a cyber-sociopath who has left a trail of broken hearts in his virtual wake. When he is viciously

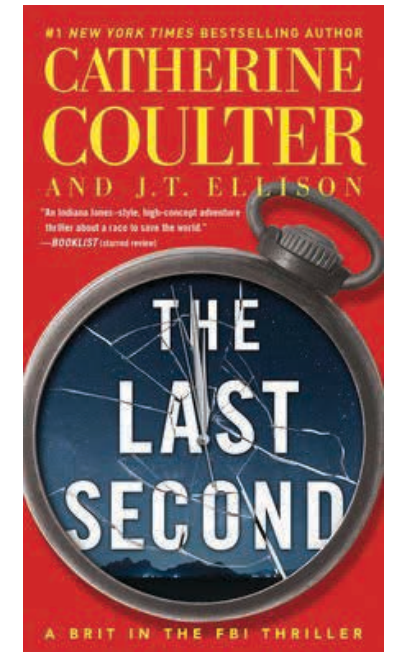
murdered, the women he once victimized are considered suspects. The police soon focus their investigation on Brenda, who is already known to have broken into Richard’s home and computer before vanishing without a trace. Attempting to clear her friend’s name, Ali is quickly drawn into a web of online intrigue that may lead to a real-world *fatal error*,” according to Publisher Pocket Books.

The Last Second

Book #6 of A Brit in the FBI

By Catherine Coulter and

J.T. Ellison



“Galactus, France’s answer to SpaceX, has just launched a communications satellite into orbit, but the payload harbors a frightening weapon: a nuclear bomb that can trigger a massive electromagnetic pulse (EMP).

Continued on page 31

Down by San Diego's Mission Bay

Story by Ronnie Greenberg • Photos by Joe Hilbers



Mission Bay Marina

The 4,600-acre wonderland, now known as the Mission Bay Aquatic Park, was discovered by Portuguese shipbuilder and navigator Juan Rodriguez Cabrillo in 1542. Disenchanted with the bay because it was not sufficiently deep to accommodate his ships, Cabrillo

of shoreline beaches, grassy knolls, areas for sailing, swimming, picnicking, powerboats, fishing, water skiing.

When introduced to the property, Jack Skirball along with architect Eldridge Spencer and builder Bob Golden decided



Barefoot Bar & Grille

named the area Bahia Falza, False Bay.

In 1902 George Hall, city horticulture commissioner, suggested the swamp Bahi Falza be developed into an aquatic park. A master plan was approved by the city council in 1958 creating 30 miles

to create a beautiful vacation island escape, insulated from the city but not isolated from San Diego's features and attractions.

Where to Stay

Paradise Point Resort & Spa in San Diego's Mission Bay is a recreational haven that

heats up with endless fun for all ages. The resort is a private 44-acre island tucked away on the shores of the gentle bay with more than a mile of sandy beach and surrounded by beautiful tropical landscaping. Hidden away in secluded pockets are 462 California Bungalow-style guestrooms including 75 hotel suites, that feature 99 lanai patio, garden, bayside and studio gardens. Amenities include cable TVs, in-room movies, mini-refrigerators, coffeemakers, and kitchen facilities including micro-waves, and sinks.

Whether By Land or By Sea there's Plenty to Do

If the pastime of choice is lounging by the pool, an exhilarating jet ski adventure or bike ride along the bay, there are many choices. You can swim and splash in any of the five pools, including lagoon and waterfall pools, and a beautiful lagoon pool with a sandy beach area. There is also a pool just for children, and one for adults only. Clean sandy beaches with shallow waters stretch far into the Bay. Paradise Point is most well-known for its private full-service marina. Here aquatic activities such as sailing, sailing lessons, water skiing, jet skiing, motor boating, and kayaking can be learned and enjoyed.

There are five hard-surface tennis courts, and the volleyball court inside the resort's perimeter is available. The



Balboa Park Railroad

18-hole putting golf course is perfect for practice or just for fun, and Bocce ball, ping pong, horseshoes, and lawn croquet. Bicycle cruisers and Quads make roaming near and far relaxing and fun. With all the activities available, there is no reason to leave the island.

The resort's **Spa at Paradise Point** an intimate and inviting

professionally trained spa therapist will lull you into a sense of well-being and relaxation. The state-of-the-art **Fitness Center** features the latest cardio equipment. For the shoppers, the **Island Market** provides a wonderful selection of souvenirs, gifts, and clothing.

On-site Distinctive Restaurants



Cottage at Paradise Point

San Diego day spa sanctuary focuses on exotic rituals from islands around the world and local San Diego influences. With the backdrop of a lush oasis, exotic treatment rooms and cooling sea breezes, the

Island-inspired casual fare is served all day at the **Barefoot Bar & Grill** set alongside a waterfall and overlooking the bay. Creative bold flavors to the American dishes use farm-

Continued on page 23

Down by San Diego's Mission Bay

continued



San Diego Zoo

fresh and organic foods grown in San Diego. Favorites for lunch and dinner include tantalizing mile-high salads, pub-style fish and chips, blackened salmon, roasted chicken, burgers, and tacos.

For poolside nibbles, it is the **Tropics Cantina** located at the main pool and spa where choices include delicious grilled entrees many straight from Baja, Calif., cold salads, snacks, and refreshing frosty, tropical drinks

Make your way to the quirky **Caveman Pizza Company** for a meal of prehistoric proportions. Here you can enjoy pizza by the slice or build your pizza by adding all your favorite toppings. Special signature pies include The Glacier, with ricotta, mozzarella, garlic, sautéed spinach, and parmesan dust; BBQ Cave Bird with BBQ chicken, red onion, cilantro, charred corn, smoked mozzarella, scallions, and house BBQ sauce; or Make Fire, with house-made meatballs, black olives, mush-

rooms, mozzarella, and lava sauce. They are all fired up using the finest dough and ingredients.

Tidal, the signature popular high-end fine dining choice for guests and locals is uniquely positioned on Mission Bay. Craft and catch converge here where land meet the sea. *At*



San Diego Natural History Museum

fresco dining will give you a glimpse of the setting sun and glittering moonlit bay, while indoor dining with views of the bustling wide-open exhibition kitchen and glowing fireplace is an option. The menu anchored by deep Mediterranean influences offers land

and sea cuisine infused with regional flavors.

The bar offers an impressive collection of boutique wines, So-Cal craft beers, mixed drinks, and cocktails.

Paradise Point Resort & Spa (15 minutes from the San Diego International Airport) is located at 1404 Vacation Road, San Diego, phone (800) 344-2626 or visit www.ParadisePoint.com

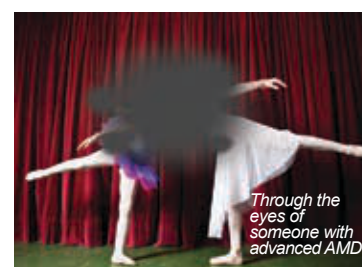
Explore the Area's Major Theme Parks and Museums

It is a short hop to **SeaWorld** a thrilling San Diego attraction. Marine life abounds with special sea life. Feed and interact with Bottlenose dolphins and

of San Diego, near Escondido. There are 3,500 animals housed here. www.sdzsafari-park.org

The famed 100-acre **San Diego Zoo** in Balboa Park houses thousands of rare and endangered animals representing more than 800 species www.sandiegozoo.org

San Diego Natural History Museum located in Balboa Park, lets you see nature in action exploring the area's diversity and history in southern and Baja, Calif. Founded in 1874, it is the second oldest scientific institution west of the Mississippi, and oldest in Southern California. For current exhibitions, events calendar, research and field guides go to www.sdnhm.org or phone (619) 232-3821 for more information.



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.

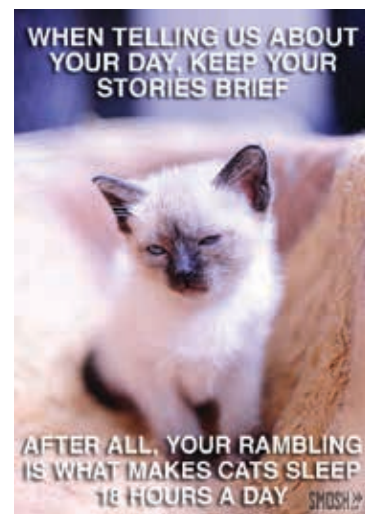
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FightBlindness.org/AMDinfo

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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 californiastrawberries.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 activ-

ity. 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,

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.

How Communities Can Fight The Coronavirus Pandemic And PPE Shortage

As devastating as Coronavirus (COVID-19) is, there are some bright spots. Consider this: With healthcare workers facing critical shortages of personal protective equipment (PPE), Synchrony, a premier consumer financial services company, is leading a new initiative with businesses, consumers, employees, and non-profits called #GearUp that aims to equip frontline public health personnel and first responders in local communities around the country with protective gear.

What's Being Done

1. Creating 3D-Printed Face Shields—Marshalling assistance from the technology, manufacturing, and philanthropic communities, Synchrony and the Synchrony Foundation—which supports communities affected by the coronavirus pandemic—is partnering with Stephens Direct and Protoduction 3D as well as global charity Brother's Brother Foundation to produce and distribute thousands of face shields to serve communities in need. In addition, the company's employees around the U.S. are creating face shields and face masks using its 3D printers and even their own. They're sharing templates, providing coaching, and coordinating distribution.



Around the country, Americans are fighting the virus in clever, creative ways

2. Sewing to Save Lives—

In collaboration with 14,000 small to medium-sized sewing businesses, Synchrony is encouraging its 140,000 "Sewing and More" credit cardholders to create protective masks, gowns and gloves. Cardholders who make purchases automatically receive a statement credit to help them defray the costs of purchasing materials needed to create the protective gear. The company is also teaming up with small business partner Jenny Pollard Nobile of Pollard's Sew Creative to provide volunteers with sewing patterns and logistical details for handmade face masks.

3. Enabling a Network of

Donations—Synchrony has donated thousands of face masks to hospitals and first responder organizations around the world. The company also enhanced its employee matching gifts program to temporarily triple employees' donations to non-profits supplying PPE for health care providers and frontline workers as well as local food banks, matching employees' giving 2:1.

In addition, Synchrony and the Synchrony Foundation have committed \$5 million to support hunger-relief organizations and local communities in the wake of the pandemic.

What You Can Do

Be part of the solution by participating in the #GearUp program. Learn how at www.synchrony.com/gearup.html.

In addition, you can help protect yourself and the people you care about. The Centers for Disease Control and Prevention suggests taking everyday preventive steps:

- Staying home, especially if you're sick
- Avoid touching your eyes, nose, and mouth
- Washing your hands often for at least 20 seconds
- Cover your cough or sneeze with a tissue
- Wear a cloth face covering when you go out
- Clean and disinfect frequently touched objects and surfaces.

For more information, visit www.synchrony.com/coronavirus.



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Comprehensive Services

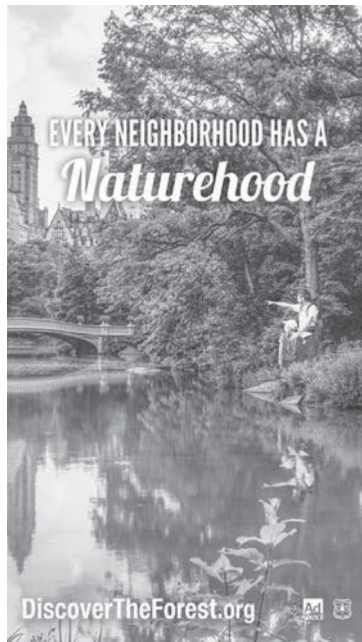
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Age-related macular degeneration (AMD) is the leading cause of blindness in people 55 and older, sadly robbing sight and independence. It is a chronic disease affecting over 10 million Americans, and early detection is key to saving your sight.

Protect your vision from fading away. Call the **Foundation Fighting Blindness** today for a free info packet about preventing and managing AMD. There is hope.

A Cure Is In Sight
800-610-4558
FightBlindness.org

FOUNDATION FIGHTING BLINDNESS



Fire Safety

Home Fire Risks Increase As Weather Cools

The fall and winter seasons bring cooler temperatures, holidays, and images of cozy nights by the fireplace. Yet the change in seasons also comes with the chance of severe weather and an increase in fire risks. According to the U.S. Fire Administration, more home fires occur in winter than in any other season.

“Holiday decorations, space heaters, generators, and fireplaces all present fire hazards if not properly used and maintained,” said Steve Hirsch, chair of the National Volunteer Fire Council. “Residents should be aware of the dangers and take the steps to make sure their families and homes are protected.”

Follow these tips to minimize home fire and safety risks:

- Install smoke alarms in every sleeping room, outside each separate sleeping area, and on every level of the home. Test monthly to ensure they work.
- Install carbon monoxide alarms and test them at least once a month.
- Know where the gas, electric, and water main shut-off controls are and how to use them.
- Place fire extinguishers in the kitchen, garage, and living room, and make sure all



household members know how to use them.

- Develop a home fire escape plan and practice it with the entire family.
- Keep portable generators outside and away from the home.
- Install a screen in front of each fireplace or wood stove. Store cooled ashes in a metal container outside the home.
- Have chimneys professionally inspected and cleaned every year.
- Keep anything that can burn at least three feet away from fireplaces, radiators, space heaters, or other heat source.
- Never leave lit candles unattended, and keep them out of the reach of children and pets.
- If using a live Christmas tree, keep it adequately watered and get rid of it after Christmas or when it gets dry.

Residents can also take an active role in protecting their communities from hazards such as fires, medical emergencies, and much more. Fire departments across the country are looking for volunteers to serve as firefighters, EMS providers, and auxiliary members.

“The majority of firefighters in the U.S. are volunteers—neighbors helping neighbors in an incredible and rewarding way,” said Hirsch. “We need more people to answer the call to serve.”

Training is provided by the department, and volunteers can serve in a variety of roles, from providing life-saving emergency response services to conducting fire prevention programs and disaster preparedness planning.

Learn more and find a volunteer fire service opportunity by going to www.MakeMeAFirefighter.org.



May Crossword Puzzle

Across

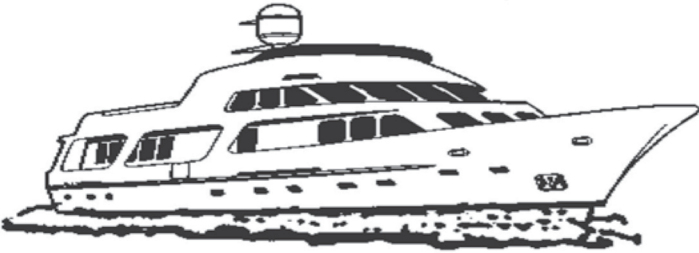
1. One in prison for good
6. Hunk
10. Room in a casa
14. Love deeply
15. Assistant
16. Russian river
17. Written in the native language
19. 100 centavos
20. Battery size
21. Sites
22. Whip up
24. Quote
25. Planetary revolution
26. Certain Muslim
29. Pertaining to ships
33. Transport
34. They're charged
35. Gymnast Korbut
36. One of the Baldwins
37. Elicit
38. Enlarge, as a hole
39. Waiter's offering
40. A pitcher may take one
41. Mazda model
42. First public performance
44. Unsteady gait
45. Fine and delicate
46. Pinguid
47. Quantity
50. "The Clan of the Cave Bear" author
51. Vanilla ____, American rap star
54. "Death in Venice" author
55. Teacher
58. On or towards the Mediterranean, for example
59. Emptiness
60. Satisfies
61. Injury reminder
62. Canadian gas brand
63. Basic monetary unit of Denmark

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	28					29					30	31	32
33						34					35			
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39					40					41				
42				43					44					
			45					46						
47	48	49					50					51	52	53
54					55	56					57			
58					59					60				
61					62					63				

Down

1. Hot rock
2. Impression
3. ____ song (cheaply)
4. Directional suffix
5. Fact
6. Gravy, for one
7. Taylor of "Mystic Pizza"
8. Nabokov novel
9. Lullaby
10. Dominance
11. Calculus calculation
12. Final
13. Succulent plant
18. Pigeon coop
23. Rodent, betrayer
24. Orbiting the moon
25. Jerks
26. Rascal
27. More robust
28. Peace goddess
29. Snare
30. Wedge
31. Playing marble
32. Truman's birthplace
34. Creamy white
37. Optional
41. Invertebrate
43. Author Fleming
44. Stadium section
46. Best
47. Latin lesson word
48. Not fem.
49. Fit for service
50. Sale sign
51. What's ____ you?
52. "Fargo" director
53. Scottish Gaelic
56. Rejections
57. Saturn or Mercury

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TechnologyIn Our Lives

Simple StepsTo Declutter Your Phone

Have you ever scrolled endlessly through your photos on your phone to find that special one you took weeks ago? Or, perhaps you have that one important e-mail that takes forever to find in your inbox?

An organization overhaul isn't just for your closet. You can take advantage of some nifty features on your phone to organize your photos and e-mails, which will help make your life easier and save you time.

The experts at global tech care company Asurion spoke with phone users about the pain points they have with highly utilized features including photo storage, managing e-mails and contact lists. The experts then shared tips to help participants streamline and save time in these areas. After using the tips, people were amazed with how these simple shortcuts made finding things so much faster and easier. Check out what Asurion experts shared:

Easy Setup Photo Albums for People, Places and Objects

For Android Phones:

- Manage and share your photos more easily with Google Photos as your primary photo app.
- Easily locate photos by person or pet when you group by similar faces. Tap ≡
- Add a name to find photos faster. Open a person or pet photo > tap Menu > tap Info >

For iPhones:

- Create an album from existing photos. Open Photos app > Open the All Photos Album or tap the Photos Tab > tap Select > Select all photos you want to add to the new album > tap Add To > select New Album
- Use facial recognition to quickly find photos of people you love. Open a photo with a person's face in it > swipe up over the photo > tap circle with person's face > tap Menu icon in the top left corner > tap Add to people's album > enter person's name > tap Done or Next

Find a Specific Photo Fast

For Android Phones:

- Find the photos you've labeled. Open Google Photo App > tap search bar at the top of screen > type in search criteria > scroll through results for your photo

For iPhones:

- iOS makes it easy to find a photo by identifying objects,

people, places and pets. Open Photos app > tap on Search Icon > type in search criteria > scroll through results for specific photo

Find Anything on Your Phone Quickly

For Android Phones (if applicable to your model):

- Go to home screen > swipe down to show your App Drawer > click the Search icon > type in what you want to find

For iPhones:

- Use the Swipe to Search function to search across all apps and data. Go to your home screen > swipe down from the middle of the screen > tap the search field > type in what you want to find

Find E-mails Faster

For Android Phones:

- Find the e-mails you're looking for faster by grouping them under different labels. Go to Gmail website (not the app) > Settings > Labels > Create new label. Once the label is created, then you can label groups and individual e-mails can be filed under each folder from within the app.

For iPhones:

- Find e-mails faster by filtering through specific requirements. Open Mail app > from Inbox (or All inboxes) tap icon in bottom left corner > tap Filtered By

To learn more, visit www.asurion.com.



ADMIT
ONE

By Randal C. Hill

Movie Preview

'Greyhound'

As a four-decade veteran of show business, 63-year-old Tom Hanks has earned two Academy Awards, five Golden Globes and seven Emmys. And now, with the release of Sony Pictures' "Greyhound," he may have to make room on his awards shelf for a couple more.

E. M. Forester was a celebrated British novelist popular during the early 20th century. His long list of literary accomplishments includes such classics as "The African Queen" and "The Barbary Pirates." Many of his stories center around naval warfare, and Hanks's new movie is no exception. Based on Forester's 1955 novel "The Good Shepherd," "Greyhound" comes to life as a gripping fictional episode of the Battle of the Atlantic, the longest conflict of the Second World War.

In a radical departure from his recent role of impossibly nice guy Fred Rogers, Hanks here becomes a grim-faced naval officer named Ernest Krause (not to be confused with an 1890s U. S. Navy officer of the same name). Krause comes to us as a rigid, deeply religious career individual who has finally been given command of a destroyer, the USS *Keeling* (code name "Greyhound"), in

the treacherous Atlantic Ocean during the winter of 1942.

The "Greyhound" is part of an international convoy of 37 Allied ships being chased by a wolf pack of German U-boats — in hot pursuit and closing in fast. Krause cannot muster much clout: just his destroyer, a Polish warship named the "Victor" and two corvettes — small warships designed for convoy escort duty.

For 48 hours, Krause plays a desperate cat-and-mouse game against the approaching subs. Battling sleeplessness for two days, he stays determined to protect the lives of 3,000 sailors and \$50 million worth of cargo. Krause is also facing down other problems, as well, as he is locked in continuous conflict with his self-doubts and personal demons that lie buried deep in his soul. Krause realizes that he must overcome certain facets of his personality to be an effective leader under pressure and thus prove his mettle to those depending on his command.

Rounding out the "Greyhound" cast are Elisabeth Shue ("Leaving Las Vegas"), Stephen Graham ("Boardwalk Empire"), Tom Brittney ("UnREAL"), and Rob Morgan ("Daredevil").

The filming of Forester's story took place aboard the WWII destroyer "USS Kidd," which is based in Baton Rouge, LA.

The author of the successful 2018 book of short stories called "Uncommon Type," Hanks wrote the "Greyhound" script and, along with Gary Goetzman, also handled the production chores. Aaron Schneider ("Get Low") was the director.

The movie releases nationwide in May.

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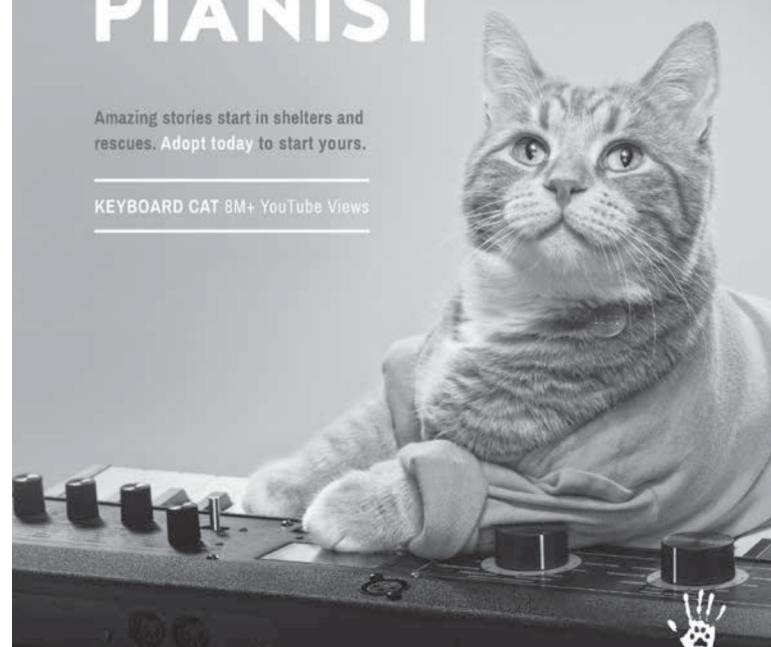
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Medicare Enrollment Season Is Coming: 5 Tips To Make Sure You're In The Right Plan

Medicare's Annual Enrollment Period runs from October 15 to December 7, 2019. This is your yearly chance to shop for insurance coverage that best meets your needs. People covered by Medicare will have even more plans with a host of new benefits to choose from for 2020.

Here are five things to keep in mind for Medicare's Annual Enrollment Period.

1. Review your 2020 coverage options. Medicare Advantage plan details change each year, so the policy that was the least expensive or best

match for you in 2019 may not be right for 2020. Changes to premiums, deductibles and co-pays can be costly. A recent eHealth analysis of people using eHealthMedicare.com to compare Medicare plans found that fewer than one in ten were enrolled in the lowest cost plan for their personal prescription drug regimen. Those who switched to their optimal drug plan stood to save an average of \$900 per year.

2. Look out for drug coverage changes. It's common for insurance companies to tweak their list of covered drug and



The expert help of a licensed insurance agent can help you get the best medicare policy for your needs.

prices. That can mean higher out-of-pocket expenses. Check to make sure that the medications you need are still covered by your plan in 2020, and pay close attention to any special rules you need to follow to get the most coverage for your medications. Online tools, including eHealthMedicare.com's prescription drug coverage comparison tool, can

help you find the best option for 2020.

3. Make sure your doctors are still covered. The doctors and hospitals that participate in your Medicare plan's network often change each year as well. Make sure your preferred providers are covered under your current plan or any new plan that interests you. The amount you'll pay when you get care from a doctor or hospital that does not participate with your plan will be higher than what you'll pay if you stay within your plan's network, and some health insurers won't cover out-of-network providers at all, except in an emergency.

4. Compare benefits. Along with price comparisons, be sure to review the full range of services and benefits offered by competing Medicare plans. These can include everything from preferred pharmacy and mail-order prescription discounts to dental, vision, hearing and even fitness benefits. And for 2020, many Medicare Advantage plans will offer supplemental benefits that provide additional assistance to people with chronic illness, such as non-emergency transportation, virtual medical visits, caregiver support, nutritional counseling and meal delivery, and air conditioning, among others.

Continued on page 31

Busy Boomers

By Les Goldberg

Riding the MiniRails: A Lifelong Passion

One of the things that people of our age have in common is the love for model trains. Proof of this can be found at any of the many local and regional model train shows held throughout the year at various locations in the area.

At a recent show I attended in Anaheim, a layout featured an active tornado. When the locomotive approached a tunnel, it triggered the funnel cloud which dropped down from the dark sky and twisted across the tracks, barely avoiding the multi-car freight train. That was a real ‘wow’ moment.

Other popular gathering places for model train lovers are at many regional model railroading clubs. There are two kinds – one that features massive layouts where enthusiasts pitch in and help build the track systems then rent the tracks to run their own trains.



In addition to these clubs are organizations dedicated to preserving the remaining vintage rolling stock that exists throughout the U.S. For many years, the Southern California Railway Plaza Association (SCRPA), for instance, had a



vision to turn the historic Santa Fe and Union Pacific Depots into a museum. That idea was derailed two years ago by a cash-strapped Fullerton City Council.



Although events are canceled or postponed this year due to the COVID-9 pandemic, the SCRPA continues its mission to provide historical insight into the many contributions that railroads have made to the development and growth of Southern California from the 19th century onward.

It was in the middle of the 20th century when train buffs began memorializing the heyday of railroading, and companies like Lionel and Marx sold miniature versions of the ‘big iron’ in grand fashion. As soldiers returned home following World War II, traveling mostly by rail, they discovered a hobby that would not only take their minds off the traumatic past but would be a way to en-

tertain and educate their growing families of baby boomers.

Model railroading is more than watching the trains travel around the store-bought tracks. It is a multifaceted craft that involves woodworking, electrical engineering, and miniature landscape designs. Hunting down the hundreds of train parts and scenic elements is part of the fun, but most enthusiasts cherish the long, complicated, ultimately rewarding work of building and sharing their hobby talent and achievements.

I remember my father, a former Army engineer, buying a Marx train set and spending all of his free time building a complete scenario of towns, working people and beautiful backdrops with me at his side enjoying every moment of our time together.



While young people today are into mobile devices and videogames, a great number of older folks continue to devote significant time and money to the hobby they love. For instance, you can find some

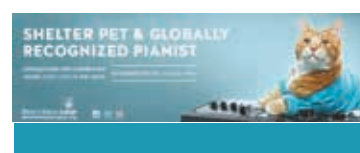


amazing model railroading layouts and friends who ‘speak your language of trains’ at any of the following locations. The closest ones include:

- Angels Gate Hi-Railers Model Railroad Club, San Pedro
- California Southern Model Railroad Club, Norwalk
- Glendale Model Railroad Club, Glendale
- Los Angeles Model Railroad Society, Hawthorne
- Pasadena Model Railroad Club, Los Angeles

Another way to hear the nostalgic sounds of clickety-clack and the unmistakable train whistle is to check out the exposition schedules at the Orange County Fairgrounds in Costa Mesa, Pomona Fairplex, Anaheim Convention Center, and Del Mar Fairgrounds. For a complete list of clubs and hobby shops, visit www.socal-railfan.com on the Internet.

All Aboard!



May Book Club

Continued from page 21

“When the satellite is in position, Galactus’s second-in-command, Dr. Nevaeh Patel, will have the power to lay waste to the world. A former astronaut, Patel believes she is following the directions of the Numen, aliens who saved her life when she spacewalked outside the International Space Station. She is convinced that with the Holy Grail—just discovered by the owner of Galactus, eccentric treasure hunter Jean-“Pierre Broussard—she can be reunited with the Numen, change the world’s destiny, and become immortal with them.

“The countdown has begun when Special Agents Nicholas Drummond and Michaela Caine are thrown into the pending disaster. They must stop the EMP that would wreak havoc on communication and electronic systems on Earth, resulting in chaos and anarchy,” according to Publisher Pocket Books.

Medicare

Continued from page 30

5. Work with a professional to understand your choices.

To make sure you’re viewing a wide range of plans available on the market, work with an expert in Medicare products that represents more than just one insurance company. It doesn’t cost anything extra. A licensed agent can help you understand and make sense of all your options and select coverage that best matches your needs, budget, and lifestyle.

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Boost Your Home's Curb Appeal

When was the last time you gave your home's exterior some TLC? With fall on the way, now is a good time to get a jump start on these home projects!



Regular lubrication will keep your garage door quiet and functioning smoothly

• **Paint**—The paint on your house's exterior can fade and chip, especially after a hot summer. Before winter hits, take the time to repaint your house. Be sure to pressure wash the exterior and let fully dry beforehand.

• **Exterior Doors**—If your front or back door's finish or paint is chipped or dull, you may want to consider a refresh. Remove the door from its frame, then sand, prime and paint or re-stain the door. After re-hanging the door once it's dry, you can add a new lock or re-use your old lock. Use 3-IN-ONE® Lock Dry Lube to prevent dirt and debris from sticking to the mechanism inside keeping your lock lubricated.

• **Windows**—Inspect window screens and replace or repair them if you notice any tears. You should also inspect the rubber seals on your windows and replace any that are cracked. Finally, consider re-painting your window frames to give your windows a little fall facelift.

• **Garage**—It's important to give your garage door some attention especially if it squeaks

with every open and close. Use 3-IN-ONE® Garage Door Lube monthly to not only lubricate the hinges, tracks, chains, pulleys and latches, but to simultaneously prevent rust and corrosion. This will ensure your garage door operates smoothly and quietly.

• **Roof**—Inspect your roof for damaged or broken shingles and make repairs. Remove any debris, such as fallen leaves or sticks, from your roof and gutters.

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Pizza Facts & Fancies

Foodies Flock To Old World PepperoniSM And Spark Heated Pepperoni Pizza Debate

Pepperoni is America's most popular pizza topping, with 53 percent listing it as one of their top 3 favorites, according to a YouGov survey.

Most Americans know only one kind of pepperoni: flat and quite chewy. Now, there's fandom brewing for a different style of pepperoni with its crispy, bold-flavored cups known as Old World Pepperoni.

Various outlets, both new and traditional, have picked up on this trend. From the Wall Street Journal to the online publication, Kitchen Rally, pizza lovers have begun to further explore the differences between the two pepperoni styles while asking which slice is superior.

While the sight of curling, crispy pepperoni cups has long been easy to see in places such as Buffalo and across Ohio, the rise of foodie influencers put Old World Pepperoni on the map nationwide. On Instagram, the hashtag '#ronicups' returns more than 6,000 posts with thousands of likes. Users are drawn to the aesthetic of curled up, bright red and glistening pepperoni slices.

Pizza makers are taking notice of this trend.

Darren Gray, senior director of menu and culinary innovation for Marco's Pizza, estimates



the brand will place 231 million slices of Old World Pepperoni on its pizza in 2019.

Marco's Pizza, named Most Loved Pizza Brand according to the 2019 Harris Poll EquiTrend Study, has offered both styles of pepperoni for the better part of a decade. Gray noted that the restaurant's Pepperoni Magnifico pizza, features both types of pepperoni and is among the most popular items on the menu.

"It's a pepperoni lover's dream—those crispy cups give you a completely different texture," Gray said. "It's meat candy."

Gray describes the key differences between the two styles this way: traditional lay-flat pepperoni sausages come in an artificial casing. This is less expensive than natural casing, which helps explain why it's long been more prevalent in pizzerias across the country. Old World Pepperoni comes in a natural casing; when that casing cooks down in the oven, it causes the slices to cup up and crisp along the edges, providing a far crispier texture and a bolder flavor.

Gray noticed an increase over the past couple years in how often Marco's customers add Old World Pepperoni to their orders. He likens the trend to the growing popularity of another pork offering.

"Americans are developing more of a palate for bolder flavors, just look at the rise of popularity in applewood-smoked bacon," Gray said. "Old World Pepperoni is the closest you'll come to bacon in a cured Italian meat."

Gray believes the movement in favor of bolder flavors is more than just a fad. Instead, he views this as a sign of Americans developing a more mature and curious palate. Gray notes Marco's Pizza is benefiting from a growing desire to move away from processed foods since each of the brand's restaurants makes its dough from scratch daily, uses freshly cut produce and mixes herbs and spices into the sauce in-store every day.

"The trend toward spicier products and flavors continues to be on the rise—spicy garlic as an example," he said. "Old World Pepperoni is not necessarily hot but there is a kick and it definitely has a bolder flavor."

To try Old World Pepperoni for yourself, go to marcos.com or download the app.



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Dry Eye: More Than A Minor Annoyance



Approximately 16 million people in the U.S. suffer from dry eye symptoms. So many deal with the burning, irritation and general discomfort that dry eye is one of the top reasons people see their eye doctor. While the symptoms are what patients focus on, what they may not realize is that dry eye can impact vision, both short term and, in some cases, permanently.

The tear film protects and perfects the surface of the eye, known as the cornea, which is the first line of focus. When areas of dryness appear, vision can become blurred. Also, dry eye can affect the health of the cornea, which can lead to significant damage and discomfort.

“Patients shouldn’t ignore dry eye symptoms or try to manage them on their own. The health of the eye and vision is at stake,” said Stephen Slade, M.D. of Slade & Baker Vision. “It is important that the symptoms be thoroughly evaluated during annual eye exams. Patients should know there have been a lot of advancements in the treatment of dry eye.”

Continued on page 35

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:

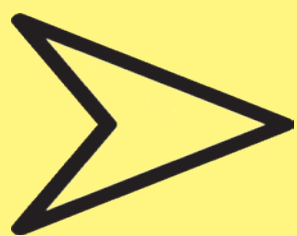
“Thanks for your help. Those we serve found a window of hope.”

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

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In The Spotlight

Sunshine Lutey Is a Busy Senior Despite Tough Times

At 77 Sunshine Lutey is a busy resident of Laguna Woods Village who despite being shut-in by current state mandates due to the COVID-19 pandemic is keeping busy as a bee.

Her first name presides her as she is every bit a ray of sunshine to those around her, as well as those who meet or speak with her for the first time. From planning musical benefits to taking care of her husband, David, 96, there's little doubt you'll be impressed.

Here's a more about Lutey who you might just get some inspiration.

Q: What are some of the things you do to keep active?

A: Obviously, things are very different right now, but just a month ago I was planning four benefit musical variety shows. The March and April shows are canceled; still planning for the July and October shows; the March and April shows may be rescheduled. Also, until March 13, I planned and participated in an hour musical show weekly at South County Adult Day Services. I was scheduled to start a monthly 'Story Time with Sunshine,' but that was canceled.

Q: How did you change things that were canceled?



Sunshine in I Wanna Spend More Time with You Outfit from Susan

A: I decided to use my iPad and record some stories, edit them and upload them to YouTube. I made a new page within the AlzheimersOCclub.com website and provided links to 11 stories. The link to the new page is: <https://www.alzheimersocclub.com/story-time-with-sunshine.html>. Finally, I used to visit a 97-year-old friend every Wednesday, but instead, I write and deliver a letter filled the descriptions of what I've been doing.

Q: Where were you born?

A: Stanley, Wisc.

Q: What were your career aspirations when you were growing up?

A: I was too busy looking forward to being free but had thoughts of studying music having won first place in the

regional competition and having sung the National Anthem at football games.

Q: Are you retired? From what?

A: Yes; 25 years designing business systems and developing software programs and directing a team of programmers.

Q: Tell us about your immediate family?

A: David, my husband who is 96 and me.

Q: Any children?

A: Two children; both married and already retired living in Las Vegas which is where my first husband, Lloyd and I lived until they graduated from high school. Also, my married granddaughter and great-granddaughter live there.

Q: How do you keep young at heart?

A: Sharing the joy of music and conversation.

Q: Advice to other seniors?

A: Live each day as if it were your last day.

Q: What are your top three favorite things?

A: Sharing time with husband and extended family, singing, writing, and reading.

Q: Any hobbies? Spare time activities?

A: Staying in contact mostly via text with my children, granddaughter, and my siblings -- two sisters and a brother. Recently, I set up a fun Zoom session. Planning and participating in musical shows and keeping in touch with members of the Sunshine Performance Club most via email. I had a Zoom meeting recently and I loaded videos of 24 major shows to YouTube for others to enjoy. I like writing and sharing stories as well as reading.

Q: Who are your mentors?

A: The only one I can think of is my older sister, Waverly. Although when I write if I make the print big enough, David is a wonderful editor. My first husband, Lloyd, and David both encouraged and supported my singing and show production efforts.

Q: Any major milestones, achievements?

A: The 24 shows I produced that were all musical variety and benefits for charity. The commitment to the weekly shows which I initiated on February 6, 2015. The June 9, 2019, Benefit Show; David, me and a piano player -- in a 90-minute musical show;

I created backdrop scene for every song and created a pre-show video which started with the inception of the Village in 1964 and then followed the musical trail as David and his first wife, Phyllis, and Lloyd and I arrived in 1994 and 1995. I also self-published two books — they can be purchased on Amazon.com.

Dry Eye

Continued from page 34

During an eye exam, eye doctors evaluate the overall health of the eye, including the cornea as well as the tear ducts and glands that contribute to the tear film. This is particularly important for those wearing contact lenses for vision correction as lens use can contribute to dry eye. In fact, for those who are considering a vision correction procedure, like LASIK, part of the evaluation for candidacy includes a thorough exam of the surface of the eye and any signs of dry eye. Eye doctors will often prescribe a dry eye treatment regimen to restore the surface of the eye of a patient dealing with dry eye symptoms before recommending laser vision correction.

Everyone should have an annual eye exam—particularly if you are having symptoms of dry eye. If you are looking for an eye doctor to discuss your eye health and vision correction needs, visit www.eye-you.org.

STAMPS News & Notes

An Out-Of-This-World Collectors' Edition

It was “One small step for man, one giant leap for mankind,” when Neil Armstrong and Buzz Aldrin walked on the Moon. Now, half a century after the first Moon landing, you can hold some of the wonder of it all in your hand with a set of commemorative stamps.

In collaboration with the Smithsonian's National Air and Space Museum, Philatelic Mint has developed a collection consisting of 27 postage stamps issued from the Cook Islands and the Kingdom of Tonga. They're treated with blue phosphor ink that glows under UV light.

As the world's largest museum and research complex, Smithsonian brings unique stories to life for you and your family through officially licensed products like these.

This stunning limited-edition collection by Philatelic Mint comes with a presentation folder that is 11 inches tall and 6.5 inches wide when closed and that opens to a breathtaking spread over 3 feet wide.

What's more, a limited number of the commemorative stamps first issued in July 1969 by the U.S. Postal Service to honor the event, picturing mission commander Neil Armstrong planting the U.S. flag on the lunar surface, are also available.

Other Collections



If getting the Moon isn't enough, Philatelic Mint plans many other collections of elegant, timeless stamps featuring scores of fascinating topics. For example, there will be a set on the history of space, one featuring animals from the National Zoo and Conservation Biology Institute, and many more. Subscribers will get new sets of stamps from countries all over the world, on topics both familiar and new.

In fact, Philatelic Mint is dedicated to bringing entertaining collections of stamps and related material to a growing public of subscribers and collectors. The stamps can be a treasure for you and your family for many years to come.

Why Collect Stamps

Stamp collecting helps the collector learn about geography, biography, history, culture and art. Stamps are miniature gateways to the world.

How to Collect Stamps

You don't have to buy expensive equipment to enjoy stamp collection, but one essential rule to remember is that the condition of a stamp is a very important consideration. Badly torn and mishandled stamps are not only unpleasant to the eye, they're worth next to

nothing when compared to their undamaged counterparts. Try to acquire the finest possible specimens for your collection.

Because their condition is so important (and stamps are only bits of paper, after all), handle them with care—and perhaps a pair of tongs.

Because stamps are small, it's often difficult to see all their minute detail with the naked eye. Magnifying glasses can help you not only see the design better but, in some instances, discover small details that distinguish one stamp from another. Sometimes, when stamps appear to be the same, they're not.

Learn More

For further facts, a look at the latest collections and information on how to subscribe, go to www.pmintstamps.com or mail to P.O. Box 3162, Sag Harbor, NY, 11963.

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A Tribute To A Great Dog

By Jim McDevitt



My tears have mostly stopped flowing now. You see, my beloved German shepherd named Dakota has been relieved of her pain. She was such a great dog and taught me many lessons. She was a rescue who had been running the streets. The shelter where I met her thought she was about a year old. It was just a guess because they didn't know.

Our neighbor was thinking of adopting a dog and my wife and I took the lady to a shelter. While my wife and the neighbor talked with the staff I opened a door and entered the kennel area. There must have been at least 30 dogs barking at the same time but the German shepherd closest to the door and was not. She looked at me through the bars on her cage and wagged her tail when our eyes met. She was a beautiful German shepherd. I walked over to her cage and she laid down and pushed her paws forward under the gate. I reached down and petted her paws.

She wagged her tail some more and I was hooked. I went back to the entryway and got my wife. The staff allowed my wife to walk the dog in an enclosed area. My wife stepped off with her walking swiftly. She accidentally stepped on her paw and the dog let out a yelp but that was it. They walked together for several minutes. We both wanted to adopt her

right then but someone had asked for her and said they would be back later in the day for her. We were put on a waiting list if that person failed to come back.

The next morning we got a call from the shelter that the person did not come back for her and she was available. We immediately got into our car and drove to the shelter to get her. At adoption though she was fully grown, she weighed only 58 pounds and her ribs was showing. It turned out that her normal weight would be 75 pounds. At home we had a full grown Lab who was 85 pounds. They quickly became buddies.

When our Lab developed cancer and couldn't eat or drink about a year later, our shepherd who we had named Dakota seemed as sad as we were when our Lab left this world. Soon we adopted a Lab mix puppy from Arkansas who was flown into LAX by Last Chance for Dogs. We named the 10 week old puppy, Toby. Dakota treated Toby like he was her puppy. They slept together and played together. At night if Toby had to go out to the bathroom in our fenced in yard, Dakota would get up and go out with him to make sure he was safe.

Dakota has also protected members of my family more than once. A few months af-

ter we got Dakota my wife and another senior lady went for a hike with Dakota in a rural mountain area of a National Forest. They parked their car in a parking lot and set out on a trail to the peak of the mountain. The hike took longer than expected and when they returned to the car the parking lot was deserted except for their car. It was dark and Dakota jumped into the back for the Subaru in the trunk area. We had installed a metal gate so the dogs wouldn't decide to jump into the back seat or even maybe the front while we were driving.

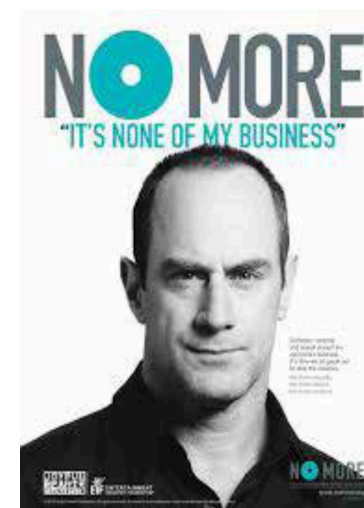
My wife closed the trunk and walked to the front of the car and unlocked it letting herself in and her friend. They had just got in the car when suddenly Dakota started barking furiously. The lady asked my wife what was Dakota barking at and my wife replied that she probably sees a raccoon. The lady turned her head to look and saw a man in his thirties with wild eyes and his hair straight up had his handle on the door behind my wife. In the darkness the man could not see the gate preventing Dakota from jumping on him in the back seat. He paused with his hand on the door handle.

My wife wanted to lock the door but hit the wrong button which sent the window down. The man must have thought she was letting the dog on

him because he just froze with his hand on the door handle. My wife immediately recovered and locked the door and put up the window. He never said a word but held onto the door handle till my wife drove away. She reported the incident to the police.

Still another time a few years later, my youngest son was visiting for a few days. He loved to hike with Dakota on trails in the National Forest. One day he was out hiking and came around a bend in the trail. Dakota was off the leash on a recall collar so she didn't chase deer or rabbits. As they turned on the trail there was this big bear about 500 pounds right in front of them. Dakota didn't hesitate, she charged the bear causing the bear to retreat and run up a tree with Dakota behind her. My son recovered from the shock and recalled Dakota and together they made their way back down the trail.

Yet Dakota was so gentle with the grand children when they visited. She would let the 6 year old girls walk her around the house by holding on to her collar. I can't say enough good things about her and we all will miss her greatly. I hope one day to be reunited with her at Rainbow Bridge.



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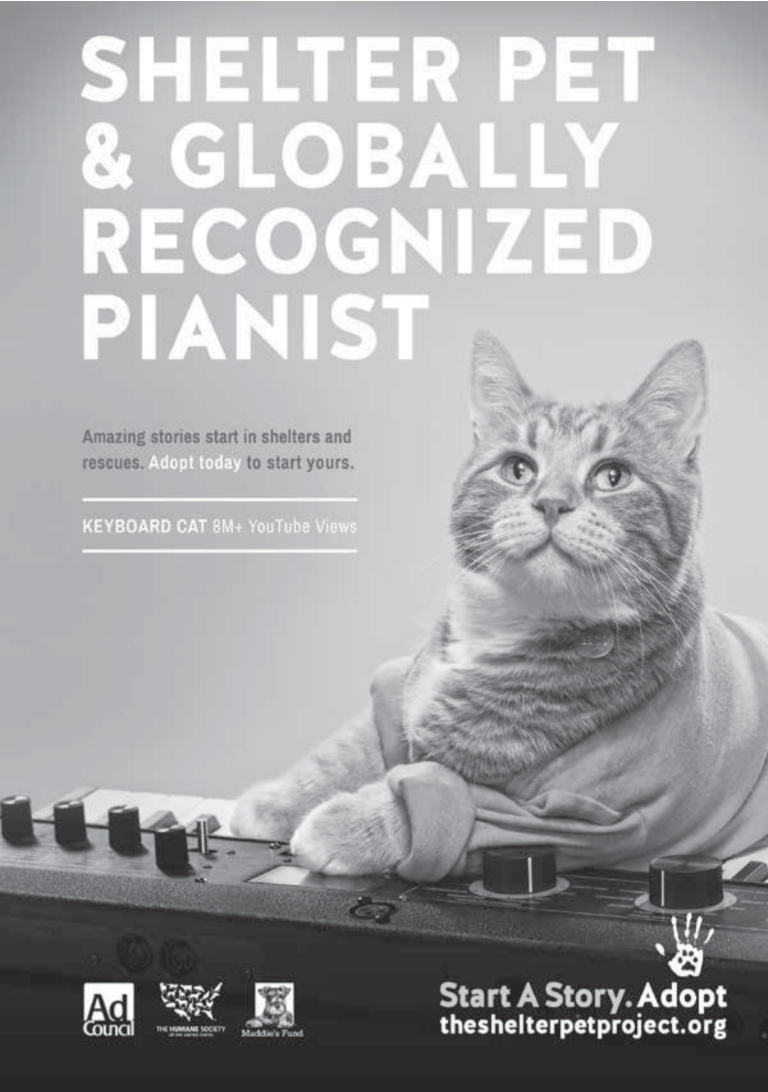
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Crossword Puzzle Answers from page 27

1	L	I	F	E	R		6	S	L	A	B		10	S	A	L	A		
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36	A	L	E	C		37	E	V	O	K	E		38	R	E	A	M		
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JUST JUDITH

By Judith A. Rogow

The Problem With Print

Unless a journalist works for an 'instant news' outlet—think daily print, online updates, or a major TV newscast—we have a certain window of time to get the story in so that the editing and any corrections, plus needed graphics, may be made before the piece goes to press.

The problem comes when things change as rapidly as they are currently doing and looking at what you sent in a few weeks ago seems outdated or insufficient.

As I write now, it seems that things are going from bad to worse with no end in sight.

Although we know the world will—eventually—right itself and life will get back to a new form of normal, it isn't going to happen quickly, and we have little or no input as to how or when.

We are without personal socializing. Not gathering for meals, religious events, holidays and family times, makes life even harder and is far from normal for us.

In many ways, we are at war, a fight with an unseen enemy that strikes at each of us and our families in different and dire ways.

Isolation is both different and difficult.



A telephone call doesn't take the place of a shared cup of tea.

An email isn't the same as a hug.

Mah Jong or Bridge games, book clubs, walks with friends, and coffee 'klatches' are greatly missed.

Religious services watched on the television lack fellowship, although the sound tends to be clearer.

The older we get, the more we need each other, and isolation is unhealthy in many ways. It seems especially cruel that this quarantine is happening in the spring when we should be out enjoying the nice weather and smelling the flowers.

Until things right themselves, we can still virtually visit foreign countries and meet interesting people. We can, electronically, listen to sermons and symphonies, and learn about almost any subject from Astronomy to Zoology. We can read books and listen to music, collect decorating hints or eBooks, watch TV and chat on the phone.

Shopping online is an option, and many items are available at deep discounts as stores feel the loss of income from impulse purchases. While we may miss the experience of tasting or touching our purchases, home delivery is safer than being out in public.



Pets are a wonderful comfort, they don't care if the world is falling apart if they have food and loving attention, although they do sense the unease. They simply trust that all will be well and that things will get back to the way they should be.

But there's still a lack, and while a voicemail, video chat or Instant Messages can help, they are pretty much one-on-one and don't take the place of a conversation among friends, or a religious ceremony in a venue of any size. Easter Sunrise services without a choir, a Seder without the whole family ... unthinkable!

For many, our congregation and our clubs are a huge part of our lives, a sort of second family.

Continued on page 41

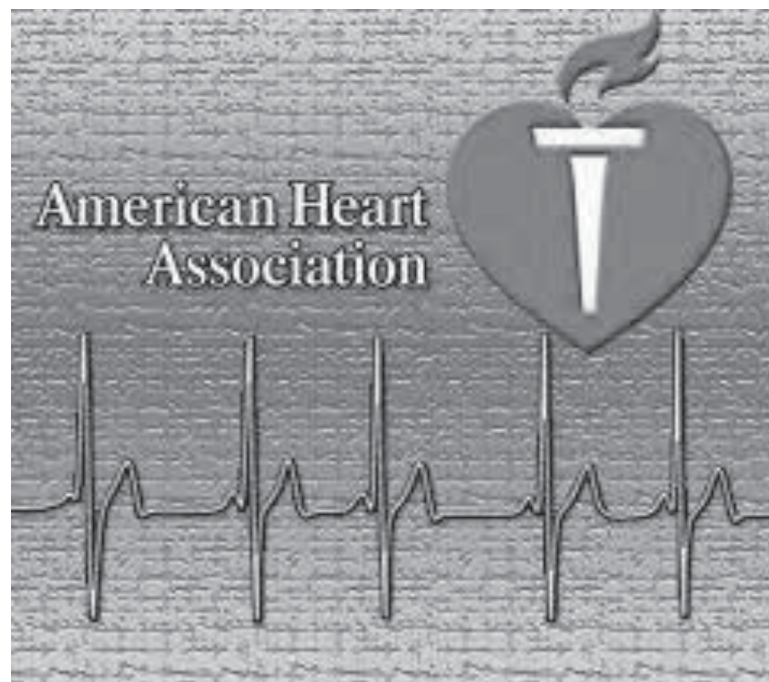
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Fabulous Food

The Safety Of Mushrooms: From Harvest To Home

With new procedures and protocols from the impact of COVID-19, mushroom farms around the country are building on their strong foundations of safety.

Consider Maria. Before she begins her shift at the local mushroom farm's packing facility, she pulls essential items from her locker: facemask, hairnet, gloves and a smock. Now in "uniform," she takes her place on the processing line, 6 feet apart from colleagues, where she fills tills of the mushrooms that find their way to your grocery store. What may surprise many people to learn is that the items Maria puts on before each shift are nothing new—they have been part of Maria's uniform since she began packing eight years ago.

With the advent of COVID-19, all segments of agriculture have had to adapt their business practices. For mushroom farms, that means leaning in and building on their strong foundations of safety, quality and excellence to continue to provide this nutritious "superfood" to the public.

Mushroom farms and their packing houses, like other commodities, comply strictly, every hour of every day, to food safety and worker protection laws under U.S. Depart-



Mushrooms, that tasty, versatile superfood, are harvested very carefully, with both worker and consumer health and safety in mind

ment of Agriculture (USDA), Food and Drug Administration (FDA) and other federal, state and local regulators. Farms are inspected routinely, often unannounced. So, for Maria, learning new guidelines wasn't difficult. She was glad to find there's no connection between the spread of the Coronavirus and the food supply chain—you can't catch COVID-19 from food.

With a myriad of safety procedures already in place, mushroom operations quickly incorporated COVID-19 guidelines—including requiring harvesters, packers and shippers to social distance, increase handwashing and increase the frequency of sanitizing processes, among other protocols. While public attention on farm and food worker safety has heightened, today and every day, facilities that grow, harvest and pack mushrooms are continually and steadfastly making the safety of both their workers and their products their top priority.

That's good when you think about all the benefits mushrooms bring to consumers. Mushrooms have long been celebrated for their gluten-free, powerful nutrients and low calories, sodium, fat and cholesterol.

Your immune system is made up of a network of cells, tissues and organs that work together to protect you from infection and maintain your overall health. Mushrooms have unique levels of selenium and vitamins D and B that support immune systems.

So, the next time you're social distancing in the grocery store, you may want to pick up a till of mushrooms and use them in your favorite dishes. Who knows, maybe they will have been packed by Maria.



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Tinseltown Talks

By Nick Thomas

Paul Petersen Remembers TV Mom, Donna Reed

While most of us will be remembering mothers on May 10 this year, entertainers who worked as child actors in television sitcoms may also have special memories of their 'TV mom.' For Paul Petersen, that was Oscar winner Donna Reed, the matriarch from *"The Donna Reed Show."*

In 2018 for the anniversary of the show's first broadcast, Petersen (and coauthor Deborah Herman) released *"The Donna Reed Show: A Pictorial Memoir"* (see www.micropublishingmedia.com).

"It's kind of an archival look back at an iconic television show," said Petersen who, like Reed, appeared in all 275 episodes during the series run from 1958 to 1966. "I wanted the book to not only examine the people who made the show but to put television in the historical context of the period. During the 8 years, we went through a lot including illnesses, accidents, and national incidents from that era."

One of the most memorable was the 1963 Kennedy assassination.

"We were rehearsing and a guy from the radio station across the street called with a real quiver in his voice asking for Donna," said Petersen who remembers answering the phone. "Donna then told us the



Paul Peterson, Donna Reed, Carl Betz, and Patty Petersen, Paul's sister, stars of *The Donna Reed Show* - provided by Paul Petersen

president had been shot and it shut down the studio. We just packed up and went home for a very painful weekend."

Most of Petersen's memories of the show are far more pleasant, however, like the first day filming on the set.

"Donna was from a little town in Iowa called Denison, in the county right next to where my mother was born around the same year," he explained. "When I got the job, the most excited person in my family was my grandfather who insisted on taking me to work to film the pilot. He marched right up to Donna and said, 'Donna Belle Mullenger (her birth name) I knew your dad!'"

Reed was gracious, and remained personable and well-liked throughout the series, according to Petersen. "We all got together for lunch and were very close - uniquely close compared to other television families."

A potentially tragic incident occurred when Paul crashed his Pontiac Grand Prix during the series. But Donna came to his rescue.

"The accident was my fault and for punishment, I had to ride a bicycle 8

miles to work every day. But Donna and Tony (her husband) felt sorry for me and gave me a brand-new Volkswagen Bug. I loved that car!"

During the show's run, Petersen obviously called Reed 'mom' while filming, but it was always 'Miss Reed' away from the set.

"It wasn't until 4 years after the show ended when I was in my mid-20s and we were at Chasen's restaurant that I remember her learning across the table and saying, 'Paul, I think it's time you started calling me Donna!'"



Patty Petersen, Paul's sister, Donna Reed, Carl Betz, and Paul Petersen, stars of *The Donna Reed Show* - provided by Paul Petersen

Having a close 'second mom,' especially a famous one, could have created friction between Petersen's real mother and the actress.

"I remember in an interview my mother said, 'how could I ever compete with Donna Reed?' But she understood I had an ongoing professional relationship with Donna that sometimes required spending more time with her than my actual mother."

"Donna was my *de facto* mother and guardian on the set, a pretty safe person to leave your kids with," Petersen said. "She was an Iowa bred farm girl, the oldest of five children, who had lived through the depression and came out to California to be a Hollywood star and succeeded. She was a wonderful role model."

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

JUST JUDITH

Continued from page 39

And what about the business world? Meetings, be they formal boardroom events or the informal chats by the coffee machine, are all important to keeping things going properly.

While interacting is forbidden, we can still have get-togethers and enjoy family or business events via Zoom and other interactive programs.

Although photographs, email, and voices do not take the place of hugs, they help make quarantine easier.

We will get through this, we always do, and, just maybe, next month's article will be more upbeat!





Life After Mother

By Lyn Jensen

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

Life After Mother First, a Phone Call

I was packing for a trip when I got the call: my mother was in the hospital with a stroke. Staff at the senior center where she volunteered were alarmed and called an ambulance. Forget the trip!

A senior myself, I had to take care of what the hospital didn't — her car, her cats, everything. My mother's neighbor agreed to feed the cats, but her car was at the senior center and staff had the keys. They were reluctant to give me the keys because I had no power of attorney but I talked them into it.



One of the other women at the senior center had taken upon herself to keep my mother's personal belongings safe because she did not trust the hospital. She returned my mother's things, but I had to leave my car at her house because the woman wouldn't help drive the cars anywhere else. I drove my mother's car to my home instead.

After a day, the hospital said



my mother could be released but she would require 24-hour care. She had dementia, they said, and shouldn't drive. Lacking power of attorney, I couldn't pay for a board-and-care or a caregiver with my mother's money. I couldn't afford to pay with my money for more than a month. With the hospital rushing to discharge my mother so they could free up the bed, I turned to the people who'd assisted with my father's end-of-life care. My mother had met them, seen their facility and I thought she'd understand she could rest and recover there while I moved into her house to provide 24-hour care.

Two days after the stroke, the hospital's shuttle transported my mother to the facility I'd arranged, while I started for her home to pack some things for her. My cell phone rang. My mother was refusing to get out of the shuttle.

I spent an hour talking her out of the shuttle. The police had to be called to get her in the house where she promptly fell asleep on the couch. "Call us again if you need to," said the policeman.

At 10 that night the facility's owner called, 'Come and get your mother, we can't keep her here.' I could hear raging hysteria in the background.

I had doctor's orders to give my mother 24-hour care. If I got her in my (her) car and got her to her house, at midnight, with no place for me to sleep, what good would that do?

I told the board-and-care's owner to call the police. He refused, so I did, and explained to them about my mother's overall condition. They got her back to the hospital, which didn't have a bed for her so I don't know where she slept. She probably just stayed in a waiting area somewhere.



The next morning, I got on the phone with the agent who had helped my father and was able to find a caregiver I could afford for a month, but she was unavailable until evening.

Finally, a friend was able to help me get my car from the woman's house I'd left it at, while my mother's car remained in my driveway. The hospital was calling all

day about come and get your mother, but traffic was bad and I didn't make it to the hospital until the day shift had gone home.

The people I'd been dealing with weren't there to deal with anymore. I took my mother to a diner for dinner, and by that time the caregiver was on shift. I introduced them and explained to my mother I'd arranged for this person to stay with her, to help her, so she wouldn't be alone.

When I phoned next morning, my mother complained there was a stranger in her house and her car was stolen.



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It's a cruel fact of life, as we age, gravity takes over. Our muscles droop, our bodies sag and the weight of the world seems to be planted squarely on our shoulders. We dread taking a fall, so we find ourselves walking less and less- and that only makes matters worse.

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