

SENIOR REPORTER

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SEPTEMBER 2018

"Serving The Needs of Orange County & Long Beach Seniors Since 1974"



Angela Bassett

"I remembered that throughout my growing up and education and pursuing my dreams... that being average, being mediocre was not an option that you should be proud of."

—Angela Bassett

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The Safe

By Jim McDevitt

papers. The last 5 years or so, we haven't done that.

My wife had recently left the safe open after putting in some papers. I had switched insurance companies and needed to put these new papers in the safe. Groaning and moaning as only I can I crawled back with the papers. I put the papers in the safe and locked it especially because I keep a gun in it and my granddaughter was coming to stay with us for a few days. After I did this my wife discovered I had left some of the new insurance papers upstairs and called down to me. She brought the papers down and crawled in with them and handed them to me. I asked her for the combination and she said it was with the papers that I had just locked in the safe.

Fortunately as I searched frantically with a flashlight I found the combination had slipped off the safe to the side of the safe. I can't explain what trouble I'd be in if I had locked the combination to the safe as I did with the instruction booklet which tells you how to open the safe. For the next 30 minutes using the key and the combination I tried unsuccessfully to open the safe. I removed my pretzel-shaped body and let my wife try to open the safe. My wife tried unsuccessfully for the next 30 minutes to open the safe. Not only was the safe in a burglar safe area but a burglar would

have had to be out of his ever loving mind to even try and get back to the safe to break in.

By now you probably think I must have worked for the C.I.A. because I am so paranoid and have such important papers. It looked like in the event of a real emergency I would need dynamite to open the safe. My papers were safer than our national secrets. Our son arrived with our granddaughter. He crawled back armed with the key and combo and opened the safe in five tries. It's locked now with all the important papers for maybe the rest of our lives. Now if we don't forget where the combination is or lose the key we will be safe.

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When we moved to the mountains almost 15 years ago, I was a lot younger and a lot dumber. I originally came from New York City where you triple lock your doors and double lock your windows even if you have an iron gate on them. We have a basement now with a stairs with a middle landing going up to the second floor. Under the stairs in the basement is a 6-foot crawl space that follows the contour of the stairs. I thought the back of the stairs was a great place to hide a safe. No burglar would steal this safe because I would push it all the way back and make the turn under the stairs even though I had to crawl on my knees to do this.

When we moved the 300-pound safe which I bought and had delivered I was able to push it on its small wheels to the current spot before we had started filling up the area with paper towels, toilet paper and all sorts of things. These days of course it's very painful for me to be on my knees for just a few seconds. Can you imagine the problem with crawling 6 feet into this crawl space to just get to the safe? Over the years before the space was filled we would crawl in and one of us would unlock the safe with a key and combination. Then we would put in our important

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2018 SCHEDULE OF EVENTS

(See our website www.planesoffame.org for more information)

JANUARY	6	Living History Flying Day featuring the: Lockheed P-38 Lightning
FEBRUARY	3	Living History Flying Day featuring the: Curtiss P-40 Warhawk
MARCH	3	Living History Flying Day featuring the: Vought F4U-1A Corsair
MARCH	10	4th Annual Hangar Dance with Big Band Orchestra
APRIL	7	Living History Flying Day featuring the: North American B-25 Mitchell
MAY	5-6	Planes of Fame Air Show May 5-6 2018, Chino Airport
MAY	13	Mother's Day - Moms Admitted FREE!
JUNE	2	Living History Flying Day featuring the: Mikoyan-Gurevich MiG 15
JUNE	17	Father's Day - Dads Admitted FREE!
JULY	7	Living History Flying Day featuring the: Republic P-47 Thunderbolt
JULY	21	History of Cal Aero Field (Special Presentation)
AUGUST	4	Living History Flying Day featuring the: North American P-51 Mustang & Junior Aviators Day!
SEPTEMBER	1	Living History Flying Day featuring the: Douglas AD-4 Skyraider
SEPTEMBER	15	Aircraft Production in Southern California (Special Presentation)
OCTOBER	6	Living History Flying Day featuring the: Douglas SBD-5 Dauntless
OCTOBER	20	Women in Aviation (Special Presentation)
NOVEMBER	3	Living History Flying Day featuring: The Great War
NOVEMBER	11	Veterans Day - Veterans Admitted FREE!
NOVEMBER	17	12th Annual "Taste of Flight" Gala
DECEMBER	1	Living History Flying Day featuring the: Mitsubishi A6M5 Zero
DECEMBER	31	Planes of Fame New Year's Eve Party! Dinner & Big Band Swing Dance

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

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

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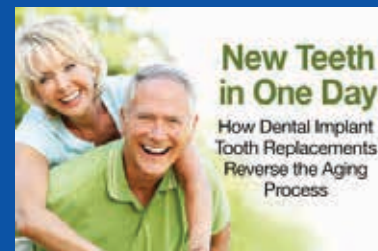
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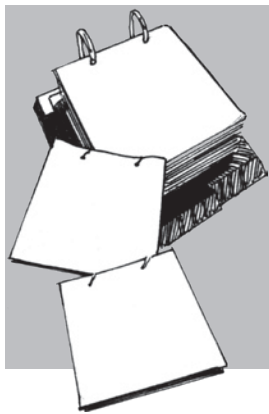
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September Calendar of Events



The kids are back in school and so are the grandkids which means you've got more time on your hands. Below is a list of some fun September events that are happening in and around the area. Head out, enjoy any of these and look forward to autumn!

Tall Ships Festival Dana Point

Sept. 7-9

The festival features a fun activity including live music, art shows and a variety of food. Interactive living-history encampments including blacksmiths, scrimshaw artists, and the infamous Port Royal Privateers. Additionally, you can explore the historic tall ships and listen to the crew share tails of adventure and life at sea. At, Dana Point Harbor/Ocean Institute. Shuttle service from Salt Creek Beach Park at Pacific Coast Highway and Selva Road and from Dana Hills High School). Call, 949-496-2274.

Fiestas Patrias at The Source Buena Park

Sept. 8

5 to 9 p.m.

A day of live music, performances and a special selection of regional Mexican hand-

crafts to celebrate Mexican Independence Day, with a special ceremony of the traditional "Grito de la Independencia" presided by Consul Mario Cuevas, Consul of Mexico in Orange County. All guests can participate in the "Best Mexican Regional Dress" contest for a chance to win prizes. At, The Source, 6940 Beach Blvd., Buena Park.

Ballet Repertory Theatre's Fall Festival Huntington Beach

Sept. 8 at 7 p.m.

Sept. 9 at 2 p.m.

Discover a riveting new contemporary piece by Ballet West Guest Choreographer Christopher Sellars, enjoy the classic beauty of Swan Lake Act II, and delight in the exuberance of Expressions, a company creation. As is tradition, the OC Dance Center Jazz and Ballet Ensembles will present its vibrant summer work: The Greatest Showman (Saturday) and Offenbach Variations (Sunday). Ticket prices: \$20 for general admission or \$16 for seniors, veterans, students, and children. At, Golden West College Theater, 15751 Gothard Street, Huntington Beach. Call, ticket purchases: www.gwctheater.com, (714) 895-8150, or one hour before show time.

Oktoberfest Small Breed Dog Races

Huntington Beach

Sundays

Sept. 9-23

3 - 4 p.m.

Come see these small dogs' race to the finish line during Oktoberfest at Old World Village. Arrive early and stay for lunch on the dog-friendly patio. Admission during Oktoberfest: \$7 adult, \$3 kids 6-12, free for kids under 5. Admission tickets sold at the OKTOBERFEST LINE. Under 21 you must be accompanied by your parents. 2018 Oktoberfest Race Dates: Sept. 9, 16, 23. These 3 weeks will be the ALL BREED NATIONALS (smaller breeds - must be under 25 lbs. to race) Sept. 30, Oct. 7, 14, 21, 28. Dachshund WIENER NATIONALS. At, Old World Village, 7561 Center Ave., Huntington Beach.

Oktoberfest

Huntington Beach

Sept. 9 to Oct. 28

Every Wednesday through Sunday

Sample Imported German beers, bratwurst, rotisserie chicken, hamburgers, strudel, pretzels and more. Guests can also enter the beer drinking and stein holding contests and do the Chicken Dance! Wednesday through Saturday are adult

nights and Sundays are family day with Dachshund races. Special dates: Oktoberfest Parade Sunday, Sept. 30 2 p.m., German Day, Thursday, Oct. 4, 7pm. At, Old World Festival Hall, 7561 Center Ave., Huntington Beach. Call, 714-696-TAP1 (8271).

Orange County Craft Beer Festival

Orange

Sept. 15

This year there will be more than 100 breweries serving more than 250 craft and import beers plus food, live entertainment, beer seminars. No one under the age of 21 will be admitted. This event raises funds for the Big Brother Big Sister of Orange County and Inland Empire At, Lake View Park, Orange.

Festival of Ales

Anaheim

Sept. 15

5 p.m. to 9 p.m.

Fest of Ales is in the heart of Downtown Anaheim and offering 40 craft breweries, taco vendors, live music, and games. Event will feature a home brew competition, unlimited craft beer tastes, unlimited gourmet food tastings, and one brewery will be awarded the Mayor's Trophy. At, Downtown Anaheim

Center Street Promenade and Lemon Street.

Dozynki Harvest Festival

Yorba Linda

Sept. 15-16

Celebrating Polish culture with food, music dancing and exhibits. Dozynki is a celebration of thanksgiving after a bountiful harvest that dates to 16th century Poland. It remains a long-standing tradition in Polish communities throughout the world, including the United States and Canada. The Dozynki will feature Polish folk dancers in traditional costumes plus polish food. At, Pope John Paul II Polish Center 3999 Rose Dr., Yorba Linda. Call, 714-996-8161.

Fiestas Patrias Festival and Parade

Santa Ana

Sept. 15-16

This annual tradition celebrates Santa Ana's vibrant Mexican culture with a parade, beer garden, performers each night, food, vendors, interactive activities, and carnival rides for children of all ages At, downtown Santa Ana.

Lions Club Fish Fry & Carnival

Costa Mesa

Continued on page 18

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Fifties Flashback

By Randal C. Hill

'Don't Worry ... He Sees Us'

Hollywood gossip columnist, Hedda Hopper, once saw James Dean as an obnoxious attention-seeker in the Marlon Brando vein (she abhorred Brando) and even labeled Dean "another dirty shirttail actor." Then she saw *East of Eden*, underwent an instant conversion and enthused, "I couldn't remember ever having seen a young man with such power."

James Byron Dean was born in Marion, Ind., on Feb. 8, 1931, the only child of Winton and Mildred Dean. The family moved to Santa Monica, CA., where Mr. Dean worked as a dental technician. Mildred died of cancer in 1940, and Winton sent his young son back to Indiana to live with his grandparents on their Fairmount farm.

At Fairmount High School, Dean excelled in dramatics and public speaking, and lettered in baseball and basketball. After his 1949 graduation he returned to California to live with his father and stepmother. Dean considered becoming a lawyer but eventually pursued a stronger passion when he enrolled at UCLA to study drama.

Early in 1951 he left school to chase his acting dreams. He moved to New York, won some minor TV roles, and studied method acting in Lee Stras-

berg's Actors Studio, where Dean's idol Marlon Brandon had once been a student.

In 1954 Director Elia Kazan sought "a Brando" for the role of Cal Trask in Kazan's forthcoming movie *East of Eden*, based on John Steinbeck's novel. Kazan hired the churlish actor, later allowing him to improvise a few *East of Eden* scenes. (Steinbeck had instantly disliked the sullen superstar-to-be when they first met.)

Two more Dean films followed. *Rebel without a Cause*, his ticket to stardom, had him (at age 24) playing troubled adolescent Jim Stark. In *Giant* Dean portrayed Jett Rink, a Texas ranch hand who strikes oil and becomes rich.

Away from the movie set, Dean nurtured a second passion: auto racing. On Sept. 30, 1955, he and Porsche mechanic pal Rolf Wutherich roared north from Los Angeles, bound for a race in Salinas, near the Bay Area. Dean was behind the wheel of his powerful new Porsche 550 Spyder.

That afternoon, at a deserted intersection near the central California village of Cholame, Dean ran his car into a 1950 Ford being driven by college student Donald Turnupseed, who had turned into the Porsche's path. Turnupseed

and Wutherich survived the crash, but Dean broke his neck and died at the scene. His ironic final words to Wutherich: "Don't worry, that guy'll stop. He sees us."

At the time only *East of Eden* had been released, and Dean wasn't famous yet. *Rebel Without a Cause* — his best-known work — premiered three days after his demise, and *Giant* wouldn't open until 1956. But his death created a tsunami of posthumous worship, and he remains to this day one of the iconic Tinseltown superstars of the 1950s.

James Dean once said, "If a man can bridge the gap between life and death, I mean, if he can live on after he's died, then maybe he was a great man."

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Angela Bassett

By Les Goldberg

If you are among the gazillion people on the planet who have seen Marvel's blockbuster *Black Panther* movie that premiered in February, you marveled at its star, Angela Bassett, who played the role of Ramonda, mother of King T'challa.

Throughout her brilliant career, Bassett has been noted for portraying real life African-American women, as well as strong women. She once said: "That's the image that I like to put out there, and those are the parts I'm attracted to. But not iron-fist kind of strong, just self-assured. I'm nice too." "This is a career about images," she added. "I'm a black woman from America. My people were slaves in America, and even though we're free on paper and in law, I'm not going to allow you to enslave me on film, in celluloid, for all to see."

She just turned 60 but age hasn't slowed her down.

Bassett is known best for her biographical film roles, most notably her performance as Tina Turner in the biopic *What's Love Got to Do with It* 25 years ago when she was nominated for the Academy Award for Best Actress and won a corresponding Golden Globe Award.

Diplomas Before Scripts

Although she was born in Harlem, she was forced to relocate, first to North Carolina and then to Florida, when her parents separated. She and her sister D'nette were raised by their social worker/civil servant mother.

After graduating from Jordan Park Elementary School, she began being bused out of her neighborhood to attend Diss-ton Middle School for seventh grade. It was 1970, the first year busing was implemented to integrate public schools in St. Petersburg. She was bused to Azalea Middle School for eighth and ninth grade.

As her interest in entertainment developed, Angela and her sister would often put on shows, reading poems or performing popular music for their family.

In high school, Bassett was a cheerleader and a member of the debate team, student government, drama club and choir. A straight "A" and "B" student, she became the first African-American at her school

to be admitted to the National Honor Society.

She also participated in Upward Bound, an academic and cultural enrichment program for underprivileged students, although she did not see herself or the other participants as underprivileged.

Bassett parlayed her academic and student activism into acceptance to Yale University where she graduated with a Bachelor of Arts degree in African-American studies and a Master of Fine Arts degree from the Yale School of Drama. She was the only member

of Bassett's family to have gone to college and graduate school.

In addition to receiving her degrees at Yale, she met her future husband Courtney B. Vance, a 1986 graduate of the drama school, and was a classmate to actor Charles S. Dutton.

After graduation, Bassett worked as a receptionist for a beauty salon and as a photo researcher. Bassett soon looked for acting work in the New York theater. One of her first New York performances came in 1985 when she appeared

in J. E. Franklin's *Black Girl* at Second Stage Theatre. She appeared in two plays at the Yale Repertory Theatre under the direction of her long-time instructor Lloyd Richards.

Early Work

In 1985, Bassett made her first television appearance as a prostitute in the TV movie *Doubletake* and a year later

made her film debut as a news reporter in *F/X*.

She moved to Los Angeles in 1988 for more acting jobs and gained recognition in the films *Boyz n the Hood* (1991) and *Malcolm X* (1992). For her portrayal of Betty Shabazz, she earned an Image Award.

The 90s

Bassett played Katherine Jackson in *The Jacksons: An American Dream* to positive reviews before landing her first major starring role as Tina Turner in *What's Love Got to Do with It*. Her performance earned her an Oscar nomination and the

Continued on page 24

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The Gadget Geezer

By Les Goldberg

For the Love of Cars

For all of us men who fall into the “Boomer” generation, there is one thing that we can pretty much agree on: our love and adoration of the automobile.

I remember my teenage years when I counted the days to getting my driver’s license, buying my first car, a ’53 Mercury, (with some money borrowed from my parents) and going with my girlfriend on my first “real” date to a drive-in movie. (Don’t ask me what the movie was).

As time went on I spent most of my spare time coddling my car – washing it, waxing it, tuning it, fixing it and customizing it with the latest accessories on the market. Back then, one of

the most popular hangouts for the guys was Pep Boys and its familiar owners – Manny, Moe and Jack.

Not much has changed today except the cars are rolling computers and highly accessorized straight from the factory. However, while Pep Boys faces competition from a myriad of new auto accessory retail stores and even more online outlets, car enthusiasts continue the quest for the coolest gadgets to keep their beloved vehicles “up to speed” with technology or just plain useful devices.

If you haven’t yet taken to buses, streetcars, subways or Uber, and you still attend classic car shows and enjoy show-

ing off your own wheels, here are a few of the items you may want to consider adding to your new or used car:

The Handpresso

Finally, someone invented a coffeemaker tailor-made for your car, truck or RV. It works with your own preferred grounds or ESE espresso pods, and plugs directly into the cigarette lighter or 12-volt USB port. At \$160 from Amazon, the Handpresso should pay for itself in days when you consider the cost of a cup of java from your favorite coffeeshop.

Automatic Car Adapter

This device plugs into the standard diagnostic (OBD-II) port on most cars made after 1996 but does not work with electric cars. Its pulls data directly from your vehicle’s onboard computer, and when paired with its mobile app you can check your car’s location and mileage. The adapter, which works with many third-party apps, such as the Amazon Echo, also allows you to notify emergency services. Price: \$130 from Amazon.

ION Audio Cassette Adapter



If your car is living in the past, a Bluetooth cassette adapter is a great way to stream all your favorite music directly from your Smartphone with unsightly cord clutter. It features 4 hours of playback on a single charge and hands-free calling via a built-in microphone. Price: \$20 at Amazon.

The Hudway Cast

Hudway’s portable heads-up display sits on the dash and wirelessly mirrors your Smartphone screen in front of your eyes. It allows you to quickly manage calls, switch tracks or share your location while seeing directions on the windshield. The transparent lens focuses the virtual image about 9 feet in front of you, and it is perfectly visible at night or during the day. Price: \$300 at Amazon.

Bestek Jump Starter



How many times in our lifetime of operating a vehicle have we experienced a dead battery? I would venture to say: too many! Thanks to technology, those days are over with the Bestek Jump Starter, a portable self-powered replacement to old-fashioned jumper cables. For added measure,

the product comes with a built-in flashlight and two USB ports for your mobile devices. Price: \$50 at Amazon.

Ztylus Stinger

No one wants to think that they will be in a car accident but being prepared for it will give you a heightened sense of security. If your car windows or doors become jammed and you are unable to escape your vehicle, the handy Stinger is designed to shatter the dashboard or car window so you can get out quickly. It also has a slim blade that allows you to slice through a jammed seat belt. Price: \$15 at Amazon.

Escort Max 360

If you are like me, I tend to extend the speed limit when cruising on an open highway with no cars or police in sight. Of course, I don’t recommend this to anyone. The fines are hefty and there is always the chance your speeding car will be spotted from the air. To avoid this problem, the Escort company has introduced its Max 360, a radar device that detects when you are going over the speed limits and notifies your Smartphone or car’s onboard computer. It also allows you to notify other drivers who may be testing the limits of their cars’ power. Price: \$449 at Amazon. Yes, it is pricey but could save you from paying the piper.

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Fabulous Finds

By Debbie L. Sklar

Autumn officially arrives on September 22nd and with it comes some fun Fab Finds to consider including a cool shoe that makes it seem like you're walking on air to an interesting type of earring. Check these out below and see what appeals to you as you kick off the cooler weather ahead!

Walk-on-Air Shoe



The **KyBoot** is a Swiss-engineered shoe that creates a floating, walk-on-air sensation. It's also a shoe orthopedic surgeons wear, and highly recommend to seniors as a holistic and natural method for supporting and strengthening the foot. Given that kyBoot uses biomechanics to eliminate foot, knee, hip, and back pain just by walking in them. Prices and styles vary. Visit <https://usa.kyboot.shoes/> for more info.

Keep Germs at Bay



There's something about public spaces like the movie theater and restaurants that screams germs. While you may not have the ability to expand the space between you and your neigh-

bor, or control the cleanliness of a restaurant, you can make your experience more sanitary by preparing yourself to fight germs on your next public outing. Enter **CleanWell's botanical hand sanitizer spray and wipes**. These products are chemical-free (no triclosan, quaternary ammonium or alcohol), have a delicate citrus scent and the small design of the bottle and wipes allow for the product to effortlessly fit into any pocket or bag. The spray component of the hand sanitizer sprays make it easy to apply to your movie seat tray, menu, hands and any other tainted surface. Visit <https://www.cleanwelltoday.com/> for more info.

A Cleaner Face



Take control of the future of your skin with the one device that does it all. The new **Clarisonic Mia Smart** is powered by the brand's patented sonic technology, the device is not only clinically proven to cleanse 6x better than hands alone, removing long-wear makeup 89% better than wipes, but its versatility is three-fold: expanding beyond cleansing into anti-aging and makeup application. The device features two newly designed customizable cleansing programs – a daily Cleanse Mode and Gentle Cleanse Mode – as well as a versatile

Smart Mode. The waterproof Mia Smart has the brand's widest functionality range yet – with different settings for cleansing, firming, makeup application, and new eye massage. Available in white, pink, and mint. Price: \$199 (Includes Clarisonic Mia Smart, daily radiance brush head, USB charger and wall plug). Visit <https://www.clarisonic.com/> for more info.

Neat Earrings with a Twist



Scandi Electronics has created **Swings-Bluetooth earrings** for pierced ears that is quite unique. Users wear Swings as earrings and then can "swing" them into the ear when they want to listen to audio-providing functionality and stability. With advanced audio technology that has transformed it into wearable art, users describe Swings as "lightweight and comfortable, with impeccable sound." Designed "by women, for women," Swings come in three distinct versions: Swings, Swings Sport, and Swings "Bling" Swarovski Crystal. Swings are available in multiple color combinations, including silver/white, gold/white or rose gold/white. Swings Sport are sweat-resistant and shockproof, and

feature lightweight, silicone bands. Swings Sport combinations include: sleek all-black or upgraded Swings Sport Color pack, in violet, yellow, pink or red. Swings Swarovski Crystals are available in gold, silver or rose gold. Visit <https://www.kickstarter.com/projects/scandi/swings-bluetooth-earrings> for more info and cost.



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Long Beach Eatery Hosts Queen of Soul Tribute Sept. 16



By Les Goldberg

If you crave Aretha Franklin's legendary music and want a hearty Chinese meal, both desires can be satisfied simultaneously on Sunday, Sept. 16 at the Forbidden City waterside restaurant and bar in the Marina Pacific area of Long Beach on Pacific Coast Highway.

Award-winning Southern California vocalist, Janice Gerard, is teaming up with noted singer/guitarist, Grant Perry of Long Beach, to pay tribute to Franklin who passed away last month at age 76 from pancreatic cancer.

The evening's dinner and concert also will include performances of a variety of favorite hit songs from many "oldie but goodie" artists like The Beatles, Joe Jackson, James Taylor, Mama Cass, Janis Joplin, Fleetwood Mac, Linda Ronstadt and more.

Admission is the price of your meal -- there is no cover or minimum charge. And parking is free in the theater lot in front of the restaurant.

Do-It-Yourself Delights

Often, a casual laid-back gathering is way more fun than a formal one. So ask your guests to roll up their sleeves and put them to work with a create-your-own bar. Whether it's pizza, tacos or ice cream sundaes, you simply set up a bunch of delicious ingredients and invite guests to develop their own creations.

Bloody (and Virgin) Marys are all the craze these days. They've become much

more than a drink, and if you do it right, they wind up being a meal.

Here are a few fun ideas to get your Bloody Mary bar on:

- Start with the base—pitchers of SuckerPunch Gourmet Bloody Mary Mix and a bottle of good vodka. Let your guests mix the two as some folks may want to skip the alcohol but they certainly won't want to skip on the fun.

- Tall glasses and plenty of ice are a must.

- A salted rim is almost mandatory on each and every glass. A selection of different flavored salts—garlic, onion, paprika, chili—and some lime wedges are all it takes. Simply moisten the glass by running the lime around the rim, then dip it in the flavored salt.

- The real fun begins with the garnishes. Just about anything savory goes with a Bloody or Virgin Mary. Stalks of celery



(of course), chilled shrimp, bacon, mini meatballs, SuckerPunch Gourmet pickles, olives, pickled peppers, mini hot dogs, baby sliders, cherry tomatoes, bocconcini, sardines, smoked oysters, smoked salmon, mini sushi, mini dim sum, buffalo wings, hard-cooked eggs, the list goes on.

- Forget about small toothpicks and go for long skewers so guests can load up on the garnishes. Tip: Use two skewers side by side to ensure the goodies don't fall off.

For more delicious recipes, visit <https://suckerpunchgourmet.com>.



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Hemp has significant health benefits for pets. Hemp is high in fiber; a great source of plant-based protein; is rich in omega-3 and omega-6 fatty acids;

Continued on page 28



'Born to be Wild'

Steppenwolf
September 1968

By Randal C. Hill

In one of the early scenes in the 1969 counterculture classic *Easy Rider*, Peter Fonda and Dennis Hopper, each astride his own powerful machine, begin their ill-fated motorcycle journey out of Los Angeles as theater speakers blast out the opening lines of Steppenwolf's timeless *Born to Be Wild*: *Get your motor runnin', head out on the highway, Lookin' for adventure in whatever comes our way ...*

When the movie was in production, the Steppenwolf tune was meant to be only a placeholder, since Fonda and Hopper wanted Crosby, Stills and Nash to provide the film's soundtrack. Later it became clear that the anthem about independence and freedom really *belonged* in the movie. So, it stayed, as did another Steppenwolf track: *The Pusher*.

Jerry Edmonton drummed for Steppenwolf, which had begun as a Canadian band called the Sparrows. (The Steppenwolf name came from the title of a 1927 Herman Hesse novel and is German for steppe wolf, also known as the Caspian Sea wolf.)

It was Jerry's brother Dennis, who went by the name Mars Bonfire, who lit the creative spark of *Born to Be Wild*.

Bonfire explains his song's

origins: "I was walking down Hollywood Boulevard one day and saw a poster in a window saying *Born to Ride*, with a picture of a motorcycle erupting out of the earth like a volcano with all this fire around it."

He intended *Born to Be Wild* to be a folksy ballad about the experience of the open highway, but when Bonfire presented his creation to Steppenwolf, the band members voted to restructure it for their recording, with guitarist Michael Monarch playing in a different key — and with unbridled aggression. The result, according to Steppenwolf leader John Kay, "had more nastiness to it."

Born to Be Wild became a turbo-charged, million-selling 45 and probably the greatest eardrum-bending (and ultimately sexist) biker song of all time.

Some people have mistaken one of the lyrics as *I like smokin' lightnin'* and labeled it a drug-culture phrase. In reality, the line is from a Bonfire verse that celebrates the intoxicating feeling that accompanies open-road motorcycling:

*I like smoke and lightnin',
heavy metal thunder
Racin' with the wind and the
feeling that I'm under*

With *heavy metal thunder* the

song became the first to use the term *heavy metal*. (The expression had first appeared in William Burroughs's 1961 novel *The Soft Machine*.) Today, of course, music's *heavy metal* is recognized as a term for hard-edged rock, especially from the late 1960s.

Over the years *Born to Be Wild* has been covered by such diverse artists as U2, Wilson Pickett, Blue Oyster Colt and, in perhaps in one of the strangest musical couplings of all time, Ozzy Osbourne and Miss Piggy.

"Every generation thinks they're 'born to be wild,'" claims Kay, "and they can identify with that song as their anthem."

It is perhaps ironic that motorcycles actually frighten him. He has never driven one, since John Kay, born with a congenital disorder called achromatopsia, is legally blind.

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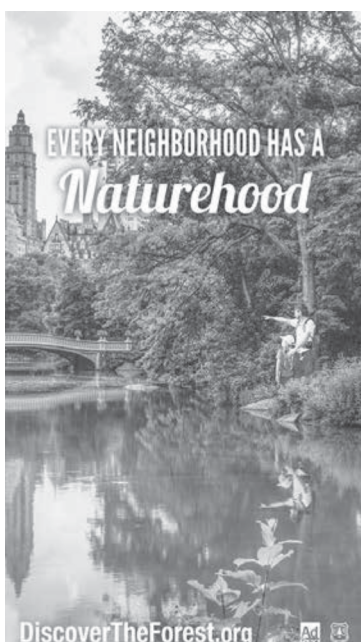
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SEPTEMBER CALENDAR

Continued from page 5

September 21-23

Held since 1945, the event features a parade, carnival, food and car show in Fairview Park. The Fish Fry is presented to help raise money for local schools, clubs, and other organizations in the community. Event includes, fish fry, raffle, baby contest carnival and rides. At, Fairview Park, Placentia Avenue, near Estancia High School, Costa Mesa.

St. NorbertFest

Orange

Sept. 21-23

The annual St. Norbertfest (formerly Oktoberfest) continues to grow and helps to build the parish, school, and the Orange community. There will be food, fun games such as Sumo Mania, bingo, raffles, rides and entertainment for everyone. At, St. Norbert Catholic Church, 300 E. Taft Ave., Orange. Call, 714-637-4360.

Anaheim Craft and Vintage Fair

Anaheim

Sept. 22

9 a.m. to 4 p.m.

Visit the Anaheim Craft and Vintage Fair to shop for unique handmade items from local crafters. Food will be sold, including handmade Eastern European favorites, baked-goods and homemade jam. Church tours, that will include viewing hand painted icons. All are welcome. At, Annunciation Byzantine Catholic Church, 995 N. West St., Anaheim.

Cruisin' For A Cure Car Show

Costa Mesa

Sept. 22

The world's largest one-day car show dedicated to helping find a cure for prostate cancer. Live music, food and vendors. Parking is \$8. At, OC Fair and Expo Center, Costa Mesa.

J.F. Shea Therapeutic Riding Center

Annual BBQ and
Family Faire

San Juan Capistrano

Sept. 22

4 p.m.

Traditional family barbecue in a casual setting featuring live Country Western entertainment, activities for children, live and silent auctions and riding demonstrations throughout the evening. Country Western wear is encouraged. All proceeds benefit the programs of the J.F. Shea Therapeutic Riding Center dedicated to improving the lives of persons with disabilities through horsemanship. At, The J.F. Shea Therapeutic Riding Center, 26284 Oso Road, San Juan Capistrano. Call, 949-240-8441.

Irvine Global Village Festival

Irvine

Sept. 22

10 a.m. to 6 p.m.

Featuring more than 100 performances representing cultures from around the world; international cuisine; kids' crafts and activities; cultural and religious exhibits; and an international marketplace.

Immerse yourself in cultural

displays, indulge in international cuisine, explore the International Marketplace and keep the little ones in motion with hands-on art projects. Festival admission and parking are free. At, Orange County Great Park, 6000 Great Park Blvd., Irvine. Call, 949-724-6606.

San Juan Capistrano Greek Festival

San Juan Capistrano

Sept. 29-30

11 a.m. to 10 p.m.

Enjoy authentic Greek food and pastries, live Greek music and dancing, shopping at the Greek bazaar, and exhibits featuring Byzantine icons, and traditional Greek costumes. Free admission and free parking. Complimentary shuttle service to and from the SJC Metrolink Station. At, San Juan Capistrano Community Center, 25925 Camino Del Avion, San Juan Capistrano. Call, 949-542-3445.

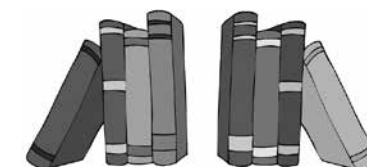
Orange County Children's Book Festival

Costa Mesa

Sept. 30

9:30 a.m. to 4 p.m.

The Orange County Children's Book Festival is designed specifically for children of all ages. This family-fun festival attracts more than 30,000 visitors. Admission and parking are free. At, Orange Coast College, 2701 Fairview Road, Costa Mesa. Call, 714- 838-4528.



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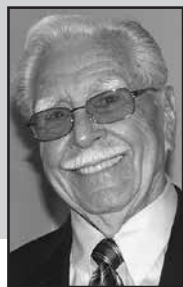
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Mice Teeth

By Robert E. Horseman, DDS



It is generally conceded that members of the genus *Mus* have been accorded little respect in our society. They are the Rodney Dangerfields of their species. A research team of scientists sits around in a laboratory, sipping Yoo Hoo and hitting the onion dip while musing over what to try next before their grant expires.

"I know," one of the White Coats says, "let's get a mouse and inject it with something."

"Capital!" the rest agree and first thing you know some mouse-intensive research is underway from which few rodents will escape without serious emotional trauma. The animal rights people have been strangely mute on this subject, even though mice are routinely sliced, diced and marinated with every bacterial and surgical insult you can think of in the name of science. Unfortunately, mice have been notoriously lax in practicing any sort of birth control. With a little forbearance, they could have achieved the enviable status of the endangered gnatcatcher and nobody would dare mess with them.

Only the celebrity mouse trio of Mickey, Jerry and Mighty have emerged unscathed from this rodent ethnic cleansing, a lesson the balance of the non-union mouse population without agents seems to have



not learned. A *Journal of the American Dental Association* records the newest depredation on mousedom being performed at *Guy's Hospital* in London. We assume the personnel at *Gal's Hospital* want nothing to do with this outrage, especially if it involves interaction with actual mice.

I quote JADA: "...they recently discovered Barx-1, a gene that controls what type of tooth is grown. By blocking a Barx-1 inhibitor called BMP4 (the first three BMPs were already spoken for)--which causes incisors to grow--they modified cells in mice that normally create incisors and caused the cells to produce molars." Stay with me here, because this gets a little weird. When the genetically modified cell samples were two or three days old, and without so much as a by your leave from the mouse, researchers implanted them just outside an adult mouse's *kidney*. This mouse had left the room briefly for a little run on the wheel and in its absence, its buddies "volunteered" it for the kidney/tooth experi-

ment. You can imagine how surprised and honored it felt when it returned to find itself on the OR schedule. "Why me?" were its exact words.

"The kidney is one of the optimum sites for growing teeth," says Paul Sharpe, Ph.D., a professor of craniofacial development at *Guy's Hospital* and a member of the research team. I bet you didn't know that. I bet you would have implanted the cells in the mouse's jaw someplace and that's why Paul is on the team and you're not.

Anyway, two or three weeks later, a tooth developed just outside the mouse's kidney, resulting in the mouse having to get up several times during the night, turning on lights and bonking into things to the point where the compassionate researchers removed it and examined it.

"Yessir, that's a tooth all right," they all agreed, placing it carefully under the patient's pillow and referring the confused mouse to its urologist for some postop treatment.

Now the researchers, flushed with success, say they "want to learn more about which genetic markers and commands are given to cause teeth to form in a certain formation and posi-

Continued on page 26

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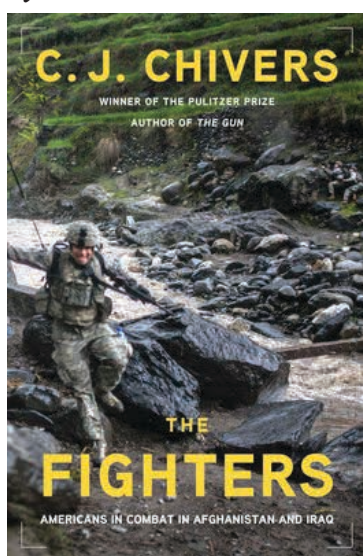
September Book Club

By Debbie L. Sklar

Why not spend September cuddled up with a great book along with a warm cup of tea or coffee and settle in your favorite chair? Go ahead and check out some of these new books that you can sink your teeth by either purchasing online, downloading on your reader or by visiting an old-fashioned bookshop!

The Fighters

By C. J. Chivers



“Pulitzer Prize winner C.J. Chivers’ unvarnished account of modern combat, told through the eyes of the fighters who have waged America’s longest wars.

“More than 2.7 million Americans have served in Afghanistan or Iraq since Sept. 11, 2001. C.J. Chivers reported

from both wars from their beginnings. *The Fighters* vividly conveys the physical and emotional experience of war as lived by six combatants: a fighter pilot, a corpsman, a scout helicopter pilot, a grunt, an infantry officer, and a Special Forces sergeant.

“Chivers captures their courage, commitment, sense of purpose, and ultimately their suffering, frustration, and moral confusion as new enemies arise, and invasions give way to counterinsurgency duties for which American forces were often not prepared.

“*The Fighters* is a tour de force, a portrait of modern warfare that parts from slogans to do for American troops what Stephen Ambrose did for the G.I.s of World War II and Michael Herr for the grunts in Vietnam. Told with the empathy and understanding of an author who is himself an infantry veteran, *The Fighters* presents the long arc of two wars,” according to Publisher Simon and Schuster.

His Favorites

A Novel

By Kate Walbert

“From the highly acclaimed, bestselling National Book Award finalist and author of *A Short History of Women*, a



searing and timely novel about a teenaged girl, a charismatic teacher, and a dark, open secret.

“They were on a lark, three teenage girls speeding across the greens at night on a ‘borrowed golf cart, drunk. The cart crashes and one of the girls lands violently in the rough, killed instantly. The driver, Jo, flees the hometown that has turned against her and enrolls at a prestigious boarding school. Her past weighs on her. She is responsible for the death of her best friend. She has tipped her parents’ rocky marriage into demise. She is ready to begin again, far away from the accident.

“Taut, propulsive, and devastating, *His Favorites* reveals the interior life of a young woman determined to navigate the treachery in a new world. Told from her perspective many years later, the story coo-

ly describes a series of shattering events and the system that failed to protect her,” according to Publisher Scribner.

The Gunslinger Born

Book No. 1 of Stephen King’s

The Dark Tower: Beginnings

By Stephen King, Robin

Furth and Peter David

Illustrated by: Jae Lee and

Richard Isanove



“In the graphic novel series *Stephen King’s, The Dark Tower: Beginnings*, originally published by Marvel Comics in single-issue form and creatively overseen by Stephen King himself, the full story of Roland’s troubled past and coming-of-age is revealed. Sumptuously drawn by Jae Lee and Richard Inmove, plotted by longtime Stephen King expert Robin Furth, and scripted by *New York Times* bestselling author Peter David, *Beginnings* is an extraordinary and terrifying journey into Roland’s origins—ultimately serving as the perfect intro-

duction for new readers to Stephen King’s modern literary classic *The Dark Tower*, while giving longtime fans thrilling adventures merely hinted at in his blockbuster novels.

“Bringing the dramatic history of Roland into chronological order—as originally published in the novels *The Gunslinger* and *Wizard and Glass*—*The Gunslinger Born* begins with a reckless act of courage that gains Roland his first set of guns and earns him and his friends, Cuthbert Allgood and Alain Johns, a special mission to the town of Hambry ... not only for their personal safety but on behalf of the Affiliation—an alliance resisting the ruinous advance of ‘the Good Man,’ a monster named John Farson. But the expedition will quickly become Roland’s first experience of the evil forces that he will encounter again and again throughout his life, and in a myriad of guises. And he will also discover the overwhelming power and pain of true love, through which, more than anything, he will learn beyond a shadow of a doubt what things are worth killing for,” according to Publisher Gallery Books.

Desolation Mountain

A Novel

By William Kent Krueger

“There are more things in heav-

Continued on page 30

Historic Redondo Beach

Story by Ronnie Greenberg • Photos by Joe Hilbers

Redondo Beach radiates the very essence of the Southern California lifestyle. Only 18 miles from downtown, yet its surf, sand and palm trees feel as far away as a tropical paradise. Peppered with hidden treasures, the coastal playground's colorful history has seen it transformed from a sleepy retreat by the sea, to a complete resort destination. Flanked by a county path threading along 27 miles of oceanfront from Torrance Beach to Santa Monica, it is ideal for walking, skating and biking.

Once a commercial port, it was the foremost shipping point between San Francisco and San Diego in the early 1900s. Over the ensuing decades, Redondo Beach began to attract tourists for its pavilion, Mandarin Ballroom, and The Plunge, which at the time was the largest salt water plunge in the world.



Redondo Beach Marina

The Horseshoe Pier ravaged by storms and fire was rebuilt twice and remains a star attraction as a pleasure pier with unique shops and restaurant, myriad water sports activities, marinas, and a sport fishing fleet.

Modern surfing started in Redondo Beach in 1907 when Henry Huntington, the legendary land baron, owned most of the properties in Redondo Beach and

was anxious to sell them to visiting Angelenos. Huntington, while vacationing in Hawaii, had seen beach boys surfing, and ever the savvy marketer, he hired a young athlete named George Freeth to demonstrate the ancient art of surfing for the entertainment of the Redondo Beach visitors, and started a surfing revolution. A memorial statue of Freeth, the surfing "king" is in place on the Redondo Beach Pier, and the statue is often decorated with Hawaiian leis, as a tribute from surfers who visit from around the world.

With no shortage of an incredible range of experiences to whet your appetite, Redondo Beach is the perfect host for a casual place to relax, or a short jump into high-energy fun and competition.

Attractions

You'll find more than a day's fun at the **Redondo Beach Marina** that forms a core of waterside attractions from sport fishing, boat rides, and water sports, to seasonal whale watching excursions from November through April. This is when the majestic Gray whales migrate annually from Alaska to Baja, California, and they can often be seen from shore or from on board one of the boats in the marina offering harbor/nature cruises.

In the evening it's the place

pedal boat and kayak rentals. Hop onboard the yellow submarine, a glass-bottom boat where you can ride topside or go down 7 feet of stairs and explore the underwater world of harbor sea life through two large picture windows. Explore the bay from either a pedal boat or a kayak. Check out the sea lions hanging near the bait barge, or for more adventure the high-speed Ocean Racer offers excitement along the surf line.

For a slower pace hop aboard the Voyager, a clas



Tony's on the Pier

for twilight fishing, brilliant sunsets, delicious dinners, exciting entertainment, dancing at the water's edge, or a walk in the cool ocean breeze.

Seafarers will enjoy the **SSV Looking Glass**, as well as

sic smooth riding 65-foot vessel where in addition to seeking out the peerless whales, you can experience watching a variety of local dolphins, sea lions and marine birds.

In the evening the marina is



Seaside Lagoon

Historic Redondo Beach

continued



Yellow submarine outside ocean view balcony at Portofino

the place for twilight fishing, brilliant sunsets, or a romantic ride onboard the Gondola Amore. Visit www.gondolaamore.com

Seaside Lagoon, open seasonally, is the next best thing to a private beach and ideal spot for a family outing. A safe environment with heated saltwater swimming pool, sand beach, volleyball courts and cabanas. Visit www.redondo.org/seasidelagoon

Redondo Beach Pier & King Harbor with its “horseshoe” shape and expansive walkway, is a popular fishing spot with splendid views of the Redondo Beach Harbor entrance. Boats are coming and going and it’s also the local “hangout,” for more than just humans (check out the buoy where the seals sun themselves.) Many mov-

ie and TV shows were shot throughout the harbor and pier including: *Riptide*, *Rockford Files*, *Pirates of the Caribbean 3 and 4*, *Blue Pacific*, *Baywatch*, *CSI Miami*, and *Dexter*.

Eclectic and funky shops and stalls sell anything from seashells and art to toe rings, souvenirs, kites and fine jewelry, as well as clothing and souvenirs. There’s even a chance to pick your own oyster, in which there might be a pearl. The pier is host to many fine seafood and ethnic restaurants including: **Kincaid’s Restaurant**, a large upscale restaurant serving a varied menu of quality selections. Visit www.kincaids.com or call, (310) 318-6080.

Tony’s on the Pier (family-owned since 1952) serves seafood and steaks with all the trimmings.

Enjoy the best view in the South Bay from the top of Tony’s lounge. Call (310) 374-1442, or visit www.tonysonthepier.com

What to See and Do

The Whaling Wall, one of the largest and most extraordinary marine murals created by famed artist Wyland is in Redondo Beach. His depiction of Gray whales covers most of the westerly exterior walls of the AES Redondo Generating Station on the corner of Marina Way and North Harbor Drive.

S.E.A. Lab, run by the LA Conservation Corps, is a wonderful marine science and ecological institute where you get to see local marine life close-up with touch tanks and interactive exhibits. Tours can be arranged by appointment. Located at 1021 N. Harbor Dive, visit www.lacorps.org



Portofino Hotel & Marina



Baleen Restaurant

Redondo Beach Performing Arts Center is the crown jewel of South Bay performing arts scene. With its bold new modernistic grand lobby, featuring a black Indian slate exterior, granite wall feature, Stainless Steel and cherrywood accents and a 21-foot high cherry ceiling. The 1,457-seat theatre is home to three prestigious and highly successful presenters: The Civic Light Opera of South Bay Cit-

ies; Distinguished Speaker Series, which has featured such dignitaries as Margaret Thatcher, and Tom Brokaw, Colin Powell; and The Los Angeles Ballet including classic works by Balanchine and Bournonville, as well as several world premieres. Located at 1935 Manhattan Beach Boulevard, on the northeast corner of the intersection with Aviation Boulevard. For information, call, (310) 937-6607 or visit www.rbpa.com

Portofino Hotel & Marina presents sunsets and sailboats to dolphins and pelicans framed in floor-to-ceiling windows and private balconies overlooking the marina and ocean.

In 1988, winter storms severely damaged the hotel and pier. The renovation in-

Continued on page 26



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Angela Bassett

Continued from page 10

Golden Globe Award for Best Actress – Motion Picture Musical or Comedy, a first for an African-American actress.

After *Tina* and throughout the remainder of the decade, she starred in *Vampire in Brooklyn*, *Strange Day*, *Waiting to Exhale*, *Contact*, *How Stella Got Her Groove Back* and *Music of the Heart* in which she co-starred with Meryl Streep.

A New Century

During the new decade, her resume of works includes: *Supernova*; *Whispers: An Elephant's Tale*; *Boesman; Lena*; *The Score* with Robert De Niro; the television film *Ruby's Bucket of Blood*; *The Sunshine State* and *The Rosa Parks Story*, which earned her a nomination for a Primetime Emmy Award for Outstanding Lead Actress in a Miniseries or a Movie for her performance as Parks.

In 2004 one of her many projects was with the comedy film *Mr. 3000* which costarred Bernie Mac.

Over the next few years, Bassett appeared in several movies and TV productions, including a regular role in the TV series *ER*. She portrayed Dr. Cather-

ine Banfield, an exacting chief of the ER. Bassett's husband Courtney Vance played her television husband on *ER* as Russell Banfield.

Bassett lent her voice to portray First Lady Michelle Obama on an episode of *The Simpsons* titled *Stealing First Base* and was also cast in the superhero film *Green Lantern* as notable DC Comics character Amanda Waller. She also co-starred with Samuel L. Jackson in the play *The Mountaintop* a fictionalized depiction of the night before the assassination of Dr. Martin Luther King.

Bassett portrayed Coretta Scott King in the 2013 television film *Betty and Coretta*, continuing her trend of portraying real women. When asked about it, she replied: "The respect that I have for their lives—their stories, vulnerabilities, strength, and resolve."

She reaffirmed that position in 2013 when she played Secret Service Director Lynne Jacobs in the action thriller *Olympus Has Fallen*.

Director Bassett

Her directorial debut came in 2014 with *Whitney*, a TV film based on the life of Whitney Houston.

In the last three years she portrayed U.S. Ambassador to the United Kingdom Maureen Crane in *Survivor*, voiced the character Six in Tom Clancy's *Rainbow Six Siege*, and returned for the sequel to *London Has Fallen*.

At 60, she vows to continue working at what she loves – acting, directing and supporting the causes she believes in. Bassett is a supporter of programs for the arts, serves as an active ambassador of UNICEF, supports the Royal Theater Boys & Girls Club in St. Petersburg and is counting the days until the 2020 presidential election.

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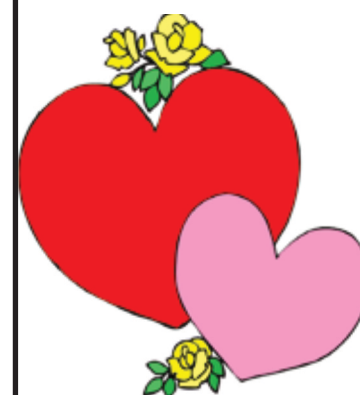
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Historic Redondo Beach

Continued from page 23

cluded a higher breakwater, and 54-inch high splash wall on the hotel's ocean facing side. Today, the 4-star hotel owned by the luxury Noble House Hotels & Resorts has 161 guestrooms and suites with a patio or balcony, and each beautifully decorated with rich inviting ocean colors. Five ultra-luxe suites sport fireplaces and iron four-post beds, and bear claw tubs. All have large bathrooms, comfy beds with fine linens, and flat screen TVs. From ocean-view balconies, aqua shows prevail with endless sailboats, fishing boats, paddle boarders, and ocean fishing excursions.

In the evening the bar and lounge adjoining the lobby offers a relaxing ambience along with live music. There is an outdoor pool, and free Wi-Fi in the lobby. Complimentary bicycles are available to cruise the beachfront from Palos Verdes to Malibu. It is also the scene where spectacular weddings take place.

BALEEN Restaurant, Portofino's signature restaurant serves serious food in a whimsical mood, Baleen brings a fine dining experience to the Portofino. The free-standing restaurant with a subtle nautical theme offers an outdoor patio, marina views and a New Amer-

ican menu specializing in gourmet comfort food with a seafood focus.

New to the menu is the Ahi tuna taco; Hamachi crudo; wild mushroom bruschetta; spinach fettucine; pan-roasted diver scallops; miso-glazed salmon; and pork schnitzel. Continuing to highlight the menu are the parmesan and truffle fries; Baleen and lobster sliders; crispy calamari; BBQ duck confit; cioppino and hanger steak. Yummy desserts include: Key Lime pie; apple tart; warm chocolate cake with vanilla gelato; selection of gelato and sorbet along with your choice of after-dinner drinks like the "1961" created with Courvoisier cognac, Kahlua, cream and cherry bark bitters; and "Once Upon a Time in Mexico" with Don Julio Anejo tequila, Grand Marnier and vanilla espresso. Located at 260 Portofino Way, for reservations, call (800) 468-4292 or visit www.hotelportofino.com

More Information

For brochures, a harbor and pier walking map, updated events and highlights, contact the Redondo Beach Chamber of Commerce & Visitors Bureau at (800) 282-0333 or visit www.VisitRedondo.com

Mice Teeth

Continued from page 19

tion." Dr. Sharpe says, "Regrowing teeth would be an obvious aim."

Before you get all flushed yourself with the portents of this amazing discovery, the guys back at the hospital say "they hope that in 10 to 20 years their work will lead to teeth being grown on demand." They want to develop a gel containing the genetic material that would form a new tooth wherever it was placed. "Within two or three weeks, a new tooth would grow and work exactly as the lost tooth," Dr. Sharpe exults. The "lost tooth?" Yes! Here is the best part--the researchers say, ideally, the gel "would be placed in a cavity in the patient's mouth."

These scientists are playing pretty loose with the term "cavity." We know what a cavity is and you don't stuff genetic material in it. Amalgam maybe, or composite resin, so apparently we've got 10 to 20 years to get this straightened out. The point is, their intention is good news for those of us who have enough trouble with our kidneys as it is. But who is going to explain this to the mouse?



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September Crossword Puzzle

Across

1. Boxer Max
5. Personal histories
10. Asian prince
14. Fr. miss
15. Corpulent
16. Baseball team
17. ____ Rhythm
18. Lovesick glances
20. Is wearing
22. Picks up the check
23. Arachnid
25. Coarse file
26. Makes amends
27. Groove
28. Parentheses, essentially
32. Flesh of a hog
33. Trap
35. Boxer Oscar ____ Hoya
36. Decay, waste away
37. Room within a harem
38. Lentil and spice dish
39. Arch type
41. Leaves port
43. Lab fluids
44. Geek
45. ____ Beta Kappa
46. Complied
48. Manipulates
50. Tap
51. Package
54. Infomercial knife
55. Not sacred
57. Missing

Down

1. ASCAP rival
2. Math subj.
3. "Xanadu" band

4. Reconsider
5. Own
6. Loathe
7. Witnessed
8. Half a fly
9. Divided, anatomically
10. Rollerblader's protector
11. Informal greeting
12. Work without ____
13. Scottish loch, home to a monster!

19. SAT takers
21. Summer cooler
23. Straight man
24. Doorkeeper
25. Countrified
26. Cookwear
27. Hub-to-rim lines
29. Night flight
30. Dry red table wine
31. Dish of raw vegetables
34. ____ Ark

40. Send to school
41. Bee entrant
42. Dirty rat
43. Worldly
47. Clear tables
49. Choice: Abbr.
50. Demon
51. Insect stage
52. Indigo source
53. She played Carla on "Cheers"

54. Singer Stefani
56. Lacto-____ vegetarian
58. South American tuber
59. Dirty digs
60. Boob tubes

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Living Your Best Life After 50

For many people, navigating life and love as they get older can be challenging. Adjusting to change, seeking a new partner, or simply breaking out of a rut may feel overwhelming. In the hilarious hit comedy "Book Club," four mature women in different circumstances discover that you're never too old to enjoy life or pursue love. That's a message author and newspaper columnist Tom Blake agrees with wholeheartedly. Blake has written more than 4,000 articles and newsletters on the topic and offers this advice, which is reflected in the movie:



up their lives by diving into the infamous book "Fifty Shades of Grey." From discovering new romance to rekindling old flames, the lifelong friends inspire each other to make their next chapter the best chapter. "Book Club" has wonderful messages about never giving up on life or love no matter how old you are," said Blake. "Good things can happen when you venture out and meet new people."

To liven up your life, check out "Book Club" on DVD, Blu-ray or iTunes and go to www.FindingLoveAfter50.com for more tips from Blake.

1. Give love a chance in later years: Put yourself out there; everyone deserves love.

2. Don't worry about what others think: Do what's right for you.

3. Loosen up: Don't be too set in your ways.

4. Change your routine: Be open to new experiences.

5. Don't let your children make decisions for you: No one knows you better than you.

6. Have fun: Don't stop living before you stop living!

In "Book Club," legendary actresses Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen star respectively as a widow, single, divorcée and long-married woman who hilariously shake

Tips For Tailgating: Add A Little Healthy Balance



Tailgates typically mean enjoying lots of fun foods and big flavors. The good news is that you can enjoy tasty treats and activities that bring a little healthful balance to the festivities.

Smarter tailgating can be as simple as adding some nutritious treats to the menu—and staying on your feet a little longer throughout the day.

"Everyone loves a good tailgate with family and friends, but it's important to remember that the main activities are usually sitting and eating. Bring a little healthy living back into the mix with foods like blueberries," says Jenna Braddock, RDN and spokesperson for the Blueberry Council. "Everyone loves the delicious flavor of blueberries—and they love your body back with nutritious benefits. Try a recipe like my gluten-free Boozy Blueberry Bacon Bites, a finger food that's easy to eat and easy to savor."

Boozy Blueberry Bacon Bites
Makes 46–48 bites

Continued on page 29

Hemp Has Significant Health Benefits For Pets

Continued from page 16

and contains phytonutrients, antioxidants, vitamins, minerals and 20 amino acids. Hemp Seed Oil and Hemp Seed Powder work synergistically with other active ingredients to help provide support for allergies, stress and anxiety, joints, aches and discomfort, the immune system, and overall health and wellness. For more information on NaturVet products, please visit www.NaturVet.com or call (888) 628-8783.

Bill to Eliminate Permit Fees for Seniors Headed to Governor's Desk

A bill that would help ease costs associated with constructing disability related home improvements for seniors moved to the Governor's desk for a signature on Monday after receiving unanimous bipartisan support from the State Senate.

Assembly Bill 2132, by Assemblymember Marc Levine, D-Marin County, would allow local governments to waive or reduce building permit fees for people who are 60 years of age and older with a qualifying disability.

"The California Senior Legislature supports efforts that enable seniors to age in place," said John Pointer, Executive Director of the California Senior Legislature. "AB 2132 helps seniors with a qualifying disability remain in their homes. The California Senior Legislature supports this legislative proposal."

"This bill provides a valuable tool for the growing longevity trend by promoting a policy that will increase the number of homes that are accessible for people of all ages and abilities," said Sybil Boutilier, Chair of Age Friendly Sausalito. "Enabling older adults to adapt their homes so they can remain safely in them and age in place lowers the risk of injury from falls, is economically advantageous, and allows elders to stay engaged in the life of their community."



"As seniors are becoming one of the largest populations in California, we must ensure that residents are able to live safely and comfortably in their homes," said Assemblymember Marc Levine. "By easing the financial barriers to building home improvements, the risk of injury can be reduced and we can improve the quality of life for seniors."



Tips For Tailgating

Continued from page 28

Batter:

1 stick (8 ounces) unsalted butter, softened
 ½ cup granulated sugar
 ¼ cup honey
 1 cup part-skim ricotta
 1 large egg
 1 cup fine-ground gluten-free cornmeal
 1 tsp. baking soda
 1 tsp. baking powder
 1 cup all-purpose, gluten-free 1:1 baking mix
 ½ cup crumbled crispy bacon (from about 8 thin bacon slices)

Blueberry Compote:

1½ cups fresh or frozen blueberries
 2 Tbsp. cornstarch
 ¾ cup triple sec

Directions:

Preheat oven to 350 degrees. Spray a minimuffin tin with nonstick cooking spray. With an electric mixer in a large mixing bowl, cream butter until pale in color and smooth. Add the sugar and mix until well incorporated. Add the honey and mix until well incorporated. Add the ricotta and egg. Mix until fully blended. Add the cornmeal, baking soda and baking powder. Mix just until combined. Add the gluten-free baking mix and mix just until combined. Fold the crumbled bacon into the batter with a spatula.

Spoon 1 tablespoon of dough into each minimuffin opening. Bake for 10–11 minutes, until muffin tops are golden brown

and a toothpick inserted into the center of the muffin comes out clean. As soon as muffins come out of the oven, press the bottom of a thick-handled wooden spoon into the top of each muffin to make a depression about half the distance down. Remove from pan and cool on a wire rack.

While muffins are baking, combine blueberries, cornstarch and triple sec in a saucepan over medium low heat and stir to dissolve cornstarch. Cook, stirring occasionally until mixture thickens and some blueberries have "popped," about 10 minutes. Spoon 1 teaspoon of blueberry compote into the top of each muffin. Enjoy warm or allow to cool and enjoy.

Smart and Delicious Choices

Here's another tip to encourage healthier tailgate habits: Rather than have all food out all day, set a "meal time" for the main dishes. Before and after that time, set out healthy snack options like blueberries. That way, guests can still graze while being mindful about what they're eating.

It may also help to bring your own food into the stadium, where easy-to-eat finger foods like blueberries make a natural choice. They taste deliciously refreshing on a warm day, and they're a good source of fiber, helping you stay full and satisfied—and away from the concession stands. Many stadiums allow outside food if it's in a clear container, but it's important to check the policy ahead of time.

Healthy Anytime

Blueberries contain just 80 calories per cup, are low in sodium and contain virtually no fat, making them a go-to food for experts like Jenna Braddock. They're also a good source of vitamin C, which boosts the immune system—great for tailgates and events as the weather gets cooler.

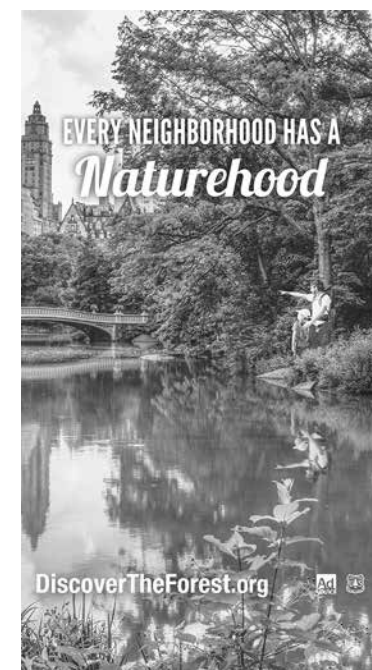
Staying Active

A little bit of planned activity goes a long way at a tailgate. Even 10-minute bouts of movement will help meet your daily exercise needs. Try:

- Walking around to visit other tailgaters
- Playing games like cornhole, horseshoes or Jenga
- Throwing a Frisbee or football
- Organizing a relay race
- Parking farther away to get a good walk in (and get out faster).

Learn More

For more ways to enjoy blueberries at all your favorite events, visit www.Positively-Bluetiful.com.



Americans Overwhelmingly Reject Insurers' Efforts To Deny Patients Coverage

A new national poll conducted by YouGov found that 91 percent of Americans believe insurance companies should not be allowed to deny coverage for people with chronic diseases whose premiums are paid by charitable organizations.

Known as “charitable premium assistance,” the federally approved practice of patients applying for and receiving help from charities to pay insurance premiums has long been accepted. Yet recent efforts by insurers to undermine the practice have left many people worried about their insurance coverage. Across the country more than 74,000 dialysis and kidney transplant patients—who are overwhelmingly unable to work because of their illness—rely on help from the American Kidney Fund (AKF) to afford health insurance premiums.

The poll found that 76 percent of respondents believe insurers want to block charitable premium assistance “to increase the company’s profits by not providing coverage for people who are very sick.”

“Consumers overwhelmingly reject efforts by the billion-dollar health insurers, their lobbyists and their legislative patrons to deny charitable assistance that pays patients’ health insurance premiums,” said LaVarne A. Burton, president and CEO of AKF. “Consumers are smart enough to see through the insurers’ false statements and



to recognize insurer efforts to end or limit charitable premium assistance are clear evidence of insurers doing what they do best: trying to find every possible way not to pay for sick people’s care,” she said. “The question is whether they’ve been able to find enough legislators who will take the insurers’ side instead of protecting sick patients.”

The poll showed that individuals are not inclined to vote for legislators who side with insurers. A vast majority of respondents (88 percent) are less willing to vote for a politician who supports the industry’s efforts.

What the Survey Shows

Among the findings:

- 91 percent of respondents felt private insurance companies should not be allowed to kick patients with chronic diseases off their health insurance just because the patients’ premiums are paid by an organization such as a nonprofit charity.
- 87 percent of consumers support the government’s current position of letting private charities help patients pay their insurance premiums, co-pays, and out-of-pocket costs when the patient suffers from a debilitating illness such as kidney failure.

- 71 percent of respondents think patients with a chronic disease should be able to choose their health insurance plan. This number dramatically exceeds those who think state and federal governments (17 percent) or health insurance companies (13 percent) should choose which health insurance a patient with a chronic disease can have.

Concluded AKF’s Burton, “I believe people inherently understand that if insurers are successful in their campaign against people with kidney disease, people with other chronic diseases will be easy next targets. We’ll continue to protect patients by working with legislators and regulators at the national and state levels.”

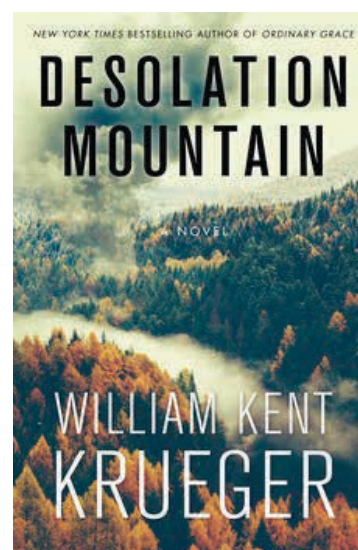
As the nation’s leading independent nonprofit working on behalf of the 30 million Americans with kidney disease, AKF is dedicated to ensuring that every kidney patient has access to health care and that every person at risk for kidney disease is empowered to prevent it. AKF provides a complete spectrum of programs and services: prevention outreach, top-rated health educational resources, and direct financial assistance enabling one in five U.S. dialysis patients to access lifesaving medical care, including dialysis and transplantation.

Learn More

For further facts, visit www.kidneyfund.org/therealstory.

SEPTEMBER Book Club

Continued from page 21



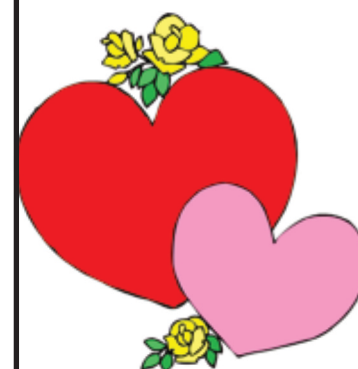
en and earth, Horatio, than are dreamt of in your philosophy. To Stephen O’Connor, Hamlet’s dour observation is more than just words. All his life, he has had visions of tragedies to come. When he experiences the vision of a great bird shot from the sky, he knows something terrible is about to happen. The crash of a private plane on Desolation Mountain in a remote part of the Iron Lake Reservation, which kills a United States senator and most of her family, confirms Stephen’s worst fears.

“Stephen joins his father, Cork O’Connor and a few Ojibwe men from the nearby Iron Lake reservation to sift through the smoldering wreckage when the FBI arrives and quickly assumes control of the situation. What seems like the end of the O’Connor’s’ involvement is, however, only the beginning of a harrowing journey to understand the truth behind the Senator’s death. As he initiates his own probe, Cork O’Connor stumbles upon a familiar face in Bo Thorson, a private security consultant whose un-

named clients have hired him to look quietly into the cause of the crash. The men agree to join forces in their investigation, but soon Cork begins to wonder if Thorson’s loyalties lie elsewhere.

“In that far north Minnesota County, which is overrun with agents of the FBI, NTSB, DoD, and even members of a rightwing militia, all of whom have their own agendas, Cork, Stephen, and Bo attempt to navigate a perilous course. Roadblocked by lies from the highest levels of government, uncertain who to trust, and facing growing threats the deeper they dig for answers, the three men finally understand that to get to the truth, they will have to face the great menace, a beast of true evil lurking in the woods—a beast with a murderous intent of unimaginable scale,” according to Publisher Atria Books

With A Heart for Seniors



Busy Boomers

By Les Goldberg

In Search of America's Lost Heroes

I would like to move the clock back to a time when America was involved in one of the bloodiest and controversial world conflicts – Vietnam. It was a time when young soldiers, sailors, airmen were thrown into unimaginable danger and fear. For too many, it was a death trap.

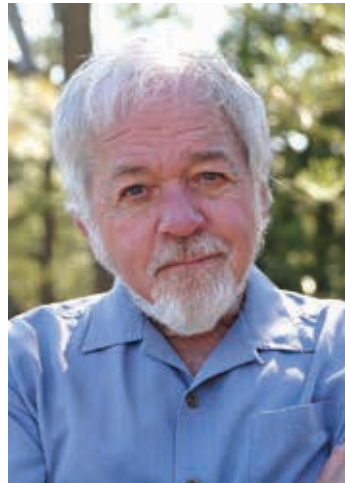
When I asked my brother, who had been assigned as a U.S. Air Force loadmaster in an all-services base in Chu Lai at the very southern tip of South Vietnam, what his job entailed, he replied: “I mostly unloaded weapons and supplies and loaded bodies for the flights back to the States.” I will never forget his words.

Nor can the words of this country's solemn promise to every American who wears a military uniform ever be forgotten: “We will leave no one behind.”

While the thousands of fallen have returned to receive proper burials, many with full military honors, and provided tragic closure for their families, more than 83,000 servicemen, including those from as far back as World War II, remain MIA, or missing in action.

A Story That Must Be Told

The promise to locate and bring those brave men home was on the mind of former



Army helicopter pilot Richard Jellerson when he flew strategic combat missions into the Vietnam war zones, and it has stuck with him until this day.

In fact, the 71-year-old Southern California resident has dedicated the last four years of his filmmaking career to the task of telling the powerful and emotional story about how the United States keeps its word.

His new documentary film, *A Solemn Promise, America's Missing in Action*, is scheduled to premier Sept. 21 at the Palm Springs Air Museum in California, and at the Central Georgia Technical College in Warner Robbins, Georgia. The date coincides with National POW/MIA Recognition Day.

The film, which is available to rent or buy with part of the proceeds going to the Hollywood American Legion Post 43, is a labor of love for Jellerson and his fellow helicopter

pilot-turned documentary producer Tom Lasser. The two men met while working on another film, *A Personal Experience, Helicopter Warfare in Vietnam*, a few years ago.

While having lunch one day, Jellerson recalls Lasser saying: “If we had been shot down over there, our country would still be looking for us.”

“I did two tours there (he was the personal pilot for General Creighton Abrams, who replaced four-star Gen. William Westmoreland as military commander of all forces in Vietnam), got out of the Army, finished college and went into advertising. Like most Americans I didn't know about the search for our MIAs. I felt it was a story the American public should know about.”

A Poignant Moment

“I was particularly energized – and angered – by a film clip that we looked at while working on the project and use in the documentary,” he said. “It shows a young woman being presented the folded American flag at a service for her husband who died in Iraq. The Army officer in dress blues hands her the flag and tells her ‘with the thanks of a grateful nation.’

“Why was I so motivated by this clip? Because every chair



next to her is empty – she's alone in that cemetery burying her husband by herself. Every American for a hundred miles should have been standing there with her.”

It's in the details

“The film describes the incredible lengths our country goes in order to find and identify our warriors' remains. These amazing, often highly hazardous searches are performed in our old war zones and fields of combat by an organization known as DPAA: Defense POW/MIA Accounting Agency.

“Recovered remains are taken to DPAA's laboratories to establish positive identification through DNA and dental records. After careful, meticulous identification any living relatives are respectfully notified.”

He added that “even if there are no surviving family members, the warriors' remains are given a full military honor guard burial.” The viewers of the film witness the intricate rituals, rich pageantry and honor of these ceremonies.

A Solemn Promise, America's Missing in Action was filmed at the old battlefields and at DPAA headquarters and laboratories in Hawaii and San Antonio. Cameras also visit the American homes of the families who are coping with their loss, their hopes and their need for closure.

In addition to reenactments that illustrate the unsettling reality of families being notified about their missing loved ones, computer generation is used to illustrate the last known combat missions or presumed action that resulted in the loss of the service members, Jellerson said.

For more information about where to rent or purchase the film, or to see it locally at the Palm Springs Air Museum on Sept. 21, you can visit www.storytellerfilms.tv and www.palmspringsairmuseum.org.




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 Jaguar	1-800-452-4827	jaguarusa.com/owners/vin-recall.html
 LAND ROVER	1-800-637-6837	landroverusa.com/ownership/warranty.html
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 LINCOLN	1-800-521-4140	owner.lincoln.com/
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 Mercedes-Benz	1-877-496-3691	mbusa.com/recall
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Are You Seeking a Care Facility For Your Loved One?



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

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@cox.net.

See our ad on the back cover.

Beware 'Blow-and-go' Scams



For their own peace of mind, home owners should get their heating and cooling systems cleaned by members of NADCA, who must comply with a strict Code of Ethics. Some homeowners have been taken by what's known as "blow-and-go" air duct cleaning—but you don't have to be. These companies charge what seems a nominal fee but do a very poor job. They may ask you to pay extra for unneeded ser-

vices and even pretend to be members of NADCA.

Protect Yourself Six Ways

1. Ask the contractor which components will be cleaned.
2. Verify that the contractor will limit the release of dust, dirt and debris into your home during the cleaning.
3. Make certain the contractor will use both agitation and vacuum collection.
4. Ask the contractor to inform you if any chemicals will be used and to provide a safety data sheet for them.
5. Have the contractor provide proof of proper licenses.
6. To ensure that the company you hire is indeed a NADCA member, look it up in NADCA's Find a Professional Directory or verify membership at info@nadca.com.

To be NADCA members, companies must:

- Have at least one NADCA-certified Air Systems Cleaning Specialist
- Maintain general liability insurance
- Clean according to NADCA Standards
- Comply with NADCA's Code of Ethics.

Learn More

For further facts and tips, visit <https://nadca.com/homeowners/why-hire-a-nadca-member>.

In The Spotlight

By Debbie L. Sklar

Dedicated to Helping Alzheimer's Patients

After 34 years of marriage, Ben Allen, an Irvine resident and part-time employee at Alzheimer's Orange County, spends his days trying to find small moments to connect with his wife, Judy, who was diagnosed with Alzheimer's 9 years ago.

The first 5 years after diagnosis, Allen served as his wife's primary caregiver, and their days were filled with many ups and downs as they learned how to manage memory loss, mood swings and other symptoms. But through their hardships, he always found ways to connect with his wife even when she couldn't.

Allen is the latest recipient of Fairhaven Memorial Park & Mortuary's Oliver Halsell Care Award for his exceptional care of his wife and the community. He will be recognized with five other local honorees at the Annual Oliver Halsell Care Awards banquet in November. Additionally, as part of this award, Fairhaven will donate on his behalf to Alzheimer's Orange County.

Through Alzheimer's Orange County, Allen educates families affected by the disease and other forms of dementia on how to respond to the many



challenges they will face and how to find meaningful connections with their loved ones. He is also an instructor for the organization's signature program Memories in the Making, a program that uses art as a form of expression for those with Alzheimer's.

"When words fail, art speaks," Allen said, stating the motto of the program. "Many people with advanced dementia become uncommunicative. Art gives our loved ones a way to say, 'I'm still here.' When I see new facilitators really grasp this principle, I know the time and effort has been an investment that will pay a good return."

Here is more about Allen.

Q: What does receiving this award mean to you?

A: I am deeply moved and humbled. It's an honor to receive this award and I can only hope it will bring more aware-

ness and encouragement to those living with Alzheimer's.

Q: What is the best part of your profession?

A: My work is largely about educating families that are affected by Alzheimer's or other forms of dementia, so they are equipped to respond to the challenges that come when a loved one has dementia. I feel like all my work experiences over 40-plus years have prepared me for what I'm doing now. When I'm speaking to a group or an individual, I see them receive immediate benefits. In most cases, they leave with hope and encouragement.



Q: What is one experience that touched you at work?

A: Once, a woman came up to me after a presentation with tears in her eyes and said: 'My mom died from Alzheimer's 20 years ago and now I un-

derstand what she was going through. Thank you.'"

Q: How do you stay connected with a spouse who has Alzheimer's?

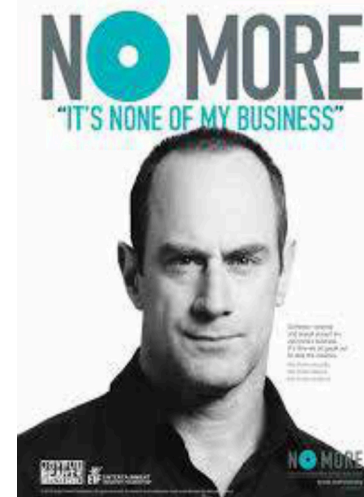
A: With Judy, I help her eat lunch almost every day, which is an important time of connection. Another strong connection is when her community has live music. If she's feeling up to it, I'll take her in my arms and start moving a little bit to the music. At those times, I can see and feel an instant connection. And even without words, I know she totally understands that our dancing is an expression of our love.

Q: What keeps you motivated?

A: I live for the moments Judy and I still share together, and I want to continue to share that job with others going through similar situations.

Q: What are your hobbies?

A: Tennis, ping-pong, and birding are at the top of my list. Also, I have two step-daughters and three grandchildren, and I love spending time with them. Our oldest granddaughter is a summer intern at Alzheimer's Orange County.



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It's Winegrape Harvest Season! Here's What You Need To Know

As late summer turns to fall, vintners bring to bear all their skill in tasting and timing as they aim to harvest their grapes when they are “just ripe.” Aaron Lange has worked the harvest since he was a kid, so he has seen a lot of great vintages. Now he's Director of Viticulture Operations at LangeTwins Family Winery and Vineyards, and Chairman of the California Association of Winegrape Growers (CAWG). Here's his behind-the-scenes look at how the harvest affects the delicious wines you know and love.

What are the ideal conditions for a healthy harvest?

A good season of winter rain lays the foundation for a successful harvest, preparing the soil before the growing season that begins in March. After April, a sunny, dry spring and summer are ideal so vintners can control the amount of water they apply through irrigation, hoping to prevent the grapes from getting too big and losing flavor.

Should you be picky about when to pick your grapes?

Definitely! While a lot of science goes into determining ripeness, growers primarily rely on their taste buds for the ultimate decision about timing. LangeTwins tends to harvest sparkling wine grapes first, its Chardonnay and Pinot Noir varietals, to ensure lower sugar levels. Next are the white winegrapes for Sauvi-



gnon Blanc and Pinot Gris, and late-in-the-season varietals, Lodi's famous Zinfandel, Merlot, Cabernet Sauvignon and Syrah, are harvested last.

The secret is in the skin!

All the flavor, color and tannic structure reside in the skin of the grapes. During harvest, you'll see winemakers and growers squeeze the pulp out of the grape and put only the skins in their mouths to help determine ripeness.

Let's meet at the vines at 9...p.m.?

The mechanical harvesters and workers take advantage of Lodi's cool evening temperatures, which allow the grapes to snap off the vine easily, and less oxidation takes place as the grapes are transported from the vineyard to the winery crusher, maintaining flavors.

A look at the Lodi, California harvest

“While it was a challenging year for California growers, with wet weather and a lot of leaf-pulling to open the canopies, the growers kept with it,” said Lange. “The crop size looks average in comparison to years past, and we believe that we'll be able to harvest a

Continued on page 37

Choosing The Right Caregiver For Your Parents

According to Pew Research, every day, 10,000 Americans turn 65 years old. And that will continue for the next 12 years, reaching 18 percent of the population by 2030. Americans 85 and older will triple in population by 2050.

With a rapidly aging population living longer than past generations, caregivers are in high demand. A cost of care study by Genworth forecasts that there will be a shortage of more than 3 million home care aides in the next decade. To meet this demand, over the years there has been an explosion of home care franchises and independent home care agencies across the country. Yet, as many families discover, finding the right caregiver to meet your family's specific needs can be a challenge.

One innovator looking to solve the caregiver gap is a San Francisco-based company focused on modernizing and improving home care for older adults. By professionalizing its caregiver workforce and developing technology to improve efficiencies, it's able to deliver more consistent and reliable care. Through its Honor Care Network, the company partners with home care agencies in multiple states, making quality care more accessible to more families.

Called Honor, the firm suggests five things that families



Photo credit: Honor

should consider when hiring a caregiver to ensure a safe and optimal care experience for their parents or loved ones:

Important Questions to Ask Your Home Care Agency

1. How do you screen your caregivers for safety? A responsible, credible home care agency in California always conducts a thorough screening and background check of its caregivers before sending them into a client's home. In addition to Home Care Aide (HCA) mandated certification and Department of Justice fingerprinting and background checks, the best home care agencies go further by screening for DMV driving records, drug testing, and abiding by strict minimum-age requirements.

2. How do you train your caregivers and verify their skills? Caregivers should have a solid foundation of training, such as how to use mechanical lifting equipment, basic knowledge of how to support clients living with Alzheimer's or Parkinson's disease, and how to assist with daily living activities such as bathing, grooming and hygiene. Ask if the caregivers are tested on

scenario-based skills and if any personality tests are conducted to check for temperament under stress or condition-related situations, such as "sundowning."

3. What is your performance record for on-time arrivals and no-shows? How promptly do you communicate schedule changes to your clients? Ask the agency how it manages late arrivals and last-minute cancellations by caregivers. Does it guarantee a replacement? How does it communicate with clients and how often? What is its policy if there's an ongoing tardiness issue?

4. How do you manage caregiver performance? Ask how the agency motivates caregivers to provide the best care and client experience. Does it value and know its caregivers' track record and does it continually train caregivers to ensure it has the best talent? Assessing personality and chemistry with clients is also important.

5. How do your caregivers communicate with each other about a client's condition during shift changes? Your parent will likely have more than one caregiver to staff weekly schedules. Ask the agency how each caregiver is notified of a client's daily condition, how that information is communicated to other assigned caregivers to ensure seamless care, and how families are notified, how often and when.

Finding the right caregiver can be less stressful if you know the right questions to ask. Initiating a conversation at the start about what's most important to you in finding the right caregiver can make all the difference.

Learn More

For further facts and tips, go to www.joinhonor.com.

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Until Every One Comes Home®

Winegrape Harvest Season!

Continued from page 36

quality crop that will pay off in the wines once we get them bottled."

Fourth- and fifth-generation growers like the Langes have worked to transform Lodi from a supplier of grapes to a world-class wine-producing region. With 110,000 acres, more than 750 winegrowers, 90 wineries and over 125 varieties of wine, Lodi is the largest appellation in the U.S. It boasts more acreage than both Napa Valley and Sonoma County combined.

About LangeTwins Family Winery and Vineyards

For five generations, the LangeTwins family has been a sustainable winegrape grower in the Lodi appellation of California. The LangeTwins Family Winery and Vineyards produces a collection of brands including LangeTwins Reserve, LangeTwins Estate and Caricature. LangeTwins is the recipient of the 2014 International Award of Excellence in Sustainable Winegrowing competition and has been honored by the Botanical Research Institute of Texas and the 2017 CAWG Grower of the Year Award.

For more information, visit www.langetwins.com or connect via [@LangeTwins](https://www.facebook.com/LangeTwins) and www.instagram.com/langetwins.

Expert vintners such as Aaron Lange say Lodi, California will produce high-quality wines this year.



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Crossword Puzzle Answers from page 27

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JUST JUDITH

By Judith A. Rogow

Take a Deep Breath

As I write this, in late August, taking a deep breath is virtually impossible. The horrendous fires that surround us are so bad health warnings are in the local print and broadcast media while visibility in many areas is under a mile.

If you're wondering why you're so miserable, it's because all the burning poison ivy, poison sumac and poison oak releases particles of *urushiol*, a potent allergen, into the air. The slightest of breezes will carry particles that can impact your skin, eyes, nose or throat and respiratory system. That itchy rash, raw throat, cough or sneezing, even the blurred vision, are all thanks to urushiol.



The oily particles also settle on pretty much everything that's out in the open, so your car or a city bus could be a carrier, as could petting an animal that has been outside or even opening a door or window.

Unfortunately, there is no way to escape the stuff, and it's only a small part of the dangers of the smoke and flames.



The thousands of homes lost, hundreds of thousands of acres of trees and grasslands gone that will take decades to regenerate and will turn to mud in the next years rains, and the livelihoods that have been destroyed are measurable. The loss of life and its impact on the future of families and communities is incalculable. That much of this incredible destruction was deliberately set is incomprehensible.

One news anchor said that, bad as last year's Wine Country fires were, they seem like a backyard barbecue in comparison. While that is a gross oversimplification, the sheer mass of the blazes, now the largest in the history of California, has no equal.

There are heroes amid the horror, loss and destruction. From first responders who connect emergency workers to people and places that need them to combat flare ups or tend injured firefighters, to compa-

nies who send personnel and equipment, the response has been amazing and heartwarming.

It's a massive force with 14,000 firefighters from 17 states, and several other countries including 53 from "Down Under" and some 2,000 minimum security prisoners who are specially trained and work next to the 5,300 full-time Cal Fire personnel.

Two hundred soldiers from the 14th Brigade Engineer Battalion in Tacoma have been added to the man power. They aided in fire suppression efforts last year and are a welcome addition to civilian ranks.



The last information available as I wrote this article was that there are over 1,000 fire engines, 22 air tankers, 17 airplanes, a dozen helicopters and an equal number of mobile kitchens plus three dozen bulldozers that are deployed where most needed.

Despite all the man power and equipment, experts have said it will be "late fall" before all the fires are safely out. There is so much remote unpopulated country that even though,

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"Great strides are being made" according to a spokesman, he admitted "this is so enormous and in so many locations that an early suppression is impossible."

An acquaintance who is a decorated military veteran and now captain of an L.A. Strike Team was kind enough to reply to my query about which was the more difficult job. After describing both as "hot, uncomfortable and dangerous, often with heavy equipment and unsafe working conditions, but with guys who have your back and know you have theirs" he thought a minute more and added, "at least we don't get shot at very often."

For everyone who has helped in any way during this disaster . . . *thank you!*





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Good Nutrition Made Easy For Older Adults

Roughly 110 million adults in the U.S. are age 50 or older. If you're one of them or know someone who is, there's something you need to know: As you age, your nutrition needs change. You may become less active, your metabolism slows, and your ability to absorb some nutrients becomes less efficient. You need fewer calories to keep you going—which means the amount of nutrients in your food becomes even more important.

To help, the U.S. Department of Health and Human Services and nutrition scientists at the Jean Mayer U.S. Department of Agriculture Human Nutrition Research Center on Aging at Tufts University, with support from AARP Foundation, created MyPlate for Older Adults.

What's on MyPlate for Older Adults?

Based on the federal government's guide to forming healthy dietary habits, MyPlate for Older Adults makes good nutrition easy. Even better, it helps seniors with fixed incomes select healthy foods within their budget. That includes showing how frozen, dried and canned fruits and vegetables can be wise alternatives to fresh produce.

MyPlate for Older Adults encourages eating whole grains, which are high in fiber, as well



as plant-based proteins such as beans and tofu, along with fish and lean meat. Vegetables and fruits make up half the plate, reflecting the importance of eating several servings a day in a range of colors. MyPlate for Older Adults also recommends using herbs and spices instead of salt to season food. Cutting back on salt can have big health benefits—especially for older adults, who are at risk of hypertension.

You can use the MyPlate for Older Adults as a tool when you shop to help you decide on types and combinations of foods, and as a reminder that the foods you choose to eat should be rich in vitamins and minerals.

The rest of the recommendations include:

- Brightly colored vegetables such as carrots and broccoli
- Deep-colored fruit such as berries and peaches
- Whole, enriched and fortified grains and cereals such as brown rice and 100 percent whole wheat bread

- Low-fat and nonfat dairy products such as yogurt and low-lactose milk

- Dry beans and nuts, fish, poultry and eggs

- Liquid vegetable oils, soft spreads low in saturated and trans fats

- Lots of fluids such as water and fat-free milk

- Physical activity such as walking, resistance training and light cleaning.



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Tinseltown Talks

By Nick Thomas

The Multi-talented Richard Herd

A supporting actor for much of his film career, Richard Herd has worked with actors such as Jack Lemmon, Rod Steiger, Robert Redford, Sylvester Stallone, and Robert Duvall. He has also been a frequent guest star on TV series since the early 1970s and is probably best recognized as a cast member on several TV shows such as *T.J. Hooker*, *Seaquest DSV*, *Star Trek: Voyager*, and *Seinfeld* – for his reoccurring role of *Mr. Wilhelm*.

“Seinfeld was one of the best jobs I ever had,” said Herd from his home in Los Angeles. “It got me a tremendous amount of recognition and still does because it plays all the time. There were no ‘stars’ on that show, they were all genuinely nice people to work with.”

Herd’s film appearances include hits such as *All the President’s Men*, *Private Benjamin*, and *The China Syndrome*. He rates the latter as “one the best parts to this day that I ever had in a star-filled film,” and still



Richard Herd - Photo by Bruce Burr used with permission

recalls rushing to an audition at the studio’s request.

“There sat the director Jim Bridges, Jack Lemmon, Jane Fonda, Michael Douglas and several producers,” said Herd, who was offered and accepted the part of McCormack, the devious chairman of the film’s California Gas & Electric Company.

The film – which dealt with a nuclear power plant accident – was produced during a time of heightened public concern over the environmental impact of nuclear power and fueled by real past nuclear incidents.

Incredibly, less than two weeks after the film’s release on March 16, 1979, the worst nuclear accident in U.S. history occurred following a partial meltdown at the Pennsylvania Three Mile Island Nuclear Generating Station.

“That made *The China Syndrome* a film everyone wanted to see,” Herd said. “I received many offers to do other films because of its impact on the public and the titans of Hollywood.”

Herd estimates his total number of films, TV, and stage credits at more than 500. But it’s a career that almost never happened due to a childhood illness.



Herd at Admiral Owen Paris on *Star Trek Voyager*-CBS

“I had osteomyelitis, a serious bone infection, and almost didn’t survive,” recalled Herd, who was sent to a special school in second grade for young people with various ailments. “I was in and out

of Boston Children’s Hospital. Lying there, month after month, you become very stoic. It really stimulated my imagination and I think actually helped me later as an actor.”

Screenshot from *The China Syndrome*. Herd looks down at the nuclear plant control room taken over by Jack Lemmon-Columbia Pictures



Richard Herd in home studio - provided by Richard Herd

Fortunately, in the early 1940s, a new wonder drug became available to treat infection and young Richard was one of the earliest patients to receive the medication. “Penicillin knocked out the infection and saved my life.”

Given a youthful second chance, Herd was determined to succeed in his career goals. In addition to acting, he is a musician, singer, crafts jewelry, writes poetry and plays, and is an established artist with many exhibitions to his credit (see www.richardherd.com). “I’m a primitive abstract impressionist and work with oil and acrylic.”

Herd, who turns 86 in September, said he continues to look for interesting roles and has worked on several films in production this year including *The Silent Natural*, *The Oath*, and *The*

Mule with Clint Eastward. “I play Eastwood’s best friend,” he said.

“You have to seek your individuality and find what works for you, whatever your career goal,” he adds.

“You won’t succeed unless you have heart and soul, and understanding and desire.”

Nick Thomas teaches at Auburn University at Montgomery, Alabama, and has written features, columns, and interviews for more than 700 newspapers and magazines.

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Life in Long Beach

By Lyn Jensen

Just Where's This Long Beach?

Before summer vanishes completely, take a drive on Ocean Boulevard that fronts the Pacific. Park near where signs identify Bluff Park or Bixby Park, both of which overlook the ocean. Get out of your car and look over the parks' grassy bluffs, and you'll be rewarded with a panoramic view of a very long stretch of beach, the one that gives Long Beach its name.

Being mostly hidden behind the costal bluffs of Bluff Park and by waterfront real estate development, the beaches of Long Beach don't have the same fame as, say, the neighboring cities of Seal Beach and Huntington Beach. Although California is a West Coast state, Long Beach sits on a curve of San Pedro Bay, so the city's namesake geographical feature faces south.



Sometimes called Junipero Beach, and sometimes, Cherry Beach, the magnificent sandy beach that separates the ocean from Bluff Park is perhaps a mile long, stretching from its namesake streets in the west, to the Belmont Veterans Memorial Pier in the east. In today's urban environment, spending time at the beach remains a simple

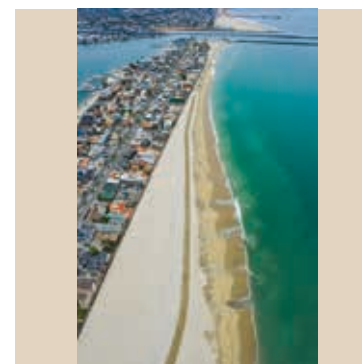


pleasure that doesn't cost much in either money or effort. California's world-famous hot sunny beach-friendly weather lasts into late autumn, and for the hardcore beach crowd, enjoying the water — or at least the sand — provides year-around recreation.

Whether you prefer to call the beach Junipero or Cherry, free street parking is available, or there is a metered parking lot off Junipero Avenue. Restrooms and rinse showers are available, along with Alfredo's Beach Shack which offers food, beverages and bike rentals. If you travel east of the pier, you'll find the quieter Peninsula Beach. To the west of Cherry Avenue is Alamitos Beach, where free volleyball courts are available. Alamitos is also the place to rent beach cruisers, roller blades, fishing rods, umbrellas, and beach chairs.

Long Beach maintains seven beaches in all, some of which are tiny and tucked away in waterfront neighborhoods.

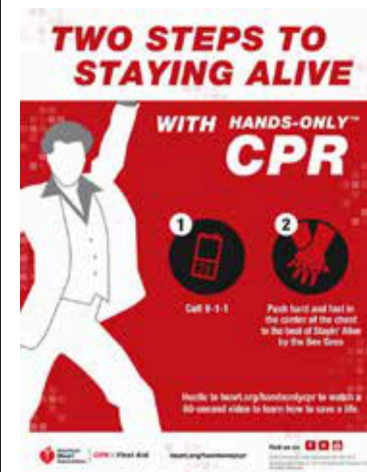
For more information on any of them, visit the www.longbeach.gov/park website, and look at the blue-green bar that shows menu options. Click on "Marine" at the far right. You'll get a pull-



down menu that lists all the city's beaches by name. Clicking on each link will provide you with more information.



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