

# SENIOR REPORTER

VOLUME 43, NUMBER 8

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AUGUST 2017

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

## Antonio Banderas

*"I think the problems with being older come when your body cannot do what your mind wants. Then, Houston, we have a problem."*

—Antonio Banderas



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Dr. Ernest Robinson

# Robinson

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& RECONSTRUCTIVE SURGEON

**Dr. Ernest B. Robinson has been in practice since August 1, 1996.  
Robinson Facial Plastic Surgery will be celebrating 20 years of business.**

### Personal Statement

Dr Robinson completed six years of post graduate studies including a one year fellowship in Facial Plastic and Reconstructive Surgery. He is dual-board certified from the American Board of Otolaryngology-Head and Neck and the American Board of Facial Plastic and Reconstructive Surgery.

### Board Certifications

Board-certified by the American Board of Facial Plastic and Reconstructive Surgery and American Board of Otolaryngology

### Memberships

American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS)

### Awards & Recognition

RealSelf Top Doctor

### Education

- UNDERGRADUATE & MEDICAL SCHOOL Medical: MD, Loma Linda University
- POST-MEDICAL SCHOOL TRAINING Internship: General Surgery, Loma Linda University  
Residency: Otolaryngology/Head and Neck Surgery, Loma Linda University  
Fellowship: American Academy of Facial Plastic and Reconstructive Surgery, Indianapolis, Indiana

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- Facial Reconstructive Surgery and MOHS surgery
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# Four Easy Home Maintenance Tips

It's the perfect time for home maintenance activities that will keep the inside and outside of your home running smoothly during the warm weather. These four tasks will give your home and yard a pick-me-up.



## Replace Air

### Conditioner Filters

Keeping your air conditioner working properly is essential to staying cool and helps you save energy and money. Replace your air filter at least once every three months to keep it operating efficiently. Check the instructions to guide you through the process.

## Maintain Barbecue

### Grills

Warm weather means more barbecues and festive get-togethers. Maintain your grill by cleaning the inside grates with warm, soapy water and scrubbing away debris with a wire brush.

## Clean Garage Tools and Equipment

Over time, grease and grime can penetrate and damage tools like wrenches, jack stands and drills. Toolboxes and garage floors can get messy, too. Easily clean your tools and other dirty surfaces with WD-40® Specialist® Industrial-Strength Cleaner & Degreaser, a non-aerosol that power-fully cuts through grime. Simply spray onto the surface to be cleaned and rinse with water.

## Remove Debris From Gutters

Keeping your gutters clean can also make a difference in your home's appearance. They can become filled with leaves and other debris that can slide down the side of your house, so it's important to clean them twice a year to prevent water damage to your home's foundation. You can use tools like tongs or a vacuum to clean them, or wear long sleeves and gloves and use your hands. Spray the gutter with water to remove any re-maining debris.

To see how WD-40 Specialist Industrial-Strength Cleaner & Degreaser can help you tackle home maintenance projects, visit [WD40Specialist.com](http://WD40Specialist.com).

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# Words Matter

By Jim McDevitt

I'm not good at pronouncing medical terms. On top of that I am a senior originally from New York City and I talk funny with a heavy accent like I'm a character from the movie, *The Godfather*. I was with my wife, sitting in a doctor's office listening to the doctor explain the results of an MRI with contrast on my right hip. I also wear hearing aids and don't always hear clearly. I remember hearing the doctor say I had a labral tear followed by a host of words that were all medecalese. In other words, I had no clue what they meant.

When we got home, I fired up my computer to send a quick message via email to some of my friends in New York and Pennsylvania to let them know how I made out with the doctor. My wife was sewing in the next room when I called out to her asking her what term the doctor used to describe my tear. My memory is not as good as it once was and I wanted to check with her. I heard her reply and typed in the term she used, finished my emails and sent them off.

Later that night, I was outside in the yard with my dogs when my youngest son called to find out how my MRI came out. I came back in the house with the dogs to find my wife doubled over in the chair she was sitting in laughing out loud

while she held the phone to her ear. My son was a medic during the First Gulf War and knew a bit about anatomy. My wife was still laughing uncontrollably when she handed the phone to me to speak to our son who was also laughing very hard. When he was able to stop laughing he explained to me that it was impossible for me to have a torn labia as that was part of female genitalia.

I immediately realized that this was the term I used to describe my injury to my friends in New York and Pennsylvania in my email. By now the East Coasters of our country, I realized were probably having trouble trying to stop laughing at my email regarding my medical condition. The term I should have used to my friends describing my medical condition was "labral tear" and not "labia tear." The fact that I had a prescription for physical therapy for my tear twice a week which I had added in my

email probably caused more laughs because of the incorrect medical term I had used previously.

There is no question. I am an idiot. I did have a type written report on my MRI which described in correct medical terms my injury to my hip for the physical therapist if I had taken the time to read it before sending out my emails. The good news is that several people got some laughs out of my idiocy. I did learn to pay more attention to medical terms and to stop confusing my wife with my mispronunciation of words. Words do matter. I know that truth now and hopefully I will remember it for a long time.



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**2017 SCHEDULE OF EVENTS**

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

JANUARY	7	Living History Flying Day featuring the: Curtiss P-40 Warhawk *The United States Postal Service will hold a First-Day-of-Issue Stamp Dedication Ceremony for the NEW LOVE Skywriting Stamp!
FEBRUARY	4	Living History Flying Day featuring the: Lockheed P-38 Lightning
MARCH	4	Living History Flying Day featuring the: North American P-51 Mustang
MARCH	11	3rd Annual Hangar Dance with Big Band Orchestra
APRIL	1	Living History Flying Day featuring the: North American B-25 Mitchell
MAY	6-7	Planes of Fame Air Show May 6-7 2017, Chino Airport
MAY	14	Mother's Day - Moms Admitted FREE!
JUNE	3	Living History Flying Day featuring the: North American F-86 Sabre
JUNE	18	Father's Day - Dads Admitted FREE!
JULY	1	Living History Flying Day featuring the: Republic P-47 Thunderbolt
JULY	22	World War I and Early Aircraft (Special Presentation)
AUGUST	5	Living History Flying Day featuring the: Vought F4U-1A Corsair
SEPTEMBER	2	Living History Flying Day featuring the: Douglas A4-4 Skyraider
SEPTEMBER	16	Boeing B-17 Flying Fortress (Special Presentation)
OCTOBER	7	Living History Flying Day featuring the: Douglas SBD-5 Dauntless
OCTOBER	28	11th Annual 'Taste of Flight' Gala
NOVEMBER	4	Living History Flying Day featuring the: Northrop N9MB Flying Wing
NOVEMBER	11	Veterans Day - Veterans Admitted FREE!
NOVEMBER	18	Eastern Front of WWII (Special Presentation) & Aviation Book Sale
DECEMBER	2	Living History Flying Day featuring the: Mitsubishi A6M5 Zero

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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## Compare: Reverse Mortgage Line of Credit Vs. Traditional Line of Credit

### Reverse Mortgage Line of Credit:

**Monthly Payments—NONE.** No monthly payments are required for the life of the loan.

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**Mandatory Pay-Off Date (Maturity)—NONE.** No maturity date: repayment not required as long as a borrower continues to reside in the property and the loan remains in good standing.

**Limitation on Access to Funds—NONE.** Funds can be accessed any time for the life of the loan as long as the loan remains in good standing.

**Lender Option to Freeze Funds—NONE.** Lender cannot freeze access to funds for loans in good standing for the life of the loan.

**Personal Liability—NONE.** Non-recourse loan; neither borrower nor heirs have any personal liability. Balance owed can never exceed property value at time of repayment.

**Lender Failure Eliminates Funding—NO.** If the lender fails or goes out of business, access to funds and servicing the loan is not interrupted. FHA will assume responsibility for continued performance.

### Traditional Line of Credit:

**Monthly Payments—YES.** Monthly payments are required, usually interest-only for an initial drawn-down period, then increase to amortize the loan balance to the maturity date.

**Credit Line Growth Guaranteed—NO.** Credit line amount does not grow.

**Mandatory Pay-Off Date (Maturity)—YES.** Maturity date is usually 30 years or less. First seven to 10 years only provide access to funds. In the remaining years, there is no access to funds. Payment are reset and increased to pay off the balance by the maturity date.

**Limitation on Access to Funds—YES.** Access to funds is limited to the initial drawn-down period, normally the first seven to 10 years only.

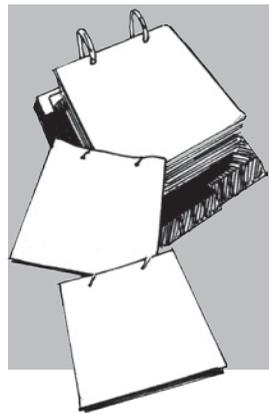
**Lender Option to Freeze Funds—YES.** Most HELOCs enable lenders to freeze access to funds with notice.

**Personal Liability—YES.** Borrower is personally liable for any deficiency plus legal and collection costs.

**Lender Failure Eliminates Funding—YES.** If lender fails or goes out of business, access to further funding will cease, unless or until another lender assumes responsibility.

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# August Calendar of Events



Summer might be winding down, but events throughout the Southland sure aren't. If you are looking for something to do during these Dog Days of Summer, there's plenty. Check out the listings below.

## Sawdust Festival Laguna Beach Through Sept. 3

Outdoor arts and crafts festival. Watch artists create their work and buy directly from the artists while enjoying the peaceful atmosphere. At, 935 Laguna Canyon Road, Laguna Beach. Call, 949-494-3030.

## Pageant of the Masters Laguna Beach Through Aug. 31

The Pageant of the Masters is one of the most unique productions ever. Audiences are amazed and enchanted by 90 minutes of "living pictures", incredibly faithful re-creations of classical and contemporary works of art, with real people posing to look exactly like their counterparts in the original pieces. A live narrator serves as a guide through the story of each living picture accompanied by the music of a professional orchestra. At, 650 Laguna Canyon Road, Laguna Beach. Call, 949-494-1145.

## The Orange County Fair Costa Mesa Through Aug. 13 Wednesdays through Sundays

The annual Orange County Fair is the premier family attraction in Southern California offering a wide variety of exhibits, foods, entertainment, rides and hands-on activities. There is something for everybody at the Fair including the summer headline concert series, working farm and petting zoos, thrill rides, contests, and games. At, OC Fair & Event Center, 88 Fair Dr., Costa Mesa. Call, 714-708-FAIR.

## La Habra Corn Festival La Habra Aug. 4-6

Food, rides, games, music and fun for the whole family. Daytime or night time anytime is the right time for fun at the La Habra Corn Festival. Enjoy hot buttery corn on the cob, great sandwiches, and other tasty treats. Be sure to visit the new Corn Festival Marketplace. Spectator admission and live entertainment is free throughout the weekend. At, El Centro Lions Park, 201 North Cypress, La Habra. Call, 562-691-3482.

## Civil War Days at Heritage Museum OC Santa Ana Aug. 5-6 10 a.m. to 3:30 p.m.

Heritage Museum will offer two days of learning from the Confederate and Union soldiers as they reenact daily routines during the Civil War. See large and small Civil War weapons and artillery, experience canon fire demonstrations and visit a blacksmith shop for interactive activities. Admission \$5, weekend pass \$8, under 12 free. Free parking. At, Heritage Museum of Orange County, 3101 W Harvard St., Santa Ana.

## Open House & Meet the Founder at The Marconi Automotive Museum Tustin Aug. 6

8a.m. to 2 p.m.  
Join The Marconi Crew for the ultimate Sunday Funday at Orange County's favorite auto museum. Founder Dick Marconi will be at the museum telling his personal stories about the cars and signing Ferrari posters for guests, which can be bought on site. Car clubs from all over Southern

California park out front of the museum and guests enjoy music, giveaways, raffles and food trucks. It's a great event for the entire family and admission is Free. At, The Marconi Automotive Museum, 1302 Industrial Dr., Tustin.

## Antique Phonograph and Record Expo Buena Park Aug. 13

10 a.m. to 3 p.m.  
The Antique Phonograph Society will be holding its annual Antique Phonograph (Gramophone, aka "Grammy's") and Record Expo at the UFCW Union Hall in Buena Park. 65+ dealers from all over North America will be displaying a wide variety of items like phonographs, old recordings, music boxes and other antique mechanical music players. And you will see "Gramophones" too, from which the Grammy Awards statue is modeled. At, UFCW Union Hall in Buena Park, 8530 Stanton Ave., corner of Crescent Ave., one block from Knott's Berry Farm's main entrance.

## San Clemente Fiesta Street Festival San Clemente Aug. 13 9 a.m. to 7 p.m.

Held on scenic Ave. Del Mar, two main blocks of downtown San Clemente are dedicated to an entire day of fun. Food and game booths sponsored by local nonprofit organizations, three stages with continuous live music throughout the day, contests for all ages, a Salsa challenge, arts and crafts show, exhibits, face painters and more. At, Ave. Del Mar, San Clemente. Call, 949-492-1131.

## Brea Fest Brea Aug. 18 6:30 p.m. to 10 p.m.

Brea Fest features food from more than 35 local restaurants and distributors, live music, theatre performances, gallery exhibits, live artist demonstrations, and more. Local restaurants donate food to this annual community event that celebrates Brea's art programs such as the Curtis Theatre, Brea Art Gallery, and Concerts in the Park. There is a small charge for tickets that can be used for food and/or beverages. Admission and entertainment is free. At, Brea Civic & Cultural Center, 1 Civic Center Circle, Brea. Call, 714-990-7771.

*Continued on page 8*

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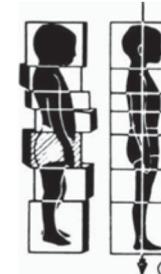
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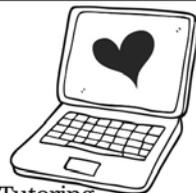
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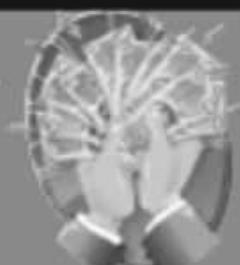
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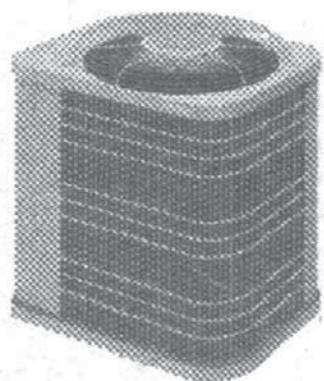
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*Continued from page 5*

### Harvest Crusade Anaheim

**Aug. 18 to 20**

Annual Harvest Crusade event, designed to be opportunities for Christians to invite family members, coworkers, friends, and acquaintances to hear the life-changing message of the Gospel in an entertaining environment. At, Angel Stadium of Anaheim, Anaheim. Call, 714-638-0981.

### Dana Point Lobster Beach Fest

**Aug. 19**

**4 p.m.**

The 8th annual Monarch Beach Sunrise Rotary Club's Dana Point Lobster Beach Fest is going to once again be the party at the beach you won't want to miss this summer. Entry price includes steak, lobster and seafood dinner with no-host bar, live music from two bands and dancing under the stars. At, Doheny State Beach, Dana Point.

### Plum Festival Huntington Beach

**Aug. 20**

**2 p.m. to 6 p.m.**

This is a fun family day to celebrate before Oktoberfest kicks in. Carnival games, Medieval sword fighters, the beach city floggers, and a selection of plum recipes, crepes, berliners and more. Free admission. At, Old World German Restaurant and Beer Garden, 7561 Center Ave., Huntington Beach.

### Huntington Beach Downtown Art in the Park

**Huntington Beach  
Aug. 26**

Experience the talents of visual and performing artists, live music, food and fun in downtown Huntington Beach. Art in the Park, replacing the monthly Art Walk, is a combined effort with HB Downtown BID and the Art Center to celebrate Art in Huntington Beach. At, Triangle Park and HB Art Center, 538 Main St., Huntington Beach. Call, 714-536-8300.

### Rancho Mission Viejo Rodeo

**San Juan  
Capistrano  
Aug. 26-27**

This annual Rancho Mission Viejo Rodeo is good ol' entertainment for the entire family. Proclaimed the richest 2-day rodeo in the nation, this year's rodeo features saddle bronc, bareback, steer wrestling, calf roping, tie-down roping and bull riding. At, 30753 La Pata Road, San Juan Capistrano.

### Cancer Control Society

**Annual Cancer  
Convention  
Sept 2, 3,4th**

at the Hilton Hotel located in Glendale, California. Alternative Therapies and Nutritional Approaches to cancer and other diseases Over 50 speakers, movies and exhibits. Doctor's Symposium on September 5th. Tour of Mexican cancer clinics on September 6th and 23rd. CEU's for Nurses and Dentists. Contact 323-663-7801.

## Anti-Senior Scamming Bill Moves On to State Senate



If you have ever been "ripped off" by unsuspecting scam artists who prey on seniors, the fact that the California House of Representatives recently passed a bill designed to guard against such financial abuse should be welcome news. The vote was unanimous.

Now awaiting state senate approval, AB 611 solves a common problem within financial institutions where bank officers and employees are presented with situations that require them to honor a power of attorney – even though the person holding the power of attorney is accused of financial elder abuse.

According to the author of the bill, Assemblyman Matt Dababneh (D-Woodland Hills), the California Department of Social Services reports that more than 12,100 cases of financial elder abuse were filed in the 2015-16 fiscal year. He said 21 other states have adopted similar protection for seniors.

The bill has the support of the California Bankers Association.

## The Healing Power Of Art Therapy

We all love art—music, painting, literature, theater, dance. All these things bring us joy and enrich our lives. But art also plays a very important role in healing. Art therapy is becoming an increasingly effective way to treat trauma, especially among our country's wounded warriors. Music, writing and visual art therapy programs at military care facilities are proving beneficial in producing calming effects for those suffering from brain injuries, post-traumatic stress syndrome and other conditions.

According to the Defense Department, nearly 350,000 U.S. military personnel have been diagnosed with traumatic brain injuries since 2001. Though modern military equipment and body armor have reduced mortality rates, roadside bombs and other explosive devices have inflicted injuries that have our service members struggling to function once they get home.

Studies have shown that creating art can decrease stress hormones, which can relax and lessen anxiety. Service members often deal with a complex set of feelings and emotions because of what they have experienced in combat, and that makes it difficult to relate to friends and family members. The invisible wounds can lead to feelings of shame, guilt and identity crises that might cause them to retreat and engage in



isolating behaviors. Creating art to express feelings and help them externalize what they might have repressed for a long time can help service members resume a normal existence.

The Military Healing Arts program is a partnership between the Department of Defense and the National Endowment for the Arts (NEA). NEA grants help fund a military "healing arts" network. The results have been so promising that plans were made to extend the program to 12 more facilities across the country this year. However, possible cuts to the NEA in the upcoming federal budget process may put such programs in serious jeopardy. To find out how you can voice your support for the Military Healing Arts program and other programs that benefit from NEA funding, see StandForTheArts.com. Stand for the Arts is an initiative of Ovation TV.

Art and music's charms can soothe the stress felt by veterans and others.



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# Antonio Banderas

By Les Goldberg

We know him best for his leading role in *The Mask of Zorro*. If anybody embodies the macho, handsome sword-fighting Superhero of the Silver Screen, it would be Antonio Banderas. With his voice and charm, he IS “The most interesting man in the world” to millions of his fans.

A typical Banderas fan critique: “I love his lips, his gorgeous eyes, his wonderful hair, his beautiful Spanish accent and of course, his hot, flaming body.”



Despite his age – he turns 57 Aug. 10 – his graceful ascent into “seniordom” continues to gain him acting employment.



Banderas was born José Antonio Domínguez Banderas in the Andalusian city of Málaga, Spain, the son of José Domínguez, a police officer in the Civil Guard, and Ana Banderas Gallego, a school teacher. Although his father’s family name is Domínguez, he took his mother’s last name as his stage name. As a child, he wanted to become a professional soccer player until a broken foot sidelined his dreams at the age of 14.

He showed a strong interest in the performing arts and formed part of the ARA Theatre-School run by Ángeles Rubio-Argüelles y Alessandri

(wife of diplomat, writer and film director, Edgar Neville) and the College of Dramatic Art, both in Málaga. His work in the theater, and his performances on the streets, eventually landed him a spot with the Spanish National Theatre.

## The Early Years

Banderas began working in small shops during Spain’s post-dictatorial cultural movement known as the La Movida Madrileña. While performing with the theatre, Banderas caught the attention of Spanish director Pedro Almodóvar, who cast the young actor in his 1982 movie debut *Labyrinth of Passion*.



Five years later, he went on to appear in the director’s *Law of Desire*, making headlines with his performance as a gay man, which required him to engage in his first male-to-male on-screen kiss. After Banderas appeared in Almodóvar’s 1986 *Matador*, the director cast him in his internationally acclaimed 1988 film, *Women on the Verge of a Nervous Breakdown*.

The recognition Banderas gained for his role increased when he starred in Almodóvar’s *Tie Me Up! Tie Me Down!* as a mental patient who kidnaps a porn star and keeps her tied up until she returns his love. It was this breakthrough role that helped spur him on to Hollywood.



With limited English and despite having to learn all his lines phonetically, Banderas still managed to turn in a critically praised performance as a struggling musician in his first American drama film, *The Mambo Kings*.

Banderas then broke through to mainstream American audiences in the film *Philadelphia* in 1993 as the lover of AIDS-afflicted lawyer Andrew Beckett, played by Tom Hanks. The film’s success earned Banderas wide recognition, and the following year



he was given a role in Neil Jordan’s high-profile adaptation of Anne Rice’s *Interview with the Vampire*, sharing the screen with Brad Pitt.

## International Celebrity

During the 90s, Banderas was a busy actor. His movie credits include *Desperado* with Sylvester Stallone, *Evita* with Madonna, *The Mask of Zorro* and *The 13th Warrior*, a movie about a Muslim caught up in a war between the Northman and human eating beasts.



As the century turned, he appeared in the *Spy Kids* film trilogy, *Original Sin* with Angelina Jolie, *Femme Fatal* with Rebecca Romijn-Stamos and in *Frida* with Salma Hayek. In 2003, he starred in the last installment of the trilogy *Once Upon A Time In Mexico* in which he appeared with Johnny Depp and Salma Hayek.

In 2003, he returned to the musical genre, appearing to great acclaim in the Broadway revival of Maury Yeston’s musical *Nine*, based on the film

Continued on page 11

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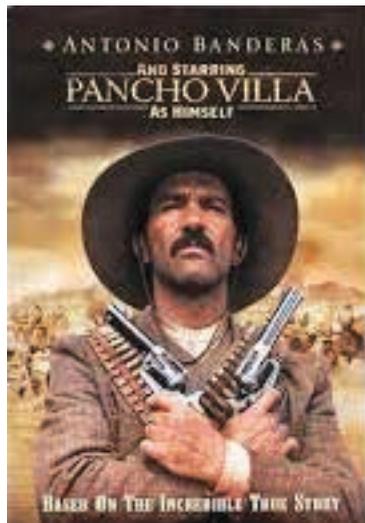
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## Antonio Banderas

Continued from page 10

8½. Banderas won the Outer Critics Circle and Drama Desk awards, and was nominated for the Tony Award for best actor in a musical. He also received the Rita Moreno HOLA Award for Excellence from the Hispanic Organization of Latin Actors.



surgeon following the rape of his daughter. Critics said it is among his strongest in recent memory.

### Off the Screen

When he is not in front of a camera or behind one as a director he invests heavily in companies in Andalusia, the independent territory of Spain where he was born, including wineries and perfume manufacturers.

Banderas' voice role as "Puss in Boots" in *Shrek 2*, *Shrek the Third*, and the last film in the *Shrek* franchise, *Shrek Forever After*; helped make the character popular on the family film circuit. In 2005, he reprised his role as Zorro in *The Legend of Zorro*. In 2006, he starred in *Take the Lead*, a high-set movie in which he played a ballroom dancing teacher.

Among his other honors are the L.A. Latino International Film Festival's "Gabi" Lifetime Achievement Award, and earning a star on the Hollywood Walk of Fame.

His most recent work has been in the horror thriller *The Skin I Live In*. He stars as a calculating revenge-seeking plastic

He's also a political activist. In 2013, he called on Europe and the United States to emulate Hugo Chávez in Venezuela and nationalize big corporations as a solution to the global economic crisis. A longtime supporter of his hometown of Málaga, he is also an officer of a Roman Catholic religious brotherhood in the city, where he received an honorary doctorate from the University of Málaga.



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# The Gadget Geezer

By Les Goldberg

## Tech Fun at the Seashore

Summertime ... And the living is easy! Add a white sandy Southern California beach, your comfy towel, a good book and some nifty made-for-the-sun gadgets, and your summer living can be even easier!

Technology has become so commonplace. It's everywhere. It's in the fabric of our lives no matter where we go. Here are a few examples of how you can be state-of-the-art in the sunshine state:

### E-Readers

Remember those days when you brought to the beach paperback or hardback books, newspapers and magazines and had to protect them from getting soaked, sand-sprayed and faded? Those days are gone forever with the e-read-



er. Whether a Nook, a Kindle or your mobile phone with an app, you now have access to an entire library of literature in the palm of your hand with just a tap or swipe of your finger.

### Scuba Cameras

Scuba masks enable underwater visibility but they did not allow you to share what you are seeing – until now. The scuba mask-digital camera

combination takes the word “waterproof” to a new level, and lets you take amazing underwater photos and immediately share them via email or Social Media sites like Facebook, Instagram, Pinterest and others.

### Beach Tunes

Another big reason to bring your cellphone with you – fully charged, of course – to the beach or park or backyard pool is music. Whether you load your favorite tunes onto your phone, or you tune into the hundreds of musical channels, sites and apps, you can create the ambiance of your choice – soothing Classics, vibrant Jazz, Rock, Country or Big Band sounds.

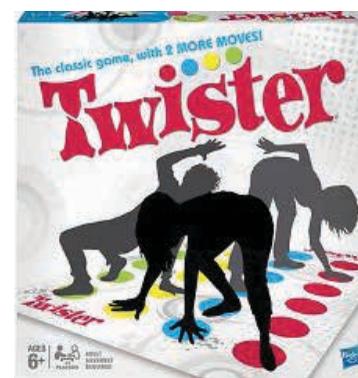
### Sand Treasure Hunting



Some people go to the sandy beaches to sunbathe, some to relax while reading or even swim. A few others are there to do some serious treasure hunting. Older metal detectors that looked like weed-wackers have been replaced by tech-based sifters and scoops. One such device is the Fisher F22 Metal Detector. It features

professional-grade weather-proofing, four modes of operation: Jewelry, coin, artifact, and custom. It also includes a nine-segment visual and numerical target identification system, so you can better distinguish bling from bust before you even start digging. Price: \$229 at Amazon.

### Twister Towel



Everyone loves a game of Twister. It's best played with a group of fun people – like the ones you go to the beach with. Today's traditional Twister has a new twist: A fashionable towel and oversized dice instead of a plastic dial. Priced under \$20 at Walmart.

### A Game of UNO Anyone?

UNO Splash is the game you can play anytime, with anyone, and now it's even easier to play anywhere. The durable plastic cards resist water so you can enjoy playing anywhere — even at the beach. A handy clip keeps all the cards together and attaches to a beach bag, backpack or camping gear. Price: \$7.50 at Walmart.



### Sun Wipes

Sunscreen is a necessity but it can be inconvenient. Maybe you are not sure how much to put on or reapply once you've been in the water. Our advice: Keep it simple and safe by using sunscreen wipes. The Core-Tex SunX Multi-Purpose Foil Packs contain Sun X 30+ broad spectrum sunscreen lotion pouch and Sun X utility towelettes with oil-free, non-greasy, PABA-free SPF 30 sunblock. Price: \$34 at Target.

### Go Fly A Kite!



How many times have we heard that demand in our youth? Today, you can hear it again as kite-making and flying have risen to new heights – literally and figuratively. There are many new kite brands to choose from, like the Summer 2017 New Delta Kite. Technology-designed for kids and adults of all ages, it comes with assembly and flight instructions, handle and string, two extra tails and full warranty. Price: \$20.00 at Amazon. Not included are the correct wind conditions.

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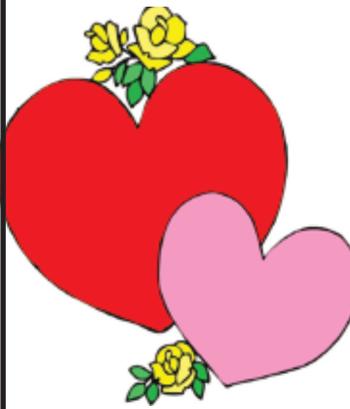


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If you find yourself touching the door jamb, and then reaching for chairs or other pieces of furniture as you cross a room, you're a good candidate for the MOSS. **Your test, comments, and opinions are important. Give us your feedback.**

People fall mainly in two places:

1. Moving about the house.
2. Walking the short distance from a vehicle to shopping, medical appointments, visiting friends, or other common destinations.

Two reasons people fall are:

1. **TOPPLING.** An example of this is: You awake and arise, and you suddenly find, after you stand up, that you have hit your head on your nightstand and you're on the floor, with a bleeding head. You've toppled!

If you had kept a MOSS between your bed and night table and you grabbed it as you stood up, it and your two feet would have given you a three point stability from which toppling is improbable.

2. **TRIPPING:** You're in a rush to get to the mall door before closing time. As you step from your parked car, you fail to notice the curb of a grassy area, and you next find yourself in the Emergency Room having your stitched head bandaged. You've tripped!

You would have done much better if you had removed a folded MOSS from under your car seat and used it in its search mode as you left the car and located the hazardous curb. The secret of the MOSS' success is its Dual Mode character.

If you hold it like the railing of a down staircase, it serves as a forward predictor of hazards. Simply tipping it towards the vertical makes it again a supportive walking stick and you can safely walk rapidly to the open door of the mall!

**For more detailed information about fall prevention with the MOSS, email:**

**Marty Osman, PHD & CEO,  
Valor Fall Prevention Products at  
martyosman@aol.com**

**To receive your test prototype, send your mailing address to:  
martyosman@aol.com**

**The MOSS is red in color.  
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## Fighting Cancer With Clinical Trials

About 1.7 million Americans will be diagnosed with cancer this year. If you or someone you care about is among them, you need to know all your options as that's the best way to approach your cancer treatment.



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The team at Cure Forward works with patients to learn about their specific diagnosis and identify their best clinical trial options. They then connect patients one-on-one with a Clinical Trial Navigator who helps them gather the medical and personal information needed to be matched to clinical trials. Clinical Trial Navigators work directly with each patient through every step of the process, from understanding clinical trials to identifying which ones may be the best fit, so patients can discuss and determine the best course of action for their illness with their physician.

Unlike scouring the internet on their own, patients are provided only information on trials that are relevant for their unique cancer and that are the best matches for their personal needs.

### Learn More

For more information about clinical trial options, go to [www.cureforward.com](http://www.cureforward.com).

Clinical trials may offer the best possible treatment for a person's cancer.

### Why Explore Clinical Trials?

For many types of cancer, clinical trials may offer the best treatment options at every stage of diagnosis and treatment. Patients who participate are highly monitored throughout the process, and receive equal if not better care to the standard treatment options.

There are thousands of clinical trials across the United States that offer advanced treatment options. Clinical trials can hold the key to a successful treatment plan for many patients. That is why it is important for patients to access clinical trials, and to discuss them as a treatment option with their doctors.

But how do you access clinical trials?

To date, finding and accessing a clinical trial has been a difficult and confusing process for patients and physicians. Now innovation is helping to make that easier. There's a company that works one-on-one with people diagnosed with cancer to identify their clinical trial options more efficiently.

## Eye Health For Women

### Five Ways To Protect Your Vision



Did you know that women are at greater risk for blindness and vision problems? The National Eye Institute, part of NIH, reminds women, especially those over age 40, to make their eye health a priority by taking five simple steps to protect their sight.

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**Live a healthy lifestyle.** Eating healthy foods, maintaining a healthy weight, managing chronic conditions, and not smoking can lower your risk of eye disease.

**Know your family history.** Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with an eye disease, since many are hereditary.

**Use protective eyewear.** Prevent eye injuries when doing chores around the house, playing sports, or working on the job. Wear safety glasses,

*Continued on page 18*

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By Randal C. Hill

**Ode to Billy Joe****Bobbie Gentry****August 1967**

In the summer of 1967, folks were asking, “What *really* happened to Billy Joe McAllister? What exactly did he throw off the Tallahatchee Bridge? And what about that girl up on Choctaw Ridge?”

It was all part of the fun of trying to analyze Bobbie Gentry’s chart-topper “Ode to Billy Joe.” Years later, Bobbie explained in *The Billboard Book of Number One Hits* that many listeners missed the point of her song. “Everybody seems more concerned with what was thrown off the bridge than they are with the thoughtlessness of people expressed in the song,” she groused. “The real ‘message’ of the song, if there must be a message, revolves around the nonchalant way the family talks about the suicide.”

Gentry was born Roberta Lee Streeter in Chickasaw County, Mississippi, in 1942. When her parents divorced, Bobbie moved in with her grandparents. She taught herself to play the piano and write some catchy little tunes. In the mid-1950s, her mother relocated to Palm Springs, California, and Bobbie followed. During high school, she also mastered the guitar, bass, banjo and vibes.

After graduation in 1960, she moved to Los Angeles and took philosophy classes at UCLA before switching to the prestigious Los Angeles Conservatory of Music to study guitar and composition.

Now calling herself Bobbie Gentry—from the 1952 movie *Ruby Gentry*—she made a demo (demonstration) record of an original song—“Mississippi Delta.” When she shopped it around, Capitol Records executives were instantly taken with both Gentry’s obvious talent and stunning good looks.

Capitol people chose to promote the bluesy “Mississippi Delta” as her first single; they were lukewarm about the “B” side, a haunting Gothic southern ballad she called “Ode to Billy Joe.” Bobbie had cut “Ode” in less than an hour, accompanying herself on a finger-picked acoustic guitar. Violins, a cello and a bass were added later. “Ode” was eventually edited from seven minutes and 11 verses to a more radio-friendly (read: shorter and simpler) tune.

Capitol promoted “Mississippi Delta,” but DJs soon preferred spinning “Ode to Billy Joe.” Once it hit *Billboard’s* singles charts, “Ode” took just three weeks to reach Number One and pave the way for three Grammy awards that followed the next year.

But nothing that Capitol released after that came close to Bobbie Gentry’s debut smash.

She moved to Las Vegas early in the 1970s and headlined the Strip with a revue that she created, produced and starred

in. Still, she could never escape the shadow of her lone megahit which eventually was relegated to the playlists of “oldies” stations. Eventually she packed up and left Sin City behind.

In 1999, “Ode to Billy Joe” was inducted into the Grammy Hall of Fame. Oddly, when the Grammy people tried to send Bobbie her award, nobody could find a phone number or an address for her. The award was set on a shelf where, one assumes, it still rests today.

Forget Billy Joe McAllister. Now people should ask, “What really happened to Bobbie Gentry?”

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## Mental Health Awareness: The Importance Of Preventative Mental Health And Wellness

More Americans need mental health care than many people realize. According to the 2015 National Survey on Drug Use and Health, 43.4 million adults dealt with a mental illness over the past year, while a University of Phoenix College of Social Sciences survey found that as many as two-thirds of U.S. adults have personally dealt with mental health issues.

### The Good News

Fortunately, counselors can help people struggling to deal with stress manage life changes or grapple with more serious mental health concerns. Seeking treatment for mental health should be viewed positively, like going to the doctor for physical illnesses. In fact, there's a link between mental and physical health as long-term stress may contribute to heart disease, high blood pressure, diabetes and other conditions.

### Doctor's Advice

"It is important for people to recognize and understand the effects of stress, anxiety or depression that could develop into greater problems or other mental health issues," said Dr. David Engstrom, counseling faculty member at University of Phoenix College of Social Sciences. "Overall wellness and preventing major mental health crisis or illness is key to overall health."

### Not Enough Seeking

### Help and Not Enough Providers

Many people struggling with mental health hesitate to seek help, however. The University of Phoenix survey also found that for three out of 10 respondents, social stigma was a barrier to getting proper care and counseling. Other common challenges were uncertainty regarding the effectiveness of counseling and a reluctance to face problems.

What's more, even those who do seek help may have trouble finding it. The latest Health Professional Shortage Area statistics show that the U.S. currently has enough practitioners to meet only 44 percent of its mental health needs.

To help address that gap, University of Phoenix College of Social Sciences is committed to training professional counselors, through programs such as its Master of Science in Counseling with a specialization in Clinical Mental Health Counseling. The school also operates eight counseling centers in six states (California, Michigan, Arizona, Nevada, Utah and Colorado) that offer free services to the public.

### Holistic Approach to Prevention

Behavioral health care includes preventative care, which means developing healthy habits that can keep

*Continued on page 18*

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## Mental Health Awareness:

*Continued from page 17*

problems from arising in the first place. While many individuals focus on their physical preventative health, by exercising or eating right, this approach is equally beneficial for developing mental wellness. Dr. Engstrom offers the following tips on preventative mental health practices:

**1. Build Optimism.** Many studies have found a correlation between optimism and better physical and mental well-being. To think positively, it helps to be aware of how you handle or experience a particular event:

- **Permanence:** Optimistic people are willing and able to bounce back quickly from failure; they can move on from a negative event. Try to point to specific temporary causes for negative events instead of permanent.

- **Pervasiveness:** Acknowledge failure when it happens and try to correct it and learn from mistakes. Pessimistic people assume if they fail once, they're doomed to fail in life. Try to allow good events to brighten negative ones.

- **Personalization:** Optimists tend to share the blame on bad events with themselves and with outside causes, whereas pessimists may blame only themselves. Work to be more confident, and quickly internalize positive events.

**2. Cultivate Gratitude.** Research shows that "being grateful" or building gratitude

is strongly and consistently associated with greater happiness and mental health.

Writing a thank-you note, keeping a gratitude journal or even just mentally thanking and appreciating someone can help improve mental health.

**3. Don't Forget To Mind Your Body. Mental and physical health are connected.** Exercising regularly, getting enough sleep and taking time to re-lax aren't just good for physical health, these activities are also good for mental health.

### Learn More

For further information about these counselor training programs, including on-time completion rates, the median debt incurred by students who completed the program and more, visit [www.phoenix.edu/programs/gainful-employment](http://www.phoenix.edu/programs/gainful-employment).

Many Americans might enjoy a better life with help from well-trained mental health counselors.

## Eye Health

*Continued from page 15*

goggles, safety shields, or eye guards that are made of polycarbonate. Talk to your eye care provider about the appropriate type of protective eyewear for your needs.

**Wear sunglasses.** Wearing sunglasses outside protects your eyes from the sun's ultraviolet rays. Prolonged exposure to sunlight can increase your risk for getting an eye disease like cataract or age-related macular degeneration, which is a progressive eye disease leading to blindness. When purchasing sunglasses, look for those that block out 99 to 100 percent of both UVA and UVB radiation. These steps can help keep your eyes healthy and prevent vision loss and blindness from eye disease.

For more information, visit [www.nei.nih.gov/hvm](http://www.nei.nih.gov/hvm).

It's a wise idea for women over 40 to get regular eye care.

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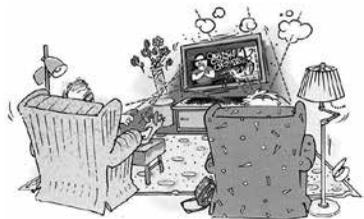
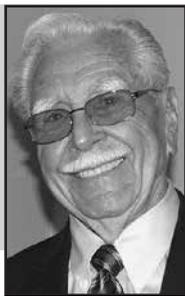
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## A body at rest tends to remain at rest.

--Sir Isaac Newton

By Robert E. Horseman, DDS



As a long-time admirer of Sir Isaac Newton (1642-1727), particularly his Laws of Motion, I have always tended to allow my resting body to remain at rest as long as possible. My wife is also a strong advocate of this same law and it is this mutual conformity that has generated a minor hitch in our conjugal bliss.

"Bob..." I detect a faint voice emanating from another part of the house. My bride never raises her voice, not even in anger. A summons from six rooms away is delivered at the same volume as a face-to-face encounter. The message could refer to a mouse seen in the wainscoting or the realization that World War III had just started. No difference. Without waiting to determine if contact has been established, she voices several sentences, the essence of which escapes me entirely. I interrupt with "WHAT?" vigorous enough to be heard next door at the neighbors, trusting this will encourage her to speak up. She repeats at the same decibel rating as her previous statements and with the same predictable results.

I wish desperately to remain comfortably ensconced where I am, obeying Newton's Law to the best of my ability. Sometimes I feel obliged to make up some sort of reply. Keeping

my voice low, knowing she can no more understand me than I can her, I mouth a couple of ambiguous remarks, thinking maybe she will materialize at my side to clarify things. This does not happen.

"Bob," she says again, repeating all or portions of what I assume was the previous message. If I announce in no uncertain terms that I can't hear her, the battle is lost, Newton and I are defeated and I must struggle up to go see what she wants.

This has been going on with minor variations for well over sixty years. You'd think that over that period another law would kick in--the Law of Averages--and she would get up and come to me. Not once. My wife is not a yeller; for that I should count my blessings, but it is an attribute that might improve her communication skills. She has figured out, however, that in speaking softly, she carries a big stick, namely to be the winner in the *body at rest* category.

In another area of marital discord we have reached a compromise. This happened be-

cause of a fundamental male/female difference in channel-surfing. When I occasionally have command of the remote, I move very deliberately from channel to channel. I pause at each one long enough to determine if it contains something I wish to watch, like NASCAR racing or National Geographic Specials. This takes me upwards of three seconds per channel. My wife has the ability to analyze, in depth, program content, audience appeal and whether it's a repeat or not in the tiniest fraction of a second. She can go through a 250 channel search in less than a minute. As further proof of her ability to instantly divine the content of a program, she can arrive at a movie a half hour after it's started and be able to understand everything that comes after.

So we got two remotes. As she races through the whole program spectrum, I wield my own remote to back up or go ahead. This duel of the remotes, reminiscent of the laser swords in the *Star Wars* episodes, provides us with many hours of evening merriment without actually coming to blows. The television components that have to do with channel changing are given more work to do in a single hour at our house than would be encountered in a single-remote family in six months.

The only time there is a clear-cut victor in these shenanigans happens when battery failure fells one of the contestants.

*Continued on page 26*

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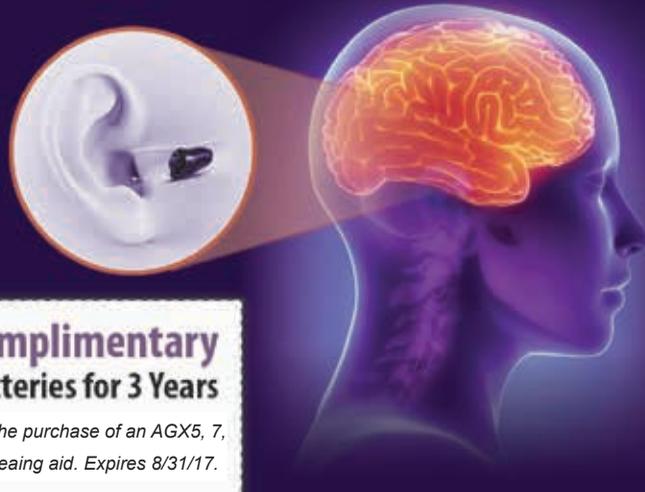
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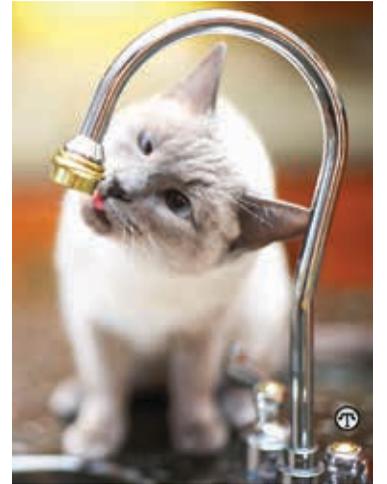
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According to the ASPCA, there are more than 85 million pet cats in America. If one (or more) of them is yours, you may have noticed one aspect of cat companionship that's less than delightful: the litter box. Fortunately for cats and their humans, following a few steps can help keep the odor down and the litter box use up.

### What You Need To Know

To help keep your home from smelling like cat litter, you need to have the right number of litter boxes and deal with them promptly and properly.

- Veterinarians recommend you have at least one more litter box than you have cats: two boxes for one cat, three for two and so on. That will make sure your cat always has a place to go.
- When adding the litter, don't overfill. Most cats prefer two inches of litter or less. Too deep, and your cat may not like his or her footing and opt to go elsewhere.

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Continued on page 25

# Life in Long Beach

By Lyn Jensen

## Nature in the City

“Looking for a bit of nature in the middle of the city? Nestled between the San Gabriel River and the 605 Freeway, El Dorado Nature Center is an oasis of natural habitat, offering visitors the chance to escape the hustle and bustle of the urban environment,” reads a Long Beach city website.

Hidden away on 105 acres of Long Beach’s El Dorado Regional Park, the center has re-



Meaghan O’Neill, the center’s community services supervisor, says the new look provides better pedestrian access. She says about 275,000 people visit the center every year, including about 20,000 schoolchildren on field trips.

The city’s website describes what you’ll find here: “Two miles of dirt trails and a [quarter-mile] paved trail wind around two lakes, a stream and forested areas. At the entrance, cross over the wooden bridge that spans the lake and you’ll find yourself on a small island that houses the Visitor Center, containing educational displays, art gallery and a small gift shop.”

“Our Visitors Center is designed to provide guests with basic information about what they will experience outside,” O’Neill notes. “Exhibits about plants and animals found in the area, as

well as some live animal exhibits, are the start of their adventure.”

O’Neill says that visitors may spot as many as 150 species of birds around the center and adjoining park, depending on the season. You may also find lizards, turtles, snakes, fish, various insects and butterflies. Squirrels, raccoons, possums, even skunks and coyotes are sometimes seen prowling the vicinity of the center during the day (although the mammals are more active at night after the park closes).



The nature center is free, and open every day except Monday. The park charges parking fees, which vary: \$5 most weekdays, \$6 Friday, \$7 weekends, and \$8 holidays. If your budget’s tight you may consider taking a bus to El Dorado Regional Park.

Phone: 562-570-1745  
Address: 7550 E. Spring St., Long Beach, CA 90815.  
Hours: Tuesday through Sunday 8 a.m. to 5 p.m., visitor center and museum hours, 8:30 a.m. to 4 p.m.  
Website: <http://longbeach.gov/Park/Park-and-Facilities/Parks-Centers-Pier/El-Dorado-Nature-Center/>



cently undergone about \$1.5 million in renovations, including a new entryway, signage, and upgrading of the walkways, pedestrian bridge, and amphitheater.



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# The Fess Parker: A Doubletree by Hilton Resort-Santa Barbara

## *A segment of Hilton's California Road Trips\**

Story by Ronnie Greenberg • Photos by Joe Hilbers

Fess Parker's-Doubletree by Hilton Resort, a destination in itself, totally captures the essence of its namesake, who was by every stretch of the imagination larger than life. Parker's adventures reflected on his public life as a famed film and television actor. He was especially known for his roles as Davy Crockett and Daniel Boone, and for setting off the coonskin cap craze. He also played Jim Coates in *Old Yeller*, the story of a boy and a stray dog named Spike. Handsome and charming, he rounded out his career as a singer, winemaker, and resort-owner.

The Fess Parker is a wondrous stretch of 24 acres with lush landscaping and blooming grounds of tropical flowers, setting the scene for the ultimate seaside escape. Spread across several buildings, the 360 rooms each with balconies



*Wine Tasting Cellar Room*

or patios, offer the perfect blend of convenience, stylish guest rooms and room amenities that include comfy beds, flat screen TV, WiFi, and coffee maker. Resort amenities include a spa, pool, fitness room and fitness training, tennis courts and bicycle rentals.

There are two onsite restaurants, the **Roundhouse Restaurant** that sets out a sumptuous breakfast buffet highlighted by made to or-

der omelets, blintzes, fresh cakes and muffins, fruit, as well as traditional fare. You can also order off the menu. The other is **Rodney's Grill** open for lunch, dinner and cocktails, featuring a continental menu with aromatic delights for a wide range of seafood, steaks, pasta, and vegan dishes.

A **Wine Tasting Cellar Room** is conveniently located on the lobby level is a unique treat. Open every afternoon from 3 to 6 p.m. in a casual high-end rustic setting, it features wines from the Parker and Epiphany labels. Epiphany is a boutique label offering interesting wines from eclectic grape varieties such as Grenache, Petite Syrah and Mourvedre. A chalkboard menu features daily small appetizers including charcuterie and cheese plates.

**\*Doubletree by Hilton Re-**

**sort Package** includes: Tote bag, visitors guide, Vintners Association and urban wine trail maps, downtown organization map of shopping and cultural attractions, waterfront map, 2-for-1 Santa Barbara sightseeing trolley passes, a Santa Barbara organic granola bar and bag of Santa Barbara Pistachio Co. organic pistachios.

**The Fess Parker Doubletree by Hilton Resort** is located at 633 E. Cabrillo Boulevard, Santa Barbara, CA 93103. For reservations, phone (800) 879-2929 or [www.FessParkerSantaBarbaraHotel.com](http://www.FessParkerSantaBarbaraHotel.com)

seaside sanctuary by a captivating blend of glistening palm-lined golden beaches, a thriving arts community, historic architecture, terraced vineyards, and exotic vegetation.

The city still resonates with a fusion of Spanish-Moorish, Mediterranean and early California styles in its vibrant tile work, low pitched tile roofs, tranquil fountains and Bougainvillea garden courtyards. Great weather, romantic spots and weekend getaways abound in Santa Barbara.

### How to Get Around



*Trolley Tour of Santa Barbara*

**About Santa Barbara** Santa Barbara is set on a prime Pacific perch overlooking sweeping vistas of the sea-wedged Santa Ynez Mountains. Basking in a flawless Mediterranean climate, the city of Santa Barbara lures visitors to this

**Trolley Tour:** For a great introduction to the city hop onboard the Santa Barbara Trolley where you can take the fully narrated 90 minute tour of the American Riviera, or the jump-on-jump-off option that the trolley has to offer. Knowledgeable



*The Fess Parker-a Doubletree by Hilton*

# The Fess Parker: A Doubletree by Hilton Resort-Santa Barbara

continued



*Courtyard at the Fess Parker*

guides trace the history back to the earliest days of Spanish settlement where Santa Barbara's colorful past is rooted in its rich layers of cultural diversity from the Chumash Indians to the influx of Spanish adventurers, and Franciscans. Call, (805)-965-0353. You can start your tour at the Visitor Information Center on Cabrillo & Garden Street, and/or purchase tickets on board. Stops include:

**Santa Barbara Courthouse:** Completed in 1929, this stunning red-tile roof masterpiece resembling a Spanish palace. The elegant interior includes hand-painted ceilings, wrought-iron chandeliers, giant murals, carved doors and exquisite tiles. Beautiful panoramic views of the city can be seen from the 80-foot clock tower. Visit [www.sbcourts.org](http://www.sbcourts.org)

**Santa Barbara Harbor/ Maritime Museum:** The Harbor is home to more than 1,000 fishing and pleasure vessels, and gateway to the Santa Barbara Channel Islands. The Maritime Museum, is a unique cultural attraction with permanent displays including the "Surfs Up" exhibit; the Tattoo Parlor; Scrimshaw Art; a film in the Munger Theater and the breathtaking 19th century Fresnel lens, a giant tower of shimmering glass from the Point Conception Lighthouse. The lively documentaries of local lure, will fascinate seafaring history buffs. Visit, [www.sbmm.org](http://www.sbmm.org)

**Old Mission Santa Barbara:** Founded in 1786, 10th of 21 Franciscan missions in the state, and still an active place of worship. This is one of the best preserved of the missions with beau-

tiful courtyard gardens and a Moorish fountain from 1808 gracing the front. The unique construction of twin bell towers differentiates it from other missions of the time. The original living quarters for the missionaries are now museum rooms that feature collections of period artifacts. Visit, [www.santabarbaramission.org](http://www.santabarbaramission.org)

**Santa Barbara Museum of Art:** A regional museum displaying important holdings of American art, featuring examples by O'Keefe, Eakins, Sargent, and Hopper; 19th century French art; Asian art; and a small but exquisite group of classical objects. Visit, [www.sbma.net](http://www.sbma.net)

**Santa Barbara Museum of Natural History:** A small museum from 1916, lets you discover and reconnect with nature. There are exhibit



*Santa Barbara Mission of Natural History*



*Old Mission Santa Barbara*

halls highlighting birds, insects and marine life, and a Chumash Hall with a diorama of prehistoric Indian life in the area. Major attractions are the whale skeleton and the extensive butterfly exhibit. Visit, [www.sbna-ture.org](http://www.sbna-ture.org)

**Santa Barbara Historical Museum:** A charming adobe complex houses one of the finest arrays of the multicultural regional history in

California. Fine art, exquisite costumes and furnishing, highlight the collection from the Spanish, Mexican and American eras. Visit, [www.santabarbaramuseum.com](http://www.santabarbaramuseum.com)

**Santa Barbara Zoo:** Located across 30 acres features 80 exhibits displaying more than 700 animals from around the world in naturalistic habitats. These include elephants, primates and big cats, all in a compact, garden-like environment. The landscaped grounds also include a beautiful botanical collection. Visit, [www.sbzoo.org](http://www.sbzoo.org)

**Santa Barbara Stearn's Wharf:** The dolphin fountain at the foot of State Street, welcomes visitors to the oldest working West Coast pier built in 1872. Now a Santa Barbara land-

*Continued on page 26*



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## Cat Litter Odors

*Continued from page 20*

• If your cat does miss the litter box, don't panic. If it's a one-time thing, treat the affected area with water, vinegar and mild soap and blot dry. If it happens a lot, consider moving your litter box, retraining your cat, or visiting the vet to make sure it's not a medical issue.

• Be diligent about cleaning the litter daily. One thing that makes that a lot easier is a Litter Genie® Pail with its unique air-tight design and a seven-layer refill bag with odor barrier technology that locks away bad smells and germs. It holds up to two weeks of cat litter for one cat, so you can avoid constant trips to the trash. The Litter Genie Plus

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Litter Genie® is available in Petco, PetSmart, Target, Walmart, Amazon.com,

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## The Fess Parker

*Continued from page 23*

mark, the wharf was once owned by Hollywood legend James Cagney and his brothers. Surrounding the educational Sea Center with its fascinating display of marine life exhibits and touch tanks, are fresh seafood restaurants and souvenir shops.

### Area Wineries

#### Fess Parker Family Winery and Vineyard in Los Olivos

Owned and operated by Parker's family, it includes 1,500 acres of vineyards, a tasting room and visitor center set along the Foxen Canyon Wine Trail Visit, [www.fessparkerwines.com](http://www.fessparkerwines.com)

### How to Get There

**Santa Barbara Car Free** is an award-winning project founded and led by the Santa Barbara County Air Pollution Control District with more than 100 community partners that are dedicated to making car free vacations care-free. An easy and fun way to get to Santa Barbara from Los Angeles is to hop onboard the Amtrak Northbound Pacific Surfliner. For resources and car free discovery ideas visit, [www.SantaBarbaraCarFree.org](http://www.SantaBarbaraCarFree.org)

For additional information, visit Santa Barbara Visitors Center at [www.santabarabara.com](http://www.santabarabara.com)

## Body at Rest

*Continued from page 19*

Unless the winner can be conned into forfeiting his or her instrument, the moment is like an unconditional surrender. The loser slinks off to read a book or raid the fridge.

The ultimate answer is, of course, another TV set. It would have to be identical to the first set. If its screen is even an inch bigger, trouble is inevitable. It should not be sited in the bedroom, because the two-hour movie would always be playing there when the non-watcher wants to go to sleep. The bed-watcher can seldom be persuaded to get out of the comfortable bed and retire to the cold living room or den to catch the end of the film that usually finishes at midnight.

A serious student of social mores might conclude that each spouse's insistence on going it alone at the TV controls bodes no good for the future of the marriage. I disagree. With each spouse the master of his or her domain, the likelihood of physical abuse is greatly diminished---unless one of the mates insists on calling the other in a tiny little voice to get up and come look at what is obviously a superior program. Then a body at rest tends to grudgingly initiate motion and you know whose body it will be.

I'd like to hear how Sir Isaac and Mrs. Newton worked this out.

## Going On Vacation Can Reduce Stress Even After You Get Back

COMPARED TO THIS TIME LAST YEAR...

**47.8%** of all Americans surveyed are feeling **MORE STRESSED** compared to only 28.3% who feel less so

**WOMEN** are far more likely to be feeling "much more stressed" (on a scale of 1-25) than men. Over 20% in April compared to only 17% of men

The numbers are in and it seems the news has Americans stressed out. A survey commissioned by Travelocity of more than 1,500 Americans shows that current events have almost half (48 percent) of those polled more stressed out now than one year ago and of those, 40 percent say that they are "much more stressed."

While in recent years unique and intense activities like ecotourism and adventure travel have become increasingly popular, the self-reported stress level of Americans may indicate that this is the optimal time to return to the original purpose of a vacation—rest and relaxation.

But what kind of travel is most restful? Travelocity turned to its community of expert travelers, the "Gnational Gnomads," to offer professional insight into this question.

The most commonly named activity was, unsurprisingly, a spa treatment. According to Gnational Gnomad Ava Rox-

*Continued on page 32*

# August Crossword Puzzle

## Across

1. Weaponry  
 5. Alabama city  
 10. Turner of "Peyton Place"  
 14. Marine mammal, secure something  
 15. Experiment  
 16. Very much  
 17. Longfellow's bell town  
 18. Cheri of "Saturday Night Live"  
 19. Roman censor  
 20. Raising of a number to a power  
 23. Squeeze  
 24. Heavy metric weight  
 25. Consented  
 28. Epic poetry  
 30. Mutual fund fee  
 31. Brief novel  
 36. Off-road wheels, for short  
 37. Milky  
 39. Norma \_\_\_\_  
 40. Eddy  
 42. Helsinki resident  
 43. Breaks bread  
 44. Resembling twigs  
 46. Pertaining to bees  
 49. Connection  
 51. Rebellion  
 56. Nonsense  
 57. Spoils, with "on"  
 58. Algonquian language  
 60. Waiting for the Robert \_\_\_\_  
 61. Combined

## Down

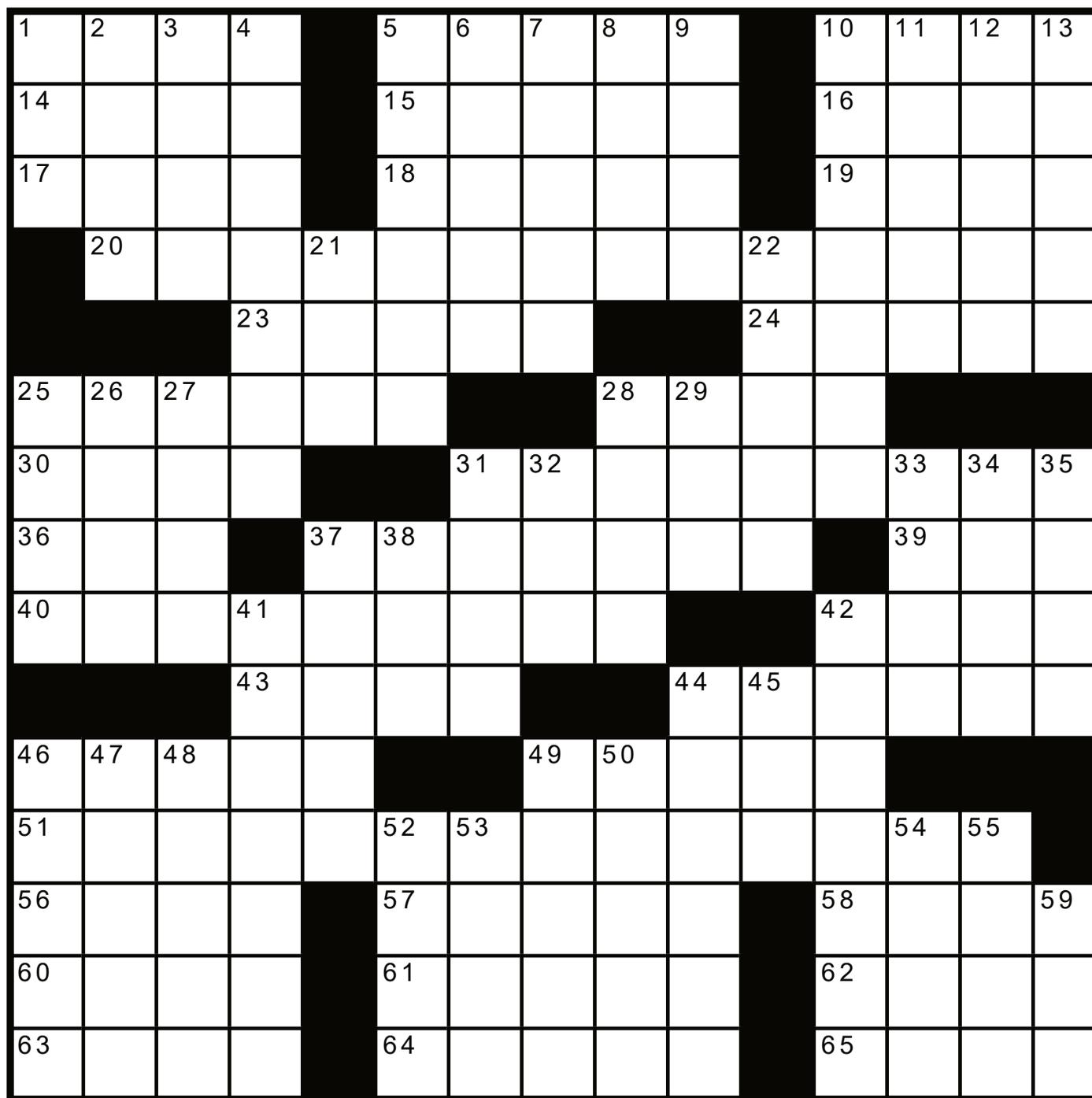
1. Cool \_\_\_\_ cucumber  
 2. Nerve network  
 3. German economist and socialist

4. Slid  
 5. High  
 6. Some Art Deco works  
 7. Property claims  
 8. Trading center  
 9. Et \_\_\_\_ (and other men)  
 10. Milk sugar  
 11. Actor Delon  
 12. \_\_\_\_ your life!  
 13. Make up

21. Prospector's find  
 22. Ring-shaped island  
 25. There oughta be \_\_\_\_!  
 26. Roman Empire invader  
 27. Sitarist Shankar  
 28. First name in stunts  
 29. Shade of green  
 31. Sgts., e.g.  
 32. Siouan speaker  
 33. Math course

34. Strong taste  
 35. Start of a counting rhyme  
 37. Grassy plain  
 38. Fitting  
 41. Attains  
 42. Hard to please  
 44. Tantalizes  
 45. Intelligence  
 46. Pays to play  
 47. Swimming holes

48. Map feature  
 49. Grand \_\_\_\_ National Park  
 50. "Goodnight" girl  
 52. Sleipnir's rider  
 53. Corn bread  
 54. Writer Sarah \_\_\_\_ Jewett  
 55. Tidy, without fault  
 59. Prefix with center



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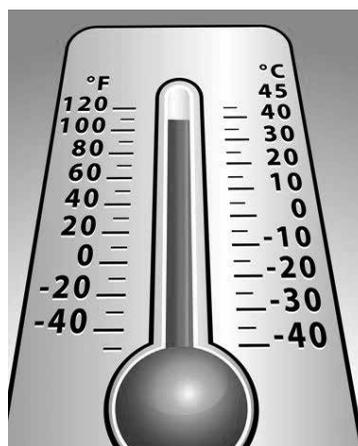
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# JUST JUDITH

By Judith A. Rogow

## It's Too Hot To Think!



When the heat goes above 99 degrees, my brain shuts off, and the past few weeks of 110 and above seem to have done the same for those in the news.

So, looking at my reporter's notebook to see what tidbits I've jotted down for this month's article I see . . . well, not a lot of coherent thoughts or ideas.

So, what follows may be perceived as intriguing, weird, inane or just the product of an overheated mind. It's your choice.

I'm not going to get into politics, that's an entire other quagmire, and the idiocies of the current crop of celebrities are almost as interesting while a lot less controversial.

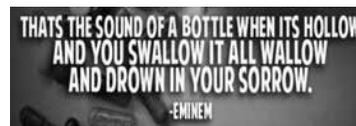
**THERE IS A CRACK  
IN EVERYTHING**

**THAT'S HOW THE  
LIGHT GETS IN**

LEONARD COHEN

Have you noticed that, aside from the Kardashians, who have made self promotion - famous for being famous - into an industry, today's young entertainers have parlayed their 15 minutes of fame from blazing headlines to obscurity in record time.

Speaking of records, whatever happened to ballads, or songs with words suitable for listening by anyone with a vocabulary that isn't XXX-rated?



It seems that the way to riches and fame these days is recording an album of obscene "lyrics", shouted out as challenges to rival "singers" and "Rap Masters". This to be followed by street fighting over starlets dressed in "designer" clothing that consists of the bare minimum of fabric and strategically placed sequins, and then quickly capped by an early death from drugs, alcohol or a bullet from rival gangs.

The latest magazine dedicated to personalities and life styles included an article on the sad demise of a singer who had delighted us with shows consisting of back up musicians and singers, a play list of familiar titles, ones with words we could recognize, and a voice that had mellowed with

the years. His last years had been spent recording albums that will live on to remind us what talent really means. The many decades long marriage and close family were barely mentioned.

That event was compared to the death of an "instant legend" found in a trashed hotel suite with an hysterical pregnant girlfriend who claimed to be "carrying his legacy". Accusations that Rappers from another company had set the whole thing up to cover murder were loudly claimed, based on "bad blood" between the two moguls who owned the talent factories.



Drinking and smoking have been the life of many of our older actors, singers and writers, yet they recognize their limits and continue to be productive. Tony Bennet still sings his mellow ballads and is wise enough to duet with younger talents who are rec-

*Continued on page 37*

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– Janet F.

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# Busy Boomers

By Les Goldberg

## There's Hope for Senior Moviegoers

In case you haven't noticed, finding a movie that caters to seniors is like trying to find a drive-in theater. Most of today's moviemakers are targeting the under 30 crowd. So, we thought it would be helpful to alleviate your search by providing our recommended "Top 10 Boomer Flick List" of movies that relate to your specific lifestyles, values and passions. And these are films that if you have seen them before, you'll want to see them again. They are available for rent or to buy at Amazon.com.

### 1. I'll See You in My Dreams

*Starring: Blythe Danner, Sam Elliott, Martin Starr*

The 74-year-old Danner (aka Gwyneth Paltrow's mom) received rave reviews as leading lady in this sweet, late-in-life love story about a widow cast adrift after the death of her beloved dog. Elliott—still sexy at 70—plays her mustachioed suitor, while Rhea Perlman, June Squibb, and Mary Kay Place co-star as her raucous card-playing buddies.

### 2. Danny Collins

*Starring: Al Pacino, Annette Bening, Jennifer Garner*

Pacino is the best he's been in years as Collins, a Rod Stewart-like singer whose reckless lifestyle and paycheck-oriented career are thrown into chaos after receiving a 40-year-old letter of admiration from John Lennon. Given new purpose, he checks into a New Jersey hotel, starts writing fresh mu-

sic, and seeks to make amends with heretofore-ignored family members. A supporting cast includes Bening as his hotel-managing love interest, Garner as his wary daughter-in-law, Christopher Plummer as his stalwart manager, and Bobby Cannavale as the son he's never met.

### 3. 5 Flights Up

*Starring: Diane Keaton, Morgan Freeman*

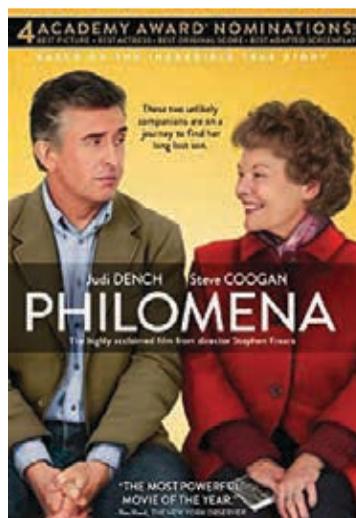


Compared by critics to an intimate stage play, *5 Flights Up* is a charming little confection about Alex and Ruth, a married couple who must sell their Brooklyn apartment when the stairs become too much of an obstacle. Freeman and Keaton are effortlessly great as the long-time lovers, navigating their venture into real estate—and approaching the Golden Years—with grace and affection.

### 4. Philomena

*Starring: Judi Dench, Steve Coogan*

Based on a true story, this little-seen British film was a 2014 Academy Award Best



Picture nominee, thanks to a fine script and excellent work by Dench. She plays Philomena Lee, an Irish Catholic woman who, after becoming pregnant as a teen decades earlier, was sent to the notorious Sean Ross Abbey, where ethically compromised nuns (to put it nicely) sold her son into adoption. Philomena's central tragedy is addressed with warmth and sensitivity, while Dench and Coogan's easy rapport lighten what could have been a very heavy movie.

### 5. The Best Exotic Marigold Hotel

*Starring: Judi Dench, Maggie Smith, Bill Nighy, Tom Wilkinson*

What happens when four rather sophisticated British retirees decide to spend their retirement in a less expensive country? They quickly learn that the retreat they chose off the Internet was not as grand and peaceful as they had hoped. Fish out of water, they resort to their charm and ability to adjust to make the experience uplifting and life-changing.

### 6. The Second Best Exotic Marigold Hotel



*Starring: Judi Dench, Maggie Smith, Bill Nighy, Richard Gere*

In the sequel, plans are made to open a second hotel in India as a companion to the *Best Exotic Marigold Hotel*. Romance develops between the mature characters, the plot thickens and relationship problems are solved during a colorful movie-ending wedding.

### 7. Quartet



*Starring: Maggie Smith, Michael Gambon, Billy Connolly*

If you loved *The Best Exotic Marigold Hotel*, you'll love *Quartet*, the Dustin Hoffman-directed story of a retirement home for British musicians. The characters -- Cecily, Reggie and Wilfred -- are in a home for retired opera

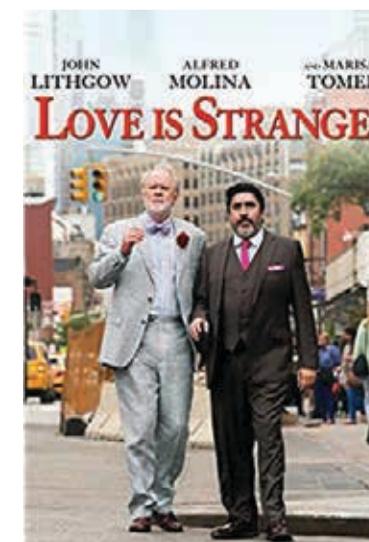
singers. Every year, on Oct. 10, there is a concert to celebrate Verdi's birthday and they take part. Jean, who used to be married to Reggie, arrives at the home and disrupts their equilibrium. She still acts like a diva, but she refuses to sing. Still, the show must go on ... and it does, much to the delight of Classical and non-Classical music fans alike.

### Amour

*Starring: Emmanuelle Riva, Jean-Louis Trintignant*

A French-language movie, *Amour* is love story involving Anne (Riva) who has a debilitating stroke. Husband Georges (Trintignant) must care for her until it becomes apparent he can no longer handle it. Then, he has to make a life-altering decision. If you've ever seen a spouse or beloved family member fade away, you'll relate to the clear-eyed look at decline, and marvel at the powerful performances. Riva became the oldest Oscar nominee for acting, ever, for her portrayal of Anne.

### 8. Love is Strange



*Continued from page 41*

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# Fabulous Finds

By Debbie L. Sklar

Ugh. Those dreaded “Dog Days of Summer” are here and you’re feeling kind of down. Whether it’s because summer is coming to a close or you’re eager for a change in the seasons, it’s time to get out of the funk. Thanks to some great Fab Finds you can take a breather from fretting over the end of the summer and enjoy these fun beauty additions.

## FLOWER Lift & Sculpt Contouring Palette



Featuring a contouring shade, blush and highlighter, **FLOWER Lift & Sculpt Contouring Palette** is the perfect all-in-1 tool to define your face in a flash. All shades within the palette feature easily blendable powder formulas that layer together seamlessly for a professional sculpted effect. Use the contouring shade to add dimension and make your cheekbones pop, then add a healthy flush of color with the silky blush. Finish the look with a swipe of the highlighter to enhance your look with a soft glow. Available in two shades: Light to Medium (CT1), Medium to Deep (CT2). Price: \$12.98, available at Walmart and Walmart.com.

## FLOWER Pots Powder Blush

Naturally radiant cheeks that



are as pretty as a petal. **FLOWER Pots Powder Blush**

blends on smooth and silky, enhancing your skin tone with a healthy flush of color. The easy-to-blend, buildable shades help to warm your complexion to your ideal tone and gives a beautiful, rosy glow. Available in four shades: Sweet Pea (PB1), Peach Primrose (PB2), Wild Rose (PB3), Warm Hibiscus (PB4). Price: \$8.98, Available at Walmart and Walmart.com.

## Garnier SkinActive Micellar Makeup Removing Towelettes



Prep your skin before painting on the smoky eye and red lip. **Garnier SkinActive Micellar Makeup Removing Towelettes** all-in-1 makeup removing and cleansing wipes use micellar water technology in an ultra-soft, ultra-convenient pack of 25 towelettes that are soft on skin. The towelette with 5 percent silk fibers removes makeup without harsh rubbing. Price: \$6.99, available at drugstores nationwide and GarnierUSA.com.

## L’Oréal Paris Infallible Paints Lipcolor



Lacquer up lips in high impact liquid color. Stand out this fall with the **L’Oréal Paris Infallible Paints Lipcolor**. In one stroke, the designer applicator precisely diffuses vibrant full coverage color to lips for intense color payoff. The product formula is smudge-proof and waterproof, offering comfortable wear. Available in 14 high impact colors, from nude to bold. Price: \$9.99, available at lorealparisusa.com and drugstores nationwide.

## ProActiv Quick Fix Blemish Pen



If a blemish appears before dinner, ditch the pimple quickly. This new spot treatment starts working on contact to shrink and flatten emerging and existing blemishes. Discreet and perfect for daytime spot treating, the **ProActiv Quick Fix Blemish Pen** is convenient and refillable with a hygienically-clean silicone tip for easy, on-the-go application. It contains a clear, medicated blemish-fighter with sulfur and mineral-rich green clay to draw out oils and impurities from deep inside the pores, drying out pimples. Price: \$24.95 for regular shipment

members; \$28 for non-member, available at proactivcatalog.com or amazon.com.

## Get Rid of Gray Roots Quickly



**Bumble & Bumble's Brownish Hair Powder** (other shades available) add a little tint, a little texture and hide gray until your next salon visit. This tinted dry shampoo

absorbs excess oil, boosts texture, and enhances and refreshes color. Benefits: Dry cleanse, texture, volume, color care. Perfect for: Density: fine to thick, straight to curly hair. Can be used on healthy, dry, damaged, and/or color-treated hair. Good for medium to darkest brown hair. Hold can 10-12 inches from dry hair and spray thoroughly. Let dry, then style. Size: 4 oz; \$36.00. Available at bumbleandbumble.com or Sephora.com.

## Going On Vacation

Continued from page 26

anne Tritt, aka Spa Travel Gal, “There is nothing like luxuriating at a spa to truly recharge. And best of all, a great spa treatment can be part of an adventure across the globe or the highlight of a staycation across town.”

Second only to spas as a restful travel option was to explore and enjoy local sights. Gnational Gnomad Kirstin Maxwell, founder and editor of kidsareatrip.com, says, “For too many people, sightseeing becomes a race to check places off of a list. Sightseeing should be about experiencing the people and culture of a new place, not just a mad dash to take selfies at the most popular landmarks.”

Understanding that part of a relaxing vacation is not having to worry about unforeseen problems, Travelocity recently instituted a “Customer First Guarantee,” a program that offers hotel changes, free flight changes within 24 hours of booking, and a price match guarantee, among other services. It also features class-leading social media customer service. Online analytics firm Socialbakers recently ranked Travelocity as the most responsive full-service online travel agency in the U.S.

If you’re like most Americans, you need a vacation. Fortunately, taking one can be simpler than you realize.





**Howard Erman, CFP®**  
President

ermanretirementadvisory.com askhow@ermanretirementadvisory.com



## Who Needs Estate Planning?

*Why is it so important and not just for the rich.*

Provided by Howard Erman, CFP®

**You have an estate.** It doesn't matter how limited (or unlimited) your means may be, and it doesn't matter if you own a mansion or a motor home.

**Rich or poor, when you die, you leave behind an estate.**

For some, this can mean real property, cash, an investment portfolio, and more. For others, it could be as straightforward as the \$10 bill in their wallet and the clothes on their back. Either way, what you leave behind when you die is your "estate."

**"But I don't need estate planning - do I?"** Let's think about that. If your estate is small, should you still plan? Well, even if you're just leaving behind the \$10 bill in your wallet, who will inherit it? Do you have a spouse? Children? Is it theirs? Should it go to just one of them or be split between them? If you don't decide, you could, potentially, be leaving behind a legacy of legal headaches to your survivors. Estate planning is about deciding how what you have now (money and assets) will be distributed after your lifetime.

**Do you need to create an estate plan?** If you don't leave behind an estate plan, your family could face major legal issues and (possibly) bitter disputes; making the plan may leave you with the comfort of knowing that your wishes will be carried out, when the time comes. Your estate plan could include wills and trusts, life insurance, disability insurance, a living will, a pre- or post-nuptial agreement, long-term care insurance, power of attorney, and more.

**Why not just a will?** While your will may state who your beneficiaries are, those beneficiaries may still have to seek a court order to have assets transfer from your name to theirs. In such a case, those assets won't lawfully belong to them until the court procedure (known as probate) concludes. Estate planning can include items like properly prepared and funded trusts, which could help your heirs to avoid probate.

Incidentally, beneficiary designations on qualified retirement plans and life insurance policies usually override bequests made in wills or trusts. Many people never review the beneficiary designations on their retirement plan accounts and insurance policies, and the estate planning consequences of this inattention can be serious. For example, a woman can leave



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an IRA to her granddaughter in a will, but if her ex-husband is listed as the primary beneficiary of that IRA, those IRA assets will go to him per the IRA beneficiary form. 1

**Where do you begin?** I recommend that you speak with a qualified legal or financial professional - one with experience in estate planning. A qualified financial professional may be able to refer you to a good estate planning attorney and a qualified tax professional, and they can then assist you in drafting your legal documents.

Howard Erman may be reached at (562) 546-6021 or askhow@ermanretirementadvisory.com.

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1 - thebalance.com/why-beneficiary-designations-override-your-will-2388824 [10/8/16]



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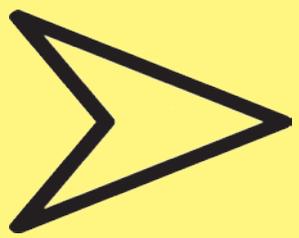


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# In The Spotlight

By Debbie L. Sklar

## Early Stroke Leads to Major Revelation for Michelle Wulfstieg

At age 14, Michelle Wulfstieg was told she wouldn't live to be 30. She had survived a massive stroke when she was just 11 years old and a second stroke, thought to be untreatable, was imminent. For Wulfstieg, this was a revelation: life is not about quantity, but rather quality. From that day on, she committed to making each moment count, not allowing her disabilities to hold her back. She went on to join her high school volleyball team, travelled to distant countries, earned a college degree, found a meaningful job and married the man of her dreams.

She is now Executive Director at the Southern California Hospice Foundation in Costa Mesa, where she has a stellar track record of fulfilling patient last wishes.

Q: What city do you reside in?

A: Newport Beach.

Q: Where did you grow up?

A: I grew up in a small mountain town above Palm Desert called Mountain Center. I had the best childhood and I was always outdoors! When I wasn't horseback riding, I was building forts or riding motorcycles.

Q: When you were a child, what did you want to be when you grew up?



A: Growing up, I wanted to be an archeologist and a motivational speaker. I wanted to explore our world and I had a deep desire to help people.

Q: What is your education?

A: I completed my undergraduate degree in psychology at California Lutheran University and earned my Master's Degree in Organizational Leadership from Chapman University.

Q: What is your profession?

A: Executive Director of the Southern California Hospice Foundation, in addition to author, motivational speaker and hospice advocate.

Q: Why did you choose this profession?

A: I began my career in hospice as a volunteer in 2003. I loved it so much that I became a volunteer coordinator. It was my first job out of college and my role was to recruit, train and retain volunteers to provide emotional support and companionship to patients. That led to fulfilling patient wishes and

fundraising, which is what I do today.

Q: What's the best part of this job for you? Why?

A: Each day, I wake with a profound sense of purpose and I pray that God will use me to do his good work. And each day he does. Some days it's all about helping patients, other days is about developing new ideas, connecting with the bereaved or meeting with a donor who believes in the work that we do. I love it all.

Q: The most challenging?

A: Many people don't know what hospice is or hold misconceptions about hospice care. My biggest challenge is

to educate the community and physicians so they're able - and willing- to start a conversation about hospice with patients and relatives that could benefit from being aware.

Q: Tell us about your organization and its mission?

A: For 15 years, So Cal Hospice Foundation has worked to deliver a breadth of resources to patients, families and caregivers who are confronting the final stages of life. We don't provide hospice care, but rather we partner with hospices throughout Southern California to help fill the gap of whatever isn't covered by the hospice benefit.

Q: What services do you provide and who is eligible to receive them?

A: Through our Community Outreach program, we provide bereavement workshops, we host an annual end-of-life care conference designed to educate our medical professionals, and we conduct many speaking engagements about hospice care. And through our Angel Assistance Program, we work directly with hospice patients by meeting needs that are not covered by Medicare, Medical or private insurances. These needs include things such as food, payment of overdue bills, transportation, re-

uniting family members to say their last goodbyes, or helping to make a final wish come true.

Q: Can you tell us about some of the patients you helped over the years?

A: Here are just a few patients that come to mind: Thomas was an 8-year-old boy with stomach cancer who loved two things: LEGOLAND and anything Star Wars. We flew him in a private plane to visit the LEGOLAND Park, and arranged for the real Hans Solo, Harrison Ford, to make a personal visit to his home just days before he passed away.

Then there was Elizabeth whose dying wish was to marry the love of her life, Phillip. Diagnosed with terminal breast cancer, the couple wanted to host a formal wedding before her rapid decline. With no location, no caterers, no wedding, no bridesmaid dresses or florist, the community came together and created the wedding of her dreams in just two weeks.

Another patient I will never forget is Marge, a 94-year-old woman with a need for speed who wanted to drive around a racetrack. She went for 20 laps going 120 m.p.h.

There are so many others, including those who we have

*Continued on page 37*

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11:30 a.m.–12:30 p.m.  
Dana Point Senior Center  
34052 Del Obispo  
Dana Point, CA 92629

### Costa Mesa

Mon., August 14th  
10:30 a.m.–11:30 a.m.  
Costa Mesa Senior Center  
695 W. 19th St.  
Costa Mesa, CA 92627

### Santa Ana

Tues., August 22nd  
10:00 a.m.–11:00 a.m.  
Santa Ana Senior Center  
424 W. 3rd St.  
Santa Ana, CA 92701

These events are for educational purposes only and no plan-specific benefits or details will be shared.

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## Are You Banking On Social Security For Your Retirement Income?

If you're a middle-income baby boomer, chances are you're still struggling to recover from the financial crash that began in 2007. You're not alone: According to a new study, only two percent of boomers feel the economy has fully recovered, and 65 percent say they have not felt personal benefit from any recovery.

If that sounds like you, then you're also likely worried about where your retirement income is going to come from. According to the Bankers Life Center for a Secure Retirement, middle-income baby boomers are increasingly reliant on Social Security for their primary source of retirement income. Before the crisis, 43



percent planned to rely on personal savings or earnings for their primary source of retirement income. That number has dropped to just 34 percent, with the difference mainly moving to Social Security.

As generous as the program is, Social Security was never designed to fully replace your wages. And the lesson from 2007 is to be prepared for anything. There are many steps you can take to plan ahead, protect yourself and achieve

the retirement you are looking for.

### Understand What Your Retirement Really Looks Like

While nearly all boomers say they still plan to retire, they are adjusting retirement expectations to meet their new reality. This new reality is primarily focused on a decrease in financial independence. To address this, try to:

- **Pay off debt:** Debt payments should ideally be no more than 10 percent of your income when you retire.
- **Work part-time:** Whether you choose to work full-time, part-time or on a seasonal basis, employment income will relieve pressure on your other sources of income.

### Meet with a Financial Professional

No matter what your savings level is, a professional can help you create an investment strategy that fits with your personal situation, and find savings products that can provide a reliable monthly income. Boomers who sought the help of a financial professional felt more confident in their financial decision-making and more optimistic about their retirement expectations.

### Diversify Your Retirement Planning Tools

There are a wide range of affordable and secure options available to help you save for your retirement, provide income, and protect your assets.

Annuities are designed to help you accumulate money for retirement or turn your retirement savings into an income stream. Other investment options to explore include mutual funds, IRAs and Roth IRAs.

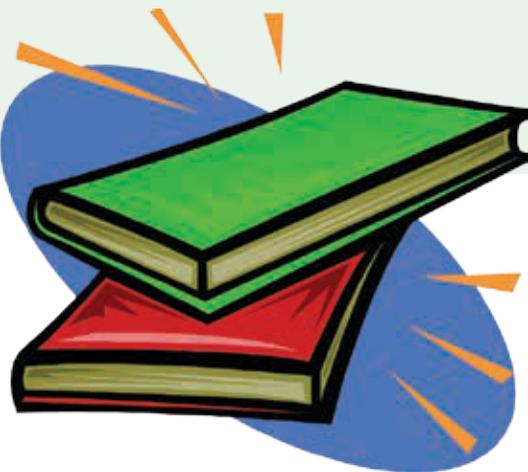
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Proper planning and professional advice now can help you have a better retirement.

# August Book Club

By Debbie L. Sklar



who abhorred the idea of domesticity and didn't want the responsibility of raising a family.

Don't let summer pass you by before reading a good book. There are some great new reads to enjoy before the craziness and the hoopla of the holiday season starts up again, check out these new releases.

## The Glass Castle A Memoir

By Jeannette Walls

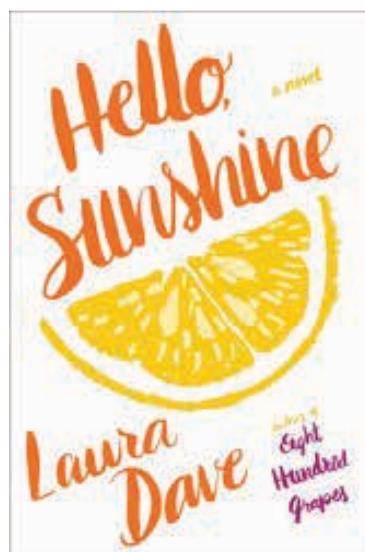


"The Glass Castle is a remarkable memoir of resilience and redemption, and a revelatory look into a family at once deeply dysfunctional and uniquely vibrant. When sober, Jeannette's brilliant and charismatic father captured his children's imagination, teaching them physics, geology, and how to embrace life fearlessly. But when he drank, he was dishonest and destructive. Her mother was a free spirit

"The Walls children learned to take care of themselves. They fed, clothed, and protected one another and eventually found their way to New York. Their parents followed them, choosing to be homeless even as their children prospered ..." according to Publisher Scribner.

## Hello, Sunshine A Novel

By Laura Dave



"Sunshine Mackenzie is living the dream — she's a culinary star with millions of fans, a line of No.1 bestselling cookbooks, and a devoted husband happy to support her every endeavor.

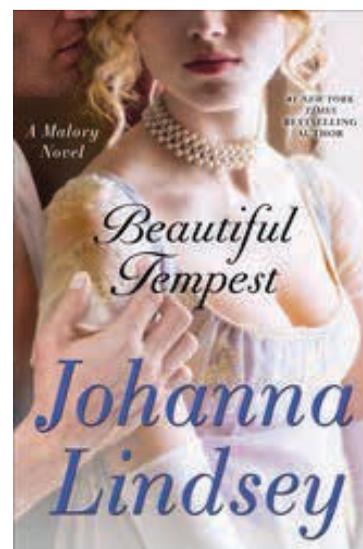
"And then she gets hacked.

"When Sunshine's secrets are revealed, her fall from grace is catastrophic. She loses the husband, her show, the fans, and her apartment. She's forced to return to the childhood home — and the estranged sister — she's tried hard to forget. But what Sunshine does amid the ashes of her own destruction may well save her life.

"In a world where celebrity is a careful construct, *Hello, Sunshine* is a compelling, funny, and evocative novel about what it means to live an authentic life in an inauthentic age," according to Publisher Simon & Schuster

## Beautiful Tempest A Novel

By Johanna Lindsey



"For the first time, James Malory and his Anderson in-laws agree on something: It's payback time for the culprit who kidnapped James and Georgina's beloved daughter Jack from her American debu-

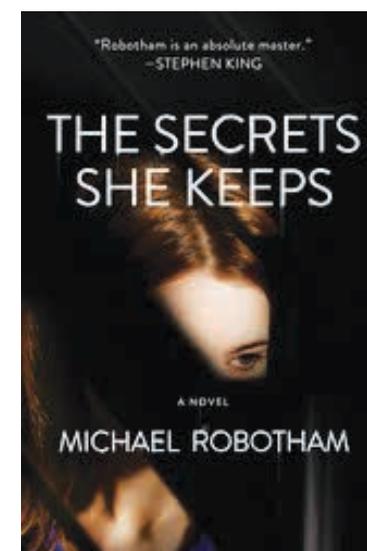
tante party and whisked her away to the Caribbean, no matter that she escaped unscathed. James figured out who masterminded the dastardly plot and is leading a fleet of ships to the West Indies to deliver some Malory-style retribution.

"More interested in revenge than in finding a husband during her first London Season, Jack is furious that her father left her behind. Then an intriguing stranger leads her and her older brother Jeremy to her mysterious abductor. But instead of capturing him, the Malory siblings wind up as his "guests" on a ship sailing away from England. As Jack re-engages in a battle of wills with her all too attentive captor, she realizes he is no ordinary pirate, perhaps no pirate at all, but a nobleman determined to settle a score that dates back to the days when her father was known as Captain Hawk — and what endangers her most is the increasingly passionate attraction they feel for each other," according to Publisher Gallery Books

## The Secrets She Keeps A Novel

By Michael Robotham

"Agatha is pregnant and works part-time stocking shelves at a grocery store in a ritzy London suburb, counting down the days until her baby is due. As the hours of her shifts creep by in increasing discomfort, the



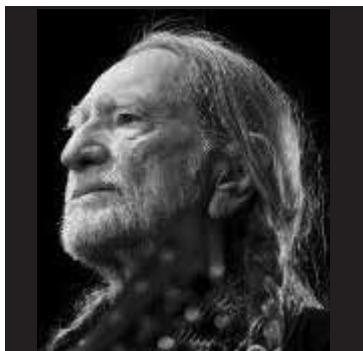
one thing she looks forward to at work is catching a glimpse of Meghan, the effortlessly chic customer whose elegant lifestyle dazzles her. Meghan has it all: Two perfect children, a handsome husband, a happy marriage, a stylish group of friends, and she writes perfectly droll confessional posts on her popular parenting blog — posts that Agatha reads with devotion each night as she waits for her absent boyfriend, the father of her baby, to maybe return her calls.

"When Agatha learns that Meghan is pregnant again, and that their due dates fall within the same month, she finally musters up the courage to speak to her, thrilled that they now have the ordeal of child-bearing in common. Little does Meghan know that the mundane exchange she has with a grocery store employee during a hurried afternoon shopping trip is about to change the course of her not-so-perfect life forever ..." according to Publisher Scribner

# JUST JUDITH

continued from page 28

ognized by their peers. Willie Nelson writes his story in songs, rather than ghosted “autobiographies” cobbled together from the ramblings of those “instant legends”. Leonard Cohen’s brilliant “Hallelujah” had been recorded by more different bands and singers than any other according to a recent survey. Even though the singer is gone, his lyrics live on.



But what, you may wonder, happens to the few who, like the teen idols of our generation, made an impression that means their names still have some value? That same magazine I mentioned earlier is full of ads for hair and skin products pushed by an aging actress famous for her TV shows, and medicines for various ailments we all suffer as we age whose claims are touted by various former athletes.

I’d write a few choice words about the rest of the magazine’s contents, but the index of puff-pieces and weight loss articles don’t hold my interest – they are the same every issue.

It’s going to be warm today . . . again, stay cool.

## In The Spotlight

Continued from page 34

helped with the simple things like food or the payment of a utility bill. Too often we see cases where the patient was the primary provider, and now that he’s sick and no longer working, the family is struggling to put food on the table. That’s when we step in and pay the utility bill in full and provide grocery gift cards so that the family can focus on spending precious time with their loved one.

**Q:** I hear you are a two-time stroke survivor. Can you share your story with us?

**A:** As a two-time stroke survivor, (at age 11 and 25), I wasn’t expected to live to be 30 years old. The strokes left me permanently disabled but not disheartened. They made me more compassionate toward the disabled and the dying because I understood their struggles, their feelings of isolation and despair, and their desperate longing to be comfortable and pain-free. As a result, I have dedicated my life to helping hospice patients make each moment count, giving them the dignity and the loving care we all deserve at the end-of-life.

**Q:** What are your hobbies? What do you like to do in your spare time?

**A:** I love spending time with my family and my two giant dogs named Bear and Bosley. Our daughter is one of the biggest blessings in our lives and

we love travelling, boating, camping, bike riding, swimming and creating new memories with her.

**Q:** Is there anything else you’d like to share?

**A:** Hospice is about quality of life, not quantity of life. If you know someone who needs hospice services, please contact us. We also rely heavily on volunteers and we encourage people to give their time, talent or treasure. There are a number of ways to do that:

- Become a certified hospice volunteer and provide companionship and emotional support for those facing the end of life.
- Join our Advisory Council and provide leadership expertise.
- Join the Helping Hands Hospice Guild, an all-volunteer group that supports the work of our organization through special projects.
- Assist with our fundraising efforts by becoming a corporate sponsor, donating a silent auction or raffle item, or sitting on an event committee. We have many events throughout the year that we would love for you to be involved with.



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**A simple idea... made possible with sophisticated technology.** If you have trouble understanding a call, captioned telephone can change your life. During a phone call the words spoken to you appear on the phone's screen – similar to closed captioning on TV. So when you make or receive a call, the words spoken to you are not only amplified by the phone, but scroll across the phone so you can listen while reading everything that's said to you. Each call is routed through a call center, where computer technology – aided by a live representative – generates voice-to-text translations. The captioning is real-time, accurate and readable. Your conversation is private and the captioning service doesn't cost you a penny. Internet Protocol Captioned Telephone Service (IP CTS) is regulated and funded by the Federal Communications Commission (FCC) and is designed exclusively for individuals with hearing loss. To learn more, visit [www.fcc.gov](http://www.fcc.gov). The Hamilton CapTel phone requires telephone service

and high-speed Internet access. WiFi Capable. Callers do not need special equipment or a captioned telephone in order to speak with you.

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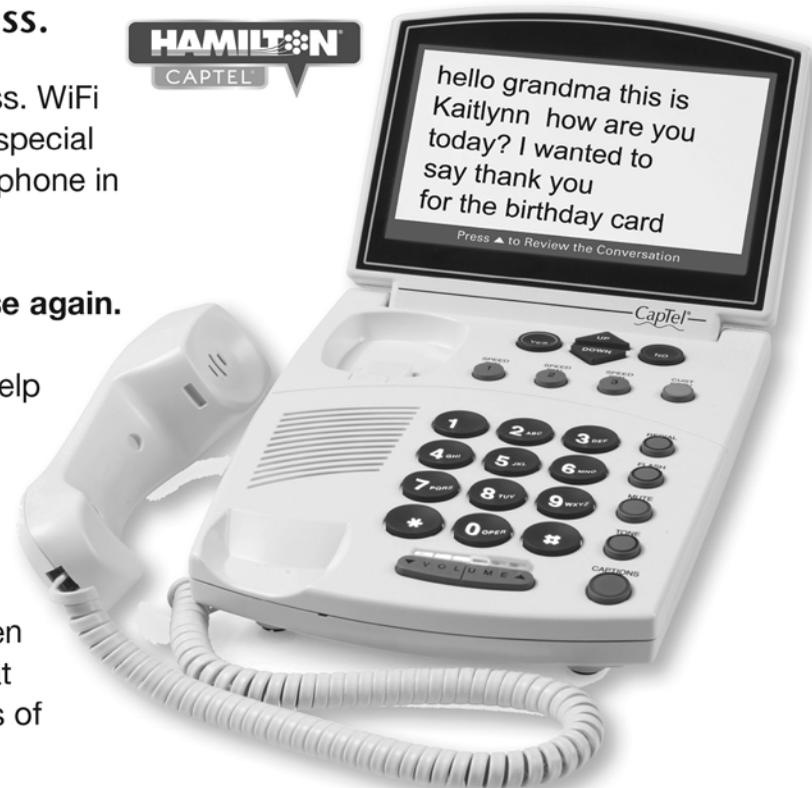
The Hamilton CapTel phone is also packed with features to help make phone calls easier. The keypad has large, easy to use buttons. You get adjustable volume amplification along with the ability to save captions for review later. It even has an answering machine that provides you with the captions of each message.



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# It's Movie Night! Pacific Symphony "Summerfest" delivers Thrills, Chills and Big Scary Dinosaurs, as the Orchestra Performs John Williams' Knockout Score for "Jurassic Park"!



It's a soundtrack 65 million years in the making! Pass the popcorn and hold on tight as the action-packed blockbuster movie "Jurassic Park" is shown on the big screen, with John Williams' thrilling score performed live by Pacific Symphony. Masterfully directed by Steven Spielberg and based on the novel by Michael Crichton, "Jurassic Park" transports the audience to a secluded island where scientists have succeeded in reviving the age of dinosaurs. One of the most thrilling science-fiction adventures ever made, and featuring one of Williams' most iconic and beloved musical scores, "Jurassic Park" transformed the movie-going experience for an entire generation. It not only won three Academy Awards, "Jurassic Park" also became the highest-grossing film of its time in 1993.

This exciting movie-concert experience takes place at the Pacific Amphitheatre at OC Fair & Event Center in Costa Mesa, the Symphony's new summer home, where the orchestra continues to perform throughout the 2017 summer season. The third concert of the series, "Jurassic Park," led by Principal Pops Conductor Richard Kaufman, takes place Saturday, Aug. 19 at 8 p.m. Tickets are \$25-\$99. For more information or to purchase tickets, call (714) 755-5799 or visit [www.PacificSymphony.org](http://www.PacificSymphony.org).



"The music of John Williams is extraordinary," says Maestro Kaufman. "When I first heard this score, I was amazed by how John can see some grass, trees and a bunch of dinosaurs and come up with a thrilling, descriptive and superb score. Hearing it played live as the film is shown on a huge screen above the orchestra will thrill our summer series audience! Not many people have the chance to visit a Hollywood recording stage...well, hearing and seeing 'Jurassic Park' live in concert is as close as you can get to that kind of unique and thrilling experience."

Gates open at 6 p.m. for picnicking, with pre-concert entertainment by the Orange County Wind Ensemble taking place from 6-7:30 p.m. at the Plaza Pacifica entrance. Patrons are welcome to bring their own food, wine and non-alcoholic beverages onto the premises; but glass containers and glassware are not permitted inside the amphitheater. A variety of food and beverages are available for purchase at the concession stands inside the amphitheater. Vendor options from Spectra are onsite to serve up tasty selections. Picnic tables are available at the Plaza Pacifica entrance, or patrons may prefer to picnic at their seats.

Then it's time to remember the hair-raising, goose-bump inducing fun of one of the most exciting adventures to ever hit the big screen, when the Symphony performs live Williams' one-of-a-kind score to the full-length movie "Jurassic Park," led by the Symphony's remarkable movie maestro, Kaufman. "Jurassic Park" transports the audience to a fantastical, secluded island where scientists have succeeded in reviving the age of dinosaurs in a brand-new, immersive theme park, the likes of which have never been seen before. The audience is swept away in this thrill-a-minute pursuit by creatures of the past. And while the dinosaurs in the movie are created through special effects, the reason they live and breathe and amaze us to such an extent has a lot to do with Williams' music.

"This is, without a doubt, one of John Williams' finest scores," says Kaufman. "It captures every emotion on the screen, as well as driving the energy of the movie. John's music doesn't just accompany the action, it not only looks deeply into each character's eyes, it takes us on a journey into their minds. In this film, that's quite a journey!"

During the blockbuster, paleontologists Alan Grant (Sam Neill) and Ellie Sattler (Laura Dern) and mathematician Ian

Malcolm (Jeff Goldblum) are among a select group chosen to tour the island theme park populated by dinosaurs created from prehistoric DNA. While the park's mastermind, billionaire John Hammond (Richard Attenborough), assures everyone that the facility is safe, they find that this is not the case at all—when a variety of ferocious predators break free and go on the hunt! It's a tense, taut, exhilarating ride with music to soothe the ravaged heart. There are few moments that will not leave the audience breathless.

"Films such as 'Jurassic Park' and 'Jaws,' to mention just a couple of classics," says Kaufman, "are like spending time in a dark room, never knowing when something will jump out from the darkness and scare the pants off you!" says Kaufman. "Whether it's in the water with the shark, or trying to escape the deadly jaws of the tyrannosaurus rex, John's music takes the listener on a wild ride that stays with you long after the film is over."

Movies in concert are a hot commodity these days and this one could not be more exciting, no matter how many times it has been seen. "Jurassic Park" is just the latest blockbuster to get the symphonic treatment in what has become an increasingly popular form of entertainment for Pacific Symphony and so many other orchestras. Other Williams-scored movies that have made it to the Sym-

phony's concert stage in recent years include: "Home Alone" and "Raiders of the Lost Ark." Also featured has been "Star Trek," whose score was written by Michael Giacchino.

"Everyone has their favorite movie and favorite film music," says Kaufman. "Motion pictures are a part of our lives in the present and in our past. To hear film music live is not only a musical 'feast' for the ears, but also for the eyes! Watching 80+ musicians bringing to life the music of John Williams is an unforgettable and unique experience no one should pass up."

Pacific Symphony's new summer home may be new to some (after 30 years at the Irvine Meadows Amphitheatre), but patrons should be assured that they will find the same high-quality, idyllic summer experience as in the past at Pacific Amphitheatre. In fact, patrons are enjoying new perks, including all-new remodeled seats and a casual, inviting and intimate atmosphere. Warm, pleasant evenings, picnics overflowing with goodies, surrounded by family and friends and pre-concert entertainment—and of course, exhilarating music—all remain part of the annual Symphony experience.

SummerFest 2017 is made possible by supporting sponsor, Orange County Register, Westin South Coast Plaza and media sponsors PBS So-Cal, K-Earth 101, KPCC and KUSC.



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**Crossword Puzzle Answers from page 27**

1	A	R	M	S		5	S	E	L	M	A		10	L	A	N	A				
14	S	E	A	L		15	T	R	I	A	L		16	A	L	O	T				
17	A	T	R	I		18	O	T	E	R	I		19	C	A	T	O				
	20	E	X	P		21	O	N	E	N	T		22	I	A	T	I	O	N		
			23	P	R	E	S	S				24	T	O	N	N	E				
25	A	G	R	E	E	D				28	E	P	O	S							
30	L	O	A	D				31	N	O	V	E	L	E	T	T	E	33	34	35	
36	A	T	V		37	L	A	C	T	E	A	L			39	R	A	E			
40	W	H	I	R	41	L	P	O	O	L				42	F	I	N	N			
			43	E	A	T	S					44	T	W	I	G	G	Y			
46	A	P	I	A	N			49	T	I	E	I	N								
51	N	O	N	C	O	52	O	P	E	R	A	T	I	O	N	54	55				
56	T	O	S	H		57	D	O	T	E	S			58	C	R	E	E	59		
60	E	L	E	E		61	I	N	O	N	E			62	K	N	A	P			
63	S	S	T	S		64	N	E	N	E	S			65	Y	E	T	I			

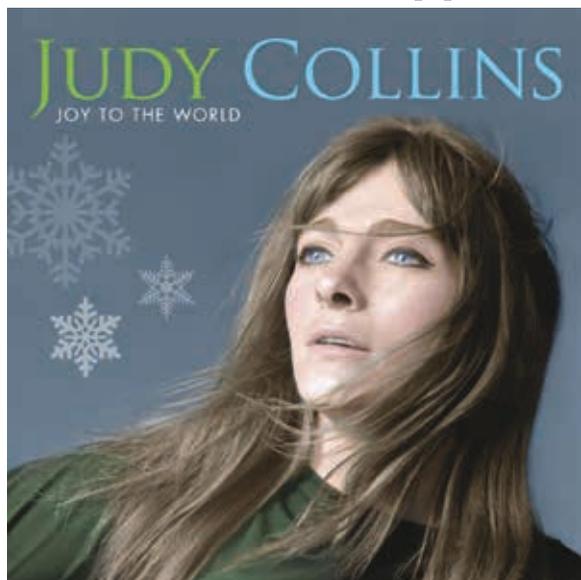
# Tinseltown Talks

By Nick Thomas

## Singer Judy Collins Still Vocal on Social Issues

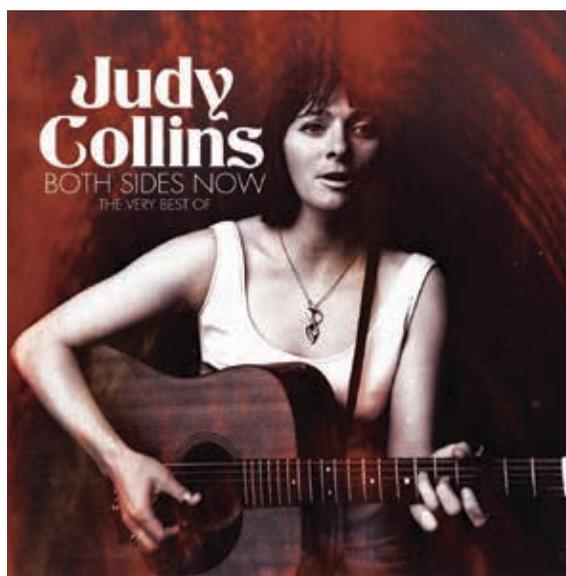
Whether singing her own words or those of others, the sublime vocal talent of pop/folk singer Judy Collins has been drawing audiences for more than 50 years. But it almost never happened.

“I contracted polio as a child and later tuberculosis when I was in my early 20s,” recalled Collins from her home in New York. “My school teachers told me I was suffering from growing pains but when I was around 11 and the pain became severe, I went to the doctor who said I had polio. Of course, there was an epidemic throughout the country when this happened in 1950 and I spent 2 months in hospital. Fortunately, there were no lasting effects.”



Album Cover

At 23, while performing in Tucson, she was diagnosed with tuberculosis and quarantined for a month before being transferred to a Denver hospital that specialized in treating patients with TB.



Album Cover

“I got the right cocktail of drugs, so I was very lucky to have survived all that illness,” she said.

She would go on to brighten the world with more than 50 music albums that included pop hits such as “Send in the Clowns” and “Both Sides Now.” But her own adult world was overshadowed by a darker side as she dealt with eating disorders, alcoholism, and the death of her only son who committed suicide in

1992 at the age of 33.

Battling back again from those desperate challenges, Collins used her voice to promote awareness about social prob-

lems including suicide and mental health issues.

“Music is especially an all-embracing art form,” she said. “I’ve written songs about love and war, as well as the loss of my son.

In 2007 I published a book about surviving tragedy – ‘The Seven Ts: Finding Hope and Healing in the Wake of Tragedy’ – which helped me and hopefully others facing similar ordeals.”

In April, she was recognized with the 2017 Beatrice Stern Media Award, given by the Didi Hirsch Mental Health Services – a leading provider of services since 1942 for people with dealing with mental health and substance abuse issues (see [www.didihirsch.org](http://www.didihirsch.org)).

“I’m pleased for the honor, but I still have a lot to say about

mental health issues,” Collins said. “We have to keep raising awareness in order to get the stigma removed so that people are not afraid to talk about their problems.”

Turning 78 in May, Collins is still on the road performing.

“This summer I’m going on a tour with Stephen Stills for 4 or 5 months and I still do around 120 shows a year,” she noted (see [www.judycollins.com](http://www.judycollins.com) for dates and locations). “And my latest book, ‘Cravings: How I Conquered Food,’ was released this year. I’ve survived a lot of difficulties, but I’m still hanging in there!”

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for more than 650 magazines and newspapers.



Judy Collins today

## Busy Boomers

Continued from page 30

Starring: John Lithgow, Alfred Molina, Marisa Tomei

When George (Molina) loses his job following his marriage to Ben (Lithgow), the men must give up their apartment and move in with separate families, who deal with the imposition in varying ways. Does the couple ever live together again? How long is too long to have a houseguest, no matter how charming? Will valuable lessons be learned by all?

### 9. Nebraska

## NEBRASKA



Starring: Bruce Dern, Will Forte

In an era when it seems like every movie takes place in New York or Los Angeles—or space—a finely observed Midwest dramedy is dang near revolutionary. In Nebraska, Woody Grant (Dern) is a crotchety, aging alcoholic who believes he’s won \$1 million as part of a sweepstakes. David (Forte) is his grown, semi-aimless son, who grudgingly ferries him from Montana to the Cornhusker State to claim his winnings. Along the way, they end up with a better understanding of each other.

## Not Just For The Holidays, Sweet Potatoes Can Take Center Stage Every Day

Healthful and delicious, sweet potatoes aren't just for the holidays. These versatile vegetables are great in sweet and savory dishes and should be enjoyed year-round at any time of day.

California sweet potatoes are primarily grown on small family farms and are prized for their flavor and texture thanks to the Golden State's warm, dry climate and rich, sandy soil. One 4-oz. sweet potato has only 105 calories, 0g fat and no cholesterol, and contains an abundance of healthy properties such as fiber, protein, calcium, and vitamins A and C.

Here are a few ways to add sweet potatoes to your everyday, all-year enjoyment:

### Sweet Potatoes for Breakfast:

- Try using sweet potatoes instead of white potatoes in your go-to home fry recipe—they make great accompaniment to your favorite breakfast fare.
- The next time you make a breakfast hash, substitute sweet potatoes for regular potatoes or use a combo. Don't forget to add some onion and a sprinkle of cayenne for a little kick.

### Sweet Potatoes for Lunch:

- Toss roasted and cooled sweet potatoes with arugula, white beans and a basic mustard vinaigrette for a nutritious and delicious protein- and fiber-packed meal.
- For great flavor and texture, add sweet potatoes to any pu-



reed butternut squash or carrot and ginger soup recipe.

### Sweet Potatoes for Dinner:

- Cut sweet potatoes, carrots, turnips and parsnips into equal sizes, place on a roasting pan or cookie sheet, toss with a generous amount of olive oil, coarse salt, pepper and a dash of curry powder, and roast in a 350° F oven until done. Serve alongside chicken, pork, lamb, steak or fish.

### Sweet Potatoes for Dessert:

- Sweet potatoes and pecans are a match made in heaven—who can resist a slice of homemade sweet potato pie?

### Sweet Potatoes for Snacking:

- Oven-baked sweet potato chips are a delicious and healthy alternative to regular old potato chips and it's OK if you can't eat just one.
- And for the ultimate sweet potato snack, try making these California Sweet Potato Nachos:

### California Sweet Potato Nachos

Excellent for backyard barbecues, after-school snacking and watching the big game,

these nachos pack a ton of nutrients, color and flavor into a finger-lickin' format. Yay team!

Serves 4 to 6

- 2 lbs (3 to 4 medium) California sweet potatoes
- 2 Tbsp olive oil
- 1 tsp chili powder
- 1 tsp coarse salt, or more to taste
- 1/4 tsp pepper
- 2 c shredded cheddar and pepper jack cheese
- 1 c drained black beans
- 1 1/2 c fresh or frozen corn (thawed if frozen)
- 1 c guacamole
- Scallions, for serving
- Cilantro, for serving
- Salsa, for serving
- Sour cream, for serving

Preheat oven to 425° F. Cut each sweet potato lengthwise into 8 wedges (halve any long wedges crosswise). On large rimmed baking sheet lined with parchment, toss sweet potatoes with oil, chili powder, salt and pepper. Arrange wedges cut sides down and bake until browned and tender, 15 to 20 minutes. Add more salt to taste. Arrange wedges cut sides up and top with cheese, beans and corn. Return to oven and bake until the cheese is melted, 3 to 5 minutes. Top with guacamole, scallions, cilantro, salsa and sour cream and serve.

For more information about cooking with sweet potatoes, visit [www.casweetpotatoes.com](http://www.casweetpotatoes.com).

Nachos are nice and nutritious when made with sweet potatoes.

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