

SENIOR REPORTER

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AUGUST 2018

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

Bob Dylan

*"People today are still living off
the table scraps of the 60s."*

—Bob Dylan



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Incompetence Can Be Good and Bad

By Jim McDevitt



I had one of those sinus head colds with a fever; it was driving me nuts. The nurse practitioner on our mountain was closed so I told my wife I was driving to the clinic at the foot of our mountain. I would just walk in, look as pathetic as I could and hope they might fit me in. I had noticed with the fever that I was forgetting to do some things. It was 14 miles to the clinic, but traffic was light. I parked the car and quickly walked into the clinic.

It was 1:30 p.m. and I hadn't eaten lunch. The lady at the front desk said they had an opening at 3:30 p.m. I took it and returned to my car to drive to a fast-food place to grab something to eat. Standing at the car, I searched my pockets for the car keys. I always lock the car by hand because the remote doesn't work after 20 years of driving. I remembered fumbling with the keys as I turned off the motor and hurried out of the car. I thought I put them in my pocket. How could I lose them in the short distance from the car to the clinic?

I retraced my steps and even went into the clinic to look on the floor. Nothing. I returned to the car and squinted to look

through the driver's side window. The keys were still in the ignition. To say I felt stupid would be an understatement. I pulled my cell phone from my pocket and called my wife at home. I explained my situation and asked my wife to drive down to meet me at the clinic with the other set of keys for the car. It was a good thing we still kept two sets of keys for both cars.

My wife arrived with the keys to save the day and asked how I managed to lock the keys in the car. I wished that I had a good explanation but I didn't and blamed the fever. A week later, having fully recovered, I was doing grocery shopping off the mountain. I went through the checkout line with a full cart being unloaded and reloaded after the items were scanned by the cashier. I asked the bagger for boxes so I could carry the groceries up the stairs more easily. The bagger complied, and I pushed my wagon toward the parking lot where my car was.

Because of the summer heat and the distance we travel to go shopping, I carry two coolers with ice to protect the food that might spoil in the heat. I also have an insulated bag that I was going to put the rotisserie chicken in till I got home. I unloaded the groceries and placed the milk in the cooler along with ground beef and frozen chicken breasts. I

put the cartons of groceries in the boxes in the seats behind the driver's seat. But where was my rotisserie chicken? In the rush the bagger must have loaded my rotisserie chicken in someone else's cart.

I rushed back into the store with my receipt and went back to the same cashier to see if my rotisserie chicken was still there. They didn't have it and I remarked how someone else must have got lucky and got a free rotisserie chicken.

The cashier was sure she had loaded it and I offered to let them come and go through my car to look for it. They declined and instead the bagger went and got me another rotisserie chicken. Once I had gotten the chicken, I went back to my car and put it in the insulated bag to keep it warm. An hour later I was at home unloading the groceries and telling my wife what had happened. I went back downstairs and started back up with a carton of groceries. Upstairs I unloaded the groceries and discovered the original rotisserie chicken hidden under some cans of coffee. Now I had a free chicken. I think I have managed to give new meaning to the word incompetence.



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2018 SCHEDULE OF EVENTS

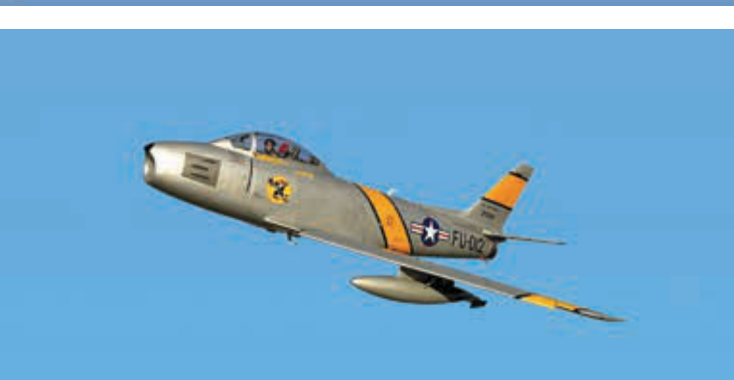
(See our website www.planesoffame.org for more information)

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

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

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

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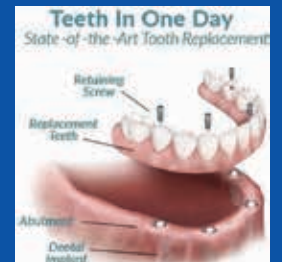
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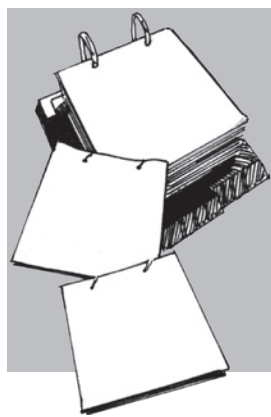
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August Calendar of Events



As the dog days of summer get closer, be sure to check out some or all these local events before summer fades into the sunset. There's festivals, a rodeo, and much more to help you make the end of summer one to remember.

La Habra Corn Festival La Habra

Aug. 3-5

Food, rides, games, music and more for all at the La Habra Corn Festival. Meet Miss La Habra and her court when you purchase raffle tickets for a new car or other prizes. Enjoy hot buttery corn on the cob, sandwiches, sweet warm funnel cakes and other foods. Spectator admission and live entertainment is free throughout the weekend. At, El Centro Lions Park, 201 North Cypress, La Habra. Call, 562-691-3482.

The Johnny O Foundation and Old- World Village Cruisin' For the Cause Huntington Beach

Aug. 4

Event begins 8 a.m.

Market hours: 9 a.m. to 3 p.m.

See cars and enjoy all the events at Old World Village. Free donuts and drinks (while supplies last) for cars who en-

ter the event. Raffles for prizes. The event is open to all makes and models of cars, and trucks. Market consists of a farmer's market, food and drink, collectibles, arts and crafts. Free parking and free admission. At West parking lot at Old World Village, 7561 Center Ave. (I-405 and Beach Blvd.), Huntington Beach.

Civil War Days at Heritage Museum OC Santa Ana

Aug. 4-5

Heritage Museum will offer two days of learning from the Confederate and Union soldiers as they re-enact daily routines during the Civil War. See large and small Civil War weapons and artillery, experience canon fire demos, and visit blacksmith shop for interactive activities. Free parking. At, Heritage Museum of Orange County, 3101 W Harvard St. Santa Ana.

Rancho Summer Nights

Aug. 11

5:30 p.m.

Saddleback Rancho Capistrano Summer Concert series featuring Tyrone Wells. Tyrone is a singer/songwriter with more than 60 million Spotify streams, 55,000 albums and 400,000 singles sold. His mu-

sic has been placed in more than 75 films and TV shows, and he has featured as the No. 1 iTunes singer/songwriter and Top 10 iTunes. For adults, kids, families and couples. Free. Bring low lawn chairs, blankets and picnics. Food trucks will be available, no alcohol permitted. At, Saddleback Church Rancho Capistrano, 29251 Camino Capistrano, San Juan Capistrano.

San Clemente Fiesta Street Festival

San Clemente

Aug. 12

9 a.m. to 7 p.m.

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

Let's Paint

Santa Ana

Aug. 15

2 p.m.

Fairhaven Memorial launches LIFT, a social support group for seniors that offers activities, outings and education.

The first event, "Let's Paint," is a group painting class with step-by-step instruction. This is a free event and all necessary materials will be provided. At, Fairhaven Memorial Park, 1702 Fairhaven Ave., Santa Ana. Please RSVP to Cynthia Adair at 714-633-1442.

Brea Fest

Brea

Aug. 17

6:30 p.m. to 10 p.m.

This free event is a food, drink, music and art festival. Brea Fest draws thousands of attendees each year with live bands, outdoor dancing, a gallery exhibit and artist demonstrations, along with theatre performances. More than 35 area restaurants will provide food and beverage samples with taste tickets being sold for only \$3 each. The event also supports the arts in Brea, including Curtis Theatre productions, Brea Gallery exhibits, Concerts in the Park, and arts education programs. At, Brea Civic & Cultural Center, 1 Civic Center Circle, Brea. Call, 714-990-7771.

Harvest Crusade

Anaheim

Aug. 17-19

Annual Harvest Crusade event, designed to be opportunities for Christians to invite family

members, co-workers, 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.

Plum Festival Huntington Beach

Aug. 19

2 p.m. to 6 p.m.

This is a fun family day to celebrate and enjoy live music, carnival games, plum cakes, plum crepes, Berliners, BBQ kitchen and Wiener dog races. Free admission for all. At, Old World Village Festival Hall, 7561 Center Avenue No. 49, Huntington Beach.

Dachshund Races Huntington Beach

Aug. 19

3 p.m. (doors open at 2 p.m.)

Come see the short-legged but swift 'Wiener Dogs' race to the finish line once a month at Old World Village. Arrive early and stay for lunch on the dog-friendly patio. Free admission for this month. More 2018 dates: Nov. 11, Dec. 9. At, Old World Village, 7561 Center Ave., Huntington Beach.

One Spirit Many Souls

Continued on page 14

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Fifties Flashback

By Randal C. Hill

'Afternoon Delight'

At 3 p.m. on Monday, Aug. 5, 1957, a red camera light winked on in Philadelphia's cramped WFIL-TV studio. Amid the background strains of a hopelessly square instrumental theme—Les Elgart's *Bandstand Boogie*—came the introduction: "Hi, I'm Dick Clark. Welcome to *American Bandstand*." Those eight words, spoken by the 26-year-old host in a voice like warm honey, launched history's most successful national daytime show.

In 1952, Philadelphia radio DJ Bob Horn had started a popular local WFIL-TV afternoon dance show called *Bandstand*. Following some DUIs and a morals charge (never proven) involving an underage girl, Horn was sacked in 1956. Clark took over, made *Bandstand* an even bigger Philadelphia show, and one year later took the program nationwide.

A Syracuse University business graduate who was *GQ*-perfect in appearance, Clark proved at ease with the TV camera and presided over his show like a kindly principal overseeing a school dance.

His 90-minute daily *American Bandstand* featured clean-cut teenagers dancing to records and, between the discs, Clark schmoozing with the (basically all-white) audience. A strict dress code dictated that the boys wore jackets and ties, the girls skirts and blouses or dresses. Onscreen hormones

abounded in a G-rated sense; kids often flirted, hooked up, broke up and got back together — all before a national audience. Some couples—Justine Carelli and Bob Clayton come to mind here — even became fleetingly famous.

The show offered well-controlled fun. On the Rate-A-Record segment, audience members evaluated the latest singles. A dreamy "Spotlight Dance" slowed the often frantic action on the floor. A Top 10 Countdown listed the best-selling 45s of the day. Recording stars who visited usually signed autographs after their lip-synched performances. Most major rockers of the 1950s longed for a coveted spot on *Bandstand*—with two exceptions: Elvis Presley and Ricky Nelson. Neither needed the TV exposure.

American Bandstand featured a soundtrack of mainstream pop and rock songs—no "raunch 'n' roll" was allowed—that helped soften parents' objectives to the "wild" music that their offspring were embracing.

Clark had many financial stakes in the records he spun, and with his clout launched the careers of numerous teen idols, often cute Italian-American boys recruited from the nearby South Philadelphia neighborhood and given new names for the stage. Francis Avallone emerged as Frankie Avalon. Fabiano Anthony Forte began

life anew as Fabian. Robert Ridarelli won fame as Bobby Rydell. Ernie Evans — a part-time chicken plucker at a market — became *American Bandstand's* first black teen idol as Twist sensation Chubby Checker.

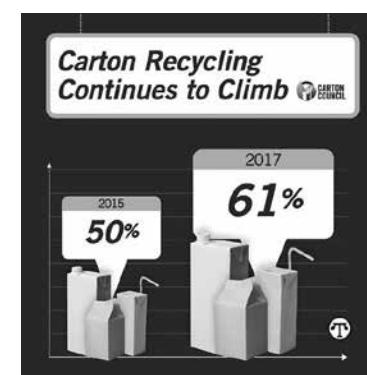
Watched by 20 million teenagers and adults, the show emerged at a time of monumental change in culture and musical tastes, with Clark being a major part of that tectonic shift. As one of the most significant forces in early Rock 'n' Roll, *American Bandstand* caught on with warp speed. Decades later, Clark told music mogul Joe Smith, "It took all of 20 minutes after we went off the air that first day for us to know we had a monster on our hands."

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Research Reveals Recycling Is Increasingly Popular

Here, for a change, is good news about the environment: Americans are recycling their food and beverage cartons more than ever and continue to look to brands to actively help drive the recycling of their products' packages, according to a new survey.



What The People Want

The national study commissioned by the Carton Council of North America showed that 61 percent of respondents report they always recycle their food and beverage cartons, up 11 percentage points from when the survey was last conducted two years ago. Nearly all—94 percent—think recycling is important and 74 percent believe recycling should be made a priority.

People also have high environmental expectations for the brands they buy. Consumers overwhelmingly expect food and beverage brands to be committed to recycling. More than nine out of 10 said brands should take an active role in helping to increase the recycling of packages. And 56 percent said their loyalty to a food or beverage brand is affected by the brand's engagement with environmental causes.

How To Tell Whether Something Is Recyclable

The survey showed that packaging remains the top source for determining recyclability, while friends and family as well as the news gained momentum. Nearly two-thirds of

respondents said that if a package did not have a recycling symbol or language indicating the item is recyclable, they would assume it's not.

One help is that now food and beverage cartons can carry the standard "Please Recycle" logo. The ability to use the label is based on the milestone that more than 60 percent of U.S. households have access to carton recycling, a threshold set by the Federal Trade Commission green guidelines for packaging.

However, just because a package doesn't have a recycling symbol, doesn't mean that it's not recyclable. To find out, consumers should call their local community or visit its website.

"The survey findings highlight that as more Americans have gained access to food and beverage carton recycling, awareness that cartons are recyclable has also increased," explained Jason Pelz, vice president of recycling projects for the Carton Council of North America and circular economy direc-

Continued on page 14



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Bob Dylan

By Les Goldberg

When the iconic Bob Dylan was inducted into the Rock & Roll Hall of Fame, another singing icon, Bruce Springsteen, told the audience: “Bob freed the mind the way Elvis freed the body. He invented a new way a pop singer could sound, broke through the limitations of what a recording artist could achieve and changed the face of rock and roll forever.”

It was Elvis, in fact, along with Jerry Lee Lewis and Little Richard who influenced Dylan who was born Robert Allen Zimmerman in 1941 in Duluth, Minn. In his early years he listened to the radio — first to Blues and Country stations from Shreveport, LA., and later, when he was a teenager, to Rock 'n Roll.



While in high school, he learned to play the piano and imitated Little Richard at the school dances and formed his own bands, including the Golden Chords, as well as a group he fronted under the pseudonym of Elston Gunn.

Their performance of Danny & the Juniors' *Rock and Roll Is Here to Stay* at their high school talent show was so loud that the principal cut



the microphone. On Jan. 31, 1959, three days before his death, Buddy Holly performed at the Duluth Armory where 17-year-old Zimmerman was in the audience.

That same year, as Elston Gunn, he performed two dates with Bobby Vee, playing piano and clapping, before moving to Minneapolis and enrolling at the University of Minnesota.

His focus on Rock 'n Roll gave way to American Folk music. He explained the switch in a 1985 interview:

“The thing about Rock 'n Roll is that, for me anyway, it wasn't enough ... There were great catch-phrases and driving pulse rhythms ... but the songs weren't serious or didn't reflect life in a realistic way. I knew that when I got into Folk

music, it was more of a serious type of thing. The songs are filled with more despair, more sadness, more triumph, more faith in the supernatural, much deeper feelings.”

During his college years, he performed at a coffeehouse a few blocks from campus. It was during those days when he began introducing himself as “Bob Dylan,” the name inspired by the *Gunsmoke* TV character.



Fame Beckons

In May 1960, Dylan dropped out of college and began performing in New York City with his musical idol Woody Guthrie, who was seriously ill with Huntington's disease. Describing Guthrie's impact, he wrote: “The songs themselves had the infinite sweep of humanity in them ... [He] was the true voice of the American spirit. I said to myself I was going to be Guthrie's greatest disciple.”

From February 1961, Dylan played at local clubs, gaining inspiration from other Folk singers.

His career received a huge boost from *New York Times* critic Robert Shelton who wrote:



“Among the newer promising talents deserving mention are a 20-year-old latter-day Guthrie disciple named Bob Dylan, with a curiously arresting mumbling, country-steeped manner.”

A Columbia Records contract soon followed.

The performances on his first Columbia album, Bob Dylan, consisted of familiar Folk, Blues and Gospel but didn't sell. Before Columbia could drop him, Johnny Cash came to his rescue. He continued his contractual obligations by contributing harmonica and backup vocals to other performers.



By the time of his second album, *The Freewheelin' Bob Dylan*, he had begun to make his name as a singer-songwriter. Many songs on this album

were labeled protest songs, inspired partly by Guthrie and Pete Seeger.

‘Blowin’ in the Wind’

The first song on the Free-wheelin' album, *Blowin' in the Wind*, was widely recorded by other artists and became a hit for Peter, Paul and Mary. The song, *A Hard Rain's a-Gonna Fall* became a theme during the Cuban Missile Crisis. Both songs marked a new direction in songwriting, combining traditional Folk with timely lyrics.



Dylan's topical songs enhanced his early reputation, and he came to be seen as more than just a songwriter. Said one critic: “these songs established Dylan as the voice of his generation.” One of the album's biggest fans was the Beatles. George Harrison said of the album, “We just played it, just wore it out. The content of the song lyrics and just the attitude — it was incredibly original and wonderful.”

Continued on page 11

Bob Dylan

Continued from page 10

Many of his early songs reached the public through other performers, such as Joan Baez, who became Dylan's advocate, as well as his lover. Baez was influential in bringing him to prominence by recording several of his early songs and inviting him on stage during her concerts.

"It didn't take long before people got it, that he was pretty damned special," she said.

Others who had hits with Dylan's songs in the early 1960s included the Byrds, Sonny & Cher, the Hollies, Peter, Paul and Mary, the Association, Manfred Mann and the Turtles.

By this time, Dylan and Baez were prominent in the Civil Rights movement, singing together at the March on Washington on Aug. 28, 1963. Dylan's third album, *The Times They Are a-Changin'*, reflected a more politicized Dylan.

However, in the latter half of 1964 Dylan moved from Folk and political activist songwriter to Folk-Rock Pop-music star. His 1965 album *Bringing It All Back Home* featured four songs on which Dylan accom-

panied himself on acoustic guitar and harmonica.

The single *Mr. Tambourine Man* became a huge hit for the Byrds and *It's All Over Now, Baby Blue* and *It's Alright Ma (I'm Only Bleeding)* were two of his most important compositions. But his biggest chart topper yet was *Like a Rolling Stone*, prompting Springsteen to call it "that snare shot sounded like somebody'd kicked open the door to your mind." In 2004 and in 2011, *Rolling Stone* listed it as number one of *The 500 Greatest Songs of All Time*.

Over the course of the next three decades, Dylan continued to reinvent himself. Following a near-fatal motorcycle accident in July 1966, Dylan spent almost a year recovering in seclusion.

In 1973, Dylan made his movie debut in *Pat Garrett and Billy the Kid*, a Sam Peckinpah film for which he also wrote the soundtrack, including the now-classic song, *Knockin' on Heaven's Door*.

In 1979 Dylan's *Slow Train Coming* song also became a commercial hit and won Dylan his first Grammy Award. In 1982, he was inducted into the Songwriters Hall of Fame.

Rock Star Status

Beginning in the 1980s, Dylan began touring full time, sometimes with fellow legends Tom Petty and the Heartbreakers and the Grateful Dead. In 1994, Dylan returned to his Folk roots, winning the Grammy Award for Best Traditional Folk Album for *World Gone Wrong*.

In 1997, Dylan became the first Rock star ever to receive Kennedy Center Honors, considered the nation's highest award for artistic excellence. That year he recorded the album *Time Out of Mind* which won three Grammy Awards.

After performing for Pope John Paul II, he recorded the single *Things Have Changed* in 2000 for the soundtrack of the film *Wonder Boys*, starring Michael Douglas. The song won Dylan a Golden Globe and an Academy Award for Best Original Song.

No Slowdown

In 2006, Dylan released the top-selling studio album *Modern Times*. Showing no signs of slowing down, Dylan continues to tour and record new songs to this day.

In addition to winning Grammy, Academy and Golden



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American Heart Association



Globe awards, Dylan has received the Presidential Medal of Freedom and the Nobel Prize in Literature, the first time the honor was bestowed on a musician.

This year, he was one of the artists featured on the album *Universal Love: Wedding Songs Reimagined*.

When he is not making music, Dylan has explored his talents as a visual artist. His paintings appear on the covers of his albums, *Self Portrait* (1970) and *Planet Waves* (1974), and he has published several books of his paintings and drawings, as well as exhibited his artwork around the world.

The Gadget Geezer

By Les Goldberg

Fall Shows = New TV?

With the fall season right around the corner, television viewing by those of you in the Boomer generation and older is expected to reach new heights. In fact, a recent study by DMN3, a leading research institute, estimates that the more than 75 million who fall into that category will be sitting in front of their TVs watching the latest primetime programs.

The question is: will you be taking advantage of the newest television technology to enjoy your favorite shows and sports, i.e.: the Emmy's, Oscar's, Rose Bowl Parade, college football, World Series and Super Bowl?

If you are in the market for

upgrading your TV, here are some things to consider before buying:

- Most experts recommend "Smart" TVs. They are smart because they are controlled by software that allows them to perform several functions, like gaming, streaming and channel programming, to name just a few. Like computers, the software requires frequent updating.
- The TVs can "crash," resulting in freezes, shutdowns and periodic blackouts. And, they are vulnerable to malware and other viruses if infected Apps are downloaded from an untrustworthy source. Again, they are computers.
- If you want to watch local programming, your Smart TV must be connected to Cable,

satellite or an HD antenna. For Internet browsing, it depends on which TV you decide to buy.

- Choose between LED and Plasma displays. LEDs, which shine light from behind the screen and illuminate the pixels to create the images, are preferred by TV manufacturers because they are less expensive, last longer and weigh less than Plasmas.
- Most Smart TVs come equipped with Wi-Fi receivers and can pick up the wireless signals from most modems and routers within 30 feet. It is recommended, however, that you invest in a dual-band router to make sure you are connected to the Web 24/7.
- Ask your sales representative to explain the differences between remote controls of whatever TV brand you are considering. Some TVs come with simplified, easy-to-use remotes while many have remotes that are programmable and offer features like specific buttons for microphones, 3D and DVRs.
- Finally, but not the least important, is sound quality. Experts agree that unless your TV is situated in a normal-sized room, you may need to either turn up the volume, make sure your hearing aids are working or invest in a Surround Sound system (prices start at about \$150). Smart TVs have small speakers that are built into the narrow frame of the screen.

After you have educated yourself about your future TV investment, it is time to decide on which brand is best for you and your family. After shopping around, I have narrowed by recommendations to five Smart TVs that offer the most "bang for your buck," keeping in mind that pricing depends on three basic factors: 1) screen size 2) number of features and 3) sales and location of purchase, i.e.: Walmart or Macy's. They are:



- Samsung's 75-inch QLED 4K – Highest quality motion clarity, wider viewing angles, wide variety of inputs and bright LED backlight for enhanced visibility in low lighting. With a 75-inch screen, it is best suited to larger rooms, home theaters and clubhouses. Price: \$4297.99 at Fry's.



- LG's 65-inch LED 4K – High picture quality on spacious 65-inch screen. It has a fast and responsive operating system for app streaming and allows for easy setup and feature navigation. Price: \$997 at Fry's.
- Samsung's 50-inch LED 3K – Vibrant high-definition im-



age resolution, excellent sound and Wi-Fi responsiveness have made this model one of the most popular in the reasonably priced category. \$580 at Best Buy.



- Sharp's 50-inch LED 4K – Also in the "reasonably priced" category is this Sharp model featuring its AquoMotion technology designed to make images "almost life-like" and picture quality extremely vivid. The sound quality and remote are slightly above average. \$580 at Walmart.



- Vizio's 50-inch LED HDTV – At the lowest rung on the price ladder but offering many of the big-price features is this TV that comes with reliable Smart technology, access to numerous Apps, vivid image quality

Continued on page 14

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Fabulous Finds

By Debbie L. Sklar

Before summer ends why not treat yourself to some of these Fab Finds for yourself, as well as your home? We've got some great furnishings and lovely flowers that need no care. Before you know it, autumn will be here, and you'll be back to the grind.

Pretty Flowers for the Home



Available in all the Venus **ET Fleur** boxes, Earl Grey and Mauve Rose shades are the latest colors to add sophistication. Both colors are the perfect neutral for the centerpiece in your home: Mauve, a dusty lavender and Earl Grey, a light grey with subtle lavender hue. They require absolutely no maintenance, or watering and continue to look luxurious and elegant year after year. Price: From \$39, available at www.venusetfleur.com

Comfy Chairs

Therapedic International introduces a line of power lift recliners and loft chairs to its array of comfortable home furnishings. The new line of seating features premium support, ergonomics and padding in all the right places, as well as stylish colors and materials to match any home décor. **The**



Therapedic Power Lift Chair Recliners feature gel-infused foam to keep you cool while relieving pressure points, high-tech pressure-mapping ensures padding and support are in all the right places. Also, whisper quiet motors ensure minimal noise disruption while reclining. Includes battery back-up in case of power outage, two side pockets for extra storage, built with environmentally-friendly fabric and materials. Available in a variety of trending colors including mocha, smoke, cream, black and more. Styles ranging from \$399 to \$1,499, available on Amazon.com and at other select retailers.



Therapedic Urban Loft Swivel Chairs with Ottoman feature plush upholstered arms, integrated headrest and separate ottoman. Leather-Soft leather and polyurethane upholstery adds softness and durability. Equipped with a

lever adjusting recliner and ball-bearing swivel seat. Wood base with floor glides that won't damage flooring. Available in a variety of trending colors including black, beige, palomino, brown vintage and more. Styles ranging from \$299 to \$699, available on Amazon.com and at other select retailers.

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In North America, we're still cleaning our bottoms like we're in the 1800s. Toilet paper is expensive, bad for the environment and bad for our butts. Let's move into the 21st century with Tushy, a modern bidet attachment that's much better for your precious rear end, your wallet and the earth. The negatives associated with toilet paper are staggering: For example, more than 15 million trees are cut down every year to make toilet paper. From an economic perspective, the average American spends \$200 every year on toilet paper. By simply switching from wiping to washing our butts with Tushy, you will be a lot better off. But aren't bidets expensive and hard to install? No, that's the whole point of Tushy. This \$69 bidet attachment is

sleek, lightweight, and attaches easily to any toilet without any complicated plumbing required. No more excuses for spending hundreds on toilet paper and hurting your bottom. Visit hellotushy.com

AUGUST CALENDAR

Continued from page 8

Dance & Music Festival Huntington Beach

Aug. 25

2 p.m. to 7 p.m.

Guest artists, international dancers, food, craft vendors. Kamakani Komohana Organization is a 501(c)3 non-profit, dedicated to the preservation and education of Polynesian culture, dance, and music. Tickets: Admission VIP is \$35. Assigned seating is \$25. At, Old World Village, 7561 Center Ave., Huntington Beach.

Rancho Mission Viejo Rodeo

San Juan Capistrano

Aug. 25-26

Annual Rancho Mission Viejo Rodeo is for everyone and is considered 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.



The Gadget Geezer

Continued from page 12

and a Smart remote. Although it is easy to set up and operate, you may find the sound quality and slower response rate a compromise for the price of only \$300 at Walmart.

Like buying a car there are many brands, features, sizes and prices to choose from. If you spend as much time watching the "boob tube" as your generational counterparts, jumping into the "Smart TV" era could be one of the smartest things you do this summer. But shop around and shop carefully armed with knowledge.

Research Reveals

Continued from page 8

tor for Tetra Pak. The Carton Council works to deliver long-term collaborative solutions to divert valuable cartons from the landfill.

Learn More

For an in-depth look at the research findings, visit www.CartonOpportunities.org/survey. For more on recycling cartons, see www.CartonOpportunities.org.



Good News For Older Drivers

Staying on the road to safety and savings can be easier for many mature Californians than they realize.

That's because you can now take a "mature driver" course from the comfort of your home to tune-up your driving skills and save hundreds of dollars on your auto insurance. Auto insurance rates increase after the age of 55 even if you have a spotless driving record but California State Insurance Law Section 11628.3 mandates that auto insurance companies give drivers 55 or older a discount on their auto insurance premiums if they complete a mature driver course.

Fortunately, getting a senior discount on your auto insurance can be as simple as signing up for an online class such as the one offered by Mature Driver Tune-Up.

About The Course

There are many good reasons to take the course. For one thing, it's good for three years of insurance discounts. On average, people save \$90 a year on their auto insurance, but you can find out how much you'll save by contacting your insurance agent before taking the course.

For another, once you do, you'll be up to date on the latest rules of the road and defensive driving techniques.

Plus, it's easy to do. You take it in the comfort of your home using a computer or tablet—



not sitting in a classroom for eight hours to which you have to travel. There are no stressful tests. You just read and watch the online videos to pass. You can also take it anytime you want, 24 hours a day, seven days a week. Because there's no deadline by which you must finish, you get to take your time and start and stop the course as many times as you'd like.

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Learn More

For further facts or to register for the course, visit www.MatureDriverTuneUp.com.



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By Randal C. Hill

'Harper Valley P.T.A.'

Jeannie C. Riley

August 1968

In 1967, Country artist Margie Singleton recorded a Top 40 Country hit with her cover version of Bobbie Gentry's *Ode to Billie Joe*. A year later, Singleton asked songwriter Tom T. Hall, who had a knack for narrative and a keen eye for detail, to write her a similar tune.

Hall, who had once been a DJ in Salem, Va., used to spend his free time writing poetry and strumming his \$46 guitar. Later, after creating minor Country hits for Jimmy Newman and Dave Dudley, he relocated to "Music City"—Nashville.

Hall honored Singleton's request, basing his *Harper Valley P.T.A.* melody on *Ode to Billie Joe* and his lyrics on gossip that he had once overheard about a young widow while growing up in Olive Hill, Ky. He later recounted, "I was fascinated by [the widow's] grit. To see this very insignificant, socially disenfranchised lady—a single mother—who was willing to march down to the local aristocracy and read them the riot act, so to speak, was fascinating."

His inspiration for the song's title came about one afternoon when he noted the name Harpeth Valley Elementary School as he drove through the Nashville suburb of Bellevue.

Hall's slice-of-life song involves a raucous confrontation between a young widow and the local powers that be, who object to her mode of dress, her familiarity with the local men and her social drinking.

In the story, a junior-high girl brings her mother a note from the local P.T.A. board that berates the lady for her behavior and the bad example she is setting for her daughter. The offended mother — Mrs. Johnson — storms into the afternoon P.T.A. meeting, boldly dressed in a miniskirt, and exposes various instances of board-member indiscretion and misbehavior, with her final salvo being

This is just a little Peyton Place, and you're all Harper Valley hypocrites.

Ouch!

Jeannie C. Riley was a striking 22-year-old from Stamford, Texas, who in 1966 had moved to Nashville with her husband and infant daughter. Riley worked as a \$41-a-week secretary for a music publisher while recording demos (demonstration records) part time. One day Jeannie cut a demo — in just one take — of Hall's *Harper Valley P.T.A.* for newly formed Plantation Records. On learning that Margie Singleton had already recorded Hall's as-yet-unreleased

ditty, the Plantation honchos rushed Riley's version onto the market to beat the competition.

It turned out to be a wise business move. Riley's mini-soap opera caught fire overnight and eventually topped the Country and the Pop charts, the first such feat for any female country recording artist. Her song later inspired a 1978 film and, in 1981, a spinoff TV series, starring Barbara (*I Dream of Jeannie*) Eden playing put-on Mrs. Johnson, who now had a first name — Stella.

Riley recorded five more Top 10 Country hits for Plantation Records but would never again enjoy another pop success, although her now-iconic single proved popular enough to ensure her a place of honor in 1960s music history.

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“EVERY MORNING MY HUMAN ASSES HIS FACE FURIES FUNNY LIKE THAT.”

—TUX
adapted 05/04/11

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Get Comfortable with a Reverse Mortgage

Features and Safeguards for Your Peace of Mind

More than 95% of reverse mortgages are Home Equity Conversion Mortgage (HECM) loans, which are insured by the U.S. government. This useful loan option is designed to help homeowners and homebuyers age 62 and older convert some of their home equity into cash—so they can live more comfortably, with greater financial independence. Built into this financial tool are several important features and safeguards, for your security and peace of mind, including:

No Monthly Mortgage Payments

A reverse mortgage does not have to be repaid (i.e. no monthly payments) until you sell or no longer live in your home. As the homeowner, you would only be required to pay the hazard insurance and property tax payments, and maintain the condition of the home. No Surprise Costs

During the application process, you'll receive a clear and detailed breakdown of all fees and closing costs, including the total loan costs over the projected life of the loan.

Asset Protection

After the loan is repaid, any remaining equity belongs to you or your heirs. Also, the HECM reverse mortgage is insured by the FHA, making it a "non-recourse" loan. This means that you can never owe more than the value of your home at the

time you or your heirs sell your home to repay your reverse mortgage.

Limitation On Fees

Origination fees are regulated by the U.S. Department of Housing and Urban Development (HUD), and cannot exceed HUD limits. In addition, origination fees and closing costs may be financed as part of the reverse mortgage, so out-of-pocket expenses can be minimal.

Independent Counseling

To ensure that you understand all aspects of a reverse mortgage, you're required to have a counseling session with an independent counselor who's approved by the U.S. Department of Housing and Urban Development (HUD). It usually takes about 60 to 90 minutes and can be done in-person or over the phone. (Some states require face-to-face counseling.)

No Prepayment Penalty

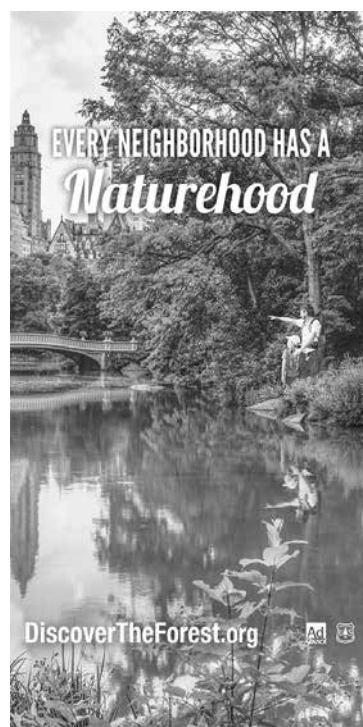
Although a HECM loan is not due until the borrower permanently vacates the home, it can be paid off at any time, with no additional fees.

The Right Choice

A reverse mortgage may be the perfect, safe solution to provide you with the financial independence you deserve in these golden years. Home equity for most is the largest accumulation of reserves, and a reverse mortgage is just the

tool to conservatively use this wealth to serve your financial and emotional needs throughout retirement years.

Brian Dolan, MBA is a retired Marine Corps Officer, and a Reverse Mortgage Professional that can be reached at 714 831 1315 or BrianDolan@Cercapomeloans.com.



THIS IS WHAT HIGH BLOOD PRESSURE LOOKS LIKE.

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Antibiotics And Your Dentist—CDC Urges You To *Be Antibiotics Aware*

The Centers for Disease Control and Prevention (CDC) encourages the public to *Be Antibiotics Aware* by talking with their dentists about when antibiotics are needed for their oral health. While antibiotics have a role to play, they should only be used when needed. Any time antibiotics are used, they can cause side effects and lead to antibiotic resistance.

Dentists Can Help You Be Antibiotics Aware

Your dentist will tell you if you need antibiotics for an oral infection or before you have dental work. It is important to take antibiotics exactly as prescribed. Your dentist can talk to you about when antibiotics are needed, what they do and do not treat, and why you should not share your antibiotics or save them for a future illness.

Understanding Antibiotic Resistance

Antibiotic resistance is one of the most urgent threats to the public's health. Always remember:

- Antibiotic resistance does not mean the body is becoming resistant to antibiotics; it means bacteria have developed the ability to defeat the antibiotics designed to kill them.
- When bacteria become resistant, antibiotics cannot fight them, and the bacteria multiply.
- Some resistant bacteria can be harder to treat and can spread to other people.



When You Need Antibiotics from a Dentist

Antibiotics are needed for treating certain oral infections caused by bacteria—especially if fever or swelling is present. Antibiotic prophylaxis—when antibiotics are prescribed as a precaution to prevent infection—is sometimes used before a patient gets dental work. Before having dental work, talk to your dentist about any drug allergies or medical conditions that you have.

Always Take Antibiotics the Right Way

Your dentist can explain what dose needs to be taken, how long the antibiotic needs to be taken, at what times it should be taken, and if it needs to be taken with food and water. If your dentist prescribes an antibiotic, ask if it is the recommended antibiotic for your condition.

When Antibiotics Aren't Needed

Antibiotics do not work for oral infections caused by a virus, cold sores or fungal infections. They will also not cure a toothache. Your dentist must examine your mouth and determine what is causing the pain. Your dentist will decide

if antibiotics are appropriate for your dental problem.

Possible Side Effects of Antibiotics

Antibiotics save lives. When you need antibiotics, the benefits usually outweigh the risks of side effects or antibiotic resistance.

When antibiotics aren't needed, they won't help you and the side effects could still hurt you.

Talk with your dentist if you develop any side effects, especially diarrhea, since that could be *Clostridioides* (formerly called *Clostridium*) *difficile* infection (also called *C. difficile* or *C. diff*), which needs to be treated immediately. *C. difficile* can lead to severe colon damage and death.

Reactions from antibiotics cause one out of six medication-related visits to the emergency department.

Other side effects from antibiotics can include:

- Rash
- Dizziness
- Nausea
- Yeast infections
- Life-threatening allergic reactions

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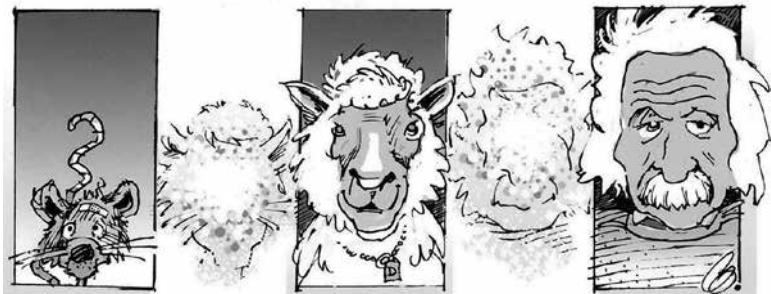
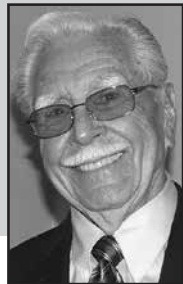
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Continued on page 28

Genetic Research

By Robert E. Horseman, DDS



"Now we have the technology that can make a cloned child," writes Steve Connor, Science Editor of THE INDEPENDENT.

We should proceed cautiously here, more so than was exercised creating the child in the first place. Recognizing the wide diversity of members of, say, the Osmond Family and the Manson Family, not everybody should get to vote.

Remember Dolly, the Ewe de Benchmark clone of a few years ago? The technology involved in Dolly's cloning is said to be vastly more complicated than this new procedure that is so simple and efficient, scientists are worried some maverick attempts to perform it would be too real to ignore. Robert Lanza, chief scientific officer of Advanced Cell Technology, an American biotechnology company, warns, "It's unethical and unsafe. If this was applied to humans, it would be enormously important and troublesome." Dr. Lanza probably is referring to the parents of teenaged children who would jump at the chance

to do a little discreet gene manipulation if they thought it wouldn't make things worse. Apparently, it is another of these things like performing your own rhinoplasty we are forever being warned about to "never try this at home."

To date, fears that the successful cloning of Dolly would result in the world being overrun by look-alike sheep have not materialized although it would be hard to tell. To the untrained eye, sheep, like penguins, look pretty much the same. Nevertheless, Lanza says, "We now have a working technology whereby anyone, young or old, fertile or infertile, straight or gay can pass on their genes to a child by using just a few skin cells." Not discussed yet is the inevitable problem of convincing the cloned individual that he is not the original.

If you, as a layman, have trouble absorbing these biotechnical revelations, rest assured they work. Presumably, those selected skin cells should not be saturated with tattoo ink, in which case the clone might resemble a Jackson Pollock canvas.

The cloning research is not being done on live people, but, as usual, on mice. Put a mouse alongside a man, like in a police lineup and you fail to see any physical connection that would warrant the substitution. Men are taller, for one thing. But you are not a scientist, a group that has learned by experience that a mouse will put up with indignities a man and the PETA will not tolerate. Mice have been reprogrammed and genetically tweaked until almost anything is possible except a normal, cheese-eating existence.

As long as mousetraps still work and crazed rogue mice are not running up pant legs or down blouses, we are content to leave the experiments to the lab techs and concentrate on the promises and waffling of political candidates. A Federal grant for research labs is small potatoes compared to the \$500 million or so required for presidential campaign expenses. The results for both are frequently disappointing.

Set aside for the moment the religious and ethical elements of producing "designer children." It is our obligation as dental professionals to ponder not only how many implants can be billed to a working man's salary and how many

Continued on page 26

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August Book Club

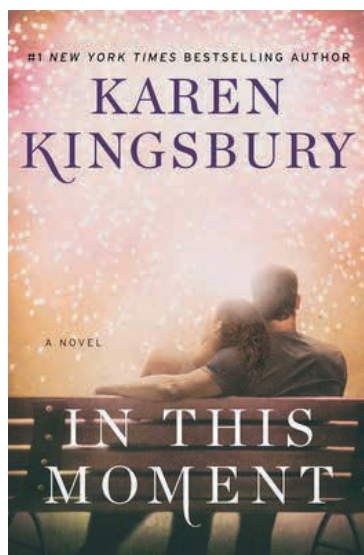
By Debbie L. Sklar

Don't let summer slip by without discovering these new books that range from a thriller from Stephen King to a novel about the worst sea disaster in United States naval history.

In This Moment

A Novel

By Karen Kingsbury



"Hamilton High Principal Wendell Quinn wants to see real change in his community, so he starts a voluntary after-school Bible Study and prayer program called Raise the Bar. He knows he is risking his job by leading the program, but before long, Raise the Bar meetings are standing room only.

"A year later, violence and gang activity are sharply down, test scores are up, and

drug use and teen pregnancy have plummeted. The program is clearly working—until one parent files a lawsuit, claiming Wendell has violated his daughter's rights.

"But Principal Quinn knows God is on his side, and he refuses to back down. As he prepares for court, he is deluged by a storm of national attention and criticism. He wants just one attorney on his side in the fight of his life—Luke Baxter

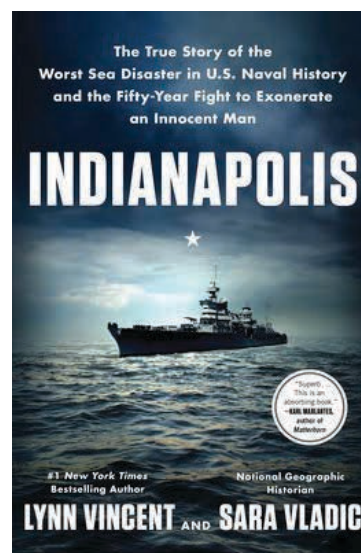
"A timely and nuanced exploration of religious freedom and what it means to be a person of faith in today's culture, *In This Moment* will satisfy Kingsbury fans, old and new," according to Publisher Howard Books.

Indianapolis

The True Story of the Worst Sea Disaster in U.S. Naval History and the Fifty-Year Fight to Exonerate an Innocent Man

By Lynn Vincent and Sara Vladic

"Just after midnight on July 30, 1945, days after delivering the components of the atomic bomb from California to the Pacific Islands in the most highly classified naval mission of the war, USS Indianapolis is sailing alone in the center of the Philippine Sea when she



is struck by two Japanese torpedoes. The ship is instantly transformed into a fiery cauldron and sinks within minutes. Some 300 men go down with the ship. Nearly 900 make it into the water alive. For the next five nights and four days, almost 300 miles from the nearest land, the men battle injuries, sharks, dehydration, insanity, and eventually each other. Only 316 will survive.

"For the better part of a century, the story of USS Indianapolis has been understood as a sinking tale. The reality, however, is far more complicated — and compelling. Now, for the first time, thanks to a decade of original research and interviews with 107 survivors and eyewitnesses, Lynn Vincent and Sara Vladic tell the complete story of the ship, her crew, and their final mission to save one of their own.

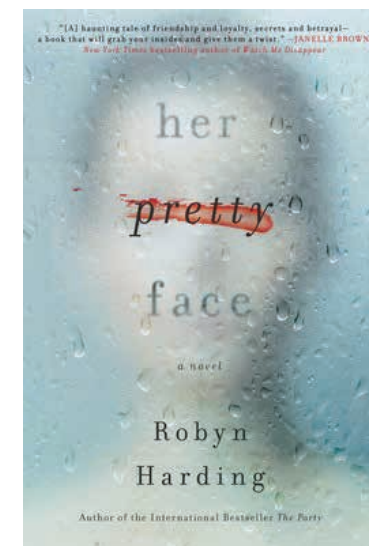
"It begins in 1932, when Indianapolis is christened and

launched as the ship of state for President Franklin Roosevelt. After Pearl Harbor, Indianapolis leads the charge to the Pacific Islands, notching an unbroken string of victories in an uncharted theater of war. Then, under orders from President Harry Truman, the ship takes aboard a super-spy and embarks on her final world-changing mission: delivering the core of the atomic bomb to the Pacific for the strike on Hiroshima. Vincent and Vladic provide a visceral, moment-by-moment account of the disaster that unfolds days later after the Japanese torpedo attack, from the chaos on board the sinking ship to the first moments of shock as the crew plunge into the remote waters of the Philippine Sea, to the long days and nights during which terror and hunger morph into delusion and desperation, and the men must band together to survive.

"A sweeping saga of survival, sacrifice, justice, and love, Indianapolis stands as both groundbreaking naval history and spellbinding narrative — and brings the ship and her heroic crew back to full, vivid, unforgettable life. It is the definitive account of one of the most remarkable episodes in American history," according to Publisher Simon & Shuster.

Her Pretty Face

By Robyn Harding



"Frances Metcalfe is struggling to stay afloat.

"A stay-at-home mom whose troubled son is her full-time job, she thought that the day he got accepted into the elite Forrester Academy would be the day she started living her life. Overweight, insecure, and lonely, she is desperate to fit into Forrester's world. But after a disturbing incident at the school leads the other children and their families to ostracize the Metcalfes, she feels more alone than ever before.

"Until she meets Kate Randolph.

"Kate is everything Frances is not: beautiful, wealthy, powerful, and confident. And for some reason, she's not interested in being friends with any of the other Forrester moms

Continued on page 30

Back in Time to the Sublime: Julian, Temecula and Pechanga Resort & Spa

Story by Ronnie Greenberg
Photos by Joe Hilbers

Navigate your way through regions where the melding of an earlier time moves on to the vibes of the present. Mix and blend in sumptuous food and wine and be assured that a grand journey lies ahead.

Julian

A rustic mountain retreat in the heart of San Diego's backcountry, Julian is surrounded by state parks, mountain trails, open meadows, fresh clear creeks and lakes. Bordered by historic Cuyamaca Rancho State Park and Mount Laguna to the south, Volcan and Palomar Mountain to the north and the magnificent Anza Borrego Dessert to the east. Julian is surrounded by thousands of acres of wooded wilderness offering limitless outdoor activities. A wonderful year-round destination for natural beauty, recreation and adventure,



Julian Gold Rush B&B

and easy to see why the locals love their lifestyle.

Rich in history with a small-town charm, Julian has grand legends to share. Following the Civil War in 1869 a group of veterans headed West and captivated by the beauty of the land settled in what was to become Julian. Within a month of finding gold in a small creek the town was

flourishing with commerce and trade and homesteading. Unlike most gold mining towns of the time, Julian didn't disappear after the mines were depleted. After the gold played out, the pioneers planted apple orchards to fill the economic gap caused by the loss of mining. Today, during the fall harvest the apples continue to provide the basis of a thriving local economy.

Where to Stay

Dedicated to the highest standards of graciousness the Julian Gold Rush Bed & Breakfast is the oldest continuously operating hotel in Southern California. Built in 1897 by a freed slave, Albert Robinson, and his wife, Margaret, the hotel was often called the "Queen of Back Country," and was a frequent stopping place of Admiral Nimitz the Scripps, and the Whitneys. The hotel

was originally named the "Hotel Robinson" and operated by its namesake until his passing in 1915. His wife Margaret ran it until 1921 and then Martin Jacobs renowned mining engineer and foreman of the Stonewall Mine, and his family ran it for 47 years.

Highlights

Main Street: You can walk everywhere in Julian so poke around or bring home a treasure. A leisurely stroll reveals a diverse selection of shopping from antiques, crafts, books stores, and bakeries and cafes where along with hearty country fare,



Temecula History Museum

Now Steve and Gig Ballinger and daughters Lisa and Radne own the elegant Victorian Julian Gold Rush Hotel B&B, a living relic of Julian's gold boom history. It follows in the Victorian spirit of genteel hospitality, and the 16 guest rooms including the Patio Cottage and Honeymoon House are authentically restored in the style of the period. Guests are invited to "share in a gracious afternoon tea" and a two-course gourmet breakfast. Located at 2032 Main St., or call, (800) 734-5854 www.JulianHotel.com

delicious apple pie is served.

The Eagle and High Peak Mine registered in 1870 is located on "Gold Hill" and tours are given daily. Guides lead you through the intricate path of tunnels in the hard rock mine and share tales from the past. Check out the two cell jail built in 1913 with wood pigpen style cells (the jail has not been used since 1954); Town Hall originally from 1913, the present building is the fourth structure to serve Julian; Town Cemetery, where many of Julian's first



Radne in Interior of Gold Rush B&B

Back in Time to the Sublime: Julian, Temecula and Pechanga Resort & Spa

continued



The Oasis at Pechanga

citizens are buried; Witch Creek School from 1886 and is now a public library; Brewery from 1876 now the Julian Museum; Julian Drug Store, a great place to sip an ice cream soda at the old fashioned marble soda fountain; and the Menghini Winery, 6 acres of vineyards surrounded by apple orchards. For more information contact: Julian Chamber of Commerce www.julianca.com

Temecula

A booming town with a fantastic history, Temecula has emerged into a world class destination with over 30 award winning wineries, vineyards that dot the rolling hills, tasting rooms open year-round and great dining venues.

For an ideal look into the history, visit the Temecula History Museum in Sam

Hick's Park that chronicles life in the area through time and different cultures. On view are artifacts preserved from Western civilization, including Luiseno Indians, Mission Luis Rey, citrus fields, and a replica of the town's beloved son, Earle Stanley Gardner, author of the Perry Mason novels and TV series.

Dining is a Treat Here



Cafe Champagne

Cafe Champagne at Thornton Winery has recently embraced a bright new exciting redesign. Thornton Winery at the start of the wine trail, family owned by John and President Steve Thornton proudly serves award-winning Gold Medal Country French contemporary fusion cuisine. Executive Chef Ceasar Solarzano's menu with imaginative dishes uses only the freshest seasonal ingredients sourced from the region and exclusively focused on quality and presentation. Featured appetizers are brie en croute and the mouthwatering Thornton salad, while entrees include salmon, filet mignon, chicken and steak flatbreads. Wine Maker David Vergari's wine list highlights the award-winning collection of Thornton wines along with other special selections for pairing. Add to this amazing atten-



Overview of Pechanga Resort & Casino

tive service for an experience of delight. Check website for ticket information on their fantastic Concerts.

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Bailys in Old Town is a beautiful large facility perfect for casual dining on the first floor, or on the veranda or expansive patio. A more formal atmosphere will greet you on the second floor and in all the perfect place for gourmet California--Continental cuisine. Entrees include: tequila shrimp; chicken schnitzel; baby-back ribs; baked salmon; filet mignon; ribeye steak and the mouthwatering asparagus bruschetta. Leave room for the brownie sundae or creme Brule. There's entertainment weekends in their upstairs lounge, and

a live music brunch every Sunday. Located at 8699 Old Town Front St., call (951) 676-9567 www.bailys.com

Blue Water Grill is a delight after a day in the sun's rays, enjoying their mouthwatering dishes. Be seated indoors in the casual nautical themed dining room or on either of the two outdoor patios. There are daily selections, as well as classics such as oysters Rockefeller; Ponzu sashimi; sea scallops; rock lobster tail; Alaskan king crab; chilled seafood platter; mussels with Spanish chorizo; steamer pot of clams; sand dabs; Mahi Mahi; or a large variety of steaks and pasta. Top it off with a yummy mud pie or the signature key lime pie. From the beautiful bar enjoy the handcrafted cocktails

Continued on page 26

SeniorServ Announces 8th Annual Senior Care Hero Awards Ceremony and Gala

Considered the largest senior care recognition program in the county, SeniorServ will honor over 80 senior care nominees at their annual Senior Care Hero Awards on October 20 at the City National Grove of Anaheim.

Over 600 guests are anticipated to attend the black-tie gala which serves as the sole fundraiser for SeniorServ, Orange County's largest nonprofit senior nutrition Meals on Wheels provider. The glamorous evening is hosted by senior advocate and KTLA morning news personality Henry DiCarlo and includes a red carpet cocktail reception with silent auction, live auction and dinner entertainment.



Honorees named to date are Anaheim Mayor Tom Tait, Senior Care Hero Humanitarian honoree; Bob Dowson, Managing Director of Orange County and Major San Diego Markets for Service Corporation International, Lifetime



Achievement honoree; and Irvine Health Foundation is the Senior Care Hero Innovator Award recipient for creating IrisOC.

Nominations are open to public voting through August 31 for People's Choice Hero categories including Veteran, Family Member and Volunteer.

fessional categories. All nominees and recipients will be recognized at the October 20 awards gala.

Di Patterson, MSG, CPG is the 2018 Senior Care Hero Awards Chair and major underwriters to date include Fairhaven Memorial Services, Alignment Healthcare and Irvine Health Foundation.

The Dave Stephens Band will perform live jazz and big band sounds throughout the evening.

The City National Grove of Anaheim is located at 2200 East Katella Ave in Anaheim. Tickets are \$150 each and tables of 10 are \$1500. For



voting, tickets and additional information, visit www.SeniorCareHeroAwards.org or call 714.229.5284.

About SeniorServ

In 2017, SeniorServ marked its 50th year of being at the forefront of creating programs and services that reduce hunger and improve wellness for at-risk older adults, enabling them to live with independence in the homes and communities they love. SeniorServ's mission is to nourish the wellness, purpose, and dignity of seniors and their families in our community through the following programs: Meals on Wheels and Case Management Services for homebound older adults, Hot Lunches and socialization at senior centers, Adult Day Health Care centers, and Care Coordination.

For more information, visit www.SeniorServ.org.

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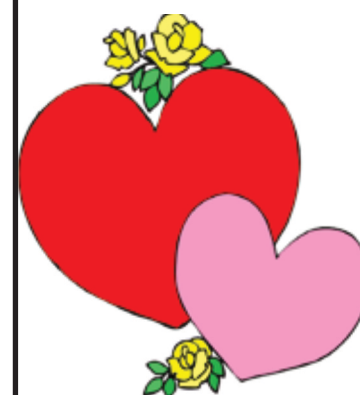
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Back in Time

Continued from page 23

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Where to Stay: Pechanga Resort and Casino

Send your cares packing at Pechanga Resort & Casino, a destination, and a perfect mix of chic and excitement offering one of the largest and most expansive resort/casinos in the United States. Owned and operated by the Pechanga Band of Luiseno Indians, the newly expanded Four Diamond property by AAA now offers their newest Resort North Tower in addition to the Casino Towers for a total of 1,090 hotel rooms and suites, a championship golf 18-hole golf course called Journey at Pechanga; the luxury two-level Spa Pechanga a luxurious full service venue; entertainment in the Pechanga Summit, Pechanga Theater and in the Comedy Club, and a total of 20 bars and restaurants from fine to casual dining. The casino features more than 4,600 slot machines, 154 tables games, a non-smoking poker room with a brand new off-track betting facility, and ultra modern 700 seat bingo facility and the

High Limit Salon and private gaming rooms.

New, too is robot named Buddy who moves up and down the lobby floor to ensure that all goes smoothly. Outdoors checking license plates is another robot called Rudy.

The 4 1/2 acres of outdoor delight surrounded by fire pits, whirlpools and cushy daybeds, is the kind of place that invites you to catch the rays, recline poolside and sip a glass of crisp local wine or beer. The Cove-side Grill who has walls covered with living plants, is a full-service restaurant tucked away at The Cove serving salads, sandwiches, and fresh faire to be eaten at the grill or served to you poolside. Cabanas in a variety of shapes and sizes are scattered throughout the oasis. Located at 45000 Pechanga Parkway, Temecula. For reservations call: (877) 711-2451 www.pechanga.com

For more information on the area contact Temecula Visitors Bureau, call (888) 363-2852 www.visittemeculavalley.com



Genetic Research

Continued from page 19

molars and the 2 centimeter overjet? Imagine choosing a shade for her anteriors so white, she would never bug you for a makeover before she was even into puberty? Never mind the hair, eyes and lips and all the other attributes real or enhanced requisite for the young to survive in today's milieu, this is important stuff and we need to keep an eye on these genetic programmers.

Dr. Lanza concludes with "...for instance if we had a few skin cells from Albert Einstein, or anyone else in the world, you could have a child that is, say, 10 percent or 70 percent Albert Einstein by just injecting a few of their cells into an embryo." Maybe Einstein is not the best example, because harvesting some of his skin cells could be a problem as they have been largely unavailable since his death in 1955. Besides, we already have too many kids with funny hair.

Assuming God really wants everyone to be happy except for, perhaps, mice, if you are considering becoming in a family way, you might want to postpone it for 15 or 20 years until your options become clearer.



August Crossword Puzzle

Across

1. Latin love
5. Quick and active
10. Auto loan figs.
14. Hawaii's state bird
15. Dog-___ (like some used books)
16. Period
17. Paddle wheel
19. "Star Trek" role
20. Title of reverence for God
21. Surprised
23. Snake
25. ___ a time
26. Provide
28. Feel deep sadness
31. Fly like an eagle
34. Building wings
36. How some losses are shown
37. Belief
38. Soon
40. "___ tu" (Verdi aria)
41. Dens
43. Travel on
44. Highland hillside
45. Potentate
47. Bird of prey
49. Curved moldings
51. Wurst
55. Stop progressing
58. Followed
59. Step
60. Outline
62. Put ___ on it!
63. "Oklahoma!" aunt
64. Enter
65. Neat
66. Stony gray
67. Ballpark figs.

Down

1. Nobelist Sadat
2. Gettysburg general
3. Successful
4. Go in again
5. Perplex
6. College cheer
7. Angers
8. Take care of
9. "Constant Craving" singer
10. Refrain voluntarily
11. Poultryman
12. Dominion
13. Poker variety
18. Shower
22. Outfit anew
24. Swiss mathematician
27. "Dallas" matriarch
29. Aloe ___
30. "What I Am" singer Brickell
31. Immature herring
32. Anthem opener

33. Protein building block
35. Fountain treats
38. Ruhr Valley city
39. Denying
42. Shaggy
44. Assail
46. Tantalizes
48. Island feast
50. Motionless
52. Choir section
53. Understand?
54. Utopias
55. Petty quarrel
56. Anklebones
57. Ms. Fitzgerald
61. Worked (up)

Answers on Page 38

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
20							21			22				
23						24		25						
			26				27		28				29	30
31	32	33			34			35		36				
37				38					39			40		
41			42			43					44			
45					46		47			48				
		49				50		51				52	53	54
55	56						57		58					
59					60			61						
62					63						64			
65					66						67			

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Antibiotics

Continued from page 28

- Brushing your teeth with a fluoride toothpaste and flossing
 - Visiting your dentist regularly, even if you have no natural teeth or have dentures
 - Limiting alcoholic drinks
 - Drinking fluoridated water, especially if you have dry mouth
 - Not using any tobacco products or quitting smoking if you currently smoke
 - Managing chronic conditions
- Improving the way dentists prescribe antibiotics, and the way we take antibiotics, helps keep us healthy now, helps fight antibiotic resistance, and ensures that these lifesaving drugs will be available for future generations.

Learn more about antibiotic prescribing and use at www.cdc.gov/antibiotic-use.

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Veterans Today

If you or someone you care about is among America's more than 20 million veterans, here are a few facts and figures you may find interesting:

- About one in 10 Americans is a veteran.
- About three-quarters of veterans have served during wartime.
- Gulf War-era veterans now account for the largest share of all U.S. veterans.
- More than a million veterans are legally blind or have low vision.



impaired who work around the clock to make, pack and ship medicine bottles at Alphapointe. Headquartered in Kansas City, Missouri, Alphapointe has manufactured nearly 1 billion medicine bottles for the VA since the mid-1990s.

Arbelo enlisted in the U.S. Navy in 1985. After basic and advanced training, he was assigned to an Explosive Ordnance Disposal Unit. Wounded on a mission, he lost sight in one eye and was medically discharged in 1992.

After his discharge, Arbelo joined Alphapointe full-time as packer and machinist in the plastics department in support of the VA medicine bottles contract. "I'm pretty sure I've made a lot of the bottles in my medicine cabinet," he says with a laugh.

Learn More

NIB and its associated agencies are the nation's largest employer of people who are blind. For more information, visit www.NIB.org.

Employing Our Nation's Veterans

National Industries for the Blind (NIB) and its network of associated nonprofit agencies employ more than 5,800 people who are blind, including nearly 600 of our nation's veterans.

These dedicated men and women working in NIB's network support our nation's veterans by manufacturing products and providing essential services for the federal government and U.S. military, including the U.S. Department of Veterans Affairs (VA). People who are blind also produce hundreds of products available to veterans and their families in military commissaries and exchanges.

One Vet's Story

U.S. Navy veteran Antonio Arbelo is one of the 27 employees who are blind or visually

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Doin' That Hippy Hippy Shake

By Randal C. H

"Hippy Hippy Shake" has become singer/songwriter Chan Romero's *Louie Louie*. It's a tune that has shown up in such disparate movie soundtracks as *Uncle Buck*, *Austin Powers: Man of Mystery* and *Cocktail*. Romero, who never met the Beatles or the Swinging Blue Jeans (they sang the best-known versions of *Hippy Hippy Shake*), says he's written as many as 700 songs and claims that most are superior to his one iconic hit. But, as he says with a satisfied sigh, "That's the one that caught on."

He was born Robert Lee Romero on July 7, 1941, in Billings, Mo. where his farm-worker parents had settled to raise their 10 children. His grandfather bestowed the nickname Chan on him; since young Romero often ran around barefoot, the title of *chano*—a Spanish phrase meaning "little boy with pig's feet"—seemed appropriate.

All five of Romero's brothers played guitar and sang country music; he was the only non-player until he was 14.

"When I saw Elvis on *The Steve Allen Show* sing *Hound Dog*, that blew me away to the place where I said, 'I've got to do that!'"

He wholeheartedly embraced the rockabilly artists of Sun Records: "Elvis, Jerry Lee Lewis, Carl Perkins. To me, those were the guys," he said.

He would sometimes borrow his brothers' one guitar and fool around with some basic chords, sometimes playing along with a few of the Elvis 45s he owned.

In mid-1958 Romero hitchhiked to East Los Angeles after his uncle had invited him down for the summer.

"My uncle worked at a bank. He had a guitar and an amp, and he let me play around when he was gone all day. That's when I started writing songs. One day I wrote *Hippy Hippy Shake* in about 30 minutes."

His inspiration?

"In the movie *The Bridge on the River Kwai*, Nancy Kwan always says, 'For goodness sake!' I sat down in my bedroom one day, and that line just popped into my head. The rest came from—I don't know—it was just there."

Sometimes, his uncle would ask to hear Romero's latest creations—and often liked what he heard. Romero: "One time he said, 'Hey, you're pretty good. You ought to see about making some records.'"

That was all the encouragement the young Latino needed. He opened a Los Angeles phone book and turned to a listing of Hollywood record-company offices, naively hoping to land a deal with

a cool label, like Specialty. (They had little Richard!) His uncle called the company's office and announced, "I've got a kid here from Montana, and he's written some pretty good songs. You might want to listen to him."

The receptionist on the other end made an appointment for Romero for the next week.

At Specialty's office on Sunset Boulevard in Hollywood he met the A & R man/song-plugger, a 23-year-old high-school dropout named Sonny Bono who said, "Okay, show me your two best songs."

Romero launched into an upbeat Ritchie Valens-style ditty called *My Little Ruby*, followed by his nonsensical screamer *Hippy Hippy Shake*. Bono ignored the future international hit but liked *My Little Ruby*.

"Sonny said to polish it up and come back in a couple of weeks. But I had to get home to Montana to go back to school, so I never went back to Specialty."

During his senior year at Billings' Central Catholic High School, Romero and some pals started a band called the Bell Tones, who gigged at school dances and local teen clubs. Don Redfield, a DJ at Billings' Top 40 outlet KBMY, became the Bell Tones' manager.

Two months after Ritchie Valens perished, along with Buddy Holly and the Big Bopper on February 3, 1959, Redfield called Romero at home one evening.

"Don Redfield told me that I reminded him of Ritchie Valens, and he told me to put three or four songs on a tape and that he would send the tape down to Del-Fi Records in Los Angeles."

Bob Keane, Del-Fi's owner, liked what he heard and summoned Romero to Southern California. Keane later liked what he saw even better: unlike Valens, Romero was slim and baby-face cute. Keane signed him to a Del-Fi contract.

Romero met Valens's grieving mother, Connie Valenzuela, who told the Montanan that he reminded her of her late son. Romero was invited to spend time with the family, where he stayed many times and always slept in the late star's bedroom. When asked how he felt about that, Romero answered, "Honored. Ritchie's brother said that I must have really been special to his mother, as she hadn't even let anybody into Ritchie's room since he died."

Romero recorded *Hippy Hippy Shake* at Gold Star Studios in Hollywood, where Valens had recorded the previous year. Keane released Romero's 45 in July of 1959. It stiffed in America but hit big in Australia,

where it reached No. 3 on the charts. This led to a 1960 Australian tour, where Romero performed with Jerry Lee Lewis, Tommy Sands, and Johnny and the Hurricanes.

His Del-Fi follow-up of *My Little Ruby* did nothing. He toured the U. S. and Canada but received no money from Keane. (Valens's mother had warned him to beware of the cagey record mogul.) Romero eventually assembled a soul band called the Challengers (no connection to the popular surf-music group), but it went nowhere.

In time he became a born-again Christian and bequeathed his guitars and a trailer full of equipment to some friends. He then detailed cars and moved furniture to pay the bills. Eventually he and his wife LaVerne—the parents of 11 children—settled in the desert burg of Cathedral City, Calif., where they started several ministries. In 2007, Chan Romero became the first Latino to be inducted into the Rockabilly Hall of Fame.

Hippy Hippy Shake had caught the ear of young Paul McCartney early on. He loved Romero's Little Richard-fueled vocal and added the throat-shredder to the Beatles' early repertoire. *Hippy Hippy Shake* soon became standard fare for dozens of performing Liverpool groups, and in early

Continued on page 32

Improve Your Cell Reception In 10 Simple Steps

If your home is like most, you no longer have a landline. According to the Centers for Disease Control and Prevention, 51 percent of U.S. homes rely on cell phones alone for a telephone connection. So a reliable cellular signal is more crucial than ever.

The Problem

Unfortunately, bad cell reception can happen in urban areas, thanks to all the obstacles that block cell tower signals from reaching your phone. And it can be even worse in rural areas, which make up more than 72 percent of the U.S. land area.

In fact, most cell phone users have used a number of creative ways to make or receive a mobile call, including going outside, standing near a window, finding the one spot in the house with a signal, standing like a statue and even moving like a ninja.

An Answer

If that doesn't work, you may want to try these 10 signal-boosting tips that cost nothing.

Tips To Improve Your Cell Signal

1. If you're moving, stop. When you're stationary, your phone and the network don't have to constantly adjust for your changing location.
2. If there's a case on your phone, remove it. A case can block cell signals from reaching your phone's internal antenna.



3. Don't block the internal antenna by holding your phone. Try a different hand position to see if reception improves.

4. Go outside or get clear of any obstructions. Building materials block cell signals, so if you're in a building, go outside to get better reception.

If you're already outside, find an open area such as a plaza or a park.

5. Keep your battery charged up. A low battery can hurt your phone's ability to get and keep a cell signal.

6. Change your location. If you're inside, move to another room of the house or into your office corridor. Or move next to a window, where the cell signal may better penetrate the exterior walls. If in a vehicle, try driving a mile down the road.

7. Increase your elevation. By moving to the top floor, you reduce the chance of obstructions blocking the cell signal. If you're driving, find a high spot and park there.

8. Use the Wi-Fi network. All newer smartphones allow native Wi-Fi calling and texting, which is supported by all ma-

jor U.S. cell carriers. There are also a bunch of messaging apps now for audio and video calling. Solid Wi-Fi may be a good substitute for a spotty network.

9. Locate the nearest cell tower. When you know where the cell tower is, you know which direction your signal comes from. Then, move to the side of the building nearest the tower. If you're outside, try to get clear of any signal-blocking obstructions between you and the tower.

10. Try switching from 4G to 3G. Turn off your LTE service. See if you get a better connection with the 3G or even the 2G network.

Learn More

For further ideas on improving your cell signal, you can get the "Ultimate Consumer Guide to Cell Phone Signal Boosters" from the industry leader in cellular signal-boosting technology, weBoost. The company's cell phone signal boosters and accessories overcome problems of a weak signal by boosting cellular signals by as much as 32 times. For a look at the complete line of proven home, vehicle and business products that work with any carrier and in any location without a subscription fee, go to www.weboost.com.

Getting a strong signal for your cell phone when you need it may be easier than you realize.



AUGUST Book Club

Continued from page 21

— only Frances. As the two bond over their disdain of the Forrester snobs and the fierce love they have for their sons, a startling secret threatens to tear them apart.

"Because one of these women is not who she seems. Her real name is Amber Kunik. And she's a murderer.

"In her masterful follow-up to *The Party*, Robyn Harding spins a web of lies, deceit, and betrayal, asking the question: Can people ever change? And even if they can, is it possible to forgive the past?," according to Publisher Gallery Scout Press.

The Outsider

A Novel

By Stephen King



"An 11-year-old boy's violated corpse is found in a town park. Eyewitnesses and fingerprints point unmistakably to one of Flint City's most popular citizens. He is Terry Maitland, Little League coach, English teacher, husband, and father of two girls. Detective Ralph An-

derson, whose son Maitland once coached, orders a quick and very public arrest. Maitland has an alibi, but Anderson and the district attorney soon add DNA evidence to go with the fingerprints and witnesses. Their case seems ironclad.

"As the investigation expands and horrifying answers begin to emerge, King's propulsive story kicks into high gear, generating strong tension and almost unbearable suspense. Terry Maitland seems like a nice guy, but is he wearing another face? When the answer comes, it will shock you as only Stephen King can," according to Publisher Scribner.

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Busy Boomers

By Les Goldberg

Have Carol, Will Travel

The next time you are traveling through John Wayne Airport in Orange County and happen to be at Checkpoint C, keep an eye out for Carol Merkel of Huntington Beach. She just might greet you with a smile or a song as she orders you to transfer your keys, phones, belt buckles et al to a waiting grey plastic bucket while you and your belongings pass through the security gate X-Ray machine.

A former nanny, Carol, has shed her proverbial nanny outfits for the familiar black and blue uniform of the Transportation Security Agency, or TSA. Now, you might ask, why would a middle-aged woman, mother and grandmother tackle such a demanding job? In her own words, here's her answer:

CT—About 11 years ago, I was at a garage sale of an old friend of mine in Costa Mesa and we got to talking. She had been working with the TSA and told me the agency was in need of more female employees. It offered me a part-time morning shift which worked with my nanny schedule perfectly, but I gradually accepted more hours, and eventually reached full-time status eligible for the federal benefits that included medical and dental coverage.

And, I especially love the idea

of helping our country fight terrorism.

SR – What was your training like?

CT – My training involved 40 hours of classroom instruction followed by several weeks of on-the-job training. I then had to pass a series of tests before becoming a certified TSA officer. In my class of 30 more than a decade ago, only myself and another officer remain.

SR – What has been your greatest challenge so far?

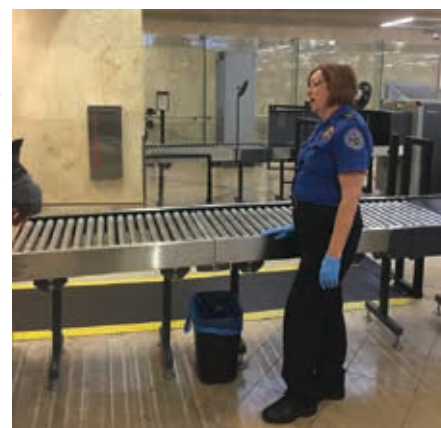
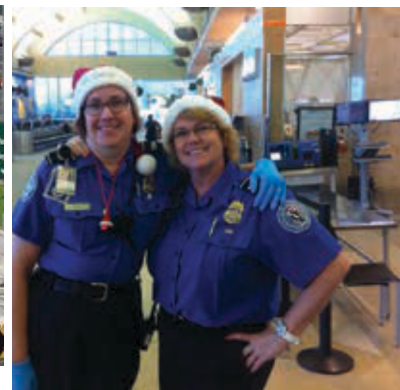
CT—Working with the public. There is a percentage of people who don't understand the necessity of having security and are difficult to deal with.

SR – Can you give a couple of examples of the most unusual things you have experienced as a TSA officer?

CT—In addition to the sometimes contentious or outspoken airport visitors, I have seen loaded pistols and a full variety of knives, including the kind Rambo used in the movies, show up on the X-Ray screens.

SR – Have you seen any celebrities pass through the checkpoint while on your watch?

CT—To name a few, I have seen Sandra Bullock, Kanye West and countless TV stars. Sports celebrities include present and former Los Angeles



Angels baseball players like Tim Salmon, Albert Pujols, Bobby Grich, Rod Carew and Jered Weaver, and Laker legend Kareem Abdul-Jabbar.

SR – Do you have any tips for seniors who are contemplating joining the TSA ranks?

CT – The government doesn't discriminate in any way. So, of course seniors are welcome to apply.

SR – By the way, what advice do you have for seniors traveling by air?

CT—If you are 75 or older, you can leave your shoes and lighter outerwear on and go through the magnetometer instead of the scanner. The government sees seniors as lower risk passengers and has made the security procedure a little easier. However, everyone, regardless of age, must follow the rules for taking liquids and other potential harmful items on board.

SR – When you are not working the TSA checkpoint, what do you do for fun?

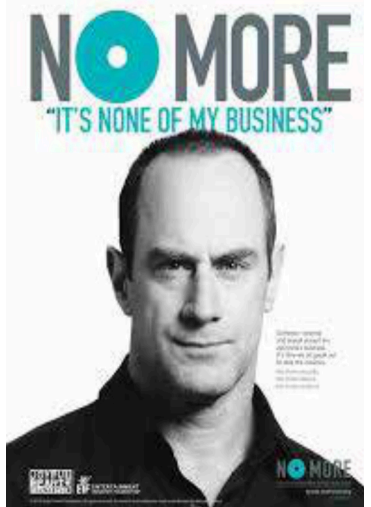
CT – My hobbies and interests

are Zentangle, adult coloring, calligraphy, the Red Hat Society, the Native Daughters of the Golden West, collecting all things Tiki, traveling, camping, playing Mexican Train Dominoes, being a Los Angeles Angels fan and visiting my kids and grandkids.

SR – And what do your three children and five grandchildren think about your TSA career?

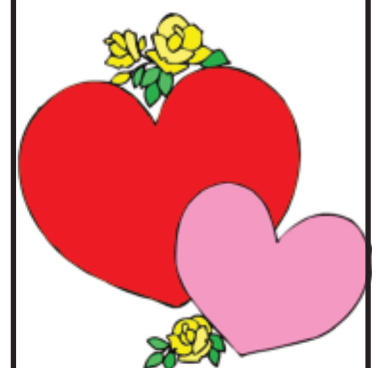
CT – I think they were surprised when I first joined the Department of Homeland Security as a TSO, but I think they are used to it now. I hope, and I do believe they are proud of their mom's service to her country.

SR – We're proud of you, too, Carol!



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I Think People Sometimes Look at Me Like I'm Crazy

Chest pains, heart palpitations, sweating palms, shortness of breath, nausea, dizziness, fear of some catastrophic illness, just to name a few of the symptoms that you might experience with anxiety. You're probably reluctant to talk about these symptoms and feel that you need to go to the emergency room or your doctors office. You may feel that people are looking at you thinking your crazy.

It's not uncommon to feel a little anxiety in new situations and experiences. However, when it immobilizes you, it is probably a problem that you should address. There are different types of anxiety and phobias and the most common one is Agoraphobia. Agoraphobia is the fear of open spaces. It is estimated that up to 5% of the population experiences symptoms of Agoraphobia. Some, with severe, anxiety do not want to leave their home. Other's, need to be accompanied with a love one or someone very close

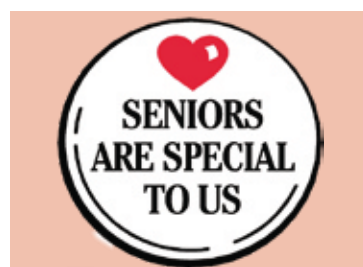
Wow, that could mean that 10 million people in America experience some form of anxiety. You can see that you're not alone and do not need to be ashamed of this problem. I can remember when I was young man, and in the military, I was involved in cleaning up a tragic plane disaster. Subsequently, I felt a great deal of anxiety when flying. At some point I realized that this anxiety was probably triggered by that early traumatic experience.

Just as I mentioned in my last article on Depression, it's your thought process, that creates the mood (anxiety, in this case). Here's the good news!!!; you have the power to change. You can minimize the effects on your life. It's not easy, but, there are ways of decreasing your anxiety. First of all, you need to identify the "triggers" for your anxiety. The old Cliché, "face your fears", is involved in your recovery. However, it may be difficult to face the "trigger" for your

fear initially; thus, you need to think about a sequence of steps that will lead to overcoming this fear. For example, if you fear going up in an elevator, you might start by visualizing going in the elevator. A subsequent step might be to walk into the elevator, and then immediately walk out before it moves. A third step could be taking the elevator one floor and getting off on the first floor. The point here is to identify approximations of the fearful event and gradually work your way through this sequence of activities (gradual exposure). It is important to feel comfortable with each step before you move on.

I'm not trying to present a quick cure for some of these anxieties but giving you hope that you can live your life without avoiding enjoyable and necessary events. I also, want to point out that Psychotropic medications can play a significant role in treatment. My son, who is a Psychiatrist, and I, work closely with some patients that profit from medications.

Frequent books I recommend to my patients with anxiety: *Panic To Power*: Bassett; *The Relaxation & Stress Reduction Workbook*: Davis, McKay & Eshelman; *The Anxiety & Phobia Workbook*: Bourne; *Total Relaxation*: Harvey



Doin' That Hippy Hippy Shake

Continued from page 29

1964 the town's Swinging Blue Jeans took their single version to No. 3 in England and Number 24 on America's *Billboard* chart.

In the Beatles' *Anthology*, McCartney remembered that the band took pride in performing obscure material, which they often mined from the singles racks at Brian Epstein's store.

"Because we had the unusual songs, we became the act you had to see, to copy," McCartney said. "Other groups took songs from our act and made hits out of them—like the Swinging Blue Jeans with Hippy Hippy Shake, which was one of my big numbers."

The Beatles managed to wring a lot of mileage out of *Hippy Hippy Shake*, performing it onstage from 1961 through 1963. The song turned up on the album *The Beatles Live! at the Star-Club in Hamburg, Germany: 1962*, and the Beatles sang *Hippy Hippy Shake* on a BBC radio broadcast in June 1963.

Years later McCartney opened a 2008 Liverpool concert with Romero's anthem. In 2011, in an interview with England's *Mojo* magazine, McCartney cited Romero as No. 3 in his list of top 15 early influences on him and the Beatles. Not bad for a Mexican kid from Montana who never enjoyed a hit of his own in his native country.

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Are You Seeking a Care Facility For Your Loved One?



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

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

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

Founded in 1997, the company has developed close working relationships with state-licensed assisted living facilities and organizations dedicated to board and care, memory care,

hospice care or respite care. It also has close ties with the Alzheimer’s Association, Council on Aging, Home Care Agencies, Veterans resources, Adult Protective Services and Social Services.

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

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

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

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

MS: Initially, we assess each unique situation, and get to know the family and the resident. The more we know about them, the better we can offer our expertise for assistance. After we assess the resident’s care needs, personality and preferred locations, we

work with the family budget to ensure appropriate placement.

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

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

SR: What is the cost of using RCPS services?

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

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

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

And the vice president of development for the Alzheimer’s

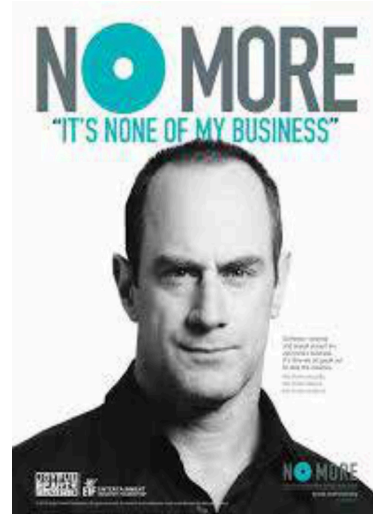
Association said this about RCSP:

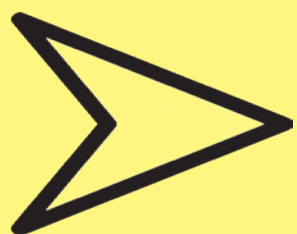
“Thanks for your help. Those we serve found a window of hope.”

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

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

See our ad on the back cover.





In The Spotlight

By Debbie L. Sklar

Meet Mitzi-Jo Runyan; Founder of Sundriven

Mitzi-Jo Runyan is a young entrepreneur who saw her grandparents pass away in close proximity from melanoma. She is a single mother, a spirited and driven clothing designer combining her business and creative skills with the needs of designing functional, effective sun protective clothing, and attractive designs, called Sundriven.

She took her grandparents deaths and used them as motivation to try to keep others from that peril. The results are wonderful designs geared toward consumers affected by the sun, as well as those in the resort industry, and many retailers, amongst others.



"I came to the conclusion that women need something new to protect them from harmful UV rays year-round: A highly fashionable, extremely effective line of products to protect their skin from sun damage and aging. Thus, the *Sundriven* brand was born," she said.



Here is more about Runyan and Sundriven:

Q: How old is the company and its name?

A: I started Sundriven 4 years ago. The first production of gloves was in 2014.

Q: How did you develop this line and why?

A: I found myself interested in sun protection first due a situation in my family. The full effects of sun exposure hit home when both of my grandparents were diagnosed with melanoma. Like me, they had fair skin, actually avoided the sun and wore sunscreen. It didn't work. Skin cancer stole their health, their vitality. Losing my grandparents crushed me. It also lit a spark in me. I wanted to treat the root causes of both premature aging and skin cancer.

As a woman living in Southern California, I was also

aware of the prevalence of the sun. I worked in the beauty industry, and thus saw firsthand the relationship between sun exposure and skin damage. I started looking for clothes for myself; I wanted to wear sun protection that was fashionable and not frumpy! There were not many choices. I also wanted something that fit with my own ideology - ecofriendly and natural - and there were no options. I started making my own designs and sourcing fabric. Sundriven was born.

Q: Where can someone buy the items?

A: At www.sundriven.com; we also sell in spas and retailers around the country.

Q: Are the clothes just for women?

A: Yes, Sundriven is focused on women. Options include: dresses, wraps, scarfs, gloves - our collection allows women



to feel beautiful and stay protected.

Q: Who are these clothes appropriate for?

A: For women who want a fashionable way to coexist in harmony with the sun, without the worry of harmful UVA and UVB rays that cause pre-mature aging and skin cancer. On a practical level, that means women who live in sunny climates like Los Angeles, Florida, Arizona, etc., or who are vacationing anywhere in the sun. The sun is a real threat and it's a daily threat. We feel that the market is the whole world!

Q: Do you wear them as well?

A: Yes, every day and while traveling. I wear the gloves when I drive, which is a lot in Los Angeles.

Q: Have you created or done any other clothing lines besides this?

A: Yes, I have designed gowns for Red Carpet events.

Q: How long did it take you to create this line of clothing?

A: I spent a year working on Sundriven before launching. I started from scratch, so that meant creating designs, as well as sourcing the fabrics. After I had the ideas together, I sourced manufacturers in downtown Los Angeles. It's been a journey!

Q: You are a single mom, where do you get the time and energy?

A: Prioritizing obligations and creating balance in all aspects of my life is an important challenge as a single mom and entrepreneur. I block out time to spend with my son. I turn off my phone regularly after work hours and on weekends to be present with him and the people that matter most to me. This drives other people crazy, but it's my way of re-connecting with myself and other without distractions.

Continued on page 36

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In The Spotlight

Continued from page 35

I have great pride in my accomplishments as a parent and Sundriven is a new chapter in my life. Finding a way for parenting and entrepreneurship to co-exist has been a challenge and also rewarding. I work hard for both my son and my business to thrive.

Q: Goal with this product?

A: I would like to see every woman wearing gloves like they did for hundreds of years up until the 70s. With new technology in fabric, keeping hands cool, it's now possible. Sundriven began with a single product — driving gloves — to address this unexpected sun exposure. We examined different areas where women faced coverage gaps and expanded our line to include a collection of scarves, wraps and versatile

styles that keep women looking and feeling beautiful, timeless and healthy.

Q: Education? Where did you grow up? Career dreams as a kid?

A: As a child, I was passionate about arts and had a desire to help people. I grew up wanting to be a psychologist and a painter. I did not study fashion design, instead volunteered as an intern at a Los Angeles based manufacturer to learn all aspects of the apparel industry. Within the first month, I was managing and designing for multiple brands.

Q: Anything else you'd like to share?

A: Life is a journey, and regardless of the twists and turns, I find there's always plenty to be grateful for. I look forward to experiencing what's next for Sundriven and sharing my mission of helping women stay beautiful by co-existing with the sun.



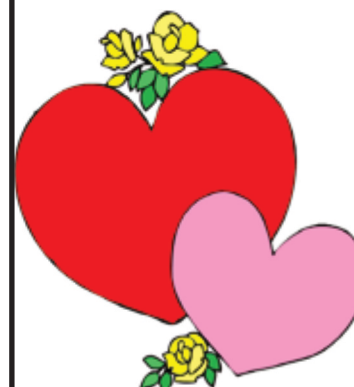
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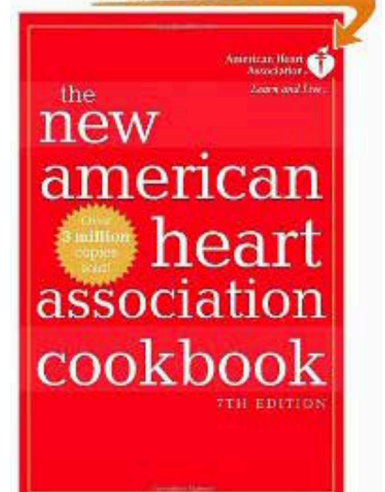


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Get Smart About ‘Smart’ Home Cooling This Summer

As temperatures rise, homeowners can beat the heat by combining “smart” home climate control technologies with the latest air-conditioning systems to heighten energy efficiency and take customized comfort to new levels.

With home cooling accounting for nearly half of all energy use, costing homeowners more than \$11 billion each year, it’s clear why the American smart home marketplace is exploding. In fact, the industry is expected to reach \$46.2 billion in 2018 and \$112.8 billion by 2022. Household penetration is 32 percent and is predicted to reach 53 percent by 2022, with an annual growth rate of nearly 15 percent.

What Is “Smart” Home Climate Control?

What is a smart home? A home with Internet-connected “smart” products used to control, automate and optimize functions such as lighting, security, entertainment and temperature either remotely by a mobile device, smart speaker or separate home system.

When it comes to smart home temperature control, there are Smart HVAC Systems and Smart Thermostats. Smart HVAC systems have built-in Internet capability and can be controlled directly without additional equipment. Smart Home Thermostats create “smart” systems by enabling remote temperature control via a mobile or Internet-connected device or voice-operated home

automation system. Several leading manufacturers, including Fujitsu General America, offer Smart Systems as well as a Thermostat Converter, which can control their single and multizone Halcyon and Airstage heating and cooling systems using a third-party thermostat.

Boost Energy Efficiency, Lower Bills Up to 25 Percent

Upgrading your system and installing a smart home thermostat can significantly reduce your utility expense. The most energy-efficient heating and cooling products on the market, ductless mini-split systems, can save as much as 25 percent on your energy bill. Further, an efficiently controlled thermostat could save an additional 10 percent a year. Here’s how ductless mini-split systems work. Thin copper tubing is used to pump refrigerant from an outdoor compressor directly into an indoor air-handling unit, where the air is quietly distributed to the interior space. This eliminates the need for basement or attic evaporators and bulky, expensive ductwork. Mini-splits are easy to install and usually require only a 3- to 4-inch hole through a wall or ceiling to connect the indoor and outdoor units.

Customized Home Comfort Control

Take control of your comfort. Most HVAC manufacturers offer apps that enable systems to be controlled from anywhere using a mobile device. Now,



voice-control capability uses digital assistants, like Amazon Alexa, to verbally dictate home temperatures—“Alexa, set the living room temperature to 70 degrees.” For instance, Fujitsu offers a free FGLair app that enables Web-activated control via mobile devices and now voice-activated control via Amazon Alexa.

Built for optimal customization, ductless mini-split systems let you control the individual temperature in each room, so you don’t waste money cooling unused spaces such as guest bedrooms, bonus rooms, sunrooms and basements. Ductless systems operate at much higher efficiency levels than central forced-air systems and window units, as duct losses in a central AC system can account for more than 30 percent of your energy consumption.

The smart home revolution has empowered homeowners with the latest home cooling systems and smart technology to create the perfect storm of cost and energy efficiency and customized comfort. Many Fujitsu systems with the Energy Star rating are more than twice as efficient as the minimum standard set by the government.

To learn more or find a contractor nearby, call (888) 888-3424 or visit www.constantcomfort.com or www.fujitsugeneral.com.

Five Senior Health Myths



Every day, it’s estimated, 10,000 Americans turn 65 years old. Some of these people, unfortunately, have misconceptions that can jeopardize their health. Major health myths and misconceptions regarding senior health include:

1. If I feel fine, I am fine. Chronic infections can last so long that the way they feel becomes the “new normal,” when it shouldn’t be.
2. Sleep isn’t important anymore. Older adults need the same seven to nine hours of sleep they did when younger.
3. It’s too late to start exercising. Check with your doctor and start slowly, but there’s no reason why seniors can’t get in some exercise (even if they’ve never done it before).
4. Drink water only when thirsty. You may need hydration before you even notice or before you feel like you need it.
5. Dry mouth is just part of aging. Maintaining proper oral hygiene is important at any age, and especially for denture wearers who, even with no teeth, benefit from a regular

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Crossword Puzzle Answers from page 27

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JUST JUDITH

By Judith A. Rogow

Bucket List

It seems we never have enough hours in the day to do the things we need to accomplish, much less time to do those things we *want* to do.



Sometimes, it is good to simply sit back, take our time, and remember what we've been putting off or have forgotten. And, let's face it, health and finances are often the deciding factor in our decisions.

That said, it's time to dust off the bucket list we either wrote long ago or have had stored in our imagination for ages and see if we can adopt a few hopes and dreams to our current circumstances.



For instance, we may never star in a blockbuster film or sing at The Met, but we can have a taste of the spotlight by joining the local amateur theater or musical group. You may never be more than a background performer or one of the backstage personnel, but



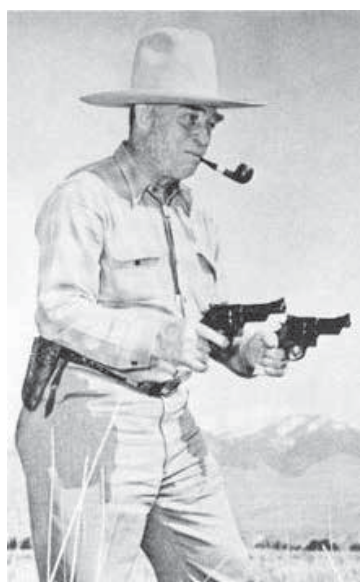
you'll share in the applause. You will also meet some interesting friends, always a good thing.

Perhaps you are interested in another type of star or had hoped to set foot on the moon one day. There are clubs where like-minded folk drive out to places away from the city lights to see the heavens in full glory. One club recently went to the Trona Pinnacles – an otherworldly site that has been used many times for Sci-Fi film locations – to view the spectacular show of an eclipse. Don't worry if you don't have a fancy telescope, someone will let you look through theirs.

If your dream was to be cowboy, or cowgirl, riding the ranges in the Wild West and rescuing wagon trains from bandits, your nearest SASS (Single Action Shooting Society) is dedicated to preserving and promoting the shooting and clothing of the era in a safe manner. (Note, these are not reenactors)

They have monthly matches where shooters dressed in "Old West" clothing and using ei-

ther antique or replica firearms follow a scripted pattern of target shooting while trying to better the time of others. Safe and accuracy are the watchwords here, and dress must be period-proper. Watch out, though, you may find yourself hooked on "those wonderful days of yesteryear."



Is the ocean more your hoped-for milieu? A "Whale Watching" trip or weekend cruise from Long Beach or San Pedro might fill your need. The Aquarium of the Pacific offers whale watching tours that include an onboard marine specialist who can add invaluable information to your experience. A dinner cruise from Newport Beach is a lovely "date night" excursion and discounts are occasionally available for seniors.

Speaking of romantic sailing, there are several "Tall Ships" on the Southern California coast, some of which offer sunset cruises on weekends. One, the "American Pride" schooner (the one with dis-



tinctiveness sails) can be seen at Rainbow Harbor in Long Beach, she's a real beauty!

Some of us looked forward to being grandparents but either our children didn't cooperate, or they moved so far away that we only see the grandchildren occasionally. So, why not join a group that helps youngsters. There are countless opportunities via church or social groups to make a difference in a child's life. Something as simple as reading a book or helping with homework or being involved with a scouting group can mean the world to a youngster and give you the pride that comes from knowing your time was a special gift.

Yes, we all had goals and hopes that slipped away as we grew up and older, but there's still time to capture some of those dreams – so what are you waiting for?

Five Senior Health Myths

Continued from page 38

oral hygiene routine specially formulated for them, rather than simply accepting poor health.

Fortunately, Cleanadent paste from Dr. B Dental Solutions is the only toothpaste available that is gentle enough to safely brush both the gums and oral appliances (such as dentures, implants, overdentures and full-arch implant bridges), helping prevent and treat dry mouth, sore spots and infections. Thanks to its special low-abrasive formula, it will not scratch, tarnish or negatively affect dentures in any way (and will actually help keep them fresh, clean, as well as stain- and odor-free). The paste is formulated with vitamins (A, D and E), aloe vera, coconut oil and tea tree oil to moisturize and revitalize the gums while removing microorganism-infested biofilm. There are no artificial flavors or colors.

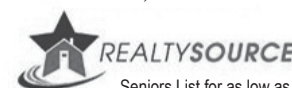
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How Accident Victims Can Find Justice

According to the National Safety Council, an American is accidentally injured every second by a preventable event, a vehicle crash, a fall or the like. If you or someone you care about is ever among them, there are things you should know.

One Man's Story

"I was a victim twice," says Jose V., as he recalled his five-year ordeal that began at a construction site. "First, the day I was working to off-load a 3,000-pound bag when, all of a sudden, the operator lifted the cables and my fingers were mangled and the doctor had to remove three of them," he explained. "Then, I found out this was only the start of my problems and I would become a victim again. My bills were getting out of control, I was about to lose my apartment, and I had no idea how I would care for my family. I was depressed and scared. Even now I get shaken up thinking how bad it was."

Jose is not alone. He is one of tens of thousands of average, everyday people from around the country who each year find themselves battling insurance companies and other deep-pocket defendants who delay settlement of legitimate insurance claims.

"When you are physically damaged and struggling for almost five years to regain your strength and your ability to work, it takes a mental toll," said Jose. "Bills piled up fast



and the settlement was very slow in coming. There was one delay after another. I was just determined not to give up, and between the support I got from my family and the advance I received from LawCash, I did not have to accept a lowball settlement. The longer they delayed resolving the case, the more concerned I became about being on the street. If it were not for the money I was advanced over the five years it took to settle, my children would have suffered even more and the greater the pressure I would have been under to accept whatever amount I was first offered," he added.

For Jose, as with thousands of Americans each year, financial relief came in the form of what the legal community calls pre-settlement funding. According to Harvey Hirschfeld, president of LawCash, "Our firm is in the business of leveling the playing field for consumers whose meritorious claims are being delayed. With cash on hand to pay for life needs such as rent and general living expenses, managing cash flow, and securing medical care while awaiting settlement of their case, victims are in a stronger position and don't have to simply accept the amount a company's insurer initially offers."

How It Works

The company does not promote or encourage litigation. All its clients must be represented by legal counsel and must have filed a legitimate claim before it will accept an application.

Nor does it influence the case itself, as all decisions related to the legal approach and overall strategy are between the victim and his or her attorney.

Perhaps most importantly, the pre-settlement funding—a minimum of \$500—is not a loan. If the case is lost, claimants owe nothing. In addition, they're not required to put up collateral or make interim payments, and the advance has no effect on their credit.

"My doctors repaired my hand," said Jose. "LawCash allowed me to live. Since I didn't have to take a lowball settlement, my lawyer was able to keep up the fight for me and my family. This resulted in a fair settlement for many times more than I would have gotten if I had to settle early. For a portion of my total settlement, I was able to protect my future and my family."

Learn More

For further facts or to apply, go to www.lawcash.net or call (800) LAW-CASH.



A Honey Of A Solution To Rough, Dry Skin

When Mother Nature sends enough rough weather to make it tough to keep skin smooth, the good news is she also created a way to soften it up again. Notably, honey and other products you may already have right in your own kitchen.



Aunt Sue's Dry Skin Remedy

This soothing, dry-skin solution is easy and effective, taking only minutes to make with three simple ingredients.

1 tablespoon Aunt Sue's Raw & Unfiltered Honey
1 teaspoon olive oil
Juice from ½ a lemon

Mix honey, olive oil and lemon juice in a bowl. Apply lotion to dry areas and let sit for 20 minutes. Wipe off with a warm washcloth. Repeat as needed.

Homemade Honey Hand Balm

Easy to make, this hand balm does wonders for dry skin and can be used as a lotion, hair conditioner or cuticle cream, as well.

½ cup coconut oil
¼ cup almond oil
5 tablespoons beeswax pastilles
1 tablespoon shea butter
1 ½ tablespoons Aunt Sue's Raw & Unfiltered Honey
10–20 drops of lavender oil
8-ounce glass jar, or several small tins with lids

Why Save The Skin You're In

Skin is the body's largest organ. It protects the other organs, makes you sensitive to touch and literally keeps you from evaporating. If it's itchy, dry and cracked, it can affect your health and happiness.

Fortunately, honey is a pure, botanical product at an economical price point. It's a natural humectant, meaning it takes moisture from the air and traps it. These healing, moisturizing qualities are why many expensive cosmetics contain premium honey. Raw honey is even used to help treat wounds and prevent scarring and it encourages growth of new tissues while hydrating skin. Honey naturally leaves skin soft and supple. It also fights off bad bacteria, tightens pores, protects skin from sun damage, and moisturizes.

Dry Skin Remedy Recipes

Here are two simple ways Aunt Sue's Raw & Unfiltered Honey can help your skin feel more supple.

Continued on page 41

Tinseltown Talks

By Nick Thomas

Beverly Washburn's Favorite Co-stars

Beginning her career as a talented child actress, Beverly Washburn worked alongside Hollywood's most popular actors and her list of favorites is long (see www.beverlywashburn.com).

While she appeared in several *Wagon Train* episodes, her favorite was *The Tobias Jones Story* where Lou Costello plays a drunk accused of murder – a rare dramatic role for the comedian and one of his final acting appearances.

"I was a big *Abbott & Costello* fan, so it was a thrill to work with Lou," said Washburn from Las Vegas where she has lived for more than 20 years. "I just loved him, he was such a sweet man. But he was so used to ad-libbing in the comedy routines that he actually found it hard to stick to the script. When he forgot a line, he would look into the camera and say, 'So how are ya?' which always made me giggle."



Clayton Moore, Beverly Washburn and Bonita Granville in the 1956's *The Lone Ranger* movie - Warner Bros. Photo provided by Beverly Washburn



Beverly Washburn, then and now. Photos provided by Beverly Washburn

Washburn appeared in the 1956 film version of *The Lone Ranger*.

"Oh, I loved this one – I'm kidnapped by Indians and the Lone Ranger comes to my rescue!" she said, laughing. "Clayton Moore was just wonderful and one of my funniest memories was while we were all relaxing by the pool one weekend. In his contract, he wasn't allowed to be photographed without his mask on. Well, a lady recognized him at the pool and asked for a photo so he jumped up and grabbed his mask. Seeing the Lone Ranger in just swimming trunks and a mask was hilarious!"

to so he jumped up and grabbed his mask. Seeing the Lone Ranger in just swimming trunks and a mask was hilarious!"

In *The New Loretta Young Show's* 1962-63 season, Young played a widow with 7 children.

Washburn was a series regular as one of the kids.

"She actually called me herself at home to ask me on the show and I was thrilled because she was such a sweet woman," Washburn recalled. "It was one of those shows where we all felt like family. We'd go out on weekends together, have parties or go to the beach. Loretta would have us all over to her house for dinner."



Washburn was in her early 20s when she appeared in *Spider Baby*, a Lon Chaney Jr. dark horror comedy blending murder, madness, and mayhem into the now cult classic.

"It was a very bizarre mov-

ie made on a budget of just \$65,000," Washburn explained. "But I was excited to work with Lon Chaney and he turned out to be so dear. I remember one scene where he is crying on the porch and those were his real tears because he was so invested in the role." Washburn, too, possessed that talent.

"I could cry on cue which was usually required for playing the poor little orphan girl-type roles I often had. I would try to feel what the character was feeling and it would invariably make me cry. I suppose I've always been an emotional person, too. My brother would tease me and say I cried at supermarket openings!"

More than just a young actress who could cry on demand, her co-stars were quick to praise young Beverly's mature acting skills. After they worked together, Lou Costello publicly acknowledged her for helping bring out his credible dramatic performance.

In her book, *Reel Tears: The Beverly Washburn Story, Take Two* re-released in 2013 by Bear-Manor Media, Beverly shares many more stories from her career.

"It hasn't all been roses, as I talk about in my book," she added, "but I have a lot of fond memories for sure."

Nick Thomas teaches at Au-

burn University at Montgomery, Alabama, and has written features, columns, and interviews for more than 700 newspapers and magazines.

A Honey Of A Solution

Continued from page 40

Combine all ingredients except the honey and lavender oil into a microwave-safe bowl. Heat in 30-second intervals for two minutes or until all ingredients have melted. Mix in the honey and lavender oil and immediately pour into the jar. Let cool to room temperature. To reach desired texture, melt the balm again and add or remove beeswax or lavender oil.

Aunt Sue's Raw & Unfiltered Honey is pure, U.S. honey, produced by the Sioux Honey Association Co-op, representing 275-plus independent beekeepers and nearly 100 years of honey-producing experience.

Learn More

For further honey facts, tips and skin care recipes, go to www.siouxhoney.com/beauty.



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Life in Long Beach

By Lyn Jensen

Open-air Dining at SteelCraft

When Long Beach Mayor Robert Garcia recently took a tour around his city's districts, he stopped to share a craft-brewed Smog City beer with Kim Gros, the founder of SteelCraft, a unique dining destination at the intersection of Bixby Road and Long Beach Boulevard.



In a video posted on Facebook, Garcia and Gros conversed about the food and drink available from the site's vendors, who are housed in re-purposed steel cargo containers.



SteelCraft, Gros' idea brought to reality, combines elements of a food court, beer garden, and urban park. It opened in Long Beach, February 2017. It was so popular branches are now being opened in Garden Grove and Bellflower.

Summer's a good time to sit in the open-air court at SteelCraft and sample rare food and drink. The Fresh Shave, dispensing Hawaiian shaved ice, marks the first time the company's ventured outside Hawaii. DeSano Pizzeria makes Neapolitan pizza using ingredients imported from Italy. Smog City is a family-owned craft brewery.



"The inspiration really came from my own travels to different parts of the world where people gather over incredible food and beverages."

Gros added, "I chose the location in Bixby Knolls because it is my home. The Bixby Knolls Business Improvement Association introduced me to the owner of the property, Howard CDM, who has been instrumental in revitalizing Bixby Knolls. We share the same vision of restoration, craft, and community."

Address: 3768 Long Beach Blvd., Long Beach.

Hours: 6 p.m. to 9 p.m. Sunday through Thursday, 6 p.m. to 10 p.m.; Friday and Saturday, but individual vendor hours may vary.

Website: www.steelcraftlb.com



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– Janet F.

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